



NEWSLETTER OF THE INTERNATIONAL SERVICE ORGANIZATION OF COSA

Holiday Issue

November ~ December '07

GIFTS of **COSA WISHES** Recovery

ISO Board Members Gifts & Wishes for COSA

I am filled with gratitude when I think of the gifts of COSA recovery. In COSA, I have learned how to set boundaries, to identify and feel my feelings, to let go of the illusion of control, to trust my own intuition, and to have intimate relationships in which I have the freedom and safety to be my authentic self. I am blessed to have witnessed some amazing journeys of spiritual growth and personal recovery among people that I have grown to love and trust in our fellowship. My hope for the new year is to share the gift of Recovery with the COSA who still suffers. Ginny L., Texas, Chair of PI Committee

A wish for all to find their passionate purpose in life. Elaine K., Texas, On-Line Coordinator

I am grateful that promises of the Program are coming true. Jackie, Texas, Secretary

Sending wishes for Love, Joy and Peace in our hearts and souls. Mavis, NYC, Vice Chair, Literature Committee Chair

I am grateful for COSA service work strengthening my recovery in a way that has changed my life. I wish this experience for every COSA. Lura Lisa, Louisiana, Convention Committee Chair; 2008 Convention Co-Chair

May you find peace. Joey Z., Louisiana, Chair

I am grateful for my COSA sobriety which allows me to return fully to my life. I am grateful for my COSA companions. Debora, Arizona, Member at Large

My wish is that we keep peace and serenity in our hearts the entire holiday season. Karen S., Missouri, Member at Large

I am so grateful for the COSA Fellowship, and for the opportunity to receive the Gifts of Recovery. Lindy T., California, Literature Co-Chair

One of the greatest gifts of this wonderful program is the gift of friendship. It is such a comfort to know that at any moment I have a list of willing, helpful, listening ears to give me all the experience, strength and hope I might need in any given situation. COSA brothers and sisters are the best! Margie S., Indiana, Treasurer



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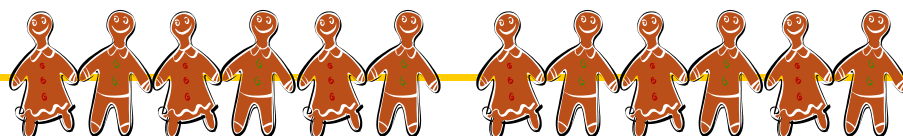
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CDs AVAILABLE!



Volume 4, issue 3

Happy Holidays!!! Happy Holidays!!!

7th Traditions Individual

California	600.00
San Francisco CA	20.00
Campbell, CA	20.00
Emeryville CA	15.00
Alberta Canada	20.00
Kingwood TX	35.00
Houston TX	600.00
Bethesda MD	5.00



7th Traditions ~ Groups

Albuquerque NM	25.00
Des Moines IA	25.00
Eau Claire WI	30.00
Houston TX	59.00
Los Osos CA	25.00
Mankato MN	45.00
Mesa AZ	23.75
San Francisco CA	120.00
San Rafael CA	76.28

By the Fellowship, For the Fellowship

WELCOME 2007 NEW MEETINGS!

- Granite Bay, CA
- Redwood City, CA
- Atlanta, GA
- Des Moines, IA
- Long Island, NY
- Manchester, England
- Surrey, England



SPREAD SOME *JOY!* GIVE A GIFT SUBSCRIPTION OF THE **Balance** TO A COSA FRIEND to celebrate COSA Anniversaries, Birthdays, or other special occasions! It will be sure to bring the '*CHEER*' of recovery to their life the whole year through!! See Literature Order form on last pages for details!

New Phone Number for Thursday Night Telemeeting
 Thursdays
 6:00 p.m. PST
 (7 MST, 8 CST, 9 EST)
 Telephone number:
 1-605-725-1900
 Passcode: **97346215**

We encourage every group, intergroup and member to submit articles that **share your ESH** (experience, strength, and hope). Also, articles and announcements that **share upcoming COSA events** in your area; such as retreats, workshops, speakers etc. Articles that give a voice to your story. We also would love to hear your ideas for **what you would like to see** in future articles. The Balance is a newsletter for the membership, by the membership.

WE NEED SUBMISSIONS!!!

Please send your articles to: **CO-SACopy@yahoo.com**

or by snail mail to the COSA ISO PO Box listed on the envelope below.

Hope to hear from you soon...

Contact the ISO of COSA

Balance, the newsletter of the International Service Organization of COSA, is published six times a year. The ISO holds the copyright to the newsletter.

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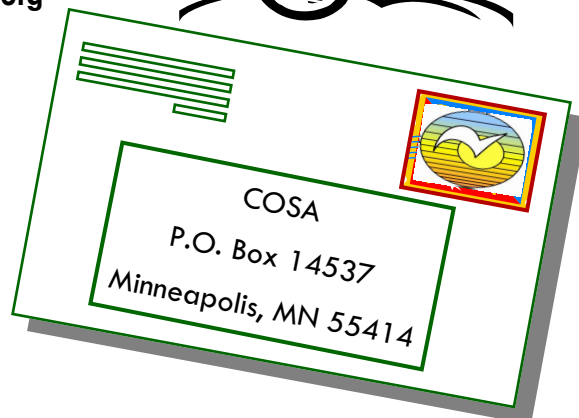
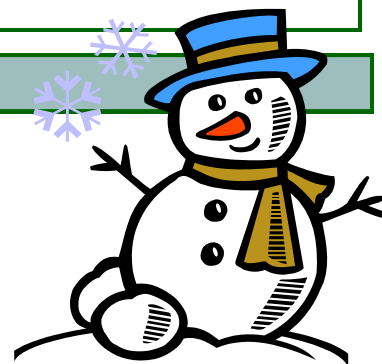
Phone: **1-763-537-6904**

Email: info@cosa-recovery.org

Or Email the Editing Team

(COSA Literature Committee):

cosacopy@yahoo.com



Holiday Wishes for the Holidays; *The Gifts of the COSA Program* 2006

This month is my one year anniversary in COSA. No other program gives me the serenity of this one. I am grateful for the gift of others who are empathic and giving and to whom I can give. I receive the gift of feeling softly wrapped in calm when a meeting begins. When I feel like I can't go on, I can connect with others who have walked a similar path. We continue to walk together, hand in hand, some of us temporarily gently carried, until we can again find the light of our higher power. These are priceless gifts. Sue D.

I am immensely grateful for the COSA program, for the telemeetings, and all the people who do service to keep them going, and for strong and deep support and fellowship in COSA. Ruth G.

COSA allows me to find me and be me. That's a miracle. Jennifer C., San Francisco

For me, the greatest gift is the knowledge that I am not alone. Whether reading the literature, attending telemeetings, making program calls or talking with my sponsor, I know that there are other people out there who are going through the same thing I am. I no longer have to keep this "secret" to myself. I gain strength to recover because we are many. Julie S. Texas

For the first time, I look back at my life and things make sense. I understand why I am repeatedly finding myself in the same type of situations. In COSA, I got the tools to build a better life. Helene



I am grateful for hitting bottom. Getting to the bottom led me to the 1st Step and allowed me for the first time to really understand how my unmanageability has ruled my life. I am grateful for the wonderful stories I hear every week that allow me to embrace my personal addictions. MD, San Francisco

Although there are some things we cannot change, there are many things we can. I wish my fellow COSA's Courage! Lynn L., California

I wish for all COSA's that we can see the Promises become a reality in our lives. Sarah S., San Francisco

I am grateful for the commitment to recovery I have found in COSA, my higher power when mine wavers, helping me to get back on track. MP, Oakland CA

COSA has given me strength and support during a time when I felt that I had nowhere to turn and nobody to understand my feelings. The inspiration of those who

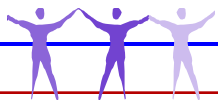
TRULY CAN understand what I am going through has guided me in the right direction and I am grateful to all. Peggy.

I am grateful for the strong commitments of all the volunteers that make COSA possible. I wish peace with others, peace with self, and peace with higher power to all. Paula ISO Central Office Coordinator, New Mexico.

- C—Courage to change
- O—Opportunity for growth
- S—Self Awareness
- A—Acceptance
- G—God's Spiritual Guidance
- I—Increasing love and understanding
- F—Facing who we are
- T—Truth and Honesty
- S—Service to others



These are the gifts I have received from COSA. Suzanne D.



Give yourself the *GIFT* of a COSA retreat in 2008

Houston area COSA retreats

We have our Winter women's retreat with the theme "Precious Child-Phenomenal Woman" this year on January 25-27, 2008 held in Beaumont. Contact Margie at 713-705-0699 or email mdalton@jaeger.com.

Our Summer women's retreat is a Step Retreat and this year is June 20-22, 2008 held in Round Top. Contact Jackie at 281-217-1656 or jfrank77379@yahoo.com



Michigan Serenity, Prayer, and Inner Peace is the title of a co-ed spring retreat which will be held in Charlestown, Michigan on the weekend of Friday, April 25th through Sunday, April 27th, 2008. The cost for the retreat is \$129.00 for double occupancy and \$139.00 for single occupancy. Meals are included in the cost. Please send your deposit of \$50.00 to Ila Davis at Post Office Box 502, Mount Morris, MI 48458 before Tuesday, January 22. (Please make your check payable to Ila.) There will be a \$10.00 late fee after the deadline date. If you have questions, please feel free to call Ila at 989-624-9893 or email her at naturalwonder06@gmail.com

COSA VOICES STEP ELEVEN: SOUGHT THROUGH PRAYER AND MEDITATION TO IMPROVE OUR CONSCIOUS CONTACT WITH GOD AS WE UNDERSTOOD GOD— PRAYING ONLY FOR KNOWLEDGE OF GOD'S WILL FOR US AND THE POWER TO CARRY THAT OUT.

If I have a favorite step, it is the eleventh step. I get to increase my conscious contact with God (whatever that might be) and the potential to draw closer to something outside myself that loves me. In the process, I can have the hope to receive the direction I need. Then, when the direction comes, the power to carry it out can come too. What a promise of hope for someone who had little hope.

I grew up in a home full of addiction and dysfunction. One of the primary addictions, of course, was sex addiction. Basically, my home was chaotic and felt like a war zone most of the time. The one resource I managed to create for myself was a trust in God, even at a very young age. This did not seem difficult and I know that is not the case for everyone. But, I believe it is what helped me to survive and cope with the every day fears and unpredictability surrounding me constantly. I have never had trouble relating to my Higher Power. I have always believed in and accepted my Higher Power. I knew it was essential for me to live. I never felt like it was contrived either. My faith was real for me and gave me hope. It is not scary for me to give over my trust to my Higher Power. What is scary for me is to trust in the forces around me and live without a Higher Power in my life.

My beliefs have changed over the years. When I first stepped into the meeting rooms of recovery, my perception of a Higher Power was quite different than it is today. I don't think that is a problem. I'm grateful for evolution, growth and a willingness to change my perspective. So, working my first eleventh step was different then, 14 years ago, than it is today. My beliefs have changed regarding who my Higher Power is, but I am as trusting of my Higher Power as much today as back then. Even more so.

I've heard it said that praying is how we talk to God and meditating is how God talks to us. For me, prayer has been essential in my recovery process and turning life's problems over to my Higher Power. In

the last several years, however, I have included meditation in my eleventh step process as well. I am more able to listen now. Meditation has enabled me to have more awareness of myself. When I have more awareness of who I am, then I am able to have clarity about my own issues and not worry about the issues of others. When I keep looking at me and not at others, then I am more apt to make sure I am asking for knowledge of God's will for only me and the power to carry that out.

The best part of the eleventh step for me is about keeping the focus on me and not worrying about someone else's process. "Praying only for knowledge of God's will for us and the power to carry that out." Every time I do this step, I am reminded of the importance of this phrase. This is what keeps me out of trouble. I not only get to have this awesome relationship with my Higher Power with step eleven, but the added bonus of only worrying about what is God's will for me - just me. I am relieved of the burden of trying to find out the knowledge of God's will for someone else, and the power to carry that out. This step clearly directs me to stay centered on myself and myself alone. For that I am eternally grateful. I know I am loved deeply by my Higher Power. I know my Higher Power gives me permission to direct my energies on me and not others. They have their own Higher Power.

I don't think we can ever go wrong by loving ourselves too much. I don't think there is a possibility of having too much self-care. I don't think there is ever a risk of too much praying for God's will for us and the power to carry that out. Besides, I wonder if it might be true that the more I love myself, the more I am loving God. This works for me because I know my Higher Power saved my life and nothing gives me more pleasure than to give back the love my Higher Power has shown to me. It's a win-win situation. I always come out winning.

Thanks for listening!

~Bonnie, Boulder, CO

COSA OUTREACH By Ginny L.

In late September, I attended my first public outreach function as the chair of COSA's Public Information Committee. I, along with our ISO office coordinator, Paula, and the past chair of ISO and past chair of our Public Information Committee, JoAn D., attended an annual conference of therapists dealing with sex addiction, co-sex addiction/sexual co-dependency, and general sexual issues.

While staffing the COSA information booth, we had the opportunity to network with approximately 250-300 therapists, many of whom are leaders in this field, and to introduce ourselves and the COSA literature to about 10 treatment centers. The feedback we received from attendees was very positive and really demonstrated the need for outreach.

The most common feedback we received was that COSA is a very welcome addition to the conference, and that many therapists were unaware of the resources available for partners, family, and friends of sex addicts. COSA was invited back to this conference next year and was also invited to attend two other conferences that address these same issues. Literature sales in excess of \$500 were made, as were contacts with the treatment

centers so COSA literature can be available as a resource there, too!

We heard over and over from therapists about the lack of meetings in many areas of the country. In these cases, we were able to talk about the telemeetings, the online meetings, and the "How to Start a New Meeting brochure". Some therapists indicated a willingness to help facilitate new COSA groups in their areas. These conversations increased my level of commitment to reach out to the COSAs that still suffer. I also came away from this conference with a sense of gratitude for my recovery and the many gifts of the program that I have received.

As members of the recovery community, we were able to attend the workshops as well. I was pleased to have the opportunity to attend workshops that addressed issues for the families and partners of sex addicts, and to see that resources and scholarship are being devoted to COSA issues.

My first outreach function reinforced my commitment to outreach and demonstrated that we have much work to do to reach the COSAs that still suffer. If you would like to share your thoughts about COSA outreach, please e-mail your suggestions to me at PIComm@cosa-recovery.org

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COSA VOICES STEP TWELVE: HAVING HAD A SPIRITUAL AWAKENING AS A RESULT OF THESE STEPS, WE TRIED TO CARRY THIS MESSAGE TO OTHERS, AND TO PRACTICE THESE PRINCIPLES IN ALL AREAS OF OUR LIVES.

As I continue my journey, it is clearer for me to realize what the steps are doing for me. It is clearer to me the importance of carrying the message to others.

Early in recovery, my husband purchased a T-shirt with the saying "You can't keep it if you don't give it away" That T-shirt carries profound advice. If I want to keep my program, if I want to keep my recovery solid, I need to give.

I give this program by listening. I give this program by sharing my journey at meetings. I give this program by sharing my story of Hope-- Hope that blossomed out of hopelessness.

For me, I have never shared or given when I didn't receive. It is not sometimes. It is always. ALWAYS, I receive more than I ever give.

This program still amazes me. It is the only concept I have experienced where I give and go away refueled, filled. Other times, during family crisis, my school board days, my employment, church groups, and even other therapy groups (not 12 Steps), I have given and actually felt the strength, the hope, the energy leaving me. I left empty. In my COSA program, I share, I give, I receive. I do not leave drained. I leave filled, refueled.

As we arrive at this step, it is quite clear that this program is meant for self focus. I can't change my feelings and behaviors by focusing on others. When I share Step Twelve, it has to be because I want to share, If I find myself doing it to control others, I know I have lost my self-focus. When I lose my self-focus, I am out of my program.

This step gives us the strong message of service work. This step is telling us to share our program, share our pain, share our hope, give it away. Service work will assist us in experiencing the progress of our program.

For me, carrying the message still means "I can't keep it if I don't give it away" When I give this program away, I receive and receive and receive. I can't look at others and try to determine what they received. That's not my responsibility. Their program will provide for them just what they need today. I must do this step for me. ~Ila D., Michigan



I got lucky early in my recovery when I was asked to substitute for our treasurer for a month; I'm pretty sure I would not have had the gumption to step up for service if I hadn't been asked -- I was more comfortable in the shadows of fear and unworthiness. Being seen by others as capable and trustworthy was a much needed source of empowerment as I began to learn about my codependency. By

serving, I was "acting as if" I similarly esteemed myself, and it worked. My commitments in service have also been an anchor, keeping me coming back during the darker times that made me want to become invisible again. I can see my growth by looking at how my relationship with service has changed in four years: now I enjoy service as another way to connect with others in recovery and

STEP STUDY QUESTIONS~ FOR GROUP DISCUSSION OR PERSONAL REFLECTION

Step Eleven Questions: 1) Give some examples of times I might have experienced 'conscious contact' with a God of my understanding. 2) What is my understanding of prayer and meditation? 3) Am I increasing my use of them, and if so, how? 4) Identify some ways that my practice of prayer and meditation can improve my conscious contact with the God of my understanding. 5) What am I learning about God's will for me? 6) What purpose do I see in this Step's instruction for me to pray for knowledge of it?...for the power to carry out God's will for me?...only for that knowledge and that strength?

Step Twelve Questions: What ways, if any have I experienced my spirit waking up as a result of practicing the steps? 2) What are some of the simple ways a member can start to serve and "carry the message"? 3) How can the principle of "carrying the message" be done without violating our tradition of "attraction, not promotion"? 4) In light of the 12-Step statement, "If it's not practical, it's not spiritual", how do I understand the relationship between Step 12 and Service? 5) What is the difference between service work and carrying the message?

Being restored to sanity; New COSA Stories

The first in a new series of COSA Stories ~ Special Thanks to the family members mentioned in these stories who have granted permission to the authors to disclose personal details of their lives.

Lindy's Story

I am going to attempt to share my story and my Experience, Strength and Hope.

My early life in my family of origin was not a pretty picture. My father treated me like a wife. I was confused, and learned that the people I was supposed to love and trust and learn good values from, were pretty scared and pretty crazy. When I was able to access the memories of the incest, my father had already died (over 30 years ago).

Soon after that, when I married my second husband, life was quite happy. Our daughter was born, and my mom took a short time to recover from my father's death. I think she was too concerned about outward appearances to leave him, and probably stubbornly scared, too. After he died her life blossomed. Mom was "super Grandma" to our daughter, and we really appreciated her help and love.

I was teaching full time and I am grateful that I was able to be a good mom. After doing a lot of individual therapy and couple's therapy around my childhood trauma, I started to feel centered and at peace.

Once in a while, it occurred to me that I must be gaining weight for some reason not yet revealed to me. Our sex life was not good.

At this time, I discovered that my spouse was acting out. He was discovered by me, and admitted that he had a sex

addiction, that he had a problem. He sought help, both from therapy and a 12 Step Program, and he got a sponsor. Recovery was beginning.

I had many feelings at this time. I spent a lot of time being angry and having rage. I found out about COSA right before the San Francisco Convention in 2002. I attended the Banquet and met COSAs and addicts face to face. I was pretty much in a daze, and didn't know how to start my own work.

Gradually, as a face-to-face meeting formed, I started going to meetings. My first meeting was scary for the first 10 minutes. I soon knew in my heart that COSA was and is where I belong!

I have co-sponsors that are wonderful. This year, I have been able to do National Service work as well as local service work. My recovery work is essential, however.

While the service work has been a wonderful challenge as well as a blessing, the biggest lesson I have learned is to try to take it easy and reflect on my own recovery work.

The tools of the program have been a great part of my daily recovery. My favorite tool is program calls. I make them and receive them almost daily. Recently, I made a call that turned into a miracle for me. I really needed help to get through the next couple of hours. My program friend came over to the house and I got through the hard time.

Thank you, COSA and thanks also to my Higher Power.

~Lindy T.

Ask The Board

The first in a new series of questions received from our members via the COSA website, responded to by members of COSA's International Service Organization.

Question:

"How can I refer to attending COSA meetings without actually saying "COSA" or "12 Step? How do I remain anonymous?"

Answer:

" I usually say I am in a Spiritual group, or a self-care group. Also, when I go to conferences, I tell people (that don't know about my program) that "I am going to be visiting friends for the long weekend" --It's actually the truth!

VISIT US ON THE WEB AT WWW.COSA-RECOVERY.ORG



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ANNOUNCEMENTS

COSA_12_STEP ONLINE MESSAGE BOARD

CCC Distributor

Distribute the contact requests from new COSA members to their regional CCCs. Answer correspondence from new members about basic information.

PUBLIC INFORMATION COMMITTEE

Online Listings Liaison

Assist us to correct and update our information on others' websites so that people who try to locate us can always find us. Many listings are outdated or incorrect. Help contact various websites that list our description, our fellowship services and contact information. Provide them with our correct, updated information.

*Help
Wanted*

ISO COMMUNICATION'S COMMITTEE CHAIRPERSON

Be the email liaison to the ISO Communications Service Coordinators, including our regional CCC's, the national phone line coordinator, tele-meeting coordinators, web-mail and snail mail coordinators, and online coordinator.

Work with the ISO Board and the ISO Coordinator to learn how to keep these divisions updated on COSA news, meeting contacts and basic info.

Work to develop the vision for growth and strengthening of communications inside COSA. This is a volunteer position.

EMAIL: ISO@COSA-RECOVERY.ORG

If you have any of the following tapes and are willing to let ISO borrow them to convert them to CD, please contact Paula at iso@cosa-recovery.org. In exchange for your help, we'll send you the same recording on CD.

We are still missing these 12 tapes:

- 95-2 Reclaiming Our Senses
- 96-4 Couple's Communication
- 96-5 Recovery and the Internet
- 97-2 Deep in the Heart
- 98-9 Steps 11 & 12
- 99-1 1999 COSA Gathering Personal Story
- 03-1 Addiction & Codependency
- 03-5 Food Issues & COSA Recovery
- 04-3 What Are your Inner Circles—COSA Bottom Lines
- 05-4 Boundaries
- 05-8 IDing & Taking Off My Masks
- 06-3 For Free & For Fun

THANKS for HELPING US RESTORE OUR LIBRARY!

IN THE SPIRIT OF TRADITION 7 AND STEP 12 ISO-COSA REQUESTS YOUR SUPPORT

-we depend on your support to conduct the business of ISO.

-your Donations are especially needed at this time

Please send a check to

ISO of COSA

P.O. Box 25171

Albuquerque NM 87125

OR

Make your Donation using PayPal, just type in the amount you want to donate go to the paypal link at

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

All donations to the ISO-COSA are tax deductible

Thank You

Contact the COSA Convention Committee for additional info

conventions@cosa-recovery.org

Register online or for more info:

www.cosa-recovery.org/convention

User name: seattle

ISO WISH LIST

A member of the ISO board needs a used computer for service work. A laptop would be preferable.

If you have Frequent Flyer Miles to spare, and would like to share them, they can be 'gifted' for air fare to the Conference in May 2008.



Demystifying COSA Literature and Copyrighting

Are you or your group mystified by the use of COSA literature and copyrighting restrictions of other 12-step fellowships? Here are some questions and answers that might shed some light.

Q: What is conference-accepted literature (CAL)?

A: Conference-accepted literature is literature that has been voted in as acceptable literature to the fellowship as representative of COSA as a whole. Once voted on, conference-accepted literature belongs to the fellowship. These votes occur at the Annual Meeting (conference) of COSA's International Service Organization (ISO) and are made by consensus voting of the delegates in attendance from each individual COSA group and the Board of Directors of COSA's ISO. As the entity that represents COSA in legal and other matters, the ISO holds the copyrights for this literature for the fellowship.



Q: Can COSA Groups use official readings from other fellowships, for example CoDA, Al-Anon, or OA?

A: No, in 2003, it came to light that several of the readings that COSA had used actually belonged to other fellowships, and COSA voted to remove all and to use only COSA-created and written literature (with the exception explained in the next question.) Legally, readings from other fellowships cannot be reprinted without special permission, as they are copyrighted, or owned, by those other fellowships. If your Group still makes copies of our old materials circulated before 2006, they most likely contain some of these readings from other fellowships. Specifically, CoDA, OA, and Al-Anon writings were being used. We are recommending COSA Groups to destroy all such materials and no longer use them.

Q: But, what about those AA readings printed in COSA literature, aren't those copyrighted?

A: Yes, they are actual AA readings. The 12 Steps, 12 Traditions, 12 Concepts, and Preamble of Alcoholics Anonymous are the original versions, which are the models for all 12-Step fellowships. As part of demonstrating respect to AA and restoring COSA's integrity, COSA obtained AA's written permission to adapt those AA writings to COSA's own wording. So wherever and whenever we print our COSA Steps, Traditions, Concepts or Preamble, AA requests that, as our acknowledgement of the source, we include both a disclaimer statement from AA and copies of their original versions. AA also granted COSA permission to reprint the original excerpt from p. 89 of the AA Big Book.

Q: Where can we get COSA-accepted literature for our official meeting readings?

A: These readings can be found in COSA's "How to Start a New Group" packet. You will find suggested meeting opening and closing statements, various sample meeting formats, and samples of 'No Crosstalk' and 'Feelings Check-in' readings, among other helpful information such as suggested Group guidelines. Many COSA Groups also select passages from COSA literature to read aloud as topics for discussion or meditation. All COSA literature can be purchased via our website or using order forms in the back of the *Balance*

newsletter.

Q: What if our group doesn't like the readings in the "How to Start a New Group" packet? Can we change them?

A: Absolutely! If your group feels the need, feel free to rewrite, adapt, and edit the readings you use. Just don't plagiarize from other fellowships when you do this.

Q: Does everything we read in our meeting have to be COSA conference-accepted literature?

A: No. Provided we do not infringe on any copyrights, the COSA fellowship allows for certain kinds of non-conference-accepted literature to be read at this time. Readings can be read aloud from their original sources, but we cannot make copies of pages and circulate them. By ignoring the copying of products created by and owned by others, we would be disregarding US copyright law.

A book or author not representing any other affiliation can be used. These non-COSA readings should be 12-step oriented and about co-addiction, not affiliated with any particular religion or politics, and if not agreed upon by consensus, at least not objectionable to any member of the group (a member is more important than a non-COSA reading).

However, as our fellowship grows, we may someday have so much of our own literature that we may choose to only use COSA conference-accepted literature, as many other, larger fellowships have done.

Q: Does COSA endorse or support any non-COSA accepted literature?

A: No, even though everyone in a group may happen to choose the same book to work from, read, or use, a COSA Group could not formally recommend one book without it being an endorsement. For this reason, we encourage Groups to acknowledge the array of choices. Individuals can make recommendations, "I found this one to be helpful," etc. of books or other related materials.

In the spirit of autonomy - when it would not affect other groups or COSA as a whole - members can read aloud from non-COSA accepted literature in local groups, We would also not implement the practice of using outside literature area-wide, such as at the Intergroup level, as this would begin to affect COSA as a whole.

Q: Can our group make copies of COSA's own conference-accepted literature?

A: No, please do not make copies of any COSA literature or other products, such as booklets, pamphlets, tapes, CDs, etc. Please always purchase those directly from ISO.

However, in an effort to make the *Balance* more accessible to all, if your group has a *Balance* subscription, a Group officer may copy it for your Group's members. In order to keep our Organization fiscally responsible though, and our groups self-supporting, it was also estimated that a donation to ISO, of \$1.00/per copy made, allows the individual to do their share in upholding COSA's 7th Tradition of each Group being "fully self-supporting" and helping to support the publishing of this bi-monthly newsletter.

~ By Mavis B., NY & Sarah S., CA