

BALANCE

Issue #11

NOVEMBER 1994

TOPIC

STEP ELEVEN: *Sought through prayer and meditation to improve our conscious contact with God as we understood God, praying only for knowledge of God's will for us and the power to carry that out."*

The spirituality step. Many of us believed spirituality and religion were the same. Our program has opened our eyes to a new awareness, a new appreciation, another gift, the give of spirituality. We don't have to be religious to experience the spirituality of the program.

Step eleven can give us clarity. Our clarity will come if we trust the process by praying and meditating to improve our conscious contact with God, God as we *understand him*.

Recently I heard another person say that in step



YOUR

COSA

NEWSLETTER

three she gave up her power and in step eleven she got it back. That's what step eleven is about-being willing to work the steps, being willing to take time for ourselves to pray and listen, being willing to meditate. Our answers, our recovery, our program will come from within if we give our journey the time. Others can't do it for us. We cannot look to others to fulfill our needs. Our

journey, our recovery is within us. Step eleven can and will give us back our power.

AAAAAAAAAAAAAAAAAAAAAAAAAAAAAAAA

A Step Eleven Sharing

As I look today at step eleven, I focus on the words "*as we understand God*."

For me, God was a judgmental person. He was a rager. God the father was,(still is) a term I hear often in church. I'm still not comfortable with a father image. My father raged. My child within still believe God the father rages. I talk to Jesus. He feels more compassionate, more understanding, more my level. To my inner child, He doesn't rage, only fathers do that. My child and I have a long way to go to get through the church stuff and into the spirituality stuff. I want to get there. I want the steps

con't..pg2

Step eleven prayer, from "The Language Of Letting Go" meditation book:

Today, I will focus on asking God to show me what He wants me to do. I will ask God for the power to do that: then I will go ahead and get the job done. God, help me let go of my fears about living life one day at a time. Help me trust that when life is lived simply and in trust, a beautiful mosaic called "my life" will be woven. I am being divinely led, guided, and cared for.

to become more and more real to me. Step eleven has so much promise. I don't fully utilize this step in my life, but then, progress not perfection is my goal. I'm changing. I pray more. I meditate more. I appreciate myself and my surroundings more.

Thank you for letting me share my journey. A journey that is just beginning. Thank you for keeping COSA a reality for me to experience.

anonymous/Mi.

MY PREAMBLE

Self preservation to me is preserving my won abilities to stay within my own goals, and expectations, allowing the freedom of choice.

Being able to set my own pace, living in my won perspective of hope, in one issue at a time.

Hope is a tool of my mental well being, clinging to my own recovery, allowing others around me to share their hope with myself, to accept their encourage-

BALANCE

ment as well as give mine.

I need not to abandon my child within but to walk with her, nurture her understanding, embrace her pain and rejoice in her laughter.

I'm able to pull out resources today standing firm within my own boundaries to complete my goals and to start new ones.

My expectations are not of others, but of my own recovery. *By Kris A.*

AA
AA

REGISTRATION COMMITTEE REPORT:

REGISTER NOW!!

We're making a big push this year to officially register as many groups as possible. Has your group registered yet?! In order to extend a supporting hand, most groups have opted to be part of the published list, so potential new members can more easily find COSA. All registered groups automatically become part of our internal list, so information can be readily distributed. If your group has not registered, please take a moment to complete and mail the registration form included in this newsletter.

Here's the official tally of registered groups so far:

Arkansas	1	Kentucky	3	Ohio	1
California	2	Michigan	4	Oregon	1*
Colorado	3	Minnesota	6	So. Carolina	2 (1*)
Georgia	1	Nebraska	1	Texas	10
Illinois	1	New York	2	Virginia	1*
Indiana	2	No. Carolina	1	Wisconsin	2
Kansas	1*	No. Dakota	1	Wyoming	1
Ontario, Canada		1*			

*indicates person looking for others to start a group

The Registration Committee
Brenda Z, Ruthann G, Susan A

*Pray & meditate in solitude. Be alone & undisturbed, so you can be totally free from distractions.

GLIMPSES FROM PAST CONFERENCES

THE CONVENTION

It's been nine months and yet it feels not long ago. I was scared, being in a huge hotel with a bunch of addicts. Those of whom reminded me of the pair I've been through and yet the joy I've been through as well-- [being in recovery].

There, I found out more about myself. I found out more about them. I found out that we are very similar in many ways. Green dots. Red dots. That seemed to almost be a hidden agenda, if you were a green dot[codependent] or a red dot[addict].

I saw that my co-addiction and some of my past behavior walked a fine line with addictions. The weekend was great. Workshops, crying, laughing, hugging, seeing past recovery friends, sharing, grieving, eating, exercising, walking first-stepping and recovering.

It's very difficult to acknowledge what this convention was and did for me. I feel so much older, in a recovery sense, yet only as wise as I "work my recovery." I met some beautiful people, some struggling, some climbing, and some glowing.

Words cannot describe what the SAA/COSA convention was but enriching and empowering. I can't wait until Phoenix. Until then, I have my meetings, recovery friends, my books and my higher power.

CANDY M.
MPLS. MN

1st Annual National Convention

would like to thank the Phoenix area SAA and COSA groups for showing me a fellowship and community that fed me with envy and hope.

Up until this conference, my husband (sex addict) and myself (codependent) had very distinct and separate recovery agendas. We longed to feel like a couple, but we didn't feel any intimacy. We did, however, feel like healthy individuals, which was very new and powerful.

The couples workshop, led by Sheri T. and Phil T. of Phoenix is symbolic of a turning point for us. At the onset of this workshop, I had to say, "Hi, I'm Gail, half of this recovering couple." I felt so uncomfortable saying that because I didn't feel like part of a recovering couple at all. Just going through the motions brought me to tears.

During the actual sharing exercise, we were very moved while listening to the other couples in our group. For us, the dam broke loose that Saturday afternoon. With our two chairs facing each other, we allowed ourselves to grieve over our loss of connection. We shared the tears and the pain together.

It is very difficult to express in words the gratitude I feel that I was able to be part of this experience. It was hard to leave the safety of that wonderful group of 300 men and women.

It was the first time I felt that gender was irrelevant. I was not a woman feeling uncomfortable to be a woman, and I felt no fear of men. I was just me; an individual with lots of emotions, knowing I had found a safe place to express my feelings.

Thank you Phoenix for sharing your gifts. You have touched me deeply.

Gail K. Torrance, Ca.

Thank you, thank you, thank you. I have no idea how much work must go into a conference like the one I just attended. My life will never be the same. It can only be better. I love all of you.
anonymous

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.

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 \$1.20 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 to:

NSO-COSA

9337-B KATY FREEWAY #142

HOUSTON TX 77024(reference the group your contribution represents)

To subscribe "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".

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

P O BOX 562, 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, Min. 55414

Thank you to those who have volunteered to sponsor. More sponsors are needed.

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:

You will find a presenter's form attached to this newsletter. Please detach, copy and distribute throughout your group.

If committee work continues as scheduled, forms with all details for registering for the 1995 conference should arrive with your December newsletter.

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

*Set aside quality time for self. Do not wait until you are tired or your ability to clear your mind is hindered.

* Listen carefully. God has messages for you, just as you have messages for Him.

* Review your daily inventory with God.

Meditation is different than obsessing or worrying. Obsession & worrying are fear connections. Meditation means opening our mind & our spiritual energy to the God connection.

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 _____ AM ___ PM ___

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? _____

11. What concerns or questions you would like to have addressed at the Convention or by NSO: _____

12. Will a voting delegate be representing your group at the Convention? Yes ___ No ___

NAME: _____

One delegate vote per group please!

DATE: _____