
BALANCE

ISSUE # 10

OCTOBER 1994

STEP TEN

"Continued to take personal inventory and when we were wrong, promptly admitted it."

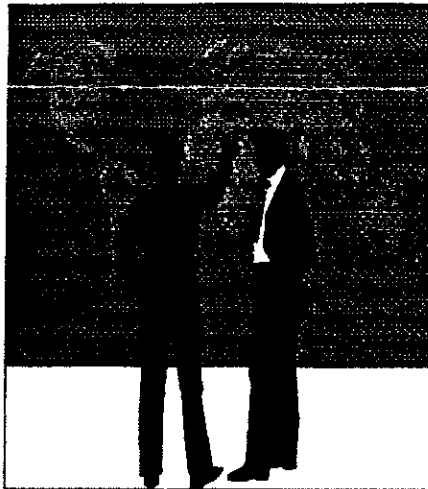
When I first saw this step, it scared me. It sounded so very hard to do. I had never admitted my wrongs to anyone. My way of correcting a situation was to leave, leave the area, leave the friendship, leave the discussion. This step tells me to take a personal inventory and promptly admit.

Today, I can honestly say, I can do this. Most of the time it is easy. The more prompt I am, the easier it is.

As I began preparation for this newsletter, I looked back to old journaling and workbooks. My first attempts with step ten work were with old amends. Those were hard, very hard. I overlooked the part about making amends to myself. Maybe if I had spent some time making those self care amends, the process would have been less difficult with others.

Make amends to yourself first. In your Sept. issue, you read from M. Beattie on self care. Do those things. That in itself is an amends process to yourself.

Step Ten will give you permission to learn who you are.



Step Ten allows us to be aware of ourselves. When I admit a wrong today, it feels so self nurturing for me.

Continuing to take a personal inventory will make the amends process easier. Continuing to take a personal inventory will send the message to self that we are worth it. When I stay focused on my inventory, I give myself an amends.

We just returned from Alaska. Our only purpose for going was to work the amends process with our daughter. The steps work. The process works. Recovery is

possible. It won't be easy. Nothing about the process was easy but it was positive. Even though it was positive, we returned drained and exhausted.

I hope what I have shared will help you with step ten. It is my personal story of events that are still so fresh on my mind that it just seemed they needed to be shared. No it wasn't all beautiful and smooth. I am still experiencing lots of emotional fallout from hearing her share her pain. We do have to feel to heal. I must be healing, because I sure am feeling!

Some step ten questions that I have used to help me stay focused on me.....

1. When you find yourself still doing something you don't feel good about, do you take care of it promptly?
2. How do you continue your process of self-awareness and inventorying?
3. What is the fear or idea that is bothering you most today about yourself and your life? That is probably the area you need to work on first.

Create a loving, nurturing affirmation that helps you and your inner child know that your life will be fine.
Ila D.

COMMITTEE REPORT

The Balance Committee met and compiled the following ideas for the beginning guidelines for your COSA newsletter. To date, the newsletter has been printed without any guidelines. The committee hopes that written guidelines can be presented and approved by the 1995 conference.

Information we want from our newsletter:

- Intergroup communications
- Personal stories offering experience, strength, & hope (printed with First Name, Last Initial only)
- Service recognition
- New meeting announcements
- Excerpts from books or articles that fit within the steps and traditions
- NSO communications and reports
- Literature information and availability
- National Representation
- Meeting information on National Level
- Meeting and social ideas shared through the newsletter

At this point, nothing has been written and presented to the NSO. We have requested the guidelines used by other support groups who publish newsletters. All of that information has not been compiled at this time. We are excited about the progress we have made with our committee. We realize our committee work is our service to you. If you have any comments, suggestions or ideas for this committee, please offer them to us. Simply write to the NSO address with attn: Balance Committee. The NSO will forward your replies to us.

Thank you for allowing us to share our service with you.

Bonnie K., June C. & Ila D.

SERVICE REQUEST

Why might a COSA member wish to serve on the NSO Literature Committee?

1. This service involves us in actively carrying the message.
2. We are able to exercise our innate creativity in this service.

The requirements for serving on the Literature Committee are that the prospective servant be willing, recovering and literate. The stated responsibilities of the Literature Committee for this year (1994-1995) include the production of a COSA welcome packet, the development of a COSA Service Manual (a 5-year project). Thus, the responsibilities of NSO Literature Committee members include:

- Participating in subcommittee work; taking on tasks and meeting deadlines
- Helping edit and produce literature
- Offering and soliciting feedback on literature issues
- Maintaining accountability for responsibilities accepted
- Communicating with Chair of committee or subcommittee on a regular basis

Please contact the Literature Committee through the NSO if you are willing to serve or if you have ideas about a welcome packet or service manual.

The 2nd Annual COSA National Convention will be held in Ann Arbor, Michigan, May 26 through May 29th, 1995. The theme for the 1995 conference is "*Building Boundaries and Balance*"

Enclosed with your newsletter, you will find a Request for Speakers and Presenters. If you wish to present, please fill out the form and mail to the address listed on the bottom of the form.

Registration forms will be mailed as soon as conference expenses are costed out. For now, our goal is to register all of our presenters by January 15. We hope to send you a completed program well in advance of the Convention/Conference. Possibly a program of events will assist you in encouraging others from your recovery group to attend. It is often times easier to commit and attend if you know various details about the week end package. We're looking forward to seeing you there!!

Your 1995 conference committee

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 1453, 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

(reference the group your contribution represents)

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

NEW MEETING

Kentuckiana COSA Intergroup, newly formed among the three COSA groups in Louisville, KY wishes to invite all groups within a reasonable drive(two hours) to join them. No permanent meeting place has been established, pending an evaluation of interest in the surrounding area. If your group is interested or has questions, please write Kentuckiana COSA, P.O. BOX 14654, Louisville, KY. 40214

REMINDER: 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.

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 Minn, Mn. 55414

DEVELOPING A SPIRITUAL LIFE

1. *Use the steps.* They are a proven recipe for spiritual wholeness. Remember that the program started with the realization that without the spiritual component, recovery could not happen. Decide a spiritual life is essential, not an option.
2. *Find guides.* Listen to others share their spiritual experiences and ask how healing happened in their lives. Brokenness, failure, and tragedy have helped many find parts of themselves they had not known. Most also started with anger or fear, skepticism or detachment.
3. *Separate religion from spirituality.* Many come with "baggage" about religious institutions that damaged or constricted their growth. Resentment about these experiences can cast shadows over genuine spiritual development. Organizations and institutions are not ends but are designed to help you have a spiritual life and build a spiritual community. Use only those which help.
4. *Connect with nature.* Spirituality starts with a sense of marvel at our existence and at the wonders of creation--other living things, the oceans and mountains, forests, and weather. Go for a walk. Watch stars. Take care of a pet. Notice your body. Play with children. Then connect these miracles with what else you see around you.
5. *Make a daily effort.* Key to spiritual life is constancy. Daily rituals that anchor your sense of stability help you achieve incremental spiritual growth. Then when leaps of faith are required and stress overwhelms you, a reservoir of accumulated strength awaits.
6. *Find ways to promote reflection.* Spirituality is about what is meaningful to you, what gives your life value. Find strategies that help you to reflect on meaning and value. Inspirational writing, daily meditation books, liturgy, prayer, journals, and letter writing are kinds of things that need to be part of your daily rituals. These also help you make sense out of special spiritual events.
7. *Surrender.* All inner journeys start with an "emptying" of self--a fact reflected in religious traditions. Addicts begin recovery with an admission of powerlessness and live their lives according to the principle of "letting go." Serenity, according to the prayer, is doing all you can and accepting that that is enough.
8. *Heal the sexual/spiritual split.* Much damage has been done to sexuality in the name of religion. The result inhibits progress on both planes. To heal, start by acknowledging that sexuality is about meaning and that spirituality is about meaning. Search for areas of commonness between the two. Be gentle with yourself about old torturous conflicts. They are not about you. They never were.

anonymous