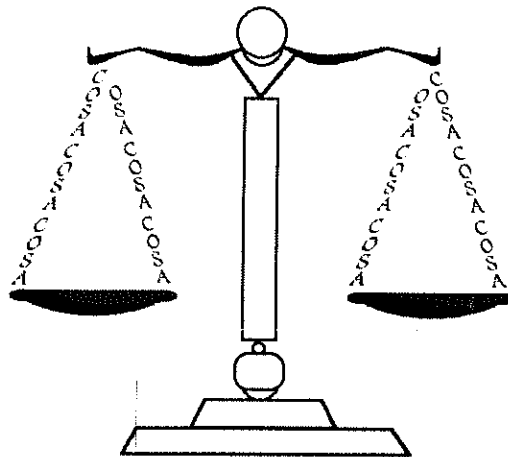


Recovering Is A Continuing Action Of Courage



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STEP TEN

STEP TEN: *"Continued to take personal inventory and when we were wrong promptly admitted it."*

I appreciate step ten. I appreciate the reminder that my program must continue as a daily program. I can't just clean up my past, then believe I am okay for the rest of my life. Each day I need to take an inventory and determine if there is anything I did today that needs to be promptly confronted.

I am my own worst enemy. I still find myself reviewing my day and trying to minimize some interactions. Then I take a moment to look at my step eight list. Many of the amends on my step eight list wouldn't be there if I had been introduced to my step tools many years ago. Amends and confrontations that I didn't deal with daily turned to resentment and hurt. They became bigger amends and confrontations.

When I use step ten for growth and recovery in my program, I can become acquainted with who I really am. I can ask for forgiveness. I can ask for help. I can ask for guidance. Before recovery, I could never ask for any of these gifts.

I recently received a letter from my daughter. It was a gut level, feeling-filled letter. It required a gut level, feeling-filled answer from me. As I answered her letter, I was amazed at the number of amends I made in that reply. I have worked on amends with each of my children. Yet, whenever we communicate at a gut level,

there are more amends revealed to me. It's that daily inventory, while performing daily tasks. Amends can happen during a walk together, a phone conversation, or in answering a letter. Amends don't have to be a separate work project. Amends will become a part of my daily routine if I keep my recovery focused.

The words "I was wrong and I'm sorry", are so comforting. I find that they break down barriers faster than dynamite. Of course, those words must not be spoken unless I *mean them*. Since I have realized how easy it is to admit that I am wrong, I am amazed at how easy it is to let things go. I am also amazed at how easily other people let things go when I make amends to them.

[continued on page 2]

DID YOU KNOW ?

Did you Know that COSA is going to have its 3rd Annual COSA Conference (Convention) in Minneapolis, Minnesota, Memorial Day Weekend 1996?

COSA's from all over the World gather once a year to listen to speakers, attend workshops, share their experience, strength and hope, receive support, visit new areas of the country and have fun!!

Yes, that's right, the dreaded "F" word . . .
FUN !!!!!

[continued on page 4]

BALANCE

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ON RISK TAKING

First, there is some discomfort. Then, there is the figuring out why. Finally, the solution is clear and insists upon expression.

It feels dangerous to be vulnerable. (*And yet, a lady must at times, risk her safety.*)

Healthy risk taking involves the telling of a truth. It seems that there are only two outcomes. For example, *no change* or *change*. *No change* involves the acceptance of the status of the relationship. *Change* could then be characterized as increased separation or increased closeness.

Risk taking appears to be a process that could be cut and dried; simple. However, the human mind has a quality which allows itself to role play all scenarios. Mentally role playing these risks is necessary to prepare the human. This gift is blocked by fear. I believe that lives are prevented from reaching their highest potential due to fear.

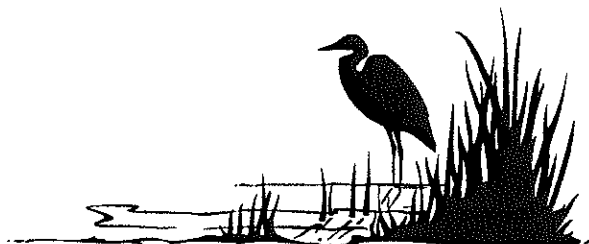
How then does one choose whether or not to talk - take a risk?! For me, it is a little bit of intuition, a little bit of luck, a little bit of wisdom and more than a little bit of trust. Trust in the person receiving and a lot of trust in the Universe.

Balance is needed so as not to become too calloused or too soft. It is difficult to override the feeling side of logic. Risk taking is a difficult task in all of its essence, especially afterwards. For then, come the feelings which accompany risk.

Healthy risks are taken in hopes of gaining growth or adding new dimensions, rather than for pity's sake or out of habit. There is a beginning, a middle and an end to risk taking. Sort of like a good book.

It's my choice; miss the story or dive in.

Michele W.



Reflections on My Journal

September 21, 1995

The other evening, I was reflecting on my journal from a year ago. What a gift that journal is! At that time, I was working on "mom" issues which are always about my co-sex addiction. (Surprise, surprise!) I was wanting to be ready to date and nothing much was happening in that area. I would turn it over to God to bring me someone and then I would take it back and try to do my own thing. Then I would turn it over to God again.

Today, I am dating a man I went to high school with. We just ran into each other again at a high school reunion. We tried to date about 15 years ago. That was before I had any recovery and I was newly divorced. The time wasn't right for us then and I guess it wasn't God's time. Now it is very different for both of us. We are not yet being sexual even though we were 15 years ago. This feels wonderfully new and yet like old friends.

While this new relationship is not perfect, I am enjoying it and what we have one day at a time.

For the first time in my life, I am being treated with respect, honesty and sincerity by a man. Life's experiences and recovery have made this feel entirely like a "God thing". I am very grateful for the COSA program, my recovery and to God.

Ruthann G.



STEP TEN

[continued from page 1]

For me, my program has been a positive experience with my husband, my children, many friends, my recovery community, my co-workers and a few members of my family of origin. I am moving slowly with some family of origin members. That part has been painful for me. Sometimes I get stuck on those siblings who still exhibit anger and hatred, It is then that I have to look back at all the successful, positive interactions I have experienced.

The pain that is still there is healing pain. When that pain rises within me, I make phone calls. I talk and grieve and feel the pain. This is a healing pain. Healing pain will continue to give me freedom in my life and in my recovery.

Ila D.



CONVENTION '95/ '96

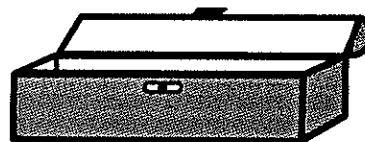
I would like to thank all those who worked on the 1995 COSA National Service Organization Convention in Ann Arbor this May. I gained so much from the Convention this year, partially due to decisions I made for myself and also due to the many opportunities available to us all. Having speakers each evening sparked lots of introspection and beneficial conversation throughout the weekend.

The registration packet immediately began the introspection and growth that continued for me through the whole convention. Using the many forms provided in the packet, I was able to focus specifically on what I hoped to gain, where I needed more boundaries in my life recovery and how I might achieve greater balance.

Our Louisville groups were blessed to have a large number of participants at this year's convention and already several meetings have focused on what we learned, or are working to learn and make a part of our personal recovery. Through this manner we are able to bring the convention to those who were unable to attend.

I would like to thank those who shared themselves or their ideas and recovery through workshops and story presentations. I continue to grow as a result of your sharing. Already I am looking forward to next year in Minneapolis!

Jennie X.



NEED SOME NEW INSPIRATION?

Look in our toolbox for more tools!!

1995 CONFERENCE TAPES

ORDER from COSA LITERATURE SALES (see back page).

"Coming Home to Yourself"

Personal sharing of incest/inner child work.

"Reclaiming Our Senses"

Learning to draw from and experience all of our senses.

"Ritual Abuse"

How Ritual Abuse survivors can learn to apply the steps.

"To Be or Not To Be"

Afraid to be sexual, afraid not to be sexual.

"Forgiveness"

How I learned to forgive and continue to use my recovery tools.

"My Recovery"

Four years COSA, eight years AA recovery, a pain filled story.

"COSA Meeting Format"

Four states share their meeting procedures and guidelines.

"Sponsorship Procedures and Guidelines"

How to sponsor and pick a sponsor.

"Couples In Recovery"

Focused recovery individually and as a couple.

"Retreats"

Retreat experiences and importance of retreats as a part of recovery.

"What's My Part?"

A light hearted way to explore codependency.

"Multiplicity"

Multiple personality and how to work recovery as a multiple. The original/master Multiplicity tape is blank. If you purchased the Multiplicity tape, please inform us and we will correct the error. If you have a Multiplicity tape and it is NOT blank, please share it with us. Others would like the tape if an audible one is available.

CONFERENCE 1995 SPEAKERS

"1995 Convention Welcome"

Two tapes in this set, but still for the price of one. You hear two keynote speakers, May B. And Steve L., also the songs and music written by convention participants.

"1995 Saturday Convention Banquet"

Doris G. And Marilyn F. share their stories of addiction and co-addiction.

"1995 Sunday Convention Banquet"

Maureen O. shares her story. Introduced to her codependency through her son's sexual addiction. Stayed with her process of recovery to learn she too was sexually addicted.

"1995 Monday Closing"

Arnold D. And Ila D. Share their story of addiction, years of separation, and coupleness and family restoration.

Tapes are \$6.00 each, add \$2.00 postage for each tape ordered.

Pen Pals + Service Work = Me ☺☺

Pen Pals are Needed

The communications committee is again asking for volunteers who wish to do service work by writing to someone who is in an area without meetings. If you are interested in being a long distance pen pal, please write to:

**P.O. Box 502
Mt. Morris, Michigan 48458.**

Please consider this service work. I remember how lonely I felt before I had group support. An occasional letter or card brings so much support and hope to those with no support network. Please announce this need for service work at your meetings.

Thank you,

Na D. and Dana

TO ORDER LITERATURE:

**Write: COSA LITERATURE
P O BOX 502
MT MORRIS, MI 48458**

- COSA Brochure.....\$0.20
- COSA Welcome Brochure...\$0.20
- How To Start A Group.....\$2.00
- COSA Stories Vol. I.....\$3.50
- COSA Stories Vol. II.....\$3.50

- COSA Medallions.....\$3.00 ea. (blank, 6 mos., 1-15 years)
- COSA Laminated cards w/ Serenity Prayer & steps....\$1.00

- Starting A New Grp. Audio Tape.....\$5.00
- 1995 Conference Audio Tapes.....\$6.00

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

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- Orders totaling \$2.01 to \$9.00 add postage...\$2.00
- Orders totaling \$9.01 to \$30.00 add postage...\$3.00
- Orders over \$30.00 add postage...\$5.50



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Many people on the mailing list are in an area where no meetings are available. This newsletter is their only contact with recovering people. Share your story. Share your recovery. Share the tools that work for you. Share your gifts. **THE "BALANCE" NEWSLETTER IS YOUR NEWSLETTER. SHARINGS FROM YOU CONTINUE THE PURPOSE OF THIS NEWSLETTER AS A COMMUNICATION LINK TO STRENGTHEN AND CONNECT COSA SUPPORT GROUPS AND ENCOURAGE THOSE WHO ARE STILL STRUGGLING ALONE.**

Share with other readers about your new meetings, retreats, social activities, meeting experiences, life experiences.



DID YOU KNOW ?

[continued from page 1]

The first Conference was in Phoenix, Arizona in 1994. It was a great start and about 70 COSAs attended. The second conference was this past memorial weekend in Ann Arbor, Michigan. There were approximately 100 COSAs registered.

So now it's time to consider next year's conference!

Miriam B. and Barb are the co-chairs for the Minneapolis conference

And are excited about the journey ahead of them.

If you are interested in hearing more information about future conferences remember to check your BALANCE each month.

Robyn M.