
BALANCE

ISSUE #6

JUNE 1994

STEP SIX

"We're entirely ready to have God remove all these defects of character."

Step six brings us to a place where we have admitted our wrongs to God, ourselves and another person. Now we are ready to become ready to move beyond where we are. What does that mean? This Step is about preparation. We are nearly ready to ask God for help. To take the next step on our road to recovery means opening ourselves up to be filled with good things. But before we can be filled, we must create space in our lives. This comes through allowing God room to work in us and through us. Sometimes, this Step requires time and patience. But we will become ready. What a burden will be lifted from us when we allow our Higher Power to begin working miracles, removing our character defects one by one! Step Six, like other steps, is a step that we will



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repeat many times throughout our recovery as we uncover new character defects and become willing to turn those over to the care of God. The Twelve Steps are not a rush-through process that guarantees success no matter how we approach them. Remember, this is a program of rigorous honesty--that means with ourselves and our Higher Power, Too! We will know when we are ready to move on. Step Six is a time

for reflecting, considering, growing. Through preparing our hearts and minds in this important Step, we will find the strength to turn to our Higher Power and ask for the help which we need

Another person's process on STEP 6:

A friend shared with me these words, "I plan, God laughs." That phrase is so true in my recovery process. When I was first introduced to the twelve steps, I saw them as something that I could take "control" of and then "control" my life through those steps. During the first six months of my recovery process, I did not realize I was doing this. Control had been so much a part of my life. This felt healthier than any other process I had used on living in the past years of my life. Then, during a meeting, I heard another person share that the really important part of step six was *simply being ready*. That sounded too easy. I just had to be *ready*. Here I was with my whole plan of how I was going to change things. God was laughing. When I became *ready*, God's plan worked. Today, I still slip back into those old beliefs. I plan, God laughs. I become *ready*, God takes my defects and works

MEDITATION

STILL PUTTING THE FOCUS ON ME

The dysfunctional adults in my life were unable to meet many of the needs I had as a child. Now, I can acknowledge my caregivers' inability to take consistent, responsible care of me.

When I accept this sad truth, I can begin a process of learning how to get my needs met today.

Part of this process is grieving the loss of so many unmet needs and not having caregivers who could give. This grieving includes having and expressing feelings of anger, shame, hurt and sadness. Knowing that the ones I depended on as a child may never be able to meet my needs, I can release them.

Therefore, I can release myself from the fantasy that someday they will be there for me. Instead I turn to myself, my Higher Power and other human beings that have real love and support for me.

AFFIRMATION: *I allow my Higher Power to work through me and my support network to take care of me.*

By Lisa Mc. & Robyn M.

Yes, the 1994 conference is History. It will be recorded as very positive history for those in the COSA support community.

Recovery: The recovery process will not end with the closing of the conference. The inspiration, sharings, training, meditations and love will continue our recovery process until the 1995 conference.....**THANK YOU PHOENIX FOR GIVING SO VERY MUCH OF YOURSELF TO US!!**

There are no words to describe the process we experienced through your hard work and dedication. We look forward to sharing and recovery at the 1995 conference in Michigan.

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Start planning now for your ongoing recovery process. Allow your Higher Power to guide you in ways that you can be a part of the recovery process at the 1995 conference. *Ms. D.*

NEW AWARENESS

By Kris A.

How true can it be
 How can I understand
 When Life itself
 Gets so out of hand.
 There's so many times,
 I get scared and scream.
 Why is this happening?
 Is this a Dream?
 I become rattled so scattered
 So deep down inside,
 Feelings I feel,
 Emotions so blind.
 The words I speak
 That seem so unreal,
 Wishing I was numb
 That I could not feel.
 My world as I know it
 is changing today.
 I'm breaking through
 I'm finding a new way.
 I will trust the freshness
 Of my new abilities,
 Letting go of the old process
 Of disabilities.
 I promise myself of that
 I will trust
 Dealing with what I can
 Letting go of the rest.

THE BRIDGE YOU BURN NOW MAY BE THE ONE YOU LATER HAVE TO CROSS....

CELEBRATE YOU

Celebrate you!
 You are worth celebrating.
 You are worth everything.
 You are unique
 in the whole world,
 there is only one you.
 There is only one person with
 your talents
 your experiences
 your gifts.
No one can take your place.

God created only one you,
 precious in His sight.
 You have immense potential
 to love
 to care
 to create
 to grow
 to sacrifice.

It doesn't matter your age,
 or your color, or whether
 your parents loved you or not,
 (Maybe they wanted to but couldn't).
 Let that go. It belongs to the past.
 You belong to the now.
 It doesn't matter what you have been.
 The wrong you've done.
 The mistakes you've made.
 The people you've hurt.
 You are forgiven, You are accepted.

BALANCE

You are okay.
 You are loved--in spite of everything.
 So love yourself, and
 nourish the seeds within you.
 Celebrate you.
 Begin now. Start anew.
 Give yourself a new birth.
 Today,
 You are you, and that is all
 you need to be.
 You are temporary,
 Here today and gone tomorrow.
 But today, today can be a
 new beginning, a new thing, a new life.

*You cannot deserve this new life
 it is given freely
 that is the miracle called God
 so celebrate the miracle
 and celebrate you!*

AUTHOR UNKNOWN

There was lots of very constructive work accomplished at your 1994 COSA Conference in Phoenix, Az. Articles informing you of the positive process that occurred there will appear in upcoming issues. Be sure to look for articles in future issues concerning that conference. There will be a full report of conference work that was accomplished there. Your new board will be announced through an upcoming issue. Watch for that report.....ALSO BE SURE TO SUBMIT ANY ARTICLES, JOURNALING, POEMS, YOUR RECOVERY PROCESS, MAYBE YOUR FIRST STEP OR FOURTH STEP....IT'S YOUR NEWSLETTER!!!!!!

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God intervenes in
the affairs of people
by invitation *אֵלֶיךָ*.

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REMEMBER: It is your newsletter!!!!
"BALANCE" is need of more stories and other submissions to continue its planned publication schedule. **SEND EDITORIAL CORRESPONDENCE AND SUBMISSIONS TO: BALANCE**

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MT MORRIS MI 48458

Many of you were in attendance at the recent COSA conference in Phoenix, Arizona.

Please take a few minutes to submit an article sharing your experience with others who were unable to attend.

Your submission and sharing will be appreciated. THANKS

Your Balance Committee