

Balance

NEWSLETTER OF THE INTERNATIONAL SERVICE ORGANIZATION OF COSA

Summer Issue

July-August 2010

ANNUAL DELEGATE MEETING SUMMARY

GOAL REPORTS:

Members of the three Goal committees presented reports on the results of their work during the past service year.

Goal 1 - Increase Service Volunteers: Mila T. briefed the delegates on the work the committee did to begin the Sober & Sustainable Meeting teleconferences. A written summary of the committee's activities can be found in the 2010 *Annual Report* on page 12. Now that the teleconferences are continuing as a stand-alone activity, the committee has additional tasks that it would like to pursue in the new service year.

Goal 2 - Increase Financial Revenues / Responsibility: Kerstin H. gave a quick overview of the "7 Weeks to Boost the 7th Tradition" campaign. Additional information can be found on page 13 of the 2010 *Annual Report*. The delegates offered feedback on the campaign (such as the messages to local groups were lengthy and cumbersome, and it was not clear that the proceeds were to support a separate office space). The Goal 2 Committee is ready to incorporate improvements suggested by the delegates and initiate new fundraising projects in the coming service year.

Goal 3 - Create a COSA Book Feasibility Task Force: Carol Ann R. described the questionnaire that was sent to 10 other Twelve Step fellowships to gain their experience, strength and hope in producing their basic texts. Her report was supported by a complete list of Goal 3 recommendations enclosed in the delegate packet, and accompanied by a summary on page 14 of the 2010 *Annual Report*. The Goal 3 Committee has completed its feasibility study, and is prepared to implement its recommendations, if they are approved by the delegates.

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COSA Telemeetings
www.cosacall.com

New Telephone Number: 1-218-862-6420
Passcode: 679461

Tuesdays at 7:00 p.m. Pacific Time
(8 Mountain, 9 Central, 10 Eastern)

Wednesday at 7:00 p.m. Eastern Time
(4 Pacific, 5 Mountain, 6 Central)

Thursdays at 6:00 p.m. Pacific Time
(7 Mountain, 8 Central, 9 Eastern)

Men's Only OOSA Meeting
Sunday's at 10:00 am PT
(11:00 MT, Noon CT, 1:00 ET)

NOTE: check www.cosacall.com for a new Europe call on Tuesdays as well as a COSA Parents Telemeeting on Wednesdays

7th Traditions Groups
4/26 - 7/24/10

WV-02	25.00
IN-04	31.80
TX-01	75.00
CA-23	100.00
WI-04	30.00
Tues TEL	85.00
MN-14	90.00
MN-04	20.00
TX-26	52.00
TX-13	34.00
NE-03	30.00
NY-03	45.00
MI-01	39.00

Recurring Donations
Total for
4/26-5/25/10
\$405.21

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. 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.

Guidelines for Submitting Literature : <http://www.cosa-recovery.org/literature.html> (scroll down, then click on pdf link)

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

Contact the ISO of COSA

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Email the Editing Team

at COSACopy@yahoo.com

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BOARD PROPOSALS:

New proposals brought by the Board were discussed.

Diversity Proposal: As the Diversity Coordinator, Brian K. discussed a request for feedback from local groups on issues relating to diversity within COSA. His report was accompanied by a handout in the delegate packet.

COSAteen Proposal: Carol Ann R. presented a request for input on providing COSA meetings for adolescents. Questions centered on whether the Board had considered looking at the safety boundaries of Al-Anon / Alateen, how teens without parental consent could attend local meetings, and what local efforts have been noted so far.

Sober & Sustainable Teleconference Proposal: Lura Lisa W. presented the Sober & Sustainable Teleconference concept and its outcome for the year. Although this concept was a direct outgrowth of the work of the Goal One Committee, these teleconferences were found to be so beneficial that the Board would like to continue them as a stand-alone activity.

Year-round Delegate Discussion: Elaine led a discussion of how the ISO might be able establish year-long commitments from the delegates. The delegates then agreed on the following points:

- All registered groups need to have a voluntary ISO liaison or information liaison.
- A second tier of bureaucracy is not yet necessary, but that it might be a good idea to set up a preliminary framework for the future needs since COSA is growing. A COSA Connection Coordinator (CCC) could talk to Anne or Elaine about this possibility.
- The Board will send this year's meeting delegates the information, and leave it up to the local contact person to disseminate the information received, and gather information back from the group to send to the ISO.

CONSENT ITEMS:

Delegate Business Items:

The following items were considered before the time allotted had expired.

1. **Business Item:** Make the website easier for newcomers **From:** Thousand Cranes COSA - Tucson, AZ

Discussion: Thousand Cranes COSA had several items to make the COSA website more user-friendly, accessible and supportive to newcomers.

Solution: *The delegates agreed by informal consensus to add the suggested changes/additions to the "Literature in Development" binder to be worked on this year and hopefully be submitted for approval in Houston 2011.*

Continued from page 3

2. Business Item: We would like to have a dedicated server space on the COSA web site so we can set up our own website (i.e. www.cosa-recovery.org/thousandcranes) **From:** Thousand Cranes COSA - Tucson, AZ

Discussion: The Delegates discussed having Thousand Cranes do a pilot of this for one year to determine the time required for the ISO to assist and to determine the amount of space that a single group could use if we moved forward with this business item. After much discussion and many votes, it was clear that we couldn't come to a consensus.

Solution: *This business item was tabled.*

3. Business Item: That COSA investigates S-Anon and their focus of recovery, literature, etc. and come up with ways to help attract and retain these members (to be used only in order to bridge the gap between the two groups if the individual has either inquired about COSA or attended a meeting). **From:** Long Island COSA - Long Island, NY

Discussion: Ideas for "bridging" with S-Anon were considered. Inter-fellowship Forum (IFF) is an outside enterprise that provides an annual dialog between S- and Co-S-fellowships. Due to a lack of time, further discussion was discontinued.

Solution: None

2010-2011 Budget Q&A: Margie S. led a lively question and answer discussion of the 2010-2011 budget. This is the first year for the Central Office staff to use their new chart of accounts, and last year's budget was presented side-by-side with the actual income and expenditures. Questions mainly centered around the lack of actual figures for the ISO's greatest revenue stream – the ISO convention. A breakdown of convention income and expenses will be provided to the delegates in future years. *The motion to accept the 2010-2011 Budget as presented passed almost unanimously, with only one Yellow vote and no Red votes.*

New Literature Approval: The Literature Committee circulated a Step Share sign-up. The content of the Step Five pamphlet was discussed at length. *The motion to accept the Step Five pamphlet passed an initial straw poll with only one Yellow vote. Following discussion, the motion passed by a unanimous Green vote. The pamphlet on Working Through a Conflict Using the Steps was also approved with a Green vote.*

2010-2011 Goals: Joey led a brief discussion regarding the Board's request to continue work on the same three Goals. The Goal 1 Committee and Goal 2 Committee would like to focus on additional aspects of their "Fishbone" diagrams, and the Goal 3 Committee would like to implement the recommendations they developed as the Book Development Committee. *The motion to continue work on the same three Goals as presented passed unanimously.*

Nominations and Election of 2010-2011 Board: Jackie opened discussion on the amended slate. The name of Mo B. had been removed the day before. Hearing no questions or comments, the delegates moved for a vote. *The motion to accept the amended slate of 2010-2011 Board members passed unanimously.*

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Bylaws Changes: Following a request by the delegates to receive a copy of the existing Bylaws in addition to the proposed changes in the future, Jackie opened discussion on each proposed change separately.

1. Change to Article II 2.1 – “To serve those affected by compulsive sexual behavior, hereinafter referred to as COSA, based on the Twelve Steps and Twelve Traditions as adapted from Alcoholics Anonymous.”

Discussion: Involved how best to express the nature of the COSA fellowship without the description “co-dependents of sex addicts anonymous.” Various wordings were considered before the final version above was arrived at by group consensus.

Outcome: *The motion to accept the Bylaws change to Article II 2.1 as amended passed unanimously.*

2. Change to Article V 5.1 - Delete everything after first three sentences since that Article deals with “Officers” of the Board.

Outcome: *The motion to accept the Bylaws change to Article V 5.1 as amended passed unanimously without discussion.*

3. Change to Article V 5.5 - Replace all references to ISO Coordinator with ISO Office Manager.

Outcome: *The motion to accept the Bylaws change to Article V 5.5 as amended passed unanimously without discussion.*

4. Changes to Article X 10.1 - This sections deals with “Employees”. Add items:

“d) The ISO Office Manager, and any assistants, must be a COSA member with at least 12 months in the program, unless no COSA applies or is qualified to fill the position, in which case a non-COSA member can be hired temporarily while the search for a qualified COSA continues.

“e) Any entity such as an attorney, a consulting firm to temporarily fulfill the function of an attorney, CPA, etc. does not have to be a COSA member.”

Discussion: Extended discussion centered on whether the Office Manager and assistants could or could not be non-COSA members. Various wordings were proposed and edited.

Outcome: *The motion to accept the Bylaws change to Article X 10.1 as amended provisionally for one year, at which time it will be revisited by the 2011 delegates, passed unanimously.*

Closed with Serenity Prayer

Respectfully submitted,
Carol Ann R.
2009-2010 ISO Board Secretary

Goal 2 Committee Report

The Goal 2 Committee met with its new volunteers at the ISO of COSA annual convention in Albuquerque, May 28 and 29, 2010.

The Goal2 Committee welcomed six new volunteers this year. Our first meetings at the convention focused on two issues. The first was to collect suggestions from the new Goal2 Committee volunteers on the Special Fundraising Campaign "7 weeks to boost the Seventh Tradition", which we ran this past spring. Our new members shared their perspectives on how our efforts were received from within the fellowship. We look forward to implementing what we learned this year.

Our second focus was the overall financial need of the fellowship, and the relations between the COSA fellowship and the ISO of COSA board. We recognize the importance for the ISO to reach local groups and develop an understanding of how this connection can nurture both individual recovery and the fellowship as a whole.

Our new members made significant contributions to direct the work of the Goal2 Committee in the coming year.

Gratefully,
Kerstin

For the Goal 2 Committee "Increase Financial Revenues / Responsibility"

COSA Public Information (PI) Committee is grateful for many enthusiastic new members gained through Milagros in the Southwest. We had our first monthly teleconference as an expanded committee on June 4. The new members share not only vitality for Twelfth Step work but an acumen for technology as well. The new members were introduced to Google Groups, browser language translators and other internet features that the PI Committee uses to save time and simplify the many avenues we want to utilize to carry our message to the COSA who still suffers- through media awareness. If you are interested in joining our exciting star-studded efforts, you can now e-mail us at PI-Comm@googlegroups.com. Yahooooooo!

SAVE THE DATE

ISO of COSA International Convention and Annual Meeting



May 27-30, 2011

Houston Marriott Westchase
2900 Briarpark Dr.
Houston, Texas 77042

If you are interested in helping with the event, please contact Lynda B. at lynda@broussard-ad.com

www.cosa-recovery.org/houston2011

Login: systems Password: houston2011

COSA Interviews

What was your general impression of the 2010 COSA Convention?

A really wonderful experience. I loved meeting COSAs with different wisdoms.

What was your favorite workshop?

The "Circles" workshop. I made connections that I'd never made before and a way opened up to do some really important work for me.

Favorite speaker(s)?

Bob H. and Margo M., because they spoke to my own experience with my stepson. Margo helped me to look at my part.

Favorite experience?

Getting to know a certain COSA – sharing about "mom" stuff.

Will you be going to the 2011 COSA conference in Houston?

Yes. In a heartbeat.

~ Claudia M.

What was your general impression of the 2010 COSA Convention?

Very good! The volunteers were wonderful! It was just a phenomenal community!

What was your favorite workshop?

"Circles" and "Steps 2 and 3" -- I liked that they were interactive.

Will you be going to the 2011 COSA conference in Houston?

Yes. That's home for me.

~ Anonymous

What was your general impression of the 2010 COSA Convention?

Very positive. I came as skeptic, and I'm leaving as a believer (with a little skeptic left).

What was your favorite workshop(s)?

"Circles" and "Steps 2 and 3" because they spoke to me. It was a surprise. They gave me something I needed – something I wasn't looking for.

Will you be going to the 2011 COSA conference in Houston?

Possibly. Most likely.

~ Sarah J.

What was your general impression of the 2010 COSA Convention?

It was absolutely NOT what I was expecting. For me it was like "recovery boot camp," and I was stretched in ways I wasn't expecting. I was also surprised it wasn't more diverse. There were a few areas really heavily represented and others that weren't. The demographics surprised me. I thought there would be people from all over the world, more men, more ethnic and cultural diversity, and more groups in general. It sure was wonderful, though.

What was your favorite workshop?

I can't choose just one. My favorites were "Circles," "The Gratitude Share," and the "Men's Meetings" in which those from the recovery program for sexual addiction were allowed to attend. It was my first men's meeting as well as my first open COSA meeting, and it was really moving to have these S-program members in there connecting with and honoring our experience.

Favorite speaker(s)?

I got so much out of all the speakers - both the official ones and the people who shared in meetings, hallways, and in the parking lot.

Favorite experience?

The rapid growth because of the unexpectedness; because of all the different perspectives. I had to adapt. I was way out of my comfort zone, and I was away from my huge support network in Tucson for the first time.

Will you be going to the 2011 COSA conference in Houston?

Probably. I have a feeling it's like childbirth: in time I probably won't remember the hard parts - just the fun and how great it was!

~ Eric C.

* * *

What was your favorite experience, speaker, and/or workshop?

The First Step workshop, where people shared their First Steps. I had so many of the same feelings. Also, I related a lot to Elaine's speech. Some deep conversations in the hospitality suite brought me the most connection at the deepest level. Many people were at crossroads in their relationships, just like me.

What was your favorite general experience?

Following the concept that "This is about my recovery!" after being married 48 years.

Will we see you in Houston in 2011?

I hope so!

~ Geneva

What was your favorite experience, speaker, and/or workshop?

The Step 2 and 3 workshop was my favorite experience. It really gave meaning to the steps, and I walked in not having much understanding of those steps. I also loved the Step One Meetings. I could relate to so much.

What was your favorite general experience?

The reassurance I got from every COSA member that things can and will be better!

Will we see you in Houston in 2011?

YES!

~ Ginny

* * *

What was your favorite experience, speaker, and/or workshop?

The Workshop on the 2nd and 3rd steps was a favorite. It made me work on the God/HP concept with which I am still wrestling.

What was your favorite general experience?

Amy's First Step was very powerful. It struck home for me. My greatest experience may have been seeing so many happy COSAs with so much recovery under their belt- the people in my group are still early in their recovery.

Will we see you in Houston in 2011?

I hope so!

~ Linda

* * *

What was your favorite experience, speaker, and/or workshop?

The Circles Workshop because there was so much input from so many voices and it helped me develop my circles further. My favorite speaker was Elaine. She had a compelling story and was an excellent speaker.

What was your favorite general experience?

My general experience was really good. I didn't quite know what to expect. I would have liked to have had more choices of workshops for each time slot, though I know we are short on volunteers that want to run workshops. Surprisingly, it was the free time that impacted me the most because I had time to digest all I'd heard and experienced. I had a great awakening.

Will we see you in Houston in 2011?

I don't know- if finances allow, I'll be there.

~ Gail G

What was your favorite experience, speaker, and/or workshop?

I really can't pin down one favorite thing, but I really resonated with all our speakers and found something to take away from everything I attended...and I attended a lot of things during the weekend. What was most important to me were the face-to-face connections I made with fellow COSAs outside of the events, all willing to sit down with me and share their experience strength and hope. I walked away more serene, and filled with a renewed sense of hope.

What was your favorite general experience?

My over all impression of the event was that of safety, security and a great deal of love all around. It was a beautiful event.

Will we see you in Houston in 2011?

It's on my calendar!!!!

~ Bret

* * *

What was your favorite workshop, speaker, or experience?

I couldn't possibly narrow this down to one thing. I got so much out of each and every workshop, meeting and encounter. The amazing overall experience of being with so many people willing to seek a better way to live and interact with others in a healthy way, for me, was the most powerful example of "I am not alone". The power of "we" was tangible and surrounded me. I'm so grateful to have had an opportunity to attend our 2010 convention. It was a real boost to my recovery.

What was your favorite general experience?

Being able to hear the remarkable stories from the S-Program members and having the chance to participate in the open meetings and workshops on the other side of the fence was a great gift that enabled me to let go of any residual feelings of responsibility for the behaviors of the sex addict in my life. Also, having so many folks around sharing similar stories and struggles gave me a sense of belonging and a feeling that I'm right where I'm supposed to be. The honor of being a delegate, being a service volunteer, sharing my First Step and leading a meeting all contributed to my recovery and gave me a chance to give back a fraction of what COSA has given to me.

Will we see you in Houston next year?

You can count on it!

~ Doreen D

Humbly asked God to remove our shortcomings.**Step Seven**

I was reading the steps in another program the other day and thought, "Wow! They added 'humbly' to step seven? I wonder why they did that!" Imagine my surprise when I realized that apparently, I've just never really internalized the Seventh Step before. As a raging codependent, I was very interested in having a few specific defects removed - but not so interested in humbly, gracefully letting my Higher Power decide what I was ready to have removed. And certainly not interested in having dysfunctional behaviors cut out of the way so that I could be of service, be useful to my Higher Power, and carry the message of the program to those who still suffer. That sounded crazy! What if I didn't like how I was supposed to be of service? What if I didn't want to be useful to the people around me?

I work in a hectic and poorly-managed career center, so my whole job revolves around being of service. Believe me, that did not make me more inclined to think positively about it. In doing my current Seventh Step, I had been asking Higher Power daily to lift my resentments, judgments, control issues, and whatever other character defects came to mind each morning, just for that day. That was worth something, but I was still trying to control the process and decide for myself when and what higher power was allowed to lift! As my stress at work grew, it bred more anger and judgment, which created more stress, and so on in the vicious cycle which is characteristic of all addictions.

I finally had a real First-Step-hitting-bottom moment one morning around all that, and realized that I was desperate. I knew that the stress was going to kill me if I continued on this path. Sometimes it's easy to get confused and think that our lives aren't as much on the line in COSA as, say, a cocaine addict's life is. My experience has been that my codependency kills my spirit and mind just as fast, and takes a tremendous toll on my body that is nearly unnoticeable to me while I am acting out.

I became desperate enough to say a Seventh Step prayer right out, and mean every word of it. The change it wrought was immediate and powerful. All the people and situations which had been triggering so much agony and fury within me now elicited no reaction at all. It was the strangest sensation: something would happen, I would prepare to feel angry and find no anger there - and then I would notice my brain trying to come up with something to hate - and still I would not get angry.

Our disease really is amazing. Even after days of this extreme serenity, this deep emotional vacation, proving to me that there are tremendous benefits to turning it over, I still started taking it all back.

Step Seven share What I think is that on some level, I wasn't feeling heard. When the chaos at work worsens, this wounded place inside me – which I could equally well call my codependent addiction or my inner child – freaks out. "Nobody is listening! They just make it worse and worse! If I turn it over, it will be like saying that all of this pain and everything they're doing wrong is okay! I won't turn it over! I will get madder and madder and yell at people and sulk!"

When I realized that this was what was happening, I found ways to take better care of that abused child. I took more time out for fun and treats. I focused on my connection with my Higher Power, visualizing our heartbeats sounding together as she holds me, even while I am helping crowds at work.

But like most of the program, ultimately it boils down to the willingness to have it be different – that pesky Third Step, which grows into the Seventh Step as we grow in our recovery. If I want to be sane at work, I have to make a decision to turn over all my character defects and stop grabbing them back – one day at a time. Or one minute at a time. Ultimately, I have tremendous power over my emotions and my experience at work. This happens, paradoxically, when I am willing to turn my defects and my experience over to my Higher Power. That still terrifies me! It's the central dance of my recovery: becoming willing to change the things I can instead of insisting on validating my own pain by perpetuating it.

~ Dani S., Oakland

Step Seven is a favorite step for me. When I did my first Step Seven, I really started to see the miracles I'd been promised since my first meeting. "There are miracles out there with your name on them," I'd been told. I was finally now seeing them.

My sponsor had prepared me for this step with some assignments from Step Six, in which I became entirely ready to have God remove all these defects of character. I wrote about the character defects I'd identified in the previous steps, and I spent a lot of time praying and imagining what my life would be like without those character defects.

With that preparation done, I was ready when it was time to look at Step Seven. My sponsor had me read as much as I could about the step, and then we dissected the step. I looked at each of the words, and "humbly" confused me. I thought I knew what humility was. I believed I was humble, since I never accepted a compliment and I thought very little of myself.

Together, we did some work on that word. She told me that for her, humility was thinking about herself less, not thinking less about herself. She told me that she believed being humble was telling the truth about herself. It made sense to me that it might be healthier to admit my shortcomings and be aware of my strengths at the same time.

With some more work on humility, it was easier for me to humbly ask my Higher Power to remove all my shortcomings that weren't serving me or others.

When I did, the miracles started happening. Over and over, there were opportunities to pick up a character defect or a tool of COSA. And there was what I call a "Seventh Step Pause." I didn't react; I responded and I was more likely to pick up that tool. My Higher Power removed the shortcomings, and I simply cooperated.

Years later, I still have shortcomings. But the ones that remain don't seem quite so awful as they did when I first asked my Higher Power for his help. Maybe it's humility.

~ **Claudia M.**

Step Eight

Made a list of all the persons we had harmed, and became willing to make amends to them all.

For Step Eight, I needed to review my Fourth Step inventory to determine the list of all persons I had harmed. Looking back on my Fourth Step inventory brought many memories. Some painful. Others empowering. I reflected on some of the events where I had caused harm and I felt sadness and pain. But I also thought back to when I shared my Fifth Step with my sponsor and that brought me hope. To be able to share my Fourth Step Inventory with my sponsor and my Higher Power, both the good and the bad, and feel supported and accepted was such an amazing gift. So I started my list of all persons I had harmed. There were a couple of people I struggled putting on the list. The dilemma I had was that they had harmed me originally and that was the reason I had used one or more of my character defects to harm them back. I told myself some of these harms were in self-defense. When I checked in with my sponsor, he told me I needed to only focus on the harm I had caused and not on what others had done to me. In the end, it is all about cleaning up my side of the street. This made the list-making a little harder.

I could no longer hide behind the childhood adage "but he hit me first." I had to own my part in these various situations. Through my step work I also realized that I had always put others first, so adding myself to the list of people I had harmed was not really surprising. One of my character defects is to minimize myself. I was sure there were some harms I had caused myself, but only a few harms. (I didn't become fully aware of all the harms I had done to myself until I began writing an amends letter to myself in Step Nine.)

So now that the list was completed, I needed to become willing to make all these amends. Boy, that was a scary idea. Some people on my list were dead. I had no idea where some of the people on my list lived or how to reach them. There were other people on my list who had no idea I had harmed them. And the person who harmed me when I was 13 was not someone I wanted to have any contact with. So I had lots of excuses for not becoming willing to make some of these amends. I prayed for this willingness to come to me. I shared these excuses with my sponsor. He explained that this Step is not about making the amends or determining how to make the amends. It is about being willing to make these amends. He asked if I wanted to make these amends and be able to put down all the baggage that I had carried over the years due to these harms I had caused. I said YES! He said I had become willing. Thank HP for Sponsors!!

I know that with each Step I work I continue to heal and continue to get a better spiritual connection with my Higher Power and myself.

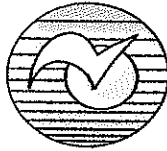
~ Joey Z

Step Seven Questions

- What does humility mean to me as a recovering co-addict/co-dependent?
- How does this step inspire surrender?
- What am I learning about asking for help?
- In what ways can I show my Higher Power on an ongoing basis that I am humbly asking for my defects of character to be removed?
- How do my shortcomings cause me to feel? How do I feel when I catch myself participating in these shortcomings yet one more time, even though I'm ready to be free of them?

Step Eight Questions

- Who might help me decide whether I caused harm or not?
- What does willingness mean to me?
- What does amending mean? How is that different than apologizing?
- Am I willing to make this cleaning up of my side of the street a real priority? Does my name go on the list?
- What recovery tools can I use if I start to get down on myself as I work on this step?



Announcements

Upcoming COSA Retreats

Join us on August 14, 2010 at 3:00 p.m. CST for our bi-monthly **Sober and Sustainable Telemeeting** discussion. If your group could use some tips on becoming healthier, this teleconference is a wonderful resource and if you have experience, strength and hope to offer from healthy practices your group observes this is a great Twelfth Step opportunity. We look forward to talking to you all!

Teleconference #: 218-862-1000
Access code: 1051791#

The **20th Annual Puget Sound Retreat** will be held the weekend before Labor Day (August 26th - 29th, 2010) on the beautiful and tranquil Key Peninsula near Seattle, WA. Serenity on the Sound is a retreat open to all COSA and SAA members, other S-recovery fellowships, and adult family and friends in recovery.

Come to:

- Deepen your recovery with many workshops to choose from
- Build relationships
- Meditate
- Drum around the bonfire
- Play outdoor games
- Canoe, nature walk and swim
- Enjoy great food
- Relax in a tranquil setting overlooking Puget Sound
- Provide service by helping with meals and other camp support

Friday night COSA Keynote Speaker Elaine K, ISO of COSA Chair.

For more information and registration please visit the official website for Serenity on the Sound: www.soundretreat.org

Simple Serenity Retreat, held at St Dorothy's Rest, Occidental, CA (approx 2 hours north of San Francisco) Friday October 8th, 2010 starting before dinner through Sunday October 10th, 2010 after lunch. (partial weekends are available)

Contact information Nancy P 925-743-0151