

BALANCE

Issue # 1

JANUARY 1995

TOPIC

STEP ONE: "We admitted we were powerless over our codependency--that our lives had become unmanageable."

The ideas presented in Step One are overwhelming to most of us until we begin to see our lives as they really are. It is threatening to imagine that we could be powerless, and that our lives could be unmanageable. Our life experiences, however, remind us that our behavior does not always produce peace and serenity. Our background, if affected by addiction or family dysfunction, subverts our highest intentions, motivations and ambitions. Although it is not our intention, frequently our behavior is not what we want it to be.

January, a good time to begin your step one work. This may be your first time to do step one or it may be your tenth time. Either way, you



YOUR

COSA

NEWSLETTER

will grow and change as you work this step.

January is a month when many of us set new goals, make positive promises, resolutions. As we read the mediation books, many of the readings encourage setting goals, writing affirmations, understanding our needs and setting boundaries to meet those needs.

1995....Make it your year to realize change, positive change for you. The only

person you can change is you. Positive changes will happen around us when we learn to set boundaries, dig within and discover what we want.

Goals give us direction.

Boundaries are vital to recovery. Boundaries help us grow in self-esteem. Boundaries help us deal with feelings. Boundaries especially help us learn to really love and value ourselves.

I'm excited about 1995. I'm excited about the next three hundred and sixty days. I have used five days of 1995 already.

How well did I care for my needs in these first five days? Did I share my recovery with someone? Did I share feelings, real feelings, especially with my children?

I want to live every moment of 1995 to it's fullest. I don't want to wish moments away, but rather live and enjoy each moment. "One Day At A Time."

What Are Affirmations?

Affirmations are an antidote to all the negative messages we've been feeding ourselves for years. Working with affirmations doesn't mean we ignore problems. That's denial. We need to identify problems, but we need to empower solutions. Using affirmations means replacing negative messages with positive ones; as these positive messages become embedded in our subconscious, they will begin to manifest themselves in our lives. We change what we say so we can change what we see.

IDEAS TO WARM YOUR SPIRIT
DURING THE COLD WINTER SEASON
BAKE SOME BREAD
SOAK IN A WARM CANDLELIGHT BATH
JOIN A JAZZ GROUP
EAT A CANDLELITE DINNER
GET SOME SUNSHINE(OR ELECTRIC BEACH)
VOLUNTEER AT AN ANIMAL SHELTER
ATTEND A CHURCH SERVICE
BUY SOME FLOWERS
GO TO A NEW MEETING
BABY-SIT
GO TO THE LIBRARY OR A BOOKSTORE
JOURNAL
VISIT YOUR FRIENDS
POLISH YOUR SHOES
CALL SOMEONE
CUT VEGETABLES
WORK-OUT
TAKE UP A WINTER SPORT
MAKE A SNOWMAN
GO ICE SKATING
HAVE A SNOWBALL FIGHT
TAKE A WALK
GO TO A MOVIE
GET A NEW HAIRSTYLE
GET A MASSAGE, FACIAL, MANICURE, PEDICURE
SING KARAOKE
LISTEN TO MUSIC
MEDITATE
BUY NEW UNDERWEAR
DRAW CARTOONS
GO TO AN ART OR SCIENCE MUSEUM
PRACTICE YOUR SMILE IN A MIRROR
GO DANCING
TAKE DANCE LESSONS

Maybe those of you in a warm climate don't need the above ideas. I found this in the Balance file. Someone sent the list to me. It appears to be anonymous. Thank you to the person who took time to hand write your ideas. As your editor compiles this newsletter, the temperature in Michigan is -5 degrees with a wind chill of -20 degrees. Thanks for the "warm" ideas.

1995 ideas for boundary setting
(taken from an outline of a workshop
presented at the Grand Rapids conference)

I. First step in setting boundaries..acknowledge "T"

A. What is a boundary for me?

B. Zipper theory

1. Is my zipper on the inside?

Do I control who I let in?

2. Is my zipper on the outside?

Do others take my "T" away?

C. I must visualize my boundaries like
building blocks....sometimes they topple..

I must pick them up and try again.

II. Setting boundaries for myself

A. Start small

1. Realize pendulum swing.

2. Personal boundaries

3. Relational boundaries

4. Not manipulative or threatening(rather "T")

5. Most important safeguard is going over
boundaries with my support group.

III. Keeping boundaries/enforcing/taking care of "T"

A. Realize I can't enforce if they are threats

B. Realize it will feel different at first

1. Powerful-controlling

2. Keep trying, keep trying, keep trying

3. Use my support group and sponsor

*Today, I will accept my needs. I believe
I deserve to get my needs met, and I will
allow that to happen.*

*Today, I will peacefully approach one
thing at a time.*

*Today, I will strive for reasonable
expectations about getting my needs met
in relationships.*

*Today, I will concentrate on making
myself feel safe and comfortable.*

Our Thinking

His Promise

It's impossible.

All things are possible. (Luke 18:27)

I'm too tired.

I will give you rest. (Matt. 11:28-30)

Nobody really loves me.

I love you. (John 3:16)

I can't go on.

My grace is sufficient. (2 Cor. 12:9)

I can't figure things out.

I will direct your steps. (Prov. 20:24)

I can't do it.

You can do all things. (Phil. 4:13)

I'm not able.

I am able. (2 Cor. 9:8)

It's not worth it.

It will be worth it. (Rom. 8:28)

I can't forgive myself.

I forgive you. (1 John 1:9) (Rom. 8:1)

I can't manage.

I will supply all your need. (Phil 4:19)

I'm afraid.

I have not given you a spirit of fear. (2 Tim. 1:7)

I'm always worried and frustrated.

Cast all your care on me. (1 Pet. 5:7)

I haven't enough faith.

I've given everyone a measure of faith. (Rom. 12:8)

I'm not smart enough.

I give you wisdom. (1 Cor. 1:30)

I feel so alone.

I will never leave you or forsake you. (Heb. 13:5)



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Present items available from the above address:

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(reference the group your contribution represents)

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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 502, MT MORRIS MI 48458

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.

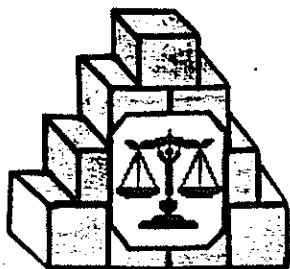
WE STILL NEED PRESENTER'S FOR THE 1995 CONFERENCE. SHARE YOUR STORY, A TOOL OF RECOVERY THAT WORKS FOR YOU, AN AREA OF YOUR RECOVERY THAT IS SIGNIFICANT TO YOU. OTHERS DO WANT TO HEAR YOUR RECOVERY PROCESS. YOU ARE IMPORTANT. WE DID NOT GO TO THE EXPENSE OF INCLUDING THE PRESENTER'S FORM WITH THIS ISSUE. PLEASE CHECK WITH YOUR GROUP FOR A FORM. THERE ARE MANY OUT IN CIRCULATION. SINCE THE DEAD-LINE FOR SUBMITTING FORMS IS JANUARY 15, 1995, PLEASE TAKE A MOMENT NOW TO LET US KNOW HOW YOU CAN SUPPORT US WITH PROGRAM SHARING.

ALSO ATTACHED, IS YOUR REGISTRATION FORM. TAKE A FEW MOMENTS TO REGISTER FOR THE 1995 CONFERENCE.

NOTE: CORRECTIONS TO THE REGISTRATION FORM. OUR FILE NUMBER IS 1038. REGISTER AS "WILLING TO GROW" FILE #1038. THE PREVIOUS NUMBER WAS INCORRECT. ALSO, THE ONE DAY ONLY FEES IN THIS FORM ARE CORRECT. THE FIRST REGISTRATION FORM WAS HIGHER AND INCORRECT. (WE'RE NOT PERFECT!!)

TO INSURE THAT YOUR RESERVATION IS CREDITED WITH THE "SPECIAL ROOM" RATE, IT IS BEST TO CALL FOR ROOM RESERVATIONS BETWEEN 9A.M & 5 P.M. EASTERN STANDARD TIME.

Today, I will let go of my fears about trusting myself because I've made mistakes in the past. Today, I will look at all my good decisions, too.



2nd Annual COSA National Convention
Ann Arbor, Michigan May 26 - 29, 1995



Ann Arbor, Michigan is preparing to host the 2nd Annual COSA National Convention, Friday through Monday, May 26, 27, 28 and 29, 1995. The Clarion Hotel, 2900 Jackson Road, Ann Arbor, Michigan 48103, will provide comfortable, modern and reasonably priced accommodations. The "special room rate" is \$45 per night (maximum 4 people per room). Ask for "Willing to Grow" group rate, file number 1038. Reservations should be made by April 23, 1995 for hotel "special room rate". AFTER APRIL 23rd ROOM RATES WILL BE HIGHER. For reservations call 313-665-4444. See OTHER SIDE for NORTHWEST AIRLINES DISCOUNT. More transportation info will be mailed after registration form is received. Scholarships are available based on need (see other side).

COME JOIN US in a **RECOVERY** atmosphere, where **WARMTH** abounds and recovery friends come from all over to **SHARE, LEARN and GROW**. Meetings, speakers, workshops, prizes, a meal each day provided, the meditation room, and other **FUN and SAFE** activities will be on the agenda along with NSO meetings to make a memorable event. **COSA literature** will be available.

SAA will hold their 8th Annual Convention at the same time and place and a few activities will be joint. Information about joint activities will be easily obtained. For info on the SAA Convention call Jerry B. - 713-869-4902.

REGISTRATION FORM

Conference fees	Before April 1	April 1 - May 1	After May 1	Amount Due
Full Conference	\$60	\$70	\$85	\$ _____
Saturday Only	\$30	\$35	\$40	_____
Sunday Only	\$30	\$35	\$40	_____
Monday only	\$20	\$20	\$30	_____
Scholarship Donation				_____
Total Amount Enclosed				\$ _____

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"95 CONFERENCE NSO"

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Address _____
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Please check affiliation _____ COSA _____ SAA _____ Both _____
Do you want to receive info on future conferences? _____ Yes _____ No
Are you a Delegate? _____ What group do you represent as a Delegate? _____

Are you driving? _____ Are you arriving by air? _____

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