



**Volume 8, Issue 4    Winter Issue    January/February 2012**

## Finding Freedom from Obsession

My COSA obsessions have taken many forms and been sparked by many things, but the underlying emotion is fear every time. In my efforts to feel some sense of safety, I would focus intensely on something or someone, and do all kinds of things to try to control outcomes. Steps One, Two and Three remind me to let go and turn it *all* over to my Higher Power. I can relax and trust, and then I can move into right action.

I have often obsessed on other people’s addictions and shortcomings. It’s been a long-standing habit, one that I’ve had to be deliberate in growing away from. The way it functioned for me: if I focused on others’ problems, I could feel superior or heroic in some way. If the obsession was disguised as “helping”, I could feel useful and needed (and therefore lovable). Though I wasn’t aware of it, I used obsession as a way to avoid looking at myself, feeling my pain, acknowledging my unmet needs, and addressing my own shortcomings. It felt safer not to look at myself but therein lies the problem. When I am swept up in my COSA obsessions, it is as if my feet are not touching the ground. I’m not even in my own body or in my own life. I’m “out there” somewhere, in someone else’s life, in the past or the future, living in the extremes. When I do this, I have given away my power. I have abandoned myself.

### Obsession as Addiction

In the extreme, my COSA obsessions have functioned much like any other addiction. They affected my relationships, my health and my career, and they eroded my sense of self-worth. I lost any shred of true self-empowerment or peace. My obsessions took me away from the things that I wanted to do and the things I needed to do. I ended up forgetting about my Higher Power and acting in ways that I felt shameful about.

It helps to remember that I didn’t obsess because I was a bad person; I didn’t know how to react any differently. Through recovery I have learned new ways to do things. While there are definitely events in all of our lives that trigger fear and obsession, it helps me to recognize that I have choices. I may be upset, but to allow myself to slip into obsession is self-defeating and harmful. I am in recovery now. I can choose healthier, gentler, and more productive ways to cope.

Continued on page 8

### In This Issue

Finding Freedom from Obsession	<b>1, 8-9</b>
Step 1 Share By Bette S.	<b>4</b>
Step 1 Questions	<b>5</b>
Step 2 Share By Amy E.	<b>6</b>
Step 2 Questions	<b>7</b>
Living in the Outer Circle	<b>14-15</b>

### In Every Issue

Seventh Tradition	<b>2</b>
By the Fellowship	<b>2</b>
Goal 3 Report	<b>3</b>
ISO Diversity Statement	<b>5</b>
Traditions	<b>10-11</b>
Literature in Review	<b>11</b>
Meditations	<b>12-13</b>
2012 Convention	<b>16-21</b>
Meeting Information	<b>22-23</b>
Literature Order Form	<b>24-25</b>

Every COSA group ought to be fully self-supporting, declining outside contributions.

## Seventh Tradition: Financial Report

Financials were not available at the time of publication.

## 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/Writing\\_Guidelines\\_Revision\\_20110521\\_Final.pdf](http://www.cosa-recovery.org/Writing_Guidelines_Revision_20110521_Final.pdf)

(scroll down, then click on pdf link)

Please send your articles to [COSACopy@yahoo.com](mailto:COSACopy@yahoo.com) or by snail mail to the

<p><b>COSA ISO</b> <b>P.O. BOX 79908</b> <b>Houston, TX 77279-9908</b></p>
--

**Phone: 866-899-2672**  
**E-mail: [info@cosa-recovery.org](mailto:info@cosa-recovery.org)**

**Balance**, the newsletter of the International Service Organization of **COSA** is published six times a year. The ISO holds the copyright to this newsletter. Editing, Design, Production & Layout by COSA Literature Committee

**ISO of COSA  
Annual  
Convention  
Vancouver, BC,  
Canada**

**May 25 – 28, 2012**

Sheraton  
Vancouver  
Airport Hotel  
7551 Westminster Highway  
Richmond, BC V6X 1A3  
**1-800-663-0299**

Please let the Reservations Specialist know you want to book with  
**“Boundaries without Borders”**

**Check our convention website at:**  
<http://www.cosa-recovery.org/2012>

User name: borders  
Password: recovery

**If you have any questions send an email to [convention@cosa-recovery.org](mailto:convention@cosa-recovery.org)**



The COSA Literature Committee is responsible for producing booklets, pamphlets, and other literature for the fellowship, as well as publishing the *Balance*. Also, LitCom would like to develop an editing team and a layout and design team to work with the COSA Book Task Force toward completion of Goal 3: COSA Book Development. We have an ambitious plan for this year's literature and we need your help!

Would you be interested in serving the fellowship through involvement with LitCom? Some of our current projects include booklets on Steps Seven, Eight, and Nine, a booklet about Triggers, and a piece on Attraction Not Promotion. If you would like to write, edit or do layout and design with us, please email [COSAcopy@yahoo.com](mailto:COSAcopy@yahoo.com) for more information.

Thanks!  
Claudia M  
Literature Committee  
Chair

## Goal Three Committee Report: COSA Book Development

The Goal 3 committee is working hard on finalizing a draft for our COSA book's table of contents. We have reviewed the texts from nine other fellowships for inspiration. Six of our members recently completed a "basic recovery workshop" designed to help them work the Twelve Steps. They are now better equipped for their Goal 3 committee work.

**If you are interested in working on the COSA book contact [jadntacoma@aol.com](mailto:jadntacoma@aol.com)**

JoAn D.  
Chair, Goal 3 Committee



**We admitted  
we were  
powerless  
over  
compulsive  
sexual  
behavior—  
that our  
lives had  
become  
unmanageable**

## Step One

How to get started....

My first hurdle with starting my First Step was to move through being stuck in my grief, and to get out of my victim space. My second hurdle was to stop procrastinating. Thirdly, I moved past the belief that my First Step needed to be perfect.

“Just DO IT” became my mantra. And, I also stopped beating myself up for taking so long to get started. Being judgmental of myself kept me stuck. I looked in all the Twelve Step books I could find, looking for an outline on how to get started. There were lots of questions to be answered, yet I had no clue about how to pull this together in a way that would flow smoothly. I wanted to stay out of my victim place. I did not want to focus on my partner. After recognizing what I did not want to do, I focused instead on using Step One as a healing tool. I faced the shadows of my own addictions.

I discovered that when I was growing up I took on the roles of caretaker, rescuer, decision maker, and super-duper multitasker of the universe. I was fearful of being abandoned or rejected. I sacrificed my needs in order to please and care-take others, and came to believe that my needs were not important. I believed that I was not smart enough or lovable enough; so I did everything possible to prove to others that I was smart, lovable and compassionate. No matter what I did for people, it was never enough, so I believed I needed to continue to do more, yet more was never good enough. It did not occur to me to allow others to take care of themselves.

In my childhood I did not hear positive affirmations or “I love you” from any adults. As a teenager, it was my belief that I needed to please others before anyone would give me affection, attention, or friendship. At age 19, starved for attention, I became a mother, and a wife to a man who was an alcoholic. Our marriage lasted seven years. Years later, I came to understand that he also had a sex addiction. I was a single mom for ten years. I spent those ten looking for a father for my son, with no awareness of what I wanted or needed.

The one event that started bringing me out of my unconsciousness was when my son, at age 17, was in a car accident. I put him into a drug rehab program and I took a four week co-dependency class. Several years later my son was married, and I remarried. I had a false sense of believing that I had my co-dependency under control. After 18 years of being married to my second husband, my world fell apart. I had buried my head so deeply in the sand that I ignored the events that led up to the discovery that we were facing a deep darkness beyond anything I could imagine. My co-dependency, my workaholic behaviors, and my second husband’s addictions devastated us individually and as a couple.

There were many unmanageable issues, events, happenings, thoughts and feelings that I faced after my discovery of my second husband’s sex addiction. What I have since discovered is the healing, love, forgiveness and compassion that I now give myself, after writing down my First Step and sharing it with others.

Bette S.

## Step One Questions

- What does the word 'We' mean to you?
- What am I powerless over?
- Do I still feel that I have power or control over another person, their addiction or my own co-addiction?
- How have I tried to control another person or my own co-addiction?
- How have I failed in trying to control another person or my own co-addiction?
- What has helped me realize my own powerlessness?
- How is my life unmanageable?
- What are some of my red flag behaviors, which tell me I am not admitting my lack of power?

## ISO of COSA Diversity Statement

- COSA Diversity is consistent with the Third Tradition of COSA, which states that the only requirement for COSA membership is that our lives have been affected by compulsive sexual behavior.
- The COSA Fellowship welcomes all genders, all varieties of relationship to the addict, all religious and spiritual preferences, all employment statuses, all marital statuses, all ethnicities, cultures, and languages. COSA does not discriminate on the basis of class, sexual orientation or gender identification, physical or mental challenges, race, financial status, or national origins.
- In COSA, we find hope whether or not there is a sexually addicted person currently in our lives.
- COSA Diversity is consistent with the First Tradition of COSA, which states that our common welfare should come first; personal recovery depends on COSA unity.





**Came to  
believe  
that a  
power  
greater  
than  
ourselves  
could  
restore us  
to sanity.**

## Step Two

I joined the military as a young adult. One of the things that I was trained to do was tie various types of slip knots. Slip knots work through friction and resistance. The greater the friction or resistance, the tighter the knot becomes.

When I think of the First Step, I am reminded of those knots. It was as if I were bound up in my own problems. The harder I resisted and struggled to free myself from my own bondage, the tighter those bonds became. In my own insanity, I continued to apply the same flawed coping skills and skewed perspective on life to my problems, hoping that *this* time they would work.

I am amazed, when I look back, at how long I persisted in trying the same thing, expecting a different outcome. In spite of three hospitalizations for depression, electro-convulsive therapy, a lost career, and a marriage to a sex addict that had become a battleground, I continued to struggle. The knots became tighter and tighter. I hoped that I would just go to bed and never wake up. Life seemed empty and futile. It had become a never-ending cycle of pain. I had no idea of how to break free, except to apply the same futile resistance that was causing my pain over and over again. In taking the First Step, I gave in. I admitted the problem. I ceased to struggle.

Step Two was only the beginning of being freed; I began exploring the idea of a Power that could free me from my metaphorical knot.

I had always believed in the idea of a power greater than myself, but my concept of that power was very rigid and performance oriented. I had spent my life either groveling before or rebelling against God. I was angry at all the bad things I felt that he had allowed to happen to me. In Step Two, I felt as if I was “granted permission” to explore those old beliefs that had left me spiritually bankrupt and unwilling to rely on anything or anyone but myself. I realized that not only were my old, rigid beliefs about a perfectionistic and punitive God not helpful, but that I did not even “like” the God that I had grown up believing in. I could not relate to this God, let alone place trust in him.

As I worked Step Two, I became open and willing to explore new ideas about my Higher Power. I began to discard old, unhelpful ways in which I had thought I “had to” relate to God. I threw out the rule book. I stopped calling God “Father”, because that was an image that filled me with fear and resentment. I began to call my God “Friend” or “Beloved Counselor”. For the first time in my life, I attempted to relate to God in a spiritual and seeking way, as opposed to a way that was dominated by the “shoulds” and “oughts” of my former religious observance.

I began to pray differently. I stopped begging, bargaining with, or abasing myself when I spoke to my God. I began to simply talk, searching

## Step Two—cont'd.

to know and be known. "God, who are you?", "Can you really love me?" These were questions that I asked. I suspended what I thought I knew and became open. I began to see the grace of God in my life more frequently. By the time I came to Step Three, I had a very real belief that the God of my understanding was kind, good, and trustworthy. I began to feel I had the information that I needed to make a decision.

While most may feel that a relationship with a Higher Power is a deeply individual and private matter, I don't feel that I can share my experience with Step Two without acknowledging the power of fellowship. I "came to believe" largely because I could not deny that every day I saw others being restored to sanity. I am grateful for our fellowship, my sponsor, and the beloved fellow COSAs who have shared the journey with me. Often when I am struggling with a problem, my sponsor asks me if I trust that my Higher Power is able to handle it. My answer is usually "yes". On days when I doubt, I talk to a recovering friend or look around me in a meeting and I come to believe all over again.

To me the principles of Step Two in my life have been openness, willingness, and fellowship. The gift has been hope, and I see that hope rewarded in big and small ways every day. God of my understanding, I love you. I thank you for your grace.

Amy E.

## Step Two Questions

- How have I been insane?
- Do I believe my Higher Power can restore me to sanity?
- What are some examples that my Higher Power has done for me that I cannot do for myself?
- What qualities does my Higher Power have?
- What are the blocks I have to believing a Higher Power can restore me to sanity?
- What are some ways my Higher Power has worked in my life?



**We welcome  
you to join us  
at the  
convention in  
Vancouver.  
May 25 – 28,  
2012**

Sheraton Vancouver  
Airport Hotel

7551 Westminster  
Highway  
Richmond, BC V6X  
1A3  
**1-800-663-0299**

**Check our convention  
website**

at: <http://www.cosa-recovery.org/2012>

User name: borders  
Password: recovery

**If you have any ques-  
tions send an email to  
[convention@cosa-recovery.org](mailto:convention@cosa-recovery.org)**

## Finding Freedom from Obsession—cont'd.

When I am obsessing, I'm stuck in a victim position, feeling helpless. The COSA Program reminds me that I *do* have a say in how long and how intensely I participate in obsessing, and in how I behave. The first three Steps help me get me back on track, and the rest of the Steps help me understand more deeply how to grow.

### Holding On or Letting Go

In order to let go of old patterns, I need to know what it is I am holding on to. My obsession is often quiet, subtle and sneaky. Sometimes I may not even realize I am doing it. At other times, it has led to bold misbehavior that I later regretted. Either way, the common denominator is me, and it's my responsibility to face my fears and work through them in healthy way.

From an early age I obsessed on getting male attention. What was the fear underneath? Perhaps it was the fear that I had no worth or power outside of my ability to attract men. I was driven to prove and validate my worth. I flirted relentlessly, and became completely absorbed with any young man who showed the slightest interest in me. This obsession stayed with me well into my adulthood. Closely related to this was an attraction to unavailable men or dangerous men, and a near-perpetual state of longing and loneliness. I felt unlovable and disconnected, and my obsessions reinforced this rather than making it go away. What I see now is that this habit of obsessing on men robbed me of countless hours of my life. This was time I could have spent discovering myself, investing my energy in my education and career, or developing hobbies and interests. The list goes on. It took a lot of work in recovery to grieve over and forgive myself for this. I know I can't go back and regain those precious hours, but I can remember the pain of this loss, any time I find myself slipping into old thought patterns.

One of the most extreme examples of my obsession was before COSA recovery, when I first learned that my partner was a recovering sex addict. I had never heard of such a thing. I was overwhelmed with fear. I didn't tell anyone. Instead I tried to manage my fears all by myself. This turned into a huge obsession over my partner's past and how I compared to his previous partners. I worried that I wouldn't be erotic or mysterious enough. I became vigilant about my weight, exercising vigorously every day and recording every scrap of food I ate in little spiral notebooks. I also drove through the neighborhoods where I thought he might have acted out. I had mysterious stomach ailments that the doctors could never diagnose. This obsession brought me to my knees. And all this time, my partner had been abstinent. He had never betrayed me. It was *my* obsession with his past that made me sick. Thank goodness I eventually found COSA.



## Finding Freedom from Obsession—cont'd.

Perhaps the most baffling of my COSA obsessions has been my obsession with a past relationship that was very unhealthy for me. He was most likely a sex addict too, though I don't have any direct proof. Even though I had broken off the relationship and moved on, it took me years of recovery to finally work through this obsession with him. For a long time he showed up in my dreams. If I heard his name mentioned or saw his image, I could feel myself getting stirred up inside. Even though I knew for certain that the relationship would never work and that I didn't love him, part of me wanted him to continue to love and want me. This lasted long after I was married and knew that he had married, too. Deep inside I held on to the idea that if something went wrong in my life, he would be there for me, he would rescue me. The odd thing is that even when we were together, he hadn't really been there for me. When I look at this realistically, this obsession was based purely on fantasy, a castle made of sand.

### True Freedom

These are just a few examples. There are many others. I can't think of a single time when obsessing accomplished what I hoped it would. Thankfully, over time my COSA recovery has released me from obsession's suffocating grip. I feel truly free. I live my life fully and let others live theirs. I act with greater integrity and I have people in my life who love me for who I am. When I notice my attentiveness becoming hyper vigilance or my caring about my physical health becoming an obsession with my appearance, I can immediately go back to the first three Steps. Today I have choices and solutions.

Anonymous



**Remember to  
obtain or  
renew your  
passport for  
travel across  
the border into  
Canada for the  
2012 ISO of  
COSA Annual  
Convention!!**



# Traditions

## **Tradition One: Our common welfare should come first; personal recovery depends on COSA unity.**

It used to be all about you. Then it became all about me. Now it is about us. Tradition One reminds me that although it begins with me, and the focus on myself, my needs, and my feelings is important, my personal recovery does depend upon COSA unity. Without *me*, I could not have come through the doors of COSA. Without *you*, there would be no group to attend. Without *us* there would be no COSA fellowship.

Although I used to focus solely on you, it was for one purpose: to ease my pain and make me feel better. Did it work? No. Was it for selfish reasons? Yes. I didn't know how to live any other way. Focusing on others got me through my childhood. I knew I would be accepted in my family if I did everything for them. So I did everything for them, and grew up learning to resent it, while wearing a smile on my face. This gave me an awfully big illusion of control. I thought if I controlled every decision in my family of origin (and the one I chose as an adult), then I would be safe.

Everyone else was out to harm me, in my mind, so that was the only option I thought would keep me safe. That ended up being the decision that kept me exactly where I was and worse. Thinking that way kept me from having loving relationships based on equality. Tradition One reminds me how we are all equals when we walk in the doors of COSA, but more importantly we are all equals when we walk out as well. The other members of my family have a voice and if I want a peaceful home, I need to listen and consider them so we could come to solutions together.

This Tradition doesn't come naturally to me. I have to work on it daily and often I slip. My Higher Power and my meetings remind me that recovery in my relationships depends upon unity. I was used to being what I thought you wanted me to be, so I would be liked and loved. Other times my actions were the opposite extreme, it was my way or the highway. Tradition One taught me that my partner and I would need to make decisions together in order to have the best relationship. I didn't have to change who I was to be loved, and I didn't have to have my way all the time either. There was a middle that was more balanced.

Working this Tradition has become very important in my relationships with others, not only in COSA but at home too.

Carolee D, Ontario Canada

## **Tradition Two: For our group purpose there is but one ultimate authority—a loving God as expressed in our group conscience. Our leaders are but trusted servants; they do not govern.**

Tradition Two guards against power struggles in my group. We have business meetings and we learn that our Higher Power is in the group conscience that we agree with, and our Higher Power is in the group conscience that we don't agree with. We avoid letting one or two members dominate the group. We remember our only ultimate authority is our Higher Power, and our leaders guide but don't govern. Tradition Two suggests that we are a fellowship of equals.

This Tradition helps me gain clarity in my relationship with my spouse, as well. My marriage was not one of equality. We fought for the power to decide how to spend our money, paint our kitchen, or trim the orchid tree. We also battled over my husband's recovery from sex addiction. I wanted to call the shots. I told him which therapist he should see, which meetings were healthier, and which sponsors were going to better suit me. I was breaking Tradition Two. I was the acting authority in our home, and I fought for my right to stay that way.

At first it was easy. My husband was too wrapped up in his addiction to care what I did, and I got free rein. But as he recovered, he took back some of his power. He no longer wanted me governing every detail of our lives. It was awful.

I am grateful we no longer live that way. We are more a fellowship of equals. We have decided together which areas each of us is responsible for, and we have meetings of two when things come up. We have our Higher Power to lead us, and on most days, we are equals. We avoid our old power struggles. Recovery helped us to live out Tradition Two in our home.

Anonymous

### **The 2011-2012 COSA Literature: Make It Your Own!**

The following booklets have been prepared by your Literature Committee this year:

#### **Step Seven, Step Eight, Step Nine, Triggers, Attraction Not Promotion**

Please review them and take the time to send in your comments, edits, or questions before January 21, 2011. We value your input and want to be sure that COSA literature reflects the COSA fellowship.

The literature is available for review at: <http://www.cosa-recovery.org/2012/delegates.html>

The user id is: borders

The password is: recovery

Thanks for your comments.

Hugs in Service,

The ISO of COSA Literature Committee



# Literature in Review



## The Maze vs. The Labyrinth

At a recent COSA retreat we started our day with a meditation. Since many in the room had little or no meditation experience, that day's meditation leader used the analogy of meditation being like walking a mental labyrinth. Not a maze- where you can get lost- but a labyrinth- where the winding path eventually leads you to the center.

Throughout the retreat I couldn't get this image of the maze versus the labyrinth out of my head. Something about it just kept nagging at me.

As I drove home from this amazing weekend it suddenly dawned on me why the maze and the labyrinth were still with me.

My life prior to starting my COSA recovery = maze.

My life after starting my COSA recovery = labyrinth.

### My Maze

In the years prior to the discovery of my husband's addiction, I was happy. Well, most of the time. Okay, some of the time. All right, rarely. But I was good at faking it. I was good at telling myself that his behavior was just what guys did. When he was deep into acting out and treating me poorly, I told myself I just had to try harder. Then when he came out of it and treated me great, all was forgiven, until the next episode. A dead end!

After discovery, suddenly missing pieces of information from the last twelve years of our relationship started to fall into place. So much made sense now that I knew what was happening. And now that I knew, I could fix it! I believed that if I just followed him to meetings to make sure that he was going, if I just read his e-mails, if I just monitored his computer use, I could keep him on the track to recovery and everything would be like it was supposed to be. Another dead end!

A year and a half into his recovery, things seemed to be going so well that we decided to proceed with IVF (in vitro fertilization), the last chance we had to have a biological child. After all, he had been sober for a year, and I didn't even follow him to meetings anymore. I had even stopped checking his e-mail and computer use. We spent the money (two and a half years of savings), took the shots, and went through the egg retrieval and embryo implantation processes, and got pregnant with twins the first time around. Then, at fourteen weeks, just as we were starting to relax and enjoy the pregnancy, we lost our son. Between the grief and a stressful remaining pregnancy things were not going well with us, and he was acting out again. Yet another dead end!

### My Labyrinth

At the behest of his therapist we started couples counseling. It was through those sessions that I learned that a new COSA meeting had started up closer to where we lived; the closest meeting up until then would have been an hour and a half drive in rush hour traffic. I agreed to try it. I didn't know it at the time, but I had entered my labyrinth.

I walked in the door to that first meeting seven months pregnant, not sleeping due to severe heart burn and twenty-four hour a day hiccups (me, not the baby) and at the end of my rope. But, I knew these people were going to tell me how to fix it, that it was all him, that I was a saint, and it would all be okay. I left that meeting heart broken- what did they mean I had to admit what was wrong

## The Maze vs. The Labyrinth—cont'd.

with me? Strangely, I felt compelled to come back. A twist in my labyrinth, but still on the path.

I did keep coming back. I listened to the shares. I heard so much that I could relate to. Their situations may not have been exactly like mine, but there was still so much in common. I learned to share. I learned that I could open up, be honest about my behavior, my truth, and my feelings, and my fellow COSAs would still accept me, even love me. A straight-away on my labyrinth path.

I went to every meeting, every week up until the week that my beautiful, perfectly healthy, baby girl was born. I was on track. My husband was back on track, and life was good (if extremely sleep deprived). I wanted to get back to my meetings as soon as I could, but since my meeting and my husband's meeting were on the same night there was no one to watch the baby, at least not for free, and we couldn't afford a babysitter. So his program took precedence over mine. My labyrinth path seemed to be taking me away from the center, but there was still a path.

Calls, teleconferences, on-line meetings, and continued therapy kept me semi-sane as we worked to find a way to get me back to my meeting. At five months into my baby's life I was in the area of my meeting at the right time on the right day. So I dropped in early just to say hello, and to show off my wonderful little girl. With a quick group conscience (about having an infant at the meeting) I was able to stay the whole meeting, and I knew that I had to get back to attending regularly. My daughter had grown, my husband had grown, my group had grown, but I felt like I was barely inching forward. Still my labyrinth path had turned me back toward the center.

My husband found a meeting on another night and agreed to go so that one of us would be home with our daughter and I could get back to my group. Back to listening, back to learning, back to sharing. I got a sponsor and started working the Steps. I took a service position within the group and even became a member of the organizing committee for the retreat. My labyrinth journey continued.

Everyone works their own program their own way. And different ways work for different people. For me and my recovery, a face-to-face meeting works best. My group knows me. They know when I am having a rough time, and when I am having a good day. They help me to stay open to recovery and the process. They help me to be honest. But most of all they help keep me on my path, in my labyrinth, moving toward the center of my recovery.

Through it all, I have discovered that life is not a maze, but a labyrinth. And even on the days when I feel like the path is leading me away from the center, I know that if I stay true to myself and my recovery the path will always lead me back toward the center.

Audra M., Long Beach, CA

## Living Out Loud in the Outer Circle



The Board recently asked COSA members how they observed the *Living Out Loud in the Outer Circle* fundraiser event, and you responded! Here are examples of what some COSA members did:

A couple of us from COSA in Louisville, had fun at the St. James Art Fair as our activity for *Living Out Loud in The Outer Circle* event. I have attached a photo I took that day. It shows Victorian-era houses in Old Louisville, the neighborhood where the fair is held each year. It was a beautiful fall day.

Our Friday COSA group voted to send a check, which you have probably received by now.

Thanks for persisting in requesting our response to *Living Out Loud in The Outer Circle*.

Sincerely,

Doris

\*\*\*\*\*

First let me say what a wonderful idea this was! When I heard about it, I got excited and talked about it at some of our telemeetings.

I do not have any face-to-face meetings near me, so I knew I would have to do something by myself or with a friend. I talked to my husband and we made some plans to spend the entire day Sunday on Outer Circle\* activities.

We began the day by going for a long walk. We did prayer and meditation, got some exercise, and did some re-

covery work together including a meeting of two and a check-in. After church, we went out to dinner and went for another walk, and then prayed together that evening.

In gratitude, on Monday, I mailed in a check to the International Service Organization (ISO) of COSA. Thanks again for this wonderful day. It helped me to "jump start" my walking again and I have been doing it almost daily ever since.  
Gratefully,  
Janie

\*\*\*\*\*

The Monday night Oakland CA meeting made the topic of our last meeting of the month "Outer Circle Activities\*" and announced that all Seventh Tradition collections that night would go directly to ISO. It was simple, but quite positive, fun and uplifting!

Linda P

\*\*\*\*\*

We chose to have a potluck at a member's house and donate what we would usually spend on a meal at our favorite fellowship restaurant.  
We brought in about one hundred and thirty dollars that night.  
Thanks Lindy T

\*\*\*\*\*

We always go out after our meeting with the SAA group to a local Mexican restaurant and laugh. This is another activity for *Living Out Loud in The Outer Circle*.

Whenever there are five meetings in a month, we try to do something different.  
We use our meeting time to make recovery bracelets.  
We use letter beads to spell out names or recovery words like "Serenity" or "Grace" to help us stay focused on positive things. Thanks for doing this.

Saturday Night Spanaway WA COSA

\*\*\*\*\*

The Spanaway COSA group got together and made bracelets for ourselves or as gifts. Some had names on them, some had sayings, and some had inspirational words such as "Faith," "Love," and "Trust." All were multi-colored with different shaped beads.  
It was a fun time!

Bette

\* The Three Circles concept is © copyright 1991 Sex Addicts Anonymous. All rights reserved.

## What is the COSA Annual International Convention?

I gave this question some thought and realized there are probably as many answers as there are attendees. For some COSA members, the Annual International Convention is all about the recovery-focused workshops. Others come for the speakers, or the fellowship. Still others spend most of their time connecting with other COSAs, shopping in the COSA bookstore, and/or at the silent auction. Some COSAs spend hours in member-to-member conversations in the hospitality suite. I can only tell you about my experiences.

The location and theme of the convention changes annually, just like I have changed. I get something different out of each one I have attended, because I'm in a different place in my recovery each time. I had been in COSA just four months when I attended my first convention, and I'd been very isolated. Although I learned many things, I think what was most important to me was learning that there was hope, and that I was not alone. One year, I focused on the spirituality aspect of my recovery and went to workshops that were focused on that subject. It helped me get past Steps Two and Three. Another year, I was extremely angry at my addict and every other addict, so I challenged myself to attend an open workshop hosted by SAA. I gained acceptance and it reinforced my understanding of powerlessness.

I have learned to love the fellowship in the Hospitality Suite. Now that I've had the good fortune to attend several years, I look for certain people that I only get to see at the convention. Oh, I get to talk to them on the phone, but seeing them and getting a real hug instead of a "cyber" hug is so much better!

The meetings are invaluable for those who have very limited face-to-face meetings, or none at all. If someone attends telemeetings or the online chat meetings, putting a face to the name or voice is such a grand feeling! I enjoy my face-to-face meeting at home, and at the convention I get to hear the wisdom of COSAs from around the world.

There are lots of opportunities for service at the convention; they are varied in the type of work and length of time needed. Many times, I have heard about the need of a particular International Service Organization (ISO) Committee that piqued my interest and got me involved. In giving my time and talent to this organization, I have gained far more than what I have given.

The convention is a major fundraiser for the ISO Seventh Tradition collections, raffles, and the silent auction of items donated by the fellowship, all keep our organization running so that we can continue to spread the word to those who still suffer.

Have I answered the question? Maybe the best answer is that the Convention *is* what you make of it, just like life. Respectfully submitted,

Elaine K.  
Chair, ISO of COSA





An Invitation to join us in Vancouver, Canada  
for the 2012 COSA Convention



We are sending you a warm invitation to “Boundaries Without Borders” from the Vancouver 2012 COSA Convention Committee. Vancouver is a beautiful city with many attractions and adventures to enjoy. Two helpful websites are: [www.tourismvancouver.com/visitors/](http://www.tourismvancouver.com/visitors/) and <http://vancouver.ca/>.

Check those sites for more information about some of the things to see and do such as: Granville Island, Stanley Park, Chinatown, Dr. Su-Yat Sen Classical Chinese Garden, Grouse Mountain, Capilano Suspension Bridge, whale watching, Vancouver Art Gallery, and the Vancouver Aquarium. Vancouver is located between the mountains and the ocean, has a mild climate (unlike the rest of Canada) and is known for its beautiful cherry blossoms in the spring.

Our hotel is in Richmond, close to the airport. It is a short walk to the Sky Train which takes you right to downtown Vancouver. A short drive south from the hotel is the historic fishing village of Steveston and the old Gulf of Georgia Cannery, another interesting place to visit.

If you are staying a few extra days you might want to think about a trip up to Whistler [www.whistler.ca](http://www.whistler.ca) or a ferry ride/flight over to Victoria on Vancouver Island [www.vancouverisland.travel/](http://www.vancouverisland.travel/).

If you don't have a passport, remember to give yourself plenty of time to acquire one. For all cross-border travel, even by car, you need a passport to get into Canada. Information about crossing the border into Canada can be found at [www.cbsa.gc.ca/menu-eng.html](http://www.cbsa.gc.ca/menu-eng.html).

We've put the hotel and airport shuttle details on our website <http://www.cosa-recovery.org/2012>. Username is “borders” and password is “recovery”.

If you have any travelling questions about your trip to Vancouver email [convention@cosa-recovery.org](mailto:convention@cosa-recovery.org) and we will connect you with a local COSA.

Also check out Elaine K's article in this *Balance* to learn more about what the convention is all about.

COSAs in the United States have welcomed us to many conventions. We are very excited to be able to return the invitation to COSAs around the world to join us in Canada.

We hope to see you here,

Louise and Yvonne  
2012 Convention Committee Co-chairs

---

## Workshop Leaders and Speakers Sought for 2012 Convention in Vancouver, British Columbia

The COSA ISO Convention Committee is excited to be planning a powerful convention program for Vancouver, British Columbia in 2012. There are two ways you can help make the convention program a great success: nominate a speaker or offer a workshop.

First, you are probably in a wonderful position to know COSA members from your city or region's meeting(s) who would be inspiring speakers for our Friday night opening event, joint COSA/SAA Banquet, Sunday Lunch and Monday The COSA ISO Convention Committee is excited to be planning a powerful convention program for Vancouver, British Columbia in 2012. There are two ways you can help make the convention program a great success: nominate a speaker or offer a workshop.

First, you are probably in a wonderful position to know COSA members from your city or region's meeting(s) who would be inspiring speakers for our Friday night opening event, joint COSA/SAA Banquet, Sunday Lunch and Monday Brunch/Closing. We encourage you to please identify and nominate COSA members (using the attached Speaker Nomination Form) you would like us to consider as speakers.

Second, the Convention Program Committee is committed to presenting a diversity of workshops conducted by COSA members from small, large, established as well as new meetings from around the world. In order to create the richest possible overall convention program, we encourage you to consider presenting a workshop yourself and to spread the word in your local meetings for others to submit the attached Workshop Proposal Form. Our conference theme is "Boundaries Without Borders" and we are particularly interested in proposals for workshops on the following conference tracks:

**Helping Ourselves Through the Steps:** Whether we are working a Step for the first time or guiding others through sponsorship there is always something new to learn about the Steps. We are looking for workshops that reflect the diverse ways in which we work the Twelve Steps in COSA. Pick one or more of your favorite Steps to focus on and we encourage you to offer handouts with how-to's and specific tools you have used to work a Step.

**Helping Others Through Sponsorship:** Tips, tools, lessons learned and how-to's for those who are currently sponsoring or those who are trying to decide if they are ready to sponsor.

**Helping Ourselves & Others Through Service:** We are interested in workshops about the diversity of group experiences that have helped your recovery. If you have ever been part of starting a new COSA meeting (face-to-face, telemeeting, or on-line), a feedback group, a Twelve Step study group, a regional retreat or an Intergroup you have Experience Strength and Hope that other COSA members might benefit from! Or perhaps you have found some great tools for conducting a COSA Business Meeting, or have experience to share about being a Meeting Delegate. You may have Experience Strength and Hope regarding how to help others become familiar with the Traditions (i.e. how to practice 'principles not personalities', or how to practice group conscience).

Please note the deadline for speaker and workshop proposals is January 15, 2012. You can direct any questions or suggestions to the Program Committee via Kerry M. ([kcmesser@gmail.com](mailto:kcmesser@gmail.com)). We are eager to hear from you.

Gratefully and in service,  
2012 Vancouver Convention Program Committee

## Workshop Proposal Form– for ISO of COSA Annual Convention

Please mail Workshop Proposal Forms no later than *January 15, 2012* and send to: **COSA Convention Workshop Proposal, 5932 Contra Costa Road, Oakland, CA 94618**

The Convention Program Committee requests Workshop Proposals for the 2012 COSA Convention in Vancouver. You can submit a workshop of your own design or in conjunction with other COSA members. Whether you have worked one Step or all of them we believe you have something of great value to offer at the convention. Please consider submitting a proposal in one or more of the following program tracks, keeping in mind our conference theme “Boundaries without Borders: Recovery at the 49<sup>th</sup> Parallel”:

- **Helping Ourselves Through The Steps:** Whether we are working a Step for the first time or are guiding others through sponsorship there is always something new to learn about the Steps. We are looking for workshops that reflect the diversity of ways in which we work the Twelve Steps in COSA. Pick one or more of your favorite Steps to focus on; we encourage you to offer handouts with how-to's and specific tools you have used to work a Step.
- **Helping Others Through Sponsorship:** Tips, tools, lessons learned and how-to's for those who are currently sponsoring or those who are trying to decide if they are ready to sponsor.
- **Helping Ourselves and Others Through Service:** We are interested in workshops about the diversity of group experiences that have helped your recovery. If you have ever been part of starting a new COSA meeting (face-to-face, telemeeting, or on-line), a feedback group, a 12 Step study group, a regional retreat or an Intergroup you have Experience Strength and Hope that other COSA members might benefit from! Perhaps you have found some great tools for conducting a COSA Business Meeting, or have experience to share being a Meeting Delegate. You may have Experience Strength and Hope regarding how to help others become familiar with the Traditions (i.e. how to practice 'principles not personalities', or how to practice group conscience).

**Note: We highly recommend you make your workshop as interactive as possible and preference will be given to workshops that provide handouts and/or other materials participants can take home with them.**

Name: \_\_\_\_\_

Email Address: \_\_\_\_\_ Phone number(s): \_\_\_\_\_  
(We prefer email if possible.)

How long have you been in COSA? \_\_\_\_\_ What Steps have you worked? \_\_\_\_\_

Are you currently working with a COSA sponsor or Co-sponsors? \_\_\_\_\_

We request that your Sponsor, or a fellow COSA member endorse your proposal.

Name: \_\_\_\_\_ Signature: \_\_\_\_\_

Relationship to Workshop Leader (i.e. sponsor, etc.) \_\_\_\_\_

Phone number(s): \_\_\_\_\_ Email: \_\_\_\_\_

**Note: All information on this form is confidential and will be used by the program committee only**

*Continued on Next Page ...*

## Workshop Proposal Form—cont'd.

Enter the title of your proposed workshop or session (note: the title plays a significant role in attracting people).

Write a description of your workshop for the program schedule (35-50 words). Indicate how you think participants will benefit from your workshop.

Please describe the content of your workshop or session (e.g. Twelve Steps, Traditions, etc.) and the presentation format (e.g. panel, presentation, how you plan to involve participants, etc.)

How does your workshop relate to the conference theme “Boundaries without Borders”?

Please describe the materials that will be used by participants in your workshop or session (e.g. handouts, paint, music, etc.) and what may be taken home by participants.

Would you prefer your workshop/panel to be:

Closed (for convention-registered COSA members only)

Open (for convention-registered COSA members, SAAs and SAA guests)

We will provide flip charts, easels, and pens, but not electronic equipment such as computers for PowerPoint presentations or overhead projectors. Please plan accordingly. You will be responsible for any equipment you provide.

**I hereby grant the International Service Organization of COSA (ISO COSA) permission to record my voice at any presentation for which I am scheduled as a presenter during the ISO COSA Convention in Vancouver, British Columbia, Canada May 25-28, 2012. Furthermore, I give the ISO COSA permission to sell or distribute the resulting recordings in any way it sees fit, without any kind of benefit or compensation to me.**

\_\_\_\_\_  
Signature of presenter

\_\_\_\_\_  
Date

\_\_\_\_\_  
Print first name and last initial

# May 25 – 28, 2012 ISO of COSA Annual Convention In Vancouver, BC, Canada

## Speaker Nomination Form

Please mail Speaker Nomination Forms no later than January 15, 2012 and send to:

COSA Speaker Nomination Forms, 5932 Contra Costa Road, Oakland, CA 94618

Nominee's Name: \_\_\_\_\_

Nominee's Phone number(s) \_\_\_\_\_

Nominee's Email Address: \_\_\_\_\_

Tell us something about the Nominee (i.e. number of years in recovery, number of years in COSA, etc.). Please be extremely general to protect the Nominee's anonymity. This information is used for program planning only.

\_\_\_\_\_  
\_\_\_\_\_

Why have you nominated this person? \_\_\_\_\_

\_\_\_\_\_

Your name (e.g. June D) \_\_\_\_\_

How may we reach you if we have questions?

" Your Phone(s): \_\_\_\_\_ " Your Email: \_\_\_\_\_ " Best times to call you: \_\_\_\_\_

*\*All Information on this form is confidential and will be used only by the program committee.*

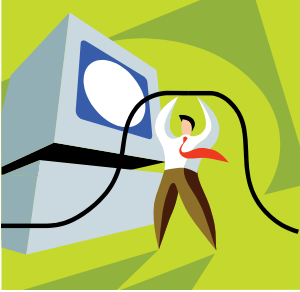
I hereby grant the International Service Organization of COSA (ISO COSA) permission to record my voice at any presentation for which I am scheduled as a presenter during the ISO COSA Convention in Vancouver, British Columbia, Canada May 25-28, 2012. Furthermore, I give the ISO COSA permission to sell or distribute the resulting recordings in any way it sees fit, without any kind of benefit or compensation to me.

\_\_\_\_\_  
Signature of presenter

\_\_\_\_\_  
Date

\_\_\_\_\_  
Print first name and last initial

\_\_\_\_\_  
Address City State Zip



## Online, Meetings Sober & Sustainable Meetings



## Online Meetings/Online Message Boards

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

Join [COSA 12 STEP](#), a Yahoo Groups forum for COSA members. COSA 12 STEP is an announcement board owned and operated by the ISO whose main purpose is to help isolated COSAs connect and to support our online chat meetings.

[COSA Parents of Teen Sex Addicts](#) is an Online Group for COSA Parents

## Sober & Sustainable Teleconferences

Is your COSA meeting struggling to attract service volunteers?

Are you thinking of starting a new COSA Meeting?

Concerned about how to attract and retain COSA newcomers or old timers?

Bring your questions and/or your Experience, Strength and Hope about starting and sustaining Sober COSA Meetings.

**The Teleconference # is 218-862-1000 and the Access Code is 1051791#.**

Cost is only whatever your personal long distance carrier charges.

### **Saturday, September 24, 2011**

2:00pm (PDT), 3:00pm (MDT), 4:00pm (CDT), 5:00pm (EDT)

### **Saturday, November 19, 2011**

4:00pm (PST), 5:00pm (MST), 6:00pm (CST), 7:00pm (EST)

### **Thursday, January 12, 2012**

5:00pm (PST), 6:00pm (MST), 7:00pm (CST), 8:00pm (EST)

### **Saturday, March 3, 2012**

1:00pm (PST), 2:00pm (MST), 3:00pm (CST), 4:00pm (EST)

### **Saturday, May 5, 2012**

1:00pm (PDT), 2:00pm (MDT), 3:00pm (CDT), 4:00pm (EDT)

### **Thursday, July 19, 2012**

6:00pm (PDT), 7:00pm (MST), 8:00pm (CDT), 9:00pm (EDT)

**Telemeetings—[www.cosacall.com](http://www.cosacall.com)**

**Phone Number: 1-218-862-6420 Passcode: 679461**

<b>MONDAY</b>	Step/Tradition Study	9:00am (PT) (10MT, 11 CT, Noon ET)
	Recovery Tools...	5:00pm (PT)(6 MT, 7 CT, 8 ET)
<b>TUESDAY</b>		7:00pm (PT) (8 MT, 9 CT, 10 ET)
	<u>Europe</u>	9pm GMT, 10pm CET (US 1pm PT, 2pm MT, 3pm, CT, 4pm ET) - see website for phone #s
<b>WEDNESDAY</b>		4:00pm (PT) (5 MT, 6 CT, 7 ET)
	<u>COSA Parents of Teen Sex Addicts</u>	6:00pm (PT) (7 MT. 8CT, 9ET)
<b>THURSDAY</b>		6:00pm (PT) (7 MT, 8 CT, 9 ET)
<b>SATURDAY</b>		5:00pm (PT) (6 MT, 7 CT, 8 ET)
<b>SUNDAY</b>	<u>Men’s Only COSA Mtg.</u>	10:00am (PT) (11am MT, 12pmCT, 1pm ET)

**Announcement**

The telemeetings are looking for a few good men and women to serve. Many of the telemeetings would like to increase the diversity of their trusted servants. We need COSA members who are interested in being of service as a guest speaker and/or reader for seven to ten minutes at the beginning of meetings. We are especially interested in COSA members involved in service, including Board and committee members.

If you are interested in helping please email us. You might also encourage others to consider serving the fellowship in this area. The email addresses for each telemeeting are listed at: [www.cosacall.com](http://www.cosacall.com)



# COSA National Convention CDs

These recordings from the annual COSA National Conventions. They haven't been edited or reviewed for sound quality or content.  
For 1995-1998 CDs, please download a complete CD Order Form at [http://www.cosa-recovery.org/COSA\\_CD\\_Order\\_Form.pdf](http://www.cosa-recovery.org/COSA_CD_Order_Form.pdf)

## 2002 – San Francisco

\_\_02-1 2002 COSA Convention Saturday Banquet - Keynote Speaker Dan O.

## 2003 - Portland

- \_\_03-2 Fear—Name our fears, discuss how to overcome them - Ila D & Donna J
- \_\_03-3 The 2nd Step in COSA - Mavis B.
- \_\_03-4 How to Start a COSA Meeting - Charlie E. & Stacy H.

## 2004 - Dallas

- \_\_04-1 COSA/SAA Dallas, TX Story & Banquet - Gwen W.
- \_\_04-2 Learning to Take Care of Yourself—In spite of Your Core Beliefs - Ila D
- \_\_04-4 Reclaiming Our Sacred Sexuality - Margaret C.
- \_\_04-5 Working with others: Sponsorship - Julie B.

## 2005 – New Orleans

- \_\_05-1 New Orleans-Opening Speaker - Randy S.
- \_\_05-2 Getting Beyond the Mask: 4th & 5th Steps - Dawn D.
- \_\_05-3 Support for Double Winners - Carol Ann
- \_\_05-4 Boundaries - Joanne B.
- \_\_05-5 Unmasking the Traditions - Beth, Christi, Ila
- \_\_05-6 Men in COSA: Recovery in Diversity - Joey Z, Randy S, DM, & JoAn D.
- \_\_05-7 Co-Sponsorship: Lessons Learned - Kerry M.
- \_\_05-9 COSA Speaker for combined banquet – Kerry M

## 2006 - Indianapolis

- \_\_06-1 Voices of Growth: Enhance Your Program with Telemeetings – Ale
- \_\_06-2 Closing the Black Holes for Enhanced Healing – Ila, Jenny, & Joey Z
- \_\_06-3 For Free, For Fun – Emilah
- \_\_06-4 I Can't. God Can. Drop It In!! – JoAn D.
- \_\_06-5 COSA Speaker for combined banquet – JoAn D.

## 2007 - Minneapolis

- \_\_07-1 COSA Convention Opening Session – Ale
- \_\_07-2 What Does Sobriety Mean To Me? – Kerry M
- \_\_07-3 How Will I Know I Am Ready To Sponsor? – Kerry M
- \_\_07-4 How to Start & Build a Successful Telemeeting – Kerry M & Ale
- \_\_07-5 COSA Speaker for combined banquet – Emilah D.
- \_\_07-6 Working the Steps in COSA:Boundaries & Accountability - Mavis
- \_\_07-7 Balancing Service and Sobriety – Emilah D.
- \_\_07-8 Healing & growing Together: Couples in Recovery
- \_\_07-9 Closing Session "What Recovery Means To Me" - Deborra

## 2008 - Seattle

- \_\_08-1 2008 COSA Opening Session - Connie P.
- \_\_08-2 Sponsor/Co-Sponsor Workshop - Panel Moderator: DM S.
- \_\_08-3 Step 4 & 5 Workshop: Navigating Your Moral Inventory - Ale B. & Kerry M.
- \_\_08-4 Step 6 & 7 Workshop - Panel Moderator: Sue D.
- \_\_08-5 Step 8 & 9 Workshop: Working Through Forgiveness and Making Amends - Albert A.

## 2008 - Seattle (cont.)

- \_\_08-6 Do Telemeetings Really Work? - Panel Moderators: Ale B. & Kerry M.
- \_\_08-7 The Dictionary as a Recovery Tool - Sarah S.
- \_\_08-8 COSA/SAA Joint Banquet - COSA Speakers: Ila D. & Gayle D.
- \_\_08-9 Step 2 & 3 Workshop: Creating Your God Pouch - Lura Lisa W.
- \_\_08-10 Step 8 & 9 Workshop: The Amends Process: How It Works & Feels - Presenters: Ila D. & Gayle D.
- \_\_08-11 2008 Sunday COSA Luncheon - COSA Speaker: Albert A.
- \_\_08-12 Working a Recovery Program When Your Partner is Not - Panel Moderator: Ruth G.
- \_\_08-14 Connecting with HP in Every Step - Panel Moderator: Sarah B.
- \_\_08-15 How to Start a Meeting Presentation & Questions - Presenter: Kerstin H.
- \_\_08-16 Step 12 Workshop: Working All the Steps on a Problem - Presenter: Deborra S.
- \_\_08-17 2008 Closing COSA Brunch - COSA Speaker: Margie S.; Closing Meditation: Joey Z.

## 2009 - Oakland

- \_\_09-1 2009 COSA Opening Session – Eleanor S.'s Story
- \_\_09-4 Bringing Step 5 Alive in Your Life - Ila D.
- \_\_09-8 Clarity Begins with Steps 1,2,3 - Connie P. / Renee
- \_\_09-9 Parents of Teen Sex Addicts: A Challenging New Look at the Three C's - Carol Ann R.
- \_\_09-10 Recovery Preparedness Kit: Tools for when in a Crisis - Sarah S. & Ami
- \_\_09-11 Conscious Contact: Steps 3 and 11 - Dani N
- \_\_09-12 COSA/SAA Joint Banquet COSA Speaker: Eric S.'s COSA Story
- \_\_09-16 2009 Sunday COSA Luncheon - COSA Speaker: Peg's COSA Story
- \_\_09-20 2009 Closing COSA Brunch - COSA Speaker: Ann R's COSA Story

## 2010 - Albuquerque

- \_\_10-1 2010 COSA Opening Session – Jaime S.'s COSA Story
- \_\_10-2 First Things First
- \_\_10-3 Step One: Is the Wording Acceptable to You? - Georgia K.
- \_\_10-4 The 12<sup>th</sup> Step at Every Step – Finding a reason to believe - Ann R & Brian K.
- \_\_10-5 The Circles: How I define my own sobriety by using this tool. - Kerstin H.
- \_\_10-6 COSA/SAA Joint Banquet – Margo M. & Bob H.'s COSA Story
- \_\_10-7 COSA Luncheon SPEAKER: Elaine K.'s COSA Story
- \_\_10-8 Brunch and Closing Ceremony-Reentry Workshop - Carol Ann R.
- \_\_10-9 Steps 2 & 3: An Interactive Experience Workshop - Ann R. M.

## 2011 - Houston

- \_\_11-1 COSA/SAA Joint Banquet COSA Speaker – Gayle J.'s COSA Story

### Balance, ISO of COSA's newsletter (6 issues per year)

One year paper subscription ..... \$24.00 \$ \_\_\_\_\_

**-OR-**

One year electronic subscription..... \$12.00 \$ \_\_\_\_\_

### Balance Gift Subscription

One year paper subscription ..... \$24.00 \$ \_\_\_\_\_

**-OR-**

One year electronic subscription..... \$12.00 \$ \_\_\_\_\_

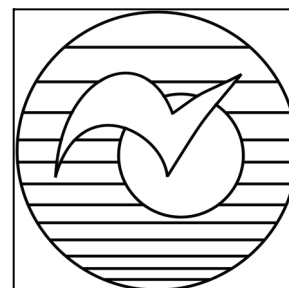
Send to: \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Email \_\_\_\_\_



Please mail your order with a check or money-order payable in U.S. dollars to:  
International Service Organization of COSA  
(or ISO-COSA)  
9219 Katy Freeway, Suite 212  
Houston, TX 77024 U.S.A



# COSA Literature Order Form

Ship to Name: \_\_\_\_\_  
 Street/Apt: \_\_\_\_\_  
 City, State & Zip: \_\_\_\_\_  
 Evening Phone: \_\_\_\_\_ E-mail Address \_\_\_\_\_

Date: \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_

**COSA Pamphlets**

12 Concepts for Groups, w/ Inventory Questions (Pamphlet) .....	\$0.75 x _____ = \$ _____
12 Traditions in Action: A Checklist for COSA Groups (Pamphlet) .....	\$0.75 x _____ = \$ _____
A Question of Recovery (Pamphlet) .....	\$0.75 x _____ = \$ _____
COSA FAQ ♥ / ★ (Pamphlet) <a href="http://www.cosa-recovery.org/welcometotheshinlight.pdf">http://www.cosa-recovery.org/welcometotheshinlight.pdf</a> .....	\$0.75 x _____ = \$ _____
COSA News Media Information (Pamphlet) .....	\$0.75 x _____ = \$ _____
COSA Tools ♥ / ★ (Pamphlet) (Revised 2006) <a href="http://www.cosa-recovery.org/cosatools.pdf">http://www.cosa-recovery.org/cosatools.pdf</a> .....	\$0.75 x _____ = \$ _____
Defining Co-Sex Addiction/Sexual Codependency ♥ / ★ (Pamphlet) (2007 Edition).....	\$0.75 x _____ = \$ _____
Fact Sheet For Professionals (Pamphlet) (2007 Edition) .....	\$0.75 x _____ = \$ _____
Spirituality in COSA: Mutual Respect & Diversity (Card) .....	\$0.75 x _____ = \$ _____
Welcome to the Sunlight! ♥ / ★ (Pamphlet) <a href="http://www.cosa-recovery.org/welcometotheshinlight.pdf">http://www.cosa-recovery.org/welcometotheshinlight.pdf</a> .....	\$0.75 x _____ = \$ _____

**COSA Booklets**

A Program of Recovery / 52 Questions (Booklet) (2007 Edition) .....	\$2.50 x _____ = \$ _____
Boundaries (Booklet) .....	\$2.50 x _____ = \$ _____
Caretaking (Booklet) .....	\$2.50 x _____ = \$ _____
COSA 12 Traditions with commentary (Booklet) .....	\$2.50 x _____ = \$ _____
COSA Sobriety (Booklet) .....	\$2.50 x _____ = \$ _____
COSA Sponsorship (Booklet) .....	\$2.50 x _____ = \$ _____
Recovery for Parents of Sex Addicts (Booklet) .....	\$2.50 x _____ = \$ _____
Step One, w/COSA Voices and Worksheet included! (Booklet) (Revised 2009!) .....	\$2.50 x _____ = \$ _____
Step Two, w/COSA Voices and Worksheet included! (Booklet) .....	\$2.50 x _____ = \$ _____
Step Three, w/COSA Voices and Worksheet included! (Booklet) .....	\$2.50 x _____ = \$ _____
Step Four, w/COSA Voices and Worksheet included! (Booklet) (New 2010!!) .....	\$2.50 x _____ = \$ _____
Step Five, w/COSA Voices and Questions! (Booklet) ( <b>New 2011!!</b> ) .....	\$2.50 x _____ = \$ _____
Using the 12 Steps to Work Through any Conflict (Booklet) ( <b>New 2011!!</b> ) .....	\$2.50 x _____ = \$ _____

**Complete Set of COSA Literature** (9 Pamphlets, 1 Card, 2 Wallet Cards & 13 Booklets) ..... \$40.50 x \_\_\_\_\_ = \$ \_\_\_\_\_

**Simple Newcomer' Welcome Packet of Literature** (4 Pamphlets printed on colored paper)  
 (Noted by ♥)..... \$1.00 x \_\_\_\_\_ = \$ \_\_\_\_\_

**Standard Newcomer' Welcome Packet of Literature**  
 (4 Pamphlets and *A Guide To Program Calls and Pocket Meeting*) (Noted by ★ )..... \$3.00 x \_\_\_\_\_ = \$ \_\_\_\_\_

COSA Stories, Volume I (book) .....	\$3.50 x _____ = \$ _____
COSA Stories, Volume II (book) .....	\$3.50 x _____ = \$ _____
How to Start a New Group (Revised 2006) (Packet).....	\$3.50 x _____ = \$ _____
A Guide To Program Calls (Wallet Card) ★ ( <b>New!</b> ) .....	\$0.25 x _____ = \$ _____
Pocket Meeting (Serenity Prayer, 12 Steps & 12 Traditions) ★ (Revised 2008) .....	\$0.25 x _____ = \$ _____
COSA Medallions (3 or 6 month, 1-25 yr, blank) .....	\$3.00 x _____ = \$ _____
COSA Pins (Colored Cloisonne COSA Logo) .....	\$4.00 x _____ = \$ _____

**Outreach Priced Literature**

100 - Defining Co-Sex Addiction/Sexual Codependency (Pamphlet) (Black/White).....	\$20.00 x _____ = \$ _____
100 - Fact Sheet For Professionals (Pamphlet) (Black/White) .....	\$20.00 x _____ = \$ _____
100 - COSA Outreach Business Cards .....	\$10.00 x _____ = \$ _____

.20 to \$15.00 order = \$5.00  
 \$15.01 to \$40.00 order = \$7.00  
 \$40.01 to \$70.00 order = \$11.00  
 \$70.01 to \$100.00 order = \$15.00  
 Greater than \$100.00 order = \$20.00

For postage and shipping charges outside of the U.S., email [ISO@cosa-recovery.org](mailto:ISO@cosa-recovery.org)

Literature Total \$ \_\_\_\_\_

**Literature Total \$** \_\_\_\_\_

Total P/H \$ \_\_\_\_\_

**DONATION:** \_\_\_\_\_ Group

\_\_\_\_\_ Individual

COSA ISO Literature is written by the members of COSA groups around  
the World.