
BALANCE

ISSUE #9

SEPTEMBER 1994

STEP NINE

"Made direct amends whenever possible except when to do so would injure them or others."

Step Nine completes the forgiveness process. That doesn't mean we will be eager to jump right into the process. It means we will feel a freedom once we are able to complete Step 9.

When we came into the program, most of us didn't believe we had harmed anyone. Others had harmed us. We were victims. It was difficult to believe we had amends to make.

As we progress in our program, we began to realize there are amends we need to make. Our mind will not be set free to continue our journey until we achieve Step 9.

We will know when we are ready to make amends. When we stop thinking about their reactions and stay focused on getting our needs met, through the amends process, that's when we will be ready.

STEP NINE

- The action step
- Following the preparation step of step 8



YOUR

COSA

NEWSLETTER

- Mend the harm you have caused as part of your illness
- After doing Step 9, turn over any remaining shame & guilt (very important).
- Include in your work, the memories of harm, your thoughts about them, your feelings about them, your intentions & your amends.

Taken From "A Gentle Path Through The Twelve Steps" by Patrick Carnes, Ph.D.

Love, Candy

TOPIC

From M. Beattie's Book, Codependents' Guide To The Twelve Steps....

The most important person on our amends list must be ourselves, *All of recovery—all of what we are going through—has to do with making an amend to ourselves. Giving ourselves permission to have our feelings is an amend. Giving ourselves permission to be alive and be happy is an amend. Taking gentle, compassionate, loving care of ourselves is an amend.*

Learning to set boundaries, be direct, and stop defeating and victimizing ourselves is an amend. Learning to stop allowing others to mistreat and control us is an amend. Learning to stop expecting perfection of ourselves, own our power, and be who we are is an amend to ourselves.

Learning to listen to and trust ourselves is an important amend. Learning to trust our instincts and value our feelings and needs is an amend.

MAKE YOURSELF #1 ON YOUR AMENDS LIST

REGARDING
CONVENTION

Thank You so much for doing a workshop on Recovering Couples' Group. I enjoyed doing a small couples' group at the Phoenix Convention. Words can't describe how special it was to be able to face my spouse (addict) and express how I felt and what I was thinking before other couples.

Upon returning to Minneapolis, three other couples and myself & my husband started a couples group in the area.

I am grateful for this past convention. It has unfolded another layer of my recovery through our coupleship.

Candy, Mpls.

~~~~~  
WHO WILL HEAR THE  
CHILDREN?

In laughter when they play  
or tears when they fall  
Dreams that they dream  
or plans for their day.  
When questions that they ask  
answers to keep simple  
Will we follow such an easy  
task?

WHO WILL HEAR THE  
CHILDREN?

When the storms come  
through their life  
when thunder seems so  
loud.

Will we be there to comfort  
or explain it with a lie?  
To watch the smiles diminish  
that were so big and bright.  
What took away their  
innocence?

What robbed them of their  
life?

WHO WILL HEAR THE  
CHILDREN?

To feed them peace & joy  
or protect them from their  
fear.

Will we be there to hear the  
children

to give them a listening ear?  
The lessons that they teach us  
with patience we will earn.

They give to us so openly  
With love that we return.

WHAT MORE COULD WE  
GIVE OUR CHILDREN?

So precious in our eyes  
Their future stands in front  
of them

With choices and surprise.  
WE WILL HEAR THE  
CHILDREN.

When their cries come  
through at night.

We will listen to their  
dreams

protect them from their  
fright.

Listen to their laughter  
Wipe their tears when they  
fall.

Answer all their questions  
whether big or small.

WE CAN GIVE OUR  
CHILDREN

Our open understanding  
acceptance to be their own.  
Build their lives on honesty.

Security in their home.  
THEN WE WILL SEE OUR  
CHILDREN

As God intended them to be  
So sweet, warm, & willing  
innocent and free.

With smiles and laughter  
Guidance of His own  
to fill our hearts with Peace &  
Joy

Comfort will be sown.

submitted by Kris A.  
~~~~~  
THE ROAD OF LIFE

At first I saw God as my
observer, my judge, keeping track
of the things I did wrong, so as to
know whether I merited heaven or
hell when I die.
He was out there sort of like a
president. I recog-
nized His picture when I saw it,
but I really didn't know Him.

2
But later on when I met Christ, it
seemed as though life were rather
like a bike ride, but it was a
tandem bike, and I noticed that
Christ was in the back helping me
pedal. I don't know just when it
was that He suggested we
change places but life has not
been the same since.

When I had control, I knew the
way. It was rather boring, but
predictable..it was the shortest
distance between points.

But when He took the lead, He
knew delightful long cuts, up
mountains, and through rocky
places at breakneck speeds, it
was all I could do to hang on!
Even though it looked like
madness, He said, "Pedal!"

I worried and was arduous and
asked "Where are you taking me?"
He laughed and didn't answer,
and I started to learn to trust. I
forgot my boring life and entered
into the adventure. And when I'd
say, "I'm scared," He'd lean back
and touch my hand. He took me
to people with gifts that I needed,
gifts of healing, acceptance and
joy. They gave me gifts to take
on my journey, My Lord's and
mine. And we were off again. He
said, "Give the gifts away; they're
extra baggage, too much weight."
So I did, to the people we met,
and I found that in giving I
received, and still our burden was
light.

I did not trust Him at first, in
control of my life. I thought He'd
wreck it: but He knows bike
secrets, Knows how to make it
bend to take sharp corners,
Knows how to jump to clear high
rocks, Knows how to fly to
shorten scary passages. And I
am learning to shut up and pedal
in the strangest places, and I'm
beginning to enjoy the view and
the cool breeze on my face with
my delightful constant companion,
Jesus Christ. And when I'm sure I
just can't do anymore, He just
smiles and says..."PEDAL"

-AUTHOR UNKNOWN

A REPORT FROM THE REGISTRATION COMMITTEE:

The Registration Committee was created earlier this year by NSO. The purpose of this committee is to officially register COSA groups, register delegates for the national conventions and submit a plan to NSO for delegate voting at the conventions. This committee is also responsible for producing a list for internal COSA business and information for producing a list. Here's a brief overview of the responses we've received so far.

Registered groups/registrations received 40

Registered delegates at the Phoenix convention 18

of states with registered groups 16

Arkansas	1	Kentucky	3	North Dakota	1
California	2	Michigan	4	Texas	10
Colorado	2	Minnesota	5	Wisconsin	2
Georgia	2	Nebraska	1	Wyoming	1
Illinois	1	New York	2	Indian	2
North Carolina	1				

IF YOUR GROUP HAS NOT REGISTERED YET, PLEASE SEND IN A REGISTRATION FORM. WE LOOK FORWARD TO HEARING FROM YOU!

Brenda Z., Susan A. & Ruthann G.

Please return to:

NATIONAL SERVICE ORGANIZATION - COSA
REGISTRATION COMMITTEE
9337-B KATY FWY. #142
HOUSTON TX 77024

The intended use of this information is for the Convention & NSO Group Registration.

Would your group be willing to be included in a COSA mailing list for COSA business only? Yes ___ NO ___

Would your group be willing to be included in an NSO/COSA published public directory? Yes ___ No ___

1. GROUP NAME: _____
2. GROUP MAILING ADDRESS: Street _____
City _____ State _____ Zip _____
3. MEETING DAY _____ 4. MEETING TIME _____ A.M. _____ P.M. _____
5. MEETING LOCATION: Facility _____
Street _____ City _____ State _____ Zip _____
Room/Other _____
6. CONTACTS: NAME _____ LAST INITIAL _____ PHONE() _____
NAME _____ LAST INITIAL _____ PHONE() _____
7. GROUP TYPE: ___ OPEN ___ CLOSED ___ MIXED ___ WOMEN ___ MEN ___ LESBIAN ___ GAY
Open Groups: A walk-in meeting open to anyone interested in finding out about COSA; they need not have admitted that their codependent behavior with a sex addict is problematic.
Closed groups: Meetings open to those who have a desire to stop their codependent behaviors with a sex addict.
8. Does your group belong to an Intergroup? _____ Which? _____
9. Estimated date of group formation? _____
10. Does your group have any other affiliation? _____

TO ORDER LITERATURE:**Write: MINNESOTA COSA****P O BOX 14537****MINNEAPOLIS, MN. 55414****PH: 612 537 6904**

Send orders noting quantity and cost of each requested item. Please allow 4-6 weeks for delivery. Please include postage & handling according to the following order totals.

Orders totaling \$.20 to \$2.00 postage due....\$.75

Orders totaling \$2.01 to \$9.00 postage due...\$2.00

Orders totaling \$9.01 to \$30.00 postage due...\$3.00

Orders over \$30.00 postage due...\$5.50

Present items available from the above address:

COSA brochure.....\$.20 each

How To Start A Group...\$2.00

Starting A New Grp. Audio Tape.....#3.50

COSA Stories Vol. I.....\$3.50

COSA Stories Vol. II.....\$3.50

COSA Medallions.....\$3.00 each (blank thru 10 years)

COSA Welcome brochure...\$.20

COSA Laminated cards with Serenity Prayer, 12 &

12.....\$1.00

Send contributions to support your NSO-COSA :

NSO-COSA

9337-B KATY FREEWAY #142

HOUSTON TX 77024

To subscribe to your COSA newsletter "Balance", send \$12.00 for a one year subscription to:

BALANCE

NSO-COSA

9337-B KATY FREEWAY #142

HOUSTON TX 77024

NOTE: THIS IS AN ADDRESS CHANGE FOR SUBSCRIBING FOR YOUR NEWSLETTER. MAKE CHECKS PAYABLE TO NSO-COSA NOTING THAT IT IS FOR A SUBSCRIPTION FOR "BALANCE".

BALANCE

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**

P O BOX 502

MT MORRIS MI 48458

SERVICE WORK VOLUNTEERS NEEDED

Long distance sponsors needed for those in areas where no meetings are available. Only requirement for sponsoring is :

1. Willing to listen
2. Realize the pain & aloneness
3. Maybe some letter writing

Send your name to Communications Committee

P O BOX 14537

Minneapolis, Mn. 55414

ANOTHER SERVICE WORK NEED: NSO NEEDS BIDS SUBMITTED BY GROUPS FOR THE 1996 CONFERENCE!! DISCUSS THE IDEA WITH YOUR GROUP AND SUBMIT NOW FOR THE 1996 CONFERENCE IN YOUR AREA!!!!

PLAN NOW TO ATTEND THE 1995 CONFERENCE IN ANN ARBOR, MICHIGAN. SET ASSIDE MAY 26,27,28, 29, 1995 FOR THE 2ND ANNUAL NSO/COSA CONFERENCE IN MICHIGAN. MORE INFORMATION WILL BE APPEARING IN FUTURE EDITIONS OF YOUR NEWSLETTER

WELCOME

New meeting : E. Syracuse, N.Y.

NOTICE

We are looking for the original raised mold of the COSA medallion. If you have any information regarding this, please write, P.O.BOX 14537 Mimm, Mn. 55414