

To You Our Subscribers;

We continue to appreciate your support and patience as we experiment with changes necessary for the continuation of our newsletter. A SPECIAL THANK YOU TO ALL OF YOU WHO HAVE SENT SUBMISSIONS. Some of those submissions will appear in this issue. We have received several and we are very GRATEFUL. Please continue sharing your recovery. If your submission does not appear in this issue, it will appear in a future issue. We want to share with you what happened at the national conference in Kentucky. Our number one purpose in this issue is to pass conference news on to you.

Dear fellow COSA members:

It's official. COSA has an NSO!

At the national gathering in Louisville, KY. over Memorial Day a COSA National Service Organization(NSO) was formed to help COSA members on a national basis. This is a very exciting and gratifying feeling to be a member of this organizations as we have begun a new growth spurt. There were about 40 COSA members in attendance and we accomplished a variety of organizational goals as well as continuing our dialogue about the issues and opportunities that face us.

For those of you who don't know the history, this process began about two years ago and during that time several questionnaires were sent out to determine whether there was interest and support for this venture. At the conference in Tucson in 1992 a steering committee was formed of six members from around the country to work on organizing an NSO. That committee met via telephone conference and was instrumental in accomplishing this goal.

At the gathering the following actions were taken:

- * NSO COSA Bylaws were drafted, reviewed and approved.
- * A Board of Directors was elected which includes the following people
Adelle M. (MN), Carol K. (TN), Ila D. (MI)(Executive Committee), Jan W. (TX)(Treasurer), Jayne B.(KY), Jenny N. (KY),
Jeremy J.(KY)(Secretary), Kate O.(MN), Marcia O'D.(AZ) (Vice Chair), Miriam B.(MN)(Chair), Robin M.(TX), and Steve P.(KS).
- * Minnesota Intergroup was asked to continue to provide help with telephone calls, correspondence, literature and meeting lists, mailing lists, etc. until the NSO is ready to form a national office.
- * Next year's convention will be in Phoenix, AZ. The business portion (also called convention) will be held separately

from SAA, while the workshops (also called conference) will be held at the same time and place as SAA with separate and joint workshops available.

Since the gathering in Louisville the NSO Board has already accomplished a great deal, including:

- * The establishment of the following committees: Executive, *Balance* Newsletter, Communications (individual information requests), Convention, Intergroup Formation, Finance, and Central Office ad hoc committee.
- * NSO has been incorporated, has tax exempt status, and our Treasurer is working on bonding and a budget. (Thanks to Bill (KY) and Jan (TX), NSO currently has about \$450.00.)
- * Publication of the *Balance* newsletter is continuing thanks to members work in MI & KY. (special thanks to Dawn & Ila).

While most of the news is very good, we have serious limitations regarding *Balance* & our budget. *Balance* needs more subscriptions and articles if it is to continue. The current number of subscriptions is low. Please encourage your group to subscribe and consider an individual subscription. The NSO is dedicated to trying to make it available to all who are in need but it takes the support of individuals and groups to make it happen.

Our budget is also limited. Each of the committees above have important tasks to accomplish and we've asked them to correspond by mail to cut costs. The executive committee and Board will meet periodically via teleconference (cost is about \$75 to \$100.) but do as much as possible via *Balance*, the mail and fax to reduce costs as well. We need your continued support to serve our members well. Please consider the 12th Step and 7th Tradition and make a commitment to support COSA NSO.

What you can do:

- * Balance-subscribe now, urge your group or fellow members to do the same. Write an article, take open meeting time in your meeting to write.
- * Be Patient-we're a very small organization with limited people power and money, it will take awhile to resolve all the issues we have.
- * Help form an intergroup in your area-contact the NSO addresses for help in finding others near you.
- * Have reasonable expectations-we are by nature volunteers, so while we do our best, correspondence, new literature and connections can take awhile. For those of you who have offered help-thank you. We regret the delays in putting your service to work but you will hear from a committee. If you haven't been contacted within a month or so, please write again.
- * Make a commitment to give \$5.00 or \$10.00 per month to NSO. Help the NSO serve our members.

THANKS FOR YOUR SUPPORT. PLEASE SEND ANY COMMENTS, QUESTIONS AND
YOUR CONTRIBUTION TO: COSA NSO, 9337-B KATY FREEWAY, #142,
HOUSTON, TX 77024.

Your trusted servant,
Miriam B.

*So there you have it from the chair of your national board. A very
good job of letting you know in a nutshell how very hard everyone has been
working for the continuation of recovery through COSA. Thanks Miriam.*
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### **Sharings from others like you!!!**

#### **Progress Not Perfection**

I wish that I could stay out of relationships with men and just concentrate on a fourth step. Then---when I deal with all my issues, I could have the perfect relationship with a healthy man. NOT!!! When I first got into recovery for my co-sex addiction, my counselor told me that I would have several relationships with men, each being healthier than the last and that I would learn from each. At the time, I thought to myself that he was wrong. I didn't want to believe it because the idea of that seemed too painful. Looking back, six years later, it was a very painful process. During the relationship, the denial worked to keep the pain hidden. Then, when the relationship ended, the pain surfaced and the grief of loss of that relationship and the loss of the relationship with family that I *thought* I had, all surfaced. I discovered that I was trying to recreate my family of origin in order to change the outcome. Instead of emotional abandonment from my father, I wanted intimacy. I picked men who could not deal with intimacy, like my father, and tried to make them emotionally available.

Today, I have just ended a relationship with a man who could not support me emotionally and therefore could not commit to a long term relationship. Today, I feel positive about my recovery. This relationship was the healthiest of all of them. The relief I felt after ending the others is not here. That relief was about ending an addictive relationship which was causing pain. During this relationship, I still had myself and a healthy support group from which I was able to get my needs met. Although my partner could not be available to the extent that I needed, he was nurturing and safe for me. I hope we remain friends.

I feel positive about my recovery and I see the rewards of my hard work and pain. I am a grateful recovering co-sex addict.

#### **HONESTY**

The Warmth of the sun's rays--The graceful movement of branches in the breeze--The tenderness of buds unfolding--The delicacy of fragrant blooms--The strength of a tree trunk--The depth of roots search for water. Clarity--Flexibility--Innocence--Beauty--Reliability--Wisdom---Truth is my Higher Power. Honesty is my Guide. I turn my life of denial over to the Spirit. And receive in return a life rooted in honesty--And blossoming in truth.

To order literature, write Minnesota Cosa,  
 PO Box 14537  
 Minneapolis, Mn. 55414  
 Ph. 612-537-6904

Send an order noting the quantity & cost of each requested item. Please allow 4-6 weeks for delivery. Please include postage and handling, according to the following order totals. Postage & Handling: .75 for an order of .20 to \$2.00; \$2.00 for orders totaling \$2.01 to \$9.00; \$3.00 for orders from \$9.01 to \$30.00; and \$5.50 for orders over \$30.01.

Refer to your Volume 2, Number 3 newsletter for literature items available.

Additional new COSA item available:

Laminated COSA cards with Serenity Prayer, 12steps & 12 Traditions/our logo.....\$1.00ea.

To subscribe to "Balance" newsletter, write:

Balance  
 PO Box 502  
 Mt. Morris Mi 48458  
Make checks payable to:  
Ila Davis

Send editorial correspondence to:

Balance  
 PO Box 14654  
 Louisville, KY. 40214

#### INFORMATION UPDATE

KENTUCKY NOW HAS A HOTLINE...THAT NUMBER IS:

1-502 569-1788

TWO NEW MEETINGS ADDED TO OUR NATIONAL RECOVERY COMMUNITY.. GRANITE BAY, CA AND GREENSBORO, N.C. WELCOME, MAY YOU EXPERIENCE STRENGTH AND HOPE THROUGH RECOVERY.

THOUGHT FOR THE MONTH:

OUR WALK TALKS  
 AND OUR TALK WALKS  
 BUT OUR WALK TALKS FURTHER  
 THAN OUR TALK WALKS