

Attention: Volunteers Needed

Does this title scare you? Some of us were volunteeraholics in our life before recovery. But, as the title of this newsletter suggests, recovery is all about finding the right balance in our lives.

FOCUS ON: Step Seven

"Humbly asked God to remove our shortcomings."

Step Seven requires that we ask for help. This Step means reaching beyond ourselves, to a power greater than ourselves. Many of us have been too proud to ask for the help we've needed. Some of us may not have known how to ask or what to ask for. Now we have someone trustworthy, someone who will listen and love us unconditionally when we ask for help and admit our shortcomings.

Before asking, we have prepared ourselves. We have become willing to let go of our character defects. Many recovering people get stuck here. Old baggage, familiar patterns of relating and unresolved issues prove to be roadblocks for moving on in our recovery.

Step Seven leaves no question about who does the changing. We ask. God answers. For once, we don't have to "do it ourselves." We simply ask, let go and wait on the miracles of recovery. They will materialize if we wait, say the Promises. COSA is not a self-help program, where we change ourselves for the better. Rather, it is a program whereby we become changed through working each Step as best we can and relying on our Higher Power for the rest. It really can be that simple!

There is a time and a place we should step forward and contribute something to a joint venture that needs help—such as the fledgling newsletter of COSA, now a national organization which has, for the first time, been incorporated (see "Covention News").

Like no other time before, COSA and its national newsletter, BALANCE, need your contributions. The opportunities are there to give back something of what you have received from your recovery program. Consider how you might use your gifts.

Remember: It's Your Newsletter! ♦

INSIDE

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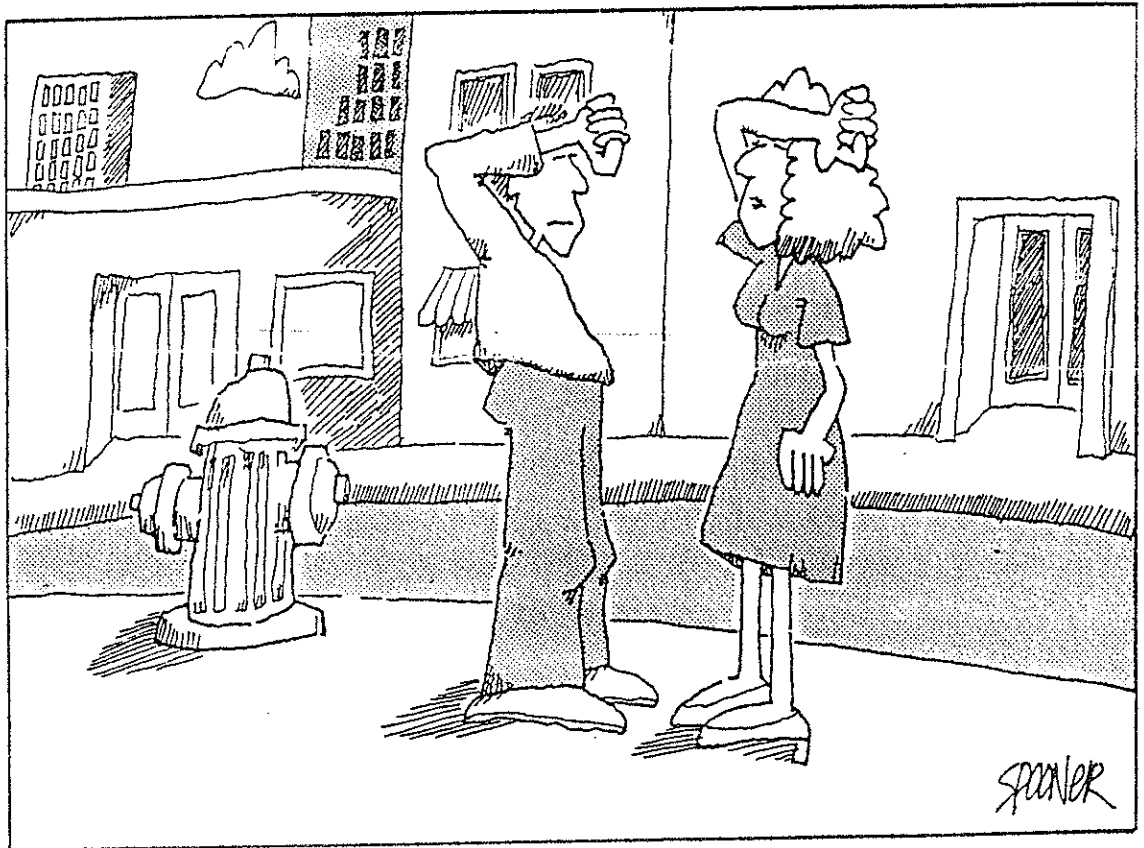
Storytime

Convention

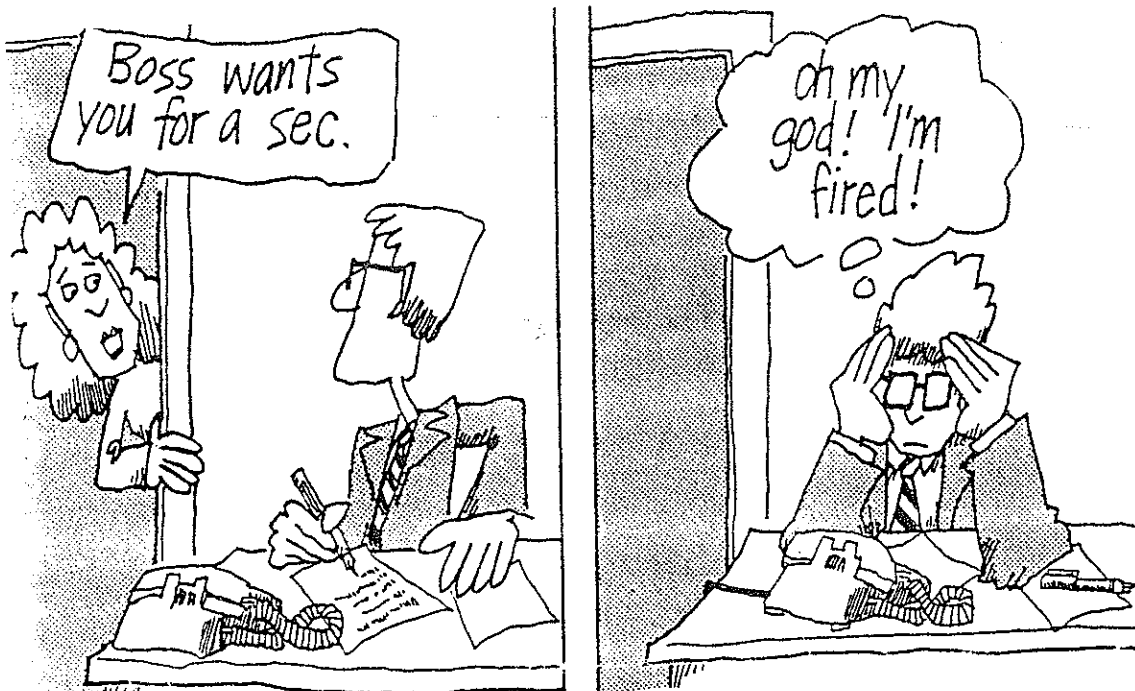
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ecause no stories have been received, this month's "Storytime" column is taken up with cartoons submitted by one of our COSA groups.

STORYTIME



The Codependent Salute



STORYTIME

Convention Update

COSA accomplished lots of business at the 1993 conference. COSA is now incorporated on a national level. By-laws were established and approved.

Many of your fellow COSA members spent hours of hard work in order for these accomplishments to be realized. We're excited, as we believe COSA will be strengthened through the conference effort.

We do acknowledge that some of you returned surveys signifying a willingness to help. Expect to be contacted by one of the committees for your assistance. If, by chance, you are not contacted, please offer again. We are not perfect. We are recovering people. The program we practice is probably similar to yours—progress not perfection. We need each and every one of you. You are unique. Share your uniqueness with us.

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NEWSLETTER NEWS

BALANCE, our newsletter, needs you. Our editor is a brand new mom, also launching a brand new business. She has found it necessary to transfer editorial duties to another willing member due to the demands on her time. We need your assistance in order to keep the newsletter a success. We need you to submit news items, stories, activities, meeting changes and articles that you would like to see in print. If you know of a potential editor who would like to donate his or her expertise to produce the newsletter, please pass on that information.

Our newsletter is your link of communication.

Sincerely,

Your Newsletter Committee

COSA Literature Available

To order literature, send an order noting the quantity and cost of each requested item to: Minnesota COSA, PO Box 14537, Minneapolis, MN, 55414. Please allow 4-6 weeks for delivery. Please include postage and handling, according to the following order totals.

Postage and Handling: .75 for an order of .20 to \$2.00; \$2.00 for orders totalling \$2.01 to \$9.00; \$3.00 for orders from \$9.01 to \$30.00; and \$5.50 for orders over \$30.01.

COSA brochures— .20 each

COSA Welcome brochure— .20 each

How to Start a Group— \$2 each

Starting New Groups Audio Tape— \$5

COSA Stories Vol. I— \$3.50

COSA Stories Vol. II— \$3.50

COSA Medallions— \$3 each (6 mo., years 1-10)

National List of Meetings— \$3

Notes from All Over

Belonging

I am connected to all of
creation,
Allowing moments,
days, seasons to become
a lifetime
Born anew each day to
celebrate my uniqueness.

I am a budding apple
blossom,
Filling the wind with
sweet fragrance
My petals unfolding to
reveal my beauty.

I am a tiny grain of
sand,
Meeting the seas
constant motion
A castle waiting to be
built.

I am a red maple leaf,
Tumbling to Mother
Earth in the crisp fall
breeze
Slowly, I will become
Mother Earth Herself.

I am a fresh, delicate
snowflake,
Drifting gently to form
a blanket
My shape transforms,
quietly, to become
nourishment.

I am connected to all of
creation,
Allowing moments,
days, seasons to become
a lifetime
Born anew each day to
celebrate my unity.

—C.W., Minnesota

*Do you have a
poem, a story or a
cartoon to share?
Take a moment to
put together a few
items to keep
BALANCE alive!*

*Send all editorial
correspondence to:
PO Box 14654,
Louisville, KY
40214.*

BALANCE

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Louisville, KY 40214

To Subscribe

Send \$12 for a one-
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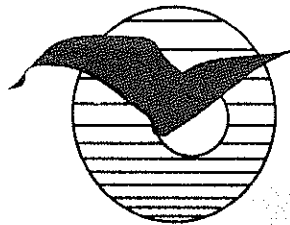
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Louisville, KY

40214



*For more
information
on COSA
write:*

**Minnesota
InterGroup
PO Box 14537
Minneapolis,
MN 55414**

STEPS OF FAITH LEAPS OF COURAGE

6th Annual SAA/CoSA National Convention May 28 - 31, 1993 Louisville, Kentucky

Louisville, Kentucky is the site for the 6th annual SAA / CoSA National Convention. The program features guest speakers, workshops, business and entertainment. All SAA and CoSA member are invited to attend.

Each registered SAA group is encouraged to send a delegate and an alternate delegate to participate in the National Service Organization business meetings. SAA and CoSA meetings will be held 24 hours a day, and there will be special hospitality suite and a prayer and meditation room.

Louisville is graciously situated near the falls of the Ohio River. If you have never visited Louisville before, this is an opportunity to visit a city filled with beautiful sights and interesting activities. Join us in the historic city for a weekend of growth, recovery and fellowship.

Accommodations

The convention will be held at the Holiday Inn, Hurstbourne. This hotel features health spa, Jacuzzi, Nautilus equipment, indoor pool and game room and is within walking distance from a shopping center with over 30 variety stores and restaurants. A special room rate of \$39.00 per night has been negotiated and complimentary airport shuttle service is available from 7 am to 11 pm (Make shuttle reservations for return trip at check-in). For reservations, call the Holiday Inn, Hurstbourne, at (502) 426-2600 and ask for the special rate for the Steps of Faith/Leaps of Courage Conference.

Registration

The conference registration fee for each person is \$80.00. However, an early registration fee of \$55.00 is available before April 1, 1993. Please see form below for more details. Please fill out and detach. Before May 1, mail your completed registration form and a check or money order payable to: NSO, P.O. Box 3038, Minneapolis, MN 55403. After May 1, send and make payable to Steps of Faith/Leaps of Courage National Convention, Louisville Intergroup, P.O. Box 4864, Louisville, KY 40204.

Please see Tentative Agenda and Scholarship Application on back.

(please fold and detach)

Registration Form

Name (please print) _____

Name as you want to appear on name tag _____

Address _____

City _____ State _____ Zip _____

- I want to participate in: Talent Show (send info) Fun Run
 As A Speaker (complete request for presenters) Regional Caucus
 Mini 1st Step (complete request for presenters)
 Newcomer Orientation Meditation AM/PM Leader (send info)

	Before April 1	April 1 - May 1	After May 1	Amount Due
Conference Fees				
Full Conference	\$55	\$65	\$80	_____
Saturday Only	25	30	40	_____
Sunday Only	25	30	40	_____
Monday Only	10	10	10	_____
Scholarship Donation			\$	_____
Total Amount Enclosed			\$	_____