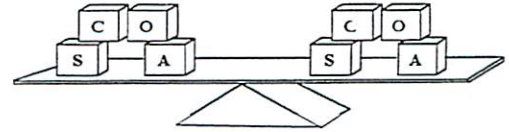


No. 30  
JUNE 1997

## Admit To Ourselves



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### STEP SIX

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

In order to retain the continuity of monthly step articles - we encourage readers to submit writings regarding the steps.

Due to the lack of a Step Six article, we will combine Step Six and Seven for publication in the July issue of BALANCE.

- The Editors



### Acceptance

I've been thinking about acceptance lately. It started a couple of weeks ago when we went for a family vacation. Our plane was 2 hours late leaving Minneapolis because of the wintry conditions and plane de-icing procedures. Later, when we were in the air, I realized that we would be landing after our connecting flight was scheduled to leave. I explained to my two little boys that we might have an adventure. We might be staying in a hotel for the night and taking a plane the next day. Or another possibility was that our connecting plane might be waiting for us, so we would get to Florida that night but our suitcases would probably not arrive until the next day.

The boys didn't need too much more

explanation. That was that. It was not that simple for some of the other passengers. Many were visibly agitated and worried. Despite warnings from the flight attendants, many people stood and gathered belongings from the overhead compartments while the plane was still moving toward the gate. I felt at peace and grateful that I don't have to be in control anymore. I felt my higher power with me and that whatever happened, I would be all right and my family would be all right.

Certainly my life is a lot more acceptable now than it was 5 or 6 years ago, when I was in the midst of insanity and living with a practicing sex addict. Today, life's curves and bumps and delayed flights are easier to accept because the overall condition of my life has risen dramatically in recovery.

But I wouldn't be here, in this serene and accepting place, if it weren't for the 12 steps of COSA. Acceptance was something I had to learn. From my very first meeting, I found acceptance in my COSA group. People listened to me, they nodded in understanding, they embraced me in my pain, sometimes they cried with me. They didn't judge me or tell me what to do. They offered support and gave me the gift of sharing their experience, strength, and hope. Over the years in the program, I learned that who I am is good enough.

[continued page 4]

### BALANCE

*"Balance" is a Monthly Newsletter.*

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HOUSTON, TEXAS 77024

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## *Update on NSO Board Activities*

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The annual business meeting of the NSO COSA Board of Trustees, delegates and interested individuals was held Friday May 23, 1997 at Houston, Texas in conjunction with the 4th Annual NSO COSA National Convention.

A detailed report of business decisions etc. will (hopefully) appear in next month's issue of BALANCE. Basically all items listed in the delegate package passed (changes in by-law wording, wording of the steps and traditions and approval of literature).

The NSO is financially sound with a budget of approximately \$10,000 for 1997-98.

The most significant vote for me personally was the one voting me to serve as chair for 1997-98 by the Board members in attendance Sunday morning. I bring a deep commitment to my personal recovery, a long standing belief in and support of NSO COSA and its purpose. I have a desire to see NSO COSA grow and be a resource for COSA's everywhere. Also, I have an ability to recruit members to participate in COSA in various capacities that interest them - which benefit the individual as well as the organization.

I am delighted to have 15 capable, interested people working with me. The 1997-98 COSA National Service Organization Board of Trustees are:

Kris A.	IN	Ruth B.	NC	Sonja S.	SD
Barbara C.	KY	Jennie C.	KY	Claudine P.	TX
Barb C.	MN	Sandra F.	IN	Carolyn S.	TX
Jeremy J.	KY	Robyn M.	TX	Kim S.	TX
Burnet O.	TX	Deb R.	IN	Bill Y.	KY

The Executive Committee:

Jan W. TX	Chairperson
Barb C. MN	Vice-Chairperson
Deb R. IN	Treasurer
Sonja S. SD	Recording Secretary
Jennie C. KY	Corresponding Secretary

The Executive Committee met by conference call June 8 to "brainstorm" for Board goals for 1997-98, as well as, three and five year goals for the organization.

**We are enthusiastic and ready to work for you!**

Please let us know of your cares, concerns, hopes, needs and willingness to volunteer to help COSA move into the 21st century. You can write to me, Jan W., at the following address:

Attn. Chair  
 NSO COSA  
 9337 B Katy Freeway #142  
 Houston, Texas 77024

## My Preamble

Self preservation is preserving my own abilities; staying within my own goals and expectations and allowing myself freedom of choice.

It's being able to set my own pace, living in my own 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 me, accepting their encouragement as well as receiving mine.

I need not abandon my child within. I walk with her; nurture her understanding; embrace her pain; rejoice in her laughter.

I'm able to use my resources today and in doing so; I stand firm within my own boundaries, I complete my goals and I start new ones.

My expectations are not of others. My expectations are of myself and my own recovery.

*Kris A.*

---

## Convention News

**"1997 NSO COSA Convention tapes are now available!"**

The following is a listing of each tape and a brief description if needed.

Keynote speaker (Friday night) - *COSA/SAA couple share jointly their stories to recovery. (Lisa Mc., Nan E.)*

Courage to recover after pain - *two COSA women share their experience strength and hope (Sharon G., Jo Katherine D.)*

Courage to break the silence - *COSA stories (Robin R., Marjorie K.)*

Courage to be... using the 12 Steps - *(Ila D.)*

Courage to give it away... so I can keep it - *service work and how it affects my recovery (Charlotte S.)*

Deep in the Heart... woman to woman - *claiming our power [limited audio with hand outs] (Sally B.)*

Courage to follow my spiritual path - *(Barb C.)*

Keynote speaker (Sunday lunch) - *Katy B.*

Keynote speaker (Monday brunch) - *Robyn M.*

Tapes can be ordered through the literature order form inserted in this newsletter. (Please designate tape by name as listed above)

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*Acceptance*

[continued. from p. 1]

I'm still learning about acceptance. One of my daily affirmations is: I love and accept my family just the way they are. What a wonderful freedom that gives us all! The freedom to be who we are and the safety of feeling accepted. I'm learning to apply the steps and traditions in my daily life as much as possible. Serenity and acceptance are my benefits.

We did get to Florida that night. Our suitcases were delivered to us at noon the next day. We had the adventure of sleeping in our underwear, not brushing our teeth for quite a while, and walking the beach in long-sleeved shirts with our pants rolled up. Not a word of complaint from any of us.

**Just the acceptance of "This is how it is today." and a deep sense of gratitude that we are together on this beautiful planet!**

Barb C.

*Affirmations:*

*I appreciate myself therefore I focus on me.*

*I have beautiful glowing skin.*

*I am walking with confidence and each step I take is in perfect accord.*

*I have an inner beauty that shines and radiates warmly.*

*I am brilliant.*

*I am a wonderful teacher.*

*I am loving.*

*I am cradled in the loving arms of a loving and protecting Universe.*

*God, grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.*

**Pen Pals are Needed**

The communications committee is 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 J.*

Send contributions to support your NSO-COSA to:  
NSO-COSA  
9337-B KATY FREEWAY #142  
HOUSTON TX 77024



**National COSA Phone Line  
Phone 612/537-6904**



SEND EDITORIAL CORRESPONDENCE AND SUBMISSIONS TO:  
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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.



The address for the E-mail Forum for Friends and Family Members of People Addicted to Sex is: **willing@netpath.net** (this address is 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.