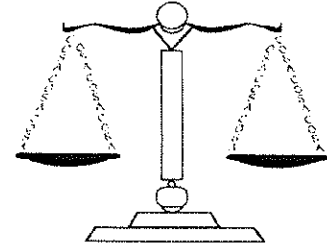


# BALANCE

## NEWSLETTER

No. 18  
JUNE 1996

## READY TO CHANGE



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### STEP SIX

STEP SIX: *"Were entirely ready to have God remove all these defects of character"*

As I approach Step Six and begin researching it's meaning, I begin to realize all I have done with the first five steps is build my foundation. I have been placing my thought process in order. (Sometimes I call it getting my tapes in order.)

When I first came into recovery, it felt like I had a dozen tangled tapes in my head. My idea of recovery was to *destroy* those tapes. I soon realized that I needed my old tapes. I can't throw away my past. That is my base. That is me. As I worked through the first five steps, I did begin to untangle my old tapes. Today, I'm pleased that I didn't throw away my past. All of that is the basis of my sixth step.

I see the word God in this step and I am reminded that I do need God in my recovery. In my case, God is my Higher Power. I need a Higher Power to give me the strength to let go. I need a Higher Power to continue my journey.

This step tells me to become ready to let go of my defects. Even though I have preparation from the first five steps, I still don't have to let go right now. I only have to become

ready. I become ready to let go of low self esteem, fear, anger, shame and guilt. I become ready to let go of my control issues, my work addiction, and my need to complete tasks perfectly. I become willing to let go of my intimacy fears.

The following is an example of a detailed sixth step:  
As I look over previous step work, I want to review my sharing of one activity that I completed in a step six approximately nine months ago. The exercise asked me to make a list of everything I would like changed about my life. I listed the following: Deeper peace and assurance about my life after death; honesty always with less fear; less caffeine in my diet; more knowledge about natural health care; rental and business book work done in a timely manner; couple recovery/step work on a regular weekly basis; more time for crafts.

[cont'd on page 4]

### BALANCE

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### CALL FOR LETTERS

(Convention Reporters Needed)

PLEASE WRITE AND LET US KNOW YOUR EXPERIENCES AT THE CONVENTION IN MINNEAPOLIS. IT WOULD BE GREAT TO HAVE LOTS OF MAIL TO SHARE WITH COSA'S WHO DID NOT ATTEND.

THE CO-EDITORS



## Courage to Be ... Deep in the Heart

### 4TH ANNUAL COSA CONVENTION 1997

The 4TH ANNUAL COSA CONVENTION will be held May 23-26, 1997. Come meet together Deep in the Heart of Texas - Houston - for four days of workshops, speakers, business and especially meeting new and old friends who "understand as perhaps few others can."

For those planning or even considering attending, think of the possibilities of coming and speaking, leading a meeting, joining a panel, or leading a workshop. We look forward to your input.



### NEED SOME NEW INSPIRATION?

Look in our toolbox for more tools!!

#### I WANT TO...

I jumped into Recovery feet first - not knowing anything about 12 Step programs, family of origin issues, Higher Power or the PROCESS. Anything had to be better than the way I was surviving! At first I had to learn I could have a future with a man in my life AND I could have a future *without* a man in my life. Then I was able to pray to my Higher Power that my *spouse's* Higher Power would lead him to Recovery.

#### It Happened!

After my husband began his recovery nothing was predictable in our relationship. We had to discover and develop new ways of relating to each other.

We found a pledge in several sources and it meant something to each of us. Each morning before breakfast we sit across the table, grasp hands, and repeat the Serenity Prayer together. After breakfast, we again grasp hands, and say what we call the "I want" pledge to each other.

#### *I want to*

- Love you without clutching
- Join you without invading
- Appreciate you without judging
- Invite you without demanding
- Leave you without guilt
- Criticize you without blaming

Help you without insulting  
If I can have the same from you, we can truly meet and enrich each other.

Depending on where we are with our individual recovery/emotions we may or may not add "I love you" and hug afterwards. Any one word may bring tears or sobbing, which is usually an accurate gauge of our relationship is on that day.

During a period of a year or so, my spouse worked 7:30 am - 5:30 pm and I worked 2:00 pm - 12:00 pm. We worked our schedules out so that we each gave. Sometimes I got up early and sometimes he stayed up late. Sometimes he would take a long lunch hour so we could meet and repeat the prayer and pledge. In twenty years of marriage I had never gone to my husband's office. Vacations are a real challenge when our routines are totally different. I imagine we have "shocked" our share of waitresses!

At times, either one or both of us don't feel like being in the same room much less holding hands across a table but we continue to practice this part of our recovery as a couple, It has enhanced our relationship. I would encourage you and your partner in a committed relationship to find and develop an affirming touchstone or centering activity that could do the same for your relationship.

*Jan W.*

**Affirmation: I participate in affirming my committed relationships daily.**

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,  
*Ila D. and Dana*

**TO ORDER LITERATURE:  
Write: COSA LITERATURE  
9337 B KATY FRWY #142  
HOUSTON, TX 77024**

- 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
- 1995/6 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.

- Orders totaling \$.20 to \$2.00     add postage...\$ .75
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- 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.



**STEP SIX**

*[cont'd from page 1]*

As I look at this list, I am amazed that almost every one of those changes have occurred. I do have a new peace and assurance about life and death. I feel much less fear when I confront honestly. My diet has been caffeine free since January 27, 1996. My knowledge about nutrition has tripled. I am amazed at how quickly the knowledge came to me. I did not have to search it out. My book work needs more improvement, but I'm still way ahead of any other year.

My couple recovery and step work is more regular and is being accomplished with a workbook that I believe is excellent. I am okay with the amount of craft time I have now. It doesn't seem to be as important as it was when I listed it. Ila D.



The address for the E-mail Forum for Friends and Family Members of People Addicted to Sex is: **willing@netpath.net** for those interested in inquiring or becoming a part of the support group.

This list is closed for the group's safety. It is for people in COSA, S-Anon, Co-SLAA or those with no meeting they can attend. Ruth B.