

BALANCE

Issue #2

FEBRUARY 1995

TOPIC

STEP TWO: "Came to Believe That A Power Greater Than Ourselves Could Restore Us To Sanity."

As I continue in my journey, I realize that I lean more and more toward M. Beattie for my guidance.

In her book, "Codependents' Guide To The Twelve Steps", reminds us that we need to go back to the first step to get our bearings and remember who we are. Then we can go on to the second step to become all we are capable of becoming.

Just today, I picked up journaling from 1988. It was a good reminder of who I was. As I saw how far I had come, I felt encouragement. As I realized how much still hadn't changed, I received new energy to continue my journey. I'm not finished. I haven't attained. Some sanity has been restored. There is more. I can become more, enjoy more, be more.

As I read M. Beattie's Feb. 1 meditation, I was again reminded of the strength and support we receive from our support group/each other.

We need our support group meetings. As we share, we grow. As we share, others grow. As they



YOUR

COSA

NEWSLETTER

share, they grow. As they share, we grow.

Before recovery, it seemed whenever someone or some organization ask for my help, I gave them my energy. They took from me. In my support, I receive strength from sharing. As I received hope and strength, I give hope and strength. As others share, I receive hope and strength.

Part of coming to believe in a Higher Power is "coming to believe" that we don't have to do it alone. We have a group. It's a group that we don't take energy from, but rather as we each share

our pain, our journey, our life, we will grow and change and keep our own energy.

Traditions...the glue that keeps twelve step recovery groups together.

Tradition Two: "For our group purpose there is but one authority--a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern."

This tradition reminds us that we have no authority figure giving us advice. There are no titled people in charge of our meeting. No one is checking our homework.

Our only authority figure is our Higher Power. A Higher Power as we see or feel that presence. No one in the group will tell us who or what our Higher Power must be.

Members are drawn together by common suffering.

Older members will sometimes be looked to for guidance & attending to certain chores, however for effective development of our group, we must all share responsibilities.

Step Two questions.....

What are the holes in my soul?

What has happened to others in recovery that I would like to happen to me?

What is keeping you from believing that a power greater than yourself can restore you to sanity?

Do you trust & share openly & honestly at the meeting you attend? If your answer is no, why not?

There is a lesson for each of us in the following reading that was shared with a fellow COSA member. How many times have we repeated the same plan expecting different results.

Some of us divorced, thought we were healed, remarried, and found we had married another person just like the one we left.

We do the same with employment, the raising of our children, choosing our friends.

Recovery, focus on self must occur before the plan will change.

AUTOBIOGRAPHY

1. I walk down the street.
There is a deep hole in the sidewalk.
I am lost....I am hopeless.
It isn't my fault.
It takes forever to find a way out.
2. I walk down the same street.
There is a deep hole in the sidewalk.
I pretend I don't see it.
I fall in again
I can't believe I am in the same place.
But it isn't my fault.
It still takes a long time to get out.
3. I walk down the same street.
There is a deep hole in the sidewalk.
I see it there.
I still fall in... It's a habit.
I know where I am.
It is my fault.
I get out immediately.
4. I walk down the same street.
There is a deep hole in the sidewalk.
I walk around it.
5. I walk down another street.
from: "Healing The Child Within"
Charles Whitfield, M.D.
Portial Nelson, 1980

COMES THE DAWN

After a while you learn the subtle difference between holding a hand and chaining a soul. You learn that love doesn't mean security, and you begin to learn that kisses aren't contracts. And presents aren't promises. And you begin to accept your defeats with your head. Up and open your eyes, with the grace of a woman, not the grief of a child.

And you learn to build all your roads on today because tomorrow's round is too uncertain, and futures have a way of falling down in mid-flight.

After a while you learn that even sunshine burns if you get too much.

So you plant your own garden and decorate your own soul instead of waiting for someone to bring you flowers.

And you learn that you really can endure...That you really are strong...And you really do have worth...And you learn with every good-bye and disappointment, you

Learn.....And you do survive.

Author Unknown

PERMISSIONS

**IT'S OK TO TRY SOMETHING YOU DON'T KNOW.
IT'S OK TO MAKE MISTAKES.
IT'S OK TO TAKE YOUR TIME.
IT'S OK TO FIND YOUR OWN PACE.
IT'S OK TO DO IT YOUR WAY.
IT'S OK TO BUNGLY-NEXT TIME
YOU ARE FREE OF THE FEAR OF FAILURE ENOUGH TO SUCCEED.
IT'S OK TO RISK LOOKING FOOLISH.
IT'S OK TO BE ORIGINAL AND DIFFERENT.
IT'S OK TO WAIT UNTIL YOU ARE READY.
IT'S OK TO EXPERIMENT-SAFELY!
IT'S OK TO QUESTION "SHOULD".
IT IS SPECIAL TO BE YOU.
IT IS OFTEN NECESSARY TO MAKE A "MESS" WHICH YOU SHOULD BE WILLING TO CLEAN UP.
THE ART OF CREATION IS OFTEN MESSY.**

Author Unknown

**TAKE TIME TO
PRAY.....IT HELPS TO
BRING GOD NEAR AND
WASHES THE DUST OF
EARTH FROM YOUR EYES.**

REFLECTIONS

YESTERDAY, TOMORROW AND TODAY

There are two days in every week about which we should not worry, two days which should be kept from fear and apprehension.

One of these days is Yesterday with its mistakes and cares, its faults and blunders, its aches and pains. Yesterday has passed forever beyond our control.

All the money in the world cannot bring back Yesterday. We cannot erase a single word we said. Yesterday is gone.

The other day we should not worry about is Tomorrow with its possible adversities, its burdens, its large promise and poor performance. Tomorrow is beyond our immediate control.

Tomorrow's sun will rise, either in splendor or behind a mask of clouds--but it will rise. Until it does, we have no stake in Tomorrow, for it is yet unborn.

This leaves only one day--Today. Any person can fight the battles of just one day. It is only when you and I add the burdens of those two awful eternities--Yesterday and Tomorrow--that we break down.

It is not the experience of Today that drives people mad, but it is the remorse or bitterness for something which happened Yesterday and the dread of what will happen Tomorrow.

THE PROCESS OF GRIEF (QUOTED FROM ACA)

1. Work through the DENIAL that hides the anger.
2. Work through the ANGER that hides the hurt.
3. Work through the HURT that hides the loss and loneliness.
4. Work through the LOSS AND LONELINESS that hides the lack of self-worth.
5. Work through the LACK OF SELF-WORTH that hides the total confusion.
6. Work through the TOTAL CONFUSION that hid our unwillingness to give up our own control and our unwillingness to surrender our lives to a Higher Power.

**I AM THE ANSWER
OF ALL THE PEOPLE
I WILL KNOW IN A
LIFETIME,
I AM THE ONLY ONE
I WILL NEVER LEAVE
OR LOSE.
TO THE QUESTION OF
MY LIFE,
I AM THE ONLY
ANSWER.
TO THE PROBLEMS OF
MY LIFE,
I AM THE ONLY
SOLUTION.**

When I feel Responsible FOR others:

- I.....fix
protect
rescue
control
carry their feelings
don't listen

I feel.....tired
anxious
fearful
liable

I am concerned with....
the solution
answers
circumstances
being right
details
performance

I am a manipulator

I expect the person to live up to my expectations.

When I feel responsible TO others:

- I.....show empathy
encourage
share
confront
am sensitive
listen

I feel.....relaxed
free
aware
high self-worth

I am concerned with....
relating person to person
feelings
the person

I believe that if I just share myself the other person has enough to make it.

I am a helper/guide.

I expect the person to be responsible for themselves & their own actions.

I can trust, let go.

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 totata.

Orders totaling \$2.20 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 ea. (blank thru 10 years)

COSA Welcome brochure...\$.20

COSA Laminated cards w/ Serenity Prayer & steps.\$1.

Send contributions to support your NSO-COSA to:
NSO-COSA

8337-B KATY FREEWAY #142

HOUSTON TX 77024

(reference the group your contribution represents)

To subscribe to "BALANCE" send \$12.00 for a one year subscription to:

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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.

WELCOME... THREE NEW MEETINGS IN MICHIGAN:

BRIGHTON, MI

CONTACT PERSON: KRIS A ..313-994-4728

BAY CITY, MI

CONTACT PERSON: LINDA D...517-843-6973

WEST BLOOMFIELD, MI

CONTACT PERSON: BONNIE K...810-661-4369

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!!)

95 CONFERENCE...PROGRAM Glimpses...

WORKSHOPS ON THE FOLLOWING:

INCEST/CHILD WITHIN ISSUES

SPONSORHIP GUIDELINES

RITUAL ABUSE

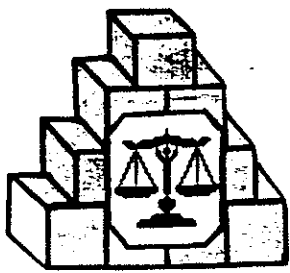
FORGIVENESS

COUPLES IN RECOVERY

.....AND MUCH MORE.....

REGISTER NOW FOR MAY 1995





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	\$30	\$30	\$30	_____
Scholarship Donation				_____
Total Amount Enclosed				\$ _____

**MAKE CHECKS PAYABLE TO:
 "95 CONFERENCE NSO"**

Name _____
 Name (On Name Tag) _____
 Address _____
 City/State/Zip _____
 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?

**MAIL FORM AND CHECK TO:
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 P.O. BOX 502
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 48458**