

BALANCE



NEWSLETTER OF THE NATIONAL SERVICE

Volume 1, Issue 4

July - August 2004

Greetings from the NSO Board Chair

It is an honor to serve the fellowship as Chair of the NSO-COSA Board. I see many exciting things happening. As our fellowship grows and we are able to reach more of those who still suffer, our fledgling NSO is growing too.....

Some achievements of the last year are:

- Safety Guidelines have been adopted.
- A Mission Statement has been approved.
- Input from the delegates at the Annual Meeting was com-

pleted and is being reported to the fellowship in our newsletter.

- Procedures for determining the sale of non-conference approved literature, copyrighted by others, are being developed.
- A letter recently was received from the IRS temporarily reinstating our 501(c)3 status (Final determination to be within 120 days).
- Our Kentucky bank account was transferred to non-profit

status with two signatories in place.

- Our treasurer is changing accounting procedures to start using QuickBooks.
- We are investigating the possibility of establishing a yearly compilation audit of our financial records.
- We have a 2005 Convention Committee in place with a mandate to have the registration flyer ready by January.
- We are in the process of getting our COSA name, logo and newsletter trademarked. (con't on page 3)

Special points of interest:

- MESSAGE FROM THE CHAIRPERSON
- CONFERENCE REFLECTIONS
- YOU SPOKE ...AND WE LISTENED
- CALENDAR OF UPCOMING EVENTS

Conference Reflections from a 'Seasoned Member'

Since being registered as an NSO, our NSO/COSA experienced it's 11th NSO/COSA Conference/ Convention. As I reflect over the past 11 years and the years before COSA

was an NSO/COSA I feel a need to share how Conference/ Conventions & Retreats (I call it extracurricular)have enhanced my recovery.

I found COSA in September of 1988. That

awesome experience, my first introduction to the 12 steps (what?, I have to look at me!) gut level honesty, all concepts that left me knowing I wanted more of whatever this thing called (con't page 6)

Inside this issue:

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Dallas Sticky Notes (part 1)

Donna J., MI

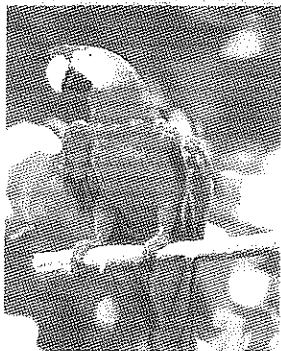
What can the board do to assist the fellowship?)

At the general membership meeting of the NSO-COSA board held in Dallas, Texas we collected sticky notes of suggestions from the delegates. The following are the results of the first of the questions. Responses to these will be in upcoming issues of the Balance as will the results of the other questions...

1. Help people find sponsors.
2. Step work retreat.
3. Regional COSA Connections Coordinators that would be face to face contacts for those starting new meetings.
4. COSA literature.
5. Updated literature/ with feedback from the fellowship.
6. Strengthen the Yahoo Group (what do we need to do to keep it alive and well?)
7. COSA Connections.
8. Better communication of financial needs and other issues of the National Service Organization.
9. Diversify the COSA Board by reaching out to fellowships in a concrete way (skills and abilities).
10. Better communication to the groups.
11. Enable people to order literature via the web site.
12. Reaching out to those who still suffer wherever they are.
13. Leadership/ management planning organization training for the board.
14. Keep current literature on the website.
15. Do a few things well, using the resources available, rather than trying to do everything.
16. Regular monthly newsletters.
17. Longer range repeated announcements in the newsletter.
18. Get a single official office.
19. Raise money to support volunteers.
20. Emphasize 12th step and the importance of service work— when it is appropriate for someone to begin service work.
21. Clarity on what it means to be a member.
22. Regular newsletters.
23. An official COSA office.
24. Obtain a COSA phone line with an 800 number.
25. Available on - call phone support.
26. Regarding we site links to other related recovery.
27. Print 12 step banner (co-sexual addiction) and promote more income from selling tapes and the Balance including asking for donations.
28. Get a salaried employee for the official office.
29. For next convention, have joint schedule for COSA and SAA workshops in one booklet.
30. Regarding web site: a searchable group listing by country, state, city and zip.
31. Timely minutes from board meeting distributed to home groups and inter groups-for the purpose of transparency

(con't on page 4)

You SPOKE...



AND WE LISTENED

Greetings from the NSO Board Chair (con't from pg 1)

- A Public Information Committee was established and is enthusiastically working to upgrade our current procedures and establish new ones.
- "Roberta's Rules" are being used at Board meetings on a trial basis for a year to see if we want to adopt them into our bylaws.
- We are establishing a PayPal account to expedite sales of literature and currency conversions.
- Our literature is being translated into Dutch and Spanish by volunteers.
- A high speed multiple audio tape duplicator was purchased and has improved the efficiency of that tape duplication.
- Our National Coordinator is researching the requirements to do bulk mailing to save on postage costs.
- Our one Yahoo Group grew to three (one on-line message board, one 12-Step work board, and one NSO Board Yahoo group) with over 800
- members using our COSA Yahoo message board.
- We will be taking steps to change our name from NSO-COSA to ISO-COSA as soon as our public non-profit status with the IRS is restored permanently.
- We are supporting our Minnesota group in their COSA 25th Anniversary celebration by having our face-to-face Board meeting in Minneapolis during the celebration weekend in October.
- We are moving toward establishing a central office by having our Newsletter added to the job of our National Coordinator.
- We will be working with the Committees to develop a "one-page plan" with goals and time lines.
- We will be determining how best to publish a directory of world-wide COSA groups.
- To enhance the efficiency of our board, we added the outside

position (not a board member) of "meeting facilitator" .

- We are developing more COSA approved literature.

It is important to enhance your recovery and support the fellowship by doing service work at whatever level you can. Attending COSA meetings to share ESH (experience, strength and hope) is important service work, as well as the service you provide when, individually and as a COSA group, you remember the 7th tradition.

Another way to support your fellowship is to begin collecting donations to financially support sending a delegate to the next Annual Meeting which will be in May 2005.

In addition, volunteers are always needed for the many jobs available to serve at the national level. Contact COSA at info@cosa-recovery.org or phone 1-763-6904 to see how you can help.

Be kind to yourself and to one another. Remember personal recovery depends on COSA Unity.

A trusted servant,

JoAn D.
NSO-COSA Chair

YOUR
BOARD IS
WORKING
HARD FOR
THE
FELLOWSHIP



Sticky Notes (con't from page 2)

- | | |
|--|---|
| <p>32. To be able to pay for tapes and literature with credit cards.</p> <p>33. Standardized and re searched suggested reading lists.</p> <p>34. Develop inter group structure within the fellowship and help in creating and defining inter groups.</p> <p>35. Suggested reading list materials available for sale on</p> | <p>web site to individuals. Including discounted rate for registered COSA groups to resell to members to establish lending libraries.</p> <p>If your group has other issues that it would like addressed, please write the editor at...
 NewsletteCOSA@aol.com</p> |
|--|---|

GOD CANT
HAND YOU
ANYTHING
NEW UNTIL
YOU LET GO
OF WHAT
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HOLDING

In Memoriam

Peter B. passed away on Friday, July 16th. He was the husband of one of our NSO-COSA Board members and a long time champion of carrying the message to those who still suffer. He did much service work at all levels of fellowship, including the International Service Organization of SAA. He will be sorely missed and long remembered by those of us whose lives he touched with his ready wit and compassionate concern. Those wishing to support Mavis in her loss, and honor Peter's memory, may give a donation in his name to the ISO of SAA and/or NSO of COSA. JoAn D., NSO Chair

Calendar of Events

- **25th Anniversary of COSA**
Friday October 8—10th 2004
Minneapolis, MN
- **Puget Sound Retreat**
September 9-12, 2004
Puget Sound, WA
www.SoundRetreat.org
- **National Convention NSO-COSA**
Friday May 27– 30, 2005
New Orleans, Louisiana

7th Tradition "Every COSA group ought to be fully self-supporting declining outside contributions"

GROUPS

Sunday Night Minnetonka, MN	60.00
Virginia Beach, VA	10.00
Tucson, AZ	8.75
Dallas COSA Saturday Group	40.00
Wednesday Night Indianapolis, IN	16.70
Sunday Night Minnetonka, MN	60.00
Tipp City, OH	50.00
Tuesday Night COSA Dallas, TX	40.00
Desert Flowers, Eau Claire, WI	60.00

INDIVIDUALS

Oxford, MI	\$50.00
Dallas, TX	5.15
Richmond, IN	15.00
Houston, TX	10.00
Rising Sun, MD	10.00
Toledo, OH	5.00

Welcome New Group
State College, PA

*Each time one of us takes a step forward, we bring the entire community with us.
We keep each of you in our thoughts and prayers.*

Plea for Input

My vision of the Balance is to have a folder overflowing with articles submitted from the membership from which I can form topics as new editor of the upcoming issues. For this to happen, I invite every group, intergroup and member to submit articles that share your ESH (experience, strength, and hope). Also, articles that share upcoming events in your area; such as retreats, workshops, speakers etc.

Articles that give a voice to your story. As well as your ideas as to what you would like to see in future articles. The Balance is a newsletter for the membership, by the membership. Please send your articles to NewsletterCOSA@aol.com or by snail mail to the NSO-COSA PO Box listed below.

The Torch is Passed

I am humbled by the opportunity to serve you, the membership, as the new editor of the Balance. I wish to thank Burnett O., as well as all previous editors, for all the time and expertise they have given to produce this newsletter.

I would also like to thank Linda R. of the Plano, TX group for her time and expertise in setting up this new layout.

~Judi K



NSO-COSA Central Archive

Balance, the newsletter of the NSO-COSA, is published bi-monthly. The NSO-COSA holds the copyright to the newsletter. We apologize for the irregular schedule of the Balance over the past year. As an amends, we will extend the subscriptions by four months (two issues) for those subscriber of record since June 2003. We intend to resume a regular schedule with the next issue...

Editor and distribution
~ Judi

The NSO of COSA is in the process of creating an archive in a central location.

If you have served the NSO-COSA board in any capacity in the past, and have anything that you think would be relevant in our attempt to bring all of the bits

and pieces of our past together.

Please contact me at

MyInnerPeace@aol.com for instruction on where to ship it.

Thanks for your assistance...

Judi K, NSO Coordinator

Contact the NSO of COSA

NSO COSA

P.O. Box 14537

Minneapolis, MN 55414

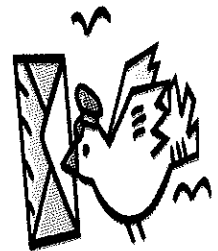
1-763-537-6904

info@cosa-recovery.org

<http://www.cosa-recovery.org>

http://health.groups.yahoo.com/group/COSA_12_STEP/

Email the editor: NewsletterCOSA@aol.com



Conference Reflections (con't from pg 1)

"I WILL NOT
ATTEND AN
ORGY....
A HOTEL FILLED
WITH SEX
ADDICTS AND A
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AN ORGY"

recovery had to offer.

A few months after becoming a part of a COSA group, there was an announcement about a conference that was taking place in Dallas. It was a SAA conference with COSA invitation. Let me tell you what my thoughts were about that !!!!!!! . Remember I was new in recovery. I was separated from my husband. I believe the statement I made to my sponsor was, "I will not attend an orgy. Let's get real. A hotel filled with sex addicts and a few COSA can only be a cover up for an orgy."

Needless to say, I'm sure missing that first chance for deeper recovery was my loss. The second SAA conference was in Mpls., MN. I had experienced about 1 1/2 years of recovery by the second convention. I was ready to attend. I received nothing but healthy healing of me. It wasn't about them. It wasn't about sex. I heard my issues. I healed one layer of my brokenness. I promised myself that I would never miss another chance for that level of work on my recovery. As I look

recovery. I believe the conventions and retreats give me the in-depth time I need, probably we all need, to receive the gift of recovery we really desire & deserve.

Each week I drove for over an hour to get to my group. I had one hour to work on my stuff. Upon leaving the meeting I had an hour drive back home. As I reflect back, I realize that was a healing time. A time to review all that was shared in that group. I know, in many ways, I had a deeper level of recovery right from the beginning simply because of my long drive. I also returned home to an empty house since my husband and I remained separated the 3 1/2 years of my recovery. Many evenings, I journaled for a couple of hours as I continued to reflect on the insights I had received earlier that day.

With all the time I had to myself after each meeting to follow up & digest all that had happened at my Saturday group, I'm here to tell you that the five or six uninterrupted hours I spent were nothing compared to a weekend of continuous recovery.

Every convention brought me gifts.. Gifts I never expected to receive. I always left for the conventions believing I knew exactly what area if work I needed to do. However, every convention peeled a layer off that I had no idea was even there. I don't believe I would have learned about those layers of me had I not had those intense recovery focused weekends with no interruptions from the outside world.

I believe the first 4 or 5 conventions happened before our NSO was formed. If my numbers are near correct, I have attended 15 or 16 conventions. I know my recovery has more depth because of conventions and retreats.

I urge each of you to begin plans for New Orleans now.

The recovery you will experience there will benefit you more than you could ever imagine. I'm planning on seeing YOU Memorial Day Weekend 2005. Block those dates now. You deserve the nurturing that can happen in that one short weekend.

Ila D., MI