



NEWSLETTER OF THE INTERNATIONAL SERVICE ORGANIZATION OF COSA

Winter Issue

JANUARY ~ FEBRUARY '08

HOW SERVICE HAS HELPED MY RECOVERY
A Collection of COSA Voices from the Fellowship.



Last year in Minneapolis at the COSA/ISO Convention, the delegates at the Annual Meeting gave the COSA ISO Board three goals to work on during the 2007-2008 year. One of those goals, number Two, was to "Increase Service Volunteers." COSA is a fellowship of Service. Service is a part of recovery. "Carrying the message" (part of Step 12) can take many forms, from being a Sponsor, to helping start new meetings, to participating in decision-making for the Fellowship. Service is a form of 12-step work where all can participate. It involves accepting responsibility for performing a specific task as part of the fellowship. Even the person newest to the fellowship can usually find a task that matches their need, allowing them to contribute and experience a special sense of usefulness and self-worth, and beginning to practice the tools of recovery, in an atmosphere of safety and respect. We could make a long list, but here is what a few COSAs have to say.... ~ Lindy T. and Mavis B.

A few months into my recovery I decided to start another meeting in my area. I felt excited and scared at the same time. I didn't know if I was the person to do the job. I asked for guidance from my Higher Power and then let go of the outcome. I got my answer and set out to start a meeting. The whole process of learning how a meeting is put together and becoming a part of the process was amazing. Finding a meeting location was difficult because the outside world didn't respond as enthusiastically as I hoped. As a co-addict I was met with a lot of judgment and shame from the people I spoke to in trying to find a location. Many said, "We don't have room for a meeting like *that* here." I kept praying. Then finally we were provided a location. The experience of setting up a new meeting was a humbling and perception altering experience. Volunteering for service expanded my awareness and enabled me to own my recovery. I am grateful for the opportunity to Serve. ~ Laura G.

When I came into the program, I was so shy that I had a hard time talking to other members in the group. I took up literature and attended business meetings. That allowed me to interact with others while taking the focus of myself. As I got to know people and got more comfortable with them, I was then able to open up and come out of hiding and isolation. Today, service work reminds me of the benefits of putting structures into my life to build a safe environment. Sometimes, the amount of details that we have to put into a meeting or organizing a fellowship hike seems overboard. Yet, I am quickly reminded of the rationale for those structures when things get off-track. I have transposed these lessons into my daily life. I now have learned not to underestimate what I previously was considering "details" in my life. ~ Helen B.

Service work helps me to learn about myself and face my fears. I gain confidence in my abilities and learn that I can be useful. Service work helps me to learn to ask others for help and support and to know that just because I can do something, it doesn't mean that I have to. ~ Sarah S.

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Volume 4, Issue 4

7th Traditions Individual

Alberta Canada	70.00
Janesville, MN	10.00
Emeryville, CA	20.00
Pahoa, HI	10.00

**7th Traditions Groups**

Eau Claire, WI	30.00
Mankato, MN	60.00
Houston, TX	87.00
Woodlands, TX	45.00
Boulder, CO	30.00
Walled Lake, MI	18.00
San Rafael, CA	75.00
Apple Valley MN	50.00

By the Fellowship, For the Fellowship

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.

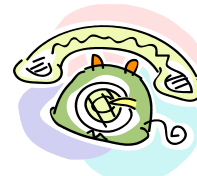
WE NEED SUBMISSIONS!!!

Please send your articles to: **COSACopy@yahoo.com**
or by snail mail to the COSA ISO PO Box listed on the envelope below.

Hope to hear from you soon...

**New Phone Number
for
Tuesday Night
Telemeeting**

Tuesday's
7:00 p.m. PST
(8 MST, 9 CST, 10 EST)
Telephone number:
1-605-475-6350
Passcode: 020179



Give your COSA friends
Balance Gift
subscriptions to celebrate
COSA Anniversaries,
Birthdays, or other
special occasions!
It will be sure to bring the
sunlight of recovery to
their life the whole year
through!!

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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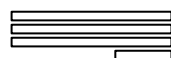
Email: info@cosa-recovery.org

On the web:

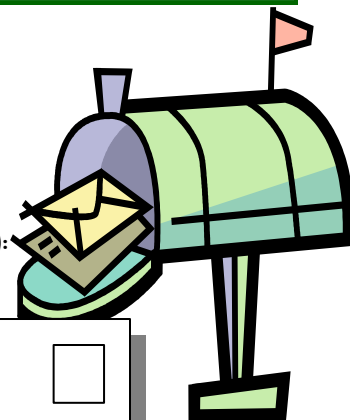
<http://www.cosa-recovery.org>

Or Email the Editing Team (COSA Literature Committee):

COSACopy@yahoo.com



ISO of COSA
P.O. BOX 14537
Minneapolis MN 55414



COSA CONVENTION RECOMMENDATIONS

I plan to attend my 5th COSA Convention this year, May 23- 26, 2008, and hope to meet some of you for the first time and to see many of you once again. Our fellowship's conventions have been such a key part of my recovery that I encourage all of you who are considering coming to make the extraordinary effort it often takes to decide to be there too! You are worth it. And if money is one of the barriers, please look into COSA scholarship funds that could help minimize that barrier. Hearing the experience, strength and hope from people around the world who come to our conventions has been invaluable and inspiring. There is deep well of hope available as those with years of recovery and strength take the hands of those just beginning the journey. What I witness each year at convention is both extraordinary and tangible and feels like waves of grace and serenity. In addition to feeling blessed to be with so many people who trust in their higher power to show up, I have achieved deeper levels of self awareness and recovery by being of service at some conventions by being a Delegate from my home meeting, a speaker, a panelist in workshops, and a workshop leader. I did not feel 'qualified' in the traditional sense of being an expert in any of these service roles, I was qualified simply because I was a COSA, was suffering and would go to any lengths to become sober and happy. And while I try to live the 12th step of reaching out to others who still suffer, I have learned the incredible gifts I receive when I am in service in these ways. I am grateful to everyone who steps out of their comfort zone and chooses to live in reality at all costs. When you show up, you automatically help my recovery because my world expands by one more person and I am no longer alone.

~Kerry M.

COSA ISO Convention in Seattle! A first hand recommendation!

If I told you COSA changed my life, I would be telling the truth - almost. It was really the COSA joint convention with SAA that changed my life. I cannot describe the difference it made in my recovery - you just have to experience it for yourself. So if you have never been to the Memorial Day joint convention, May 23-26 this year, do for yourself what no one else is going to do for you - take care of yourself - favor yourself by coming to this phenomenal event. If you have already been, I look forward to seeing you again!!

~ Lisa W.



How Service Has Helped My Recovery

Continued from page 1

I am currently serving as secretary for the COSA Convention Committee monthly meetings. It was a bit challenging at first, but I thought I could do it, and I suspected it would be great fun being in touch with other committed COSA members and contributing to a great cause - having a wonderful COSA conference! This and other forms of service, like doing the reading at the COSA telemeeting, have helped me feel connected to my fellow COSA members and gives me a reason to be regularly in touch with wonderful human beings who really work their programs and who are fun to be with. I have trouble sometimes speaking up, so this helps me feel like a part of things. Giving my First Step in the Tuesday telemeeting and at the recent COSA retreat was a great experience, and I really appreciated the service of others who shared and let me know that they identified with some of what I shared.

~ Ruth

I believe in the statement "Service keeps us sober." Guiding sponsees with their step work, volunteering for service positions such as secretary or treasurer, and speaking at meetings all help me grow spiritually closer to others and to my Higher Power. Service also helps me avoid slipping. As a sponsor, I can't help sponsees while acting out and I can't offer my experience, strength and hope while in my inner circle. I'm also motivated to maintain my sobriety to not lose my service positions or end my relationships with my sponsees.

While service does help my recovery I must remember not to give too much. As a codependent person giving too much causes me anxiety, pressure, and stress; all dangerous ingredients for slipping. I must remember to give in moderation. Praying to my higher power for balance and guidance, and seeking feedback from others in recovery help me set healthy boundaries for giving appropriately. Service helps my recovery and I'm thankful for this gift!

~ Albert A.

**COSA VOICES STEP ONE: WE ADMITTED WE WERE POWERLESS OVER COMPULSIVE SEXUAL BEHAVIOR—
THAT OUR LIVES HAD BECOME UNMANAGEABLE.**

I am in the pilot seat of a small airplane. I am mid-flight telling myself I should be enjoying the pitch black darkness and the thunderstorm tossing the plane about. I can't do it, I lose control, the plane is spiraling toward the earth, I hit bottom. I am lying outside the plane on the ground looking up into the dark sky. The storm has stopped. The sun comes up. I am alive. Thank you, Higher Power for protecting me and not letting me die in the plane crash.. What happened?? Oh yeah, I never knew how to fly a plane.

This is how the first step felt for me. It was both a crisis and a blessing. My life was completely unmanageable. I was powerless over my partner and his addiction. All the snooping and invasion of privacy I had resorted to had not given me the power I needed to stop his acting out; my attempts to manipulate myself into being his savior were not working. He left me. The plane had crashed. But what a relief it was to admit that I didn't have the power; I never had and never would have that power. It was not my responsibility to save my partner from his addiction; it was not my responsibility, nor my right to interfere with Higher Power's plan for him.

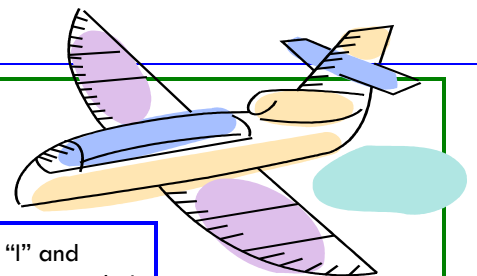
It was my responsibility to be honest with myself and admit I had a role in creating the chaos that was my life. My partner had left me without knowing all the things I had done in my attempts to control his addiction. I checked his email, his cell phone bill, and the websites he had visited. He correctly assumed I had read his journal only because I attempted to

change things about me that bothered him. I started stuffing my emotions (with little success) after reading in his journal that I was 'too emotional'. My focus on him had become too much, our fighting had become too frequent, my denial of my codependency and co-addictive behaviors too hard to live with.

My partner started a recovery program after our break-up and he brought me some COSA literature from his Double Winner meeting. I put the literature on my nightstand and didn't look at it for two months. I had been lying on my back looking up at the black sky for 2 months, knowing I was alive, noticing that life around me was continuing without my interference but not knowing what to do next. I had admitted I was powerless, I had stopped the snooping, and I was focusing on myself. Why was I feeling so lost?

We admitted that we were powerless over compulsive sexual behavior – that our lives had become unmanageable.

The first step starts with We. I had never been a We person. It didn't look good to need help and I hated being a bother to people. But I had no other option but to admit I could not do this alone, I needed help and I was now ready to ask for it and to receive it. Once I added We to my vocabulary I was able to welcome the sunlight. ~ **Paula K.**



STEP STUDY QUESTIONS~
FOR GROUP DISCUSSION OR PERSONAL REFLECTION

Step One Questions: Why does the step use the words "we" and "our" instead of "I" and "my"? When I try to admit my powerlessness over compulsive sexual behavior, what reservations do I still have? Can I list my attempts to control it? Did they make it go away? What is the difference between powerlessness and unmanageability? Do I admit that my life has become unmanageable as a result of my attempts to control the compulsive sexual behavior in my life? Can I list examples of my own denial; my excuses, my justifying, rationalizing, minimizing, exaggerating, comparing and blaming?

Step Two Questions: What does the phrase "Came to Believe" mean to me? How have I experienced recovery as a process? Can I list examples of powers "greater than ourselves"? How do I sense spiritual guidance in my life? What would "sanity" look like in my life? How do I try to control what sanity looks like in my life? What actions can I take toward the second step in my life? Do I need to change my old ideas in order to have a Higher Power that works? When I look back upon my past, do I see any of my spiritual beliefs or practices as having added to my insanity? What do I believe would help restore me to sanity?

COSA VOICES STEP TWO: CAME TO BELIEVE THAT A POWER GREATER THAN OURSELVES COULD RESTORE US TO SANITY.

I think it is very important to build a strong foundation in this program by thoroughly working Steps 1, 2, and 3. For working my steps, I was taught to look up the words in each of the steps in the dictionary. According to a dictionary, sane means ability to make right choices and having a sound mind. When I was in my co-addictive pattern, I definitely was not making right choices or showing signs of a sound mind. My unhealthy patterns were snooping, interrogating, jealousy, watching men watch women, ignoring red flags, dismissing my values, obsessing, shaming men for participating in pornography and other sexual addiction activities, and settling for being with a man active in his addiction(s). Although I practiced these unhealthy patterns in previous relationships, I was not willing or ready to really address my co-addictive issues at this level until this past relationship with a man I will call BF. I was in so much pain that I finally started turning this relationship over to my Higher Power on a daily basis. I quit trying to control BF and allowed the outcome of the relationship to unfold. I believe it unfolded for my highest good and his. I was compromising myself by not living within my values. I wish I would have walked away before the relationship began because I saw the red flags before we dated, but I didn't. BF gave me a gift by breaking up with me.

That relationship brought me to COSA. Through COSA, my sponsor, my co-sponsor, others in recovery, and my therapist, I have learned a lot about boundaries, my values, and what I want in a relationship. Some of the most important things I have determined through recovery are that I will not be with a man who is active in **any** addiction; I will only be sexual if I am in a conscious, committed, monogamous, and intimate relationship; and I will live by **my** values. By working the steps and focusing on me, I have been restored to sanity. I think that is the reason why I am now in a healthy relationship with a man in recovery that meets my needs and values.

I met him (JA) in another recovery program about three years ago; I saw JA again at my therapist's office; then, I saw JA in yet another recovery program. You see, I am one of those lucky double winners. I had to deal with my sex addiction before I could see my co-addiction issues. In February 2008, I will have five years of abstinence from my bottom line behavior, which is going to bars and picking up men. After a year of getting to know each other as friends, we started dating. In about two months we started dating exclusively, so

we were ready to kiss. We made a conscious decision to be in an intimate, committed, monogamous relationship after approximately four months of dating. This is the healthiest dating experience and relationship I have ever been in. Another important thing I have learned in recovery is not to make my boyfriend my Higher Power. In the past, I would place his needs, wants, and values above mine. Now, first and foremost in my life is my recovery and values.

Working my steps and having a deeper relationship with my Higher Power has restored me to sanity. My connection with my Higher Power is deeper now due to my recovery, but I want to continue to deepen that relationship with my Higher Power. A dictionary says believe is to have trust or confidence in being true, real, good, etc. Believing in a Higher Power has never been an issue for me. Since I have been 6 years old, I have sought a connection with my Higher Power that I call Spirit or Presence. I was fortunate enough to grow up in a family where religion wasn't forced on me. I am very grateful for that. My mom believed in the fundamental concept of a Higher Power, whom she called God, her whole life. After looking at several religions over the years, I consider myself spiritual (not religious). A sweet woman told me that the difference between being religious and being spiritual is that the religious person is afraid of hell and the spiritual person has been to hell and back. My addictions felt like I was in hell, but through a relationship with my Higher Power I am back. My mom was concerned about me because she thought I did not believe. I explained to her that I definitely believe, but just different than what she believes. One of the many gifts of twelve-step recovery is choosing your concept of a Higher Power. My mom died recently and it was very comforting to me to know that she had a relationship with God to help her pass. I connect with Spirit through nature, prayer, meditation, running, loving, recovering, and connecting with family and friends. For me, whatever brings me peace and keeps me in the present moment is connecting with Higher Power.

~ Amy L.



Being restored to sanity; New COSA Stories

The second 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.

Margie's Story

I was born in the small town rural setting of the Midwest. My parents, now deceased, lived well into their 80's and were married for 64 years. They raised a family of 11 children on eighth grade educations and a farmer's income. I was the 10th of their 11 children and remember our home life being filled with love, fun, and freedom.

When I was 18 years old and a senior in high school, I met and fell in love with my husband who, at the time, was a 27 year old medical doctor. In 1979, I graduated from college just as my husband finished a three year residency program in the practice of ophthalmology. In that year, we moved to our present city and began our family and his medical practice. Things went fine for a while but then, after 18 years of marriage, the cracks began to show in our "happy" family.

In the fall of 1989 my husband collapsed at work from a bleeding ulcer which required abdominal surgery and a four day stay in intensive care. My response to this illness frightened me. I was angry, bitter, and emotionally abusive to my ill husband; behavior not at all consistent with what I portrayed to folks on the outside.

Then some four years later, my husband was intervened on by our local hospital for stealing codeine tablets from his surgical patients. To keep his medical license he was required to enter an impaired professional's program in Chicago, Illinois. It was during this three month hospital stay that his eating disorder, work addiction, and life long struggle with pornography use was disclosed. I was devastated. Once again, my response was far from sterling - Anger- lots and lots of A-N-G-E-R. I still struggle with blaming my husband for this lost innocence. I "dipped my big toe" into recovery and attended Al-Anon meetings for about a year and a half. I also began individual and group therapy to try to begin looking at my own issues. Particularly asking why I had so much anger and rage.

Finally, in February 2001, eight years to the day of his hospital intervention, it became clear my husband's sexual addiction had reached a dangerous stage. On the eighth day of that month and year, my husband had purchased and received, at his office, illegal child pornography and

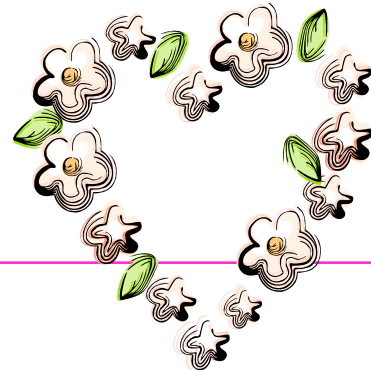
thus became the target of a U.S. government anti-child pornography sting. That evening, a federal task force came to our home and searched the premises and computers, confiscating his computer and also searching his medical office and confiscating that computer as well.

Words cannot describe both his and my devastation. Within a week we had lost two-thirds of our income. My husband was asked to leave his 22 year medical and surgical practice. He was forced out of his CEO position of a multi-million dollar medical corporation. The ensuing twenty days of terror which included horrific community rumors, fears of all sorts, and disclosure to our three teenage children, was beyond painful. The next three years saw us spend thousands of dollars on attorney and legal fees, endure front-page headline publicity in our local newspaper, federal sentencing, incarceration, half-way house, federal parole, and sex offender registry.

Thankfully, in March of 2001 I found my first COSA meeting. Never in my life have I felt such kinship, care, and love from other people. Never had I experienced such raw honesty and pain— certainly not in my years and years of church attendance. COSA is like no other group on the face of the earth. The experience, strength, and hope that I receive each Sunday evening at my local group is beyond price. Sunday evenings are the high point of my entire week. At last year's convention in Indianapolis, I joined the national board of the ISO COSA organization. Once again, I have found true friends. These wonderful individuals are willing to give of themselves in service—not for what they receive back, but for the hope and inspiration that participation in this program brings.

I trust that my story will resonate with some of you and that you will find encouragement from my words.

~ Margie S.





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.

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.

*Help
Wanted*

Give yourself the gift of a COSA retreat in 2008

COSA Retreat "Recovering with the Three Circles"

April 11-13

Chatawa, MS

Contact Joey Z. at 225-344-2070 or

joeyz2006@gmail.com

Serenity, Prayer, and Inner Peace

April 25-27, 2008

Charleston MI

Contact Ila at 989-624-9893 or

naturalwonder06@gmail.com

Summer Women's Retreat: Step Study Retreat

June 20-22, 2008

Round Top TX

Contact Jackie at 281-217-1656 or

jfrank77379@yahoo.com

What Retreats do you know about?

List them here!

Send your information to

cosacopy@yahoo.com

Thanks!

May 22-26, 2008
Memorial Day weekend
Seattle, Washington

Workshops, Speakers,
COSA Meetings,
Fellowship & Fun!!

Chart Your Course...Step By Step
2008

COSA International Convention
and Annual Meeting

Register online or for more info:
www.cosa-recovery.org/convention

User name: seattle

Password: wash2008



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 10 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
- 05-8 IDing & Taking Off My Masks

THANKS for HELPING US RESTORE OUR LIBRARY!



**Part One of a Special Three-Part Article about
Tradition Seven: Every COSA group should be fully self-supporting, declining
outside contributions.**

“The traditions are the glue that hold COSA together. I believe just a brief history of the intent of this tradition would be helpful. Some clarifications need to occur regarding this particular tradition. As you know, COSA is based on the steps and traditions of AA. They decided to “decline outside contributions” in order to make sure that the membership itself would be accountable for the society’s failure or success, that it would not become a charity cause or pass off its responsibility onto outsiders, “lest problems of money, property and prestige divert us from our primary purpose.” (Tradition #6) What it DOESN'T mean is that individual members can't contribute beyond the amount given at any given meeting.”

~ Margie S., COSA ISO Treasurer

COSA has been one of the fellowships more slow to develop, both financially and in other ways of giving back through service. Overall, we see less co-sex addicts get into or stay in recovery than almost any other kinds of 12-step fellowships. In a few areas of the country COSA groups succeed in carrying the message and the fellowship, yet, overall, we experience a shortage.

The International Service Organization of COSA has been set up by agreement of the individual COSA groups. Its purpose is to perform functions for these groups that all the groups need done. Rather than each group producing its own literature, its own website, its own office, its own networking system for maintaining meeting lists, etc., ISO was created by the groups as a way that all the groups could work together for these kinds of things.

As long as the ISO performs those needed functions for the groups, this is part of what is needed for each group to be fully self-supporting. The understanding is that all the groups need to contribute as best as they are able to the upkeep and functioning of the ISO, both in the form of funds and service— for groups to provide both the expenses and service-work needs.

The original members of AA adopted this tradition to instill the spirit of responsibility in each fellowship member, as well as to protect this new kind of society from influence-peddling or ego-building. They saw that a 12-step society would be changed completely were it to operate as do non-profits, looking for big donors. As recounted in much of their literature, they never shirked the duty of one alcoholic helping another, yet they struggled mightily to develop an attitude of generosity towards their fellowship when it came to money for operating costs.

12-step fellowships have all experienced periodic and sometimes chronic struggles within their membership to fully support themselves to a level of fiscal and financial health. While the level of success in recovery experienced by its members may be high, a fellowship yet may also fail to grasp its need for a collective sense of responsibility for maintaining its own spiritual foundation of self-support through service. While a few wonderful people have stepped forward to service in recent years, they continue to carry a larger load than fits their number, and we hear the same stories from many of our members at a local level.

**Coming in the Spring ISSUE: Identifying the Problem
And in the Pre-Convention Issue: The Solution**

Please note we change the content of this enclosure when we add new literature

COSA literature and ways it can benefit your recovery program!

The Literature Committee and International Service Board of COSA are very proud of all COSA's literature. A little over one year ago, we had only six pieces. **We hope you find these works as strong and vitalizing as a mountain spring—and as clear and deep. Please—let us know.**

Taken together, these pamphlets are 2007's new *Welcome Packet* for Newcomers. We now also offer them as a pack of four:

Welcome to the Sunlight

COSA FAQ

COSA Tools—revised 2006

Defining Co-Addiction/ Sexual Codependence NEW 2007

These pamphlets will introduce COSA, orient you and help get you started with COSA's terminology and the basic recovery concepts such as working a program. **Defining Co-Addiction/ Sexual Codependence** is the pamphlet we promised you last year; it was what we had left to republish when we discontinued COSA's one-piece Newcomer's Packet. You may recognize it as a common COSA reading.

Recovery for Parents of Sex Addicts (Booklet) NEW 2007

If you've come to COSA as the result of being affected by the compulsive sexual behavior of your child or teen, we are especially proud to be able to offer you our first piece of literature for specialized populations. This booklet describes variations in healthy boundaries for COSA recovery when interacting with your minor-aged child. This booklet is not to replace other COSA literature but to round it out for you.

We are working to make all the regular literature useful for all our members. There may be certain places in the other pieces that seem solely addressed to the partner or spouse of the sex addict. Please help us to find any places you feel left out and let us know, and we will continue to make progress.

As you grasp the beginnings of COSA recovery, the next piece to explore is the booklet called **A Program of Recovery/52 Questions**. This new booklet was created in response to specific feedback from members. It combines the very first COSA pamphlet with a newly expanded set of questions to ask yourself. Answering these questions and going over them with another recovering COSA member will allow you to define your personal profile as a co-addict/sexual codependent. (When working with each other, some of us begin and end with a simple silent or spoken intention or prayer, such as that Higher Power be with us as we work.) **Caretaking** Booklet (with workbook section) is another identification guide with a more specific focus and contains information on recovery from caretaking.

As you become familiar with 12-step concepts and your own identification, and are attending meetings regularly, you can start practicing the COSA tools, looking for a sponsor, and learning how to work your First Step. We have two pieces of COSA literature to help you with that. Together, they provide a broad base for the 1st Step experience:

Tips and Tools for A Strong 1st Step Foundation

COSA Step One Booklet (w/COSA Voices & workbook)

Once you have completed a written First Step and reviewed it with your Group and/or a COSA sponsor, you may be ready to map out your three circles with the help of the **COSA Sobriety**

booklet, and to work with some of COSA's other recovery literature:

COSA Sobriety Booklet (with workbook section)

Tips and Tools for A Strong 2nd Step Foundation

COSA Stories I & II are always great reading and can help us to learn from others' examples. **A Question of Recovery** is a great tool to explore how you see and experience life in recovery. From the early feedback, we anticipate it will also become a favorite among COSA long-timers as a spot-check inventory!

As you strengthen your foundation in recovery with your use of these tools, we hope you discover one of our most surprising and powerful tools; **SERVICE**. As co-addicts, so many of us had histories of caretaking that we were surprised to find that our service work in COSA benefited us even more than the people we helped. We publish the following **service literature** to assist individuals in creating a deeper understanding of how to apply recovery principles to all areas of our lives, and to assist groups in conducting their meetings, business and outreach:

How To Start A New Group Packet—revised 2006

COSA 12 Traditions Booklet (with commentary)

12 Concepts for Groups (with inventory)

Fact Sheet For Professionals NEW 2007

Media Information

Spirituality in COSA: Mutual Respect & Diversity NEW 2007

What's coming next?

When their production is completed, we will debut several more pieces recently accepted as COSA literature. (We are grateful that we have one volunteer, and we need more volunteers, to complete this task.) These include sample meeting formats and other meeting readings in a punched and laminated set, Spanish translations of two COSA newcomer pieces, some small card items, a **Second Step Workbook** and a **Third Step Workbook**. The **Balance** is also planning to publish its collection of step shares to be sold as a COSA publication (and is grateful to the same one volunteer).

The guide on **Sponsorship** was postponed by consensus of the delegates and ISO Board until next year so it can be edited for uniformity, which is now in process. Next year we hope to publish a **COSA Traditions Inventory**, the **Sponsorship** booklet, and revisions to the **COSA Sobriety** booklet. Pieces on **Disclosure, Accountability** and **Boundaries**, and a third volume of **COSA Stories**, are in the works.

Anyone in recovery for one year who would like to perform any of the services of helping to create more COSA literature, or has **feedback** for us on how to improve our current publications, please write to us at: cosacopy@yahoo.com

To order COSA literature, please mail the enclosed order form with payment, or place your order online via our secure website at www.cosa-recovery.org. When you go to the website, click on the **COSA Store** link.

