



**Volume 8, Issue 5      Winter Issue      March/April 2012**

## **The Healing Power of Inclusiveness**

In my early years in COSA, there was only one meeting in our area, a women's meeting. I was the contact person for newcomers. One day a man called, looking for help and support. I was at a loss. Back then, we didn't have the resources we have now, and our one local meeting was closed to him because of his gender. I was too new in my recovery to think of advocating for change, but I did mail him some COSA literature. I offered to stay in touch with him and to start a more inclusive meeting soon. It took some time, but I finally formed a small, new COSA group. When I called this newcomer back to tell him about it, though, it was painfully clear that he had slipped back into denial. He sounded like a different person from the one I had spoken with so openly. I felt sick inside when I hung up the phone, as if the lifeline that had stretched between us had frayed, and I was watching as he was carried out to sea.

Fast forward several years. Our local offering of COSA meetings had grown from one meeting to four, albeit scattered across many miles. Again, I was the meeting contact, and again, a man called looking for support. The two closest meetings were still women only. I was determined not to let history repeat itself; I didn't want this COSA man to go on suffering alone. We spent a lot of time on the phone that first week, talking for nearly an hour each day. I was touched by his story and I could relate to his feelings so much.

### **A Big Shift in Thinking**

I approached my local group with a proposal to open our meeting to men. At our business meeting the responses were varied. We hadn't had this mixed-meeting experience before, and didn't have any idea what to expect. Some members agreed with the idea from the start. Others were concerned they might be triggered, or it would bring in unwelcome awkwardness or sexual tension. We all agreed that it wouldn't be fair to offer a "trial run", where the male COSA could attend a few times and then have to go off on his own. We were facing the unknown, aware that once we made the decision to open our meeting to men, it could change things considerably. After much thoughtful discussion, we concluded that COSA pain is COSA pain, regardless of *who* that COSA

### **In This Issue**

The healing Power of Inclusiveness By Betsy	<b>1, 8</b>
Step 3 Share By B.F.	<b>4</b>
Step 3 Questions	<b>5</b>
Step 4 Share By Anonymous	<b>6</b>
Step 4 Questions	<b>7</b>

### **In Every Issue**

Seventh Tradition	<b>2</b>
By the Fellowship	<b>2</b>
Retreats	<b>3</b>
ISO Diversity Statement	<b>5</b>
Traditions	<b>12-13</b>
Literature Committee	<b>10-11</b>
Meditations	<b>14-15</b>
2012 Convention	<b>3,7, 16-25</b>
Meeting Information	<b>26-27</b>
Literature Order Form	<b>28-29</b>

**Continued on page 8**



**Every COSA  
group ought  
to be fully  
self-  
supporting,  
declining  
outside  
contribu-  
tions.**



## Seventh Tradition: Financial Report

**Financials will be published in the Balance as soon as they are available.**

**Thank you for your patience.**

## 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

**ISO of COSA Central Office  
9219 Katy Freeway, Suite 212  
Houston, TX 77024 U.S.A.**

**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 to 28, 2012**

**Thank you to the many COSAs who are already working to help create and run the 2012 convention.**

We meet once a month by telephone. Previous convention committees have provided a great checklist for us to follow. We are committed to working efficiently and serving the fellowship with healthy boundaries. You are invited to join us.

**We have divided our work into 14 committees. We still need help in these 4 areas:**

### **1. Vice-Chair**

The vice-chair provides outreach for the next year's convention by encouraging participation in convention planning for 2013. He/she is the champion for the 2013 event at the 2012 convention. Ideally, this person would chair the 2013 convention, but it is not absolutely necessary.

### **2. Media Chair**

The media chair creates welcome letters, fliers, schedules, and forms for the convention. Many of these documents are adaptations of forms created for previous conventions.

### **3. Silent Auction Chair**

The silent auction chair manages the collection of items and setting up the auction on-site, as well as preparing the bidding sheets and a donation spreadsheet. During the convention, COSA attendees sign up for shifts to help manage the auction.

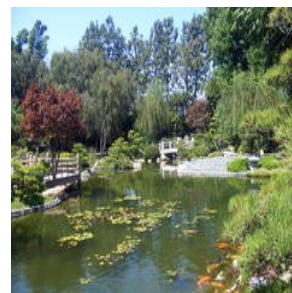
### **4. Volunteer Chair**

COSAs indicate on the registration form where they would like to serve at the convention. The volunteer chair matches the volunteers to available shifts.

**If you are interested, send an email to [convention@cosa-recovery.org](mailto:convention@cosa-recovery.org)**  
Gratefully,

Yvonne and Louise  
ISO of COSA Convention Co-Chairs  
Vancouver, BC Canada

## **Save the Date: Spring Retreat**



The COSA New Beginnings meeting will be hosting our Spring Retreat:

**April 20-22, 2012**

in or near the Long Beach, CA area.

All COSAs welcome.

For details, please e-mail Audra at [am022670@gmail.com](mailto:am022670@gmail.com)



**Made a  
decision  
to turn  
our will  
and our  
lives over  
to the  
care of  
God, as  
we under-  
stood  
God.**

## Step Three

There's something about fall/winter that totally appeals to me- the oppressive heat finally cools down, the colors of the trees are beautiful, apples, squash, and pumpkins are in season, and then there's the crisp crunching of the snow under my feet.

BUT.

This time of year is also when I am most triggered and most aware of trauma. Maybe it's the turning of the season. Maybe it's the fact that two separate times our lives exploded in turmoil around this time of year. Maybe it's the anxiety that comes with wondering when the next impact will hit. We've been back together almost two years now, and work very very VERY hard at our own sobriety and recovery. In order to wake up each day without overwhelming fear and panic, I have to choose to turn my will over to the care of God as I understand God.

It was right around this time of year that I moved out- again. It was right around this time of year that "she" was in my house, with my husband, in my bed. I still wonder about "her"- what she looks like, what she likes, what would cause her to "fall in love" with my husband. It's a tribute to my COSA work that I haven't tried to find out - especially considering that I know where she works (5 doors down from where I work....and in the same building no less).

Maybe this year its time to let her go for good and turn her over to the care of God as I understand God. The anonymous partners and random sex- those are easier to digest, as crazy as that sounds. For me, it's the "relationships," the "affairs"- those are the arrows that hurt the most and are the hardest to turn over. Affairs are not "real" love; they are another varietal of deception. Still hard to process and accept. Even harder to turn over. What does that mean anyway?

I've heard it say that letting resentment build up is like letting someone have free rent in your head. I'm tired of giving "her" a freebie; the real estate market is tight, and space in my head is a prime location. So for me, turning my will over to the care of God looks like choosing to forgive her (though my stomach gurgles even as I type this).

Today I choose to release both her and my husband to the amazing and powerful and all-knowing God who loves more than any man on this earth ever could or ever will. I ask God to release me from trying to control other people. I pray each day my Higher Power would bring people who will show me the way, and that I would remove all that hinders real love from my life.

I don't really "feel" like doing this. I don't really "feel" the peace of forgiveness or the strength to turn everything over. But "letting go" is a choice, not a feeling, and where you set your heart your mind will follow.

B.F.

## Step Three Questions

- What is my concept of God/Higher Power?
- Am I able to trust my Higher Power? If not, why not?
- Do I believe my Higher Power cares about me and cares for me?
- What is the difference between making the decision and taking the action to turn my will and life over to the care of my Higher Power?
- Has self-will served me in any way?
- What aspects of my Higher Power can I focus on to trust enough to make the Third Step decision?

## 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.





# Made a searching and fearless morale inventory of ourselves.

## Step Four

I have struggled with getting started on Step Four. The idea of a “searching and fearless moral inventory” is overwhelming and brings up feelings of shame, regret, and fear for me. Taking the time to look fearlessly at my character defects is something I resist. My sponsor has been very supportive, reminding me that it took her a long time to complete her Step because completing such an inventory is so challenging but ultimately humbling and freeing.

Together, we’ve talked about how character defects are acquired over time; that our character is formed by the choices we make and the moral habits we develop. A baby is not born with character defects; a baby is perfect and innocent. It is only when that baby comes into contact with the world around it that character (defects and all) begins to form.

It makes sense to me that if we are presented with choices that are difficult, or given no guidance about what choices to make, or are witness repeatedly to immoral habits, or find that immoral choices give us a way to mask the pain we feel, then those moral habits we choose would be defective. However, if those defects are something we’ve acquired, then it stands to reason that they can be released and rehabilitated with time and work.

I think I was a bit like a pinball before I entered recovery. I bounced from one choice to another, acted upon by outside forces as well as my own internal beliefs and habits. I allowed those forces to shape me and my moral character. Instead of letting God guide me, I allowed everything else around me to do so. The result is that I have very little sense of how my character developed or how it is defective.

I have been to a number of meetings where people talk about their difficulty with the idea of being defective. For many, the word “defect” reinforces feelings of shame and brokenness. However, the fact that we find ourselves in the rooms implies that we have need for improvement. For me, a defect implies an imperfection, a place where we can examine what it is about us that causes us difficulty with our character, and an opportunity to improve. When a defective product is produced, sometimes it’s an anomaly; but often, it indicates that there is a problem in the manufacturing process. Correcting a defect is a feedback mechanism in the system; without the defect, there would be no improvements to make and nothing to be learned.

A character defect, then, is an opportunity for us to examine, learn from, and improve our character. It is a chance to improve our lives and our morals for the better, to strengthen our habits of virtue, and to heighten our ability to make choices that help us lead more fulfilling lives. One could look at a defect as something that is “wrong” with us, but that thinking ultimately doesn’t help us to embrace the defect as part of our imperfect perfection—and to use it to grow.

I find that, as a codependent, it is still easy to deceive myself and be in denial about many things. Without performing a searching inventory, it is likely that I will potentially miss—or purposely ignore—character defects that need to be examined. I’ve also found that the greatest leverage in my recovery work so far comes from digging deep, looking for the key parts of my character that remain buried and unexamined.



## Step Four—cont'd.

The above implies the reason for fearlessness in this Step. None of what I've named is easy. Pushing through deception and denial is hard; they are there for a reason. Digging deep and unearthing painful memories is hard; there is a lot of anger, shame, and grief there for me. Facing my character defects is hard; I don't want to look at the things that are defective about me no matter how much growth may come as a result. Looking at every aspect of my life, turning over every stone is hard; it requires me to set aside any presuppositions I have about myself. It requires me to look at all my relationships and resentments and all of my behaviors. It requires me to shine a light in the darkest corners to see what shadows are lurking there. That's hard work. Painful, fearful work.

But I've spent too much of my life ruled by pain and fear. I've allowed both to inhibit the pursuit of my dreams, to mask the troubles in my relationships, to keep me silenced when I needed to speak up, to keep me in situations that were unhealthy for me. If I maintain my fear as I embark on this step, I am the only one who stands to lose. If instead I can be fearless, I have the opportunity to learn to embrace fear—and all my character defects—as something that can become gifts of this program and ultimately lead me further along the path of recovery and serenity.

-Anonymous



**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)**

## Step Four Questions

- How can doing an inventory help me?
- How do I feel about the prospect of making an (or another) inventory?
- Can I use the Third Step to prepare for working on my inventory?
- What are the pros and cons to doing an inventory?
- Why is it important to have a support system in place when working the Fourth Step?
- What does the word “humility” mean to me and how does the Fourth Step relate to this concept?

# Inclusive

## The Healing Power of Inclusiveness—cont'd.

is. We didn't want to exclude anyone. We voted right then to make ours a mixed meeting. I am so proud of that decision and of my group.

### The Gifts Are Many

When men joined the meeting, I was certain that we'd made the right decision, yet deep inside I still wondered if I would feel comfortable enough to be authentic and share honestly with men in the room. I've also had difficulties in the past maintaining healthy sexual boundaries with men, and didn't know how I would react if I was triggered by a male COSA member. But these were risks worth taking and challenges I was willing to meet. I can honestly say none of the things I was concerned about have come about. It has been nothing but a positive, growing experience. If there is one thing that I have learned in recovery, it is that I grow the most from facing the unknown with faith.

The men in the group have become a source of great inspiration to me and I'm sure to others as well. They have taught me about grace and perseverance. I can only imagine what it must feel like to be the only man in the room, or one of only a few. And yet these men share bravely and openly. Rather than taking anything away from the meeting, the men in our group have added a level of depth and richness.

We recently had one of our male group members share his First Step. It was a special evening; I was so honored to be there. He's one of the first pioneering men at our meeting and I can remember one of his first nights with us. He said, "Thank you for letting me come to your meeting." One of our other members immediately responded, saying, "It's your meeting, too." It is moments like this that make me feel so warm inside and proud of my group. We're creating an accepting, inclusive, and supportive community, one that I've always wanted to be a part of.

One of the most valuable things I've learned in my study of the Steps and the Traditions is that my recovery isn't just about me; it's about us — all of us. COSA has been a life-changing gift and miracle for me. I want to share this freely, as it has been shared freely with me, and I want to share it with *anyone* who wants it.

~ Betsy H.



## Three COSA Pamphlets now downloadable!!

Three COSA pamphlets are now available as free downloads on our website. Just go to the top of the literature order form and click on these titles to download the pamphlet in PDF format:

- Welcome to the Sunlight
- COSA FAQs
- COSA Tools

These pieces are great for carrying the message to newcomers or to support your own recovery!

## Change of Address

Dear COSA friends,

We're making a small but important change. We will no longer be using our post office box. Please send all COSA correspondence – including literature orders and donations – to our street address from now on. This will save us time and resources. We appreciate your help making this shift.

Effective immediately, as of January 13, 2012, our new mailing address is:

ISO of COSA Central Office  
9219 Katy Freeway Suite 212  
Houston, TX 77024  
U.S.A.

If you have correspondence currently en route, it will be forwarded to our new address. For all future mail, use the street address. Please spread the word by notifying the trusted servants of your local meetings and announcing this change to your groups. Thank you and best wishes.

In gratitude and recovery,

The ISO of COSA



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



# Literature Opportunities

## Calling All Writers!!

The Goal 3 Committee is pleased to invite COSA members who are experienced writers to submit shares on one of the Twelve Steps, Twelve Traditions, COSA tools (including service) and/or on the topic of their Higher Power to the following web address: goal3writers@yahoo.com.

The requirements and guidelines for writers for the COSA Book are as follows:

1. The writer shall be a member of COSA and have completed all Twelve Steps of COSA with a COSA sponsor.
2. All selections will be donations to the Fellowship with the only remuneration being the spiritual growth that comes from sharing one's Experience, Strength and Hope with the whole fellowship.
3. Our intention is not to make existing pamphlets obsolete by incorporating large tracts of text from pamphlets into the COSA book.
4. Instead we wish to distill and amplify basic recovery principles from existing pamphlets and to incorporate those principles in a new form into the COSA book.
5. We wish to insure that all descriptions of spiritual principles, tools of recovery and personal stories authentically reflect the broad diversity of the entire COSA fellowship.
6. We request that personal stories contain all three elements of Experience, Strength and Hope.
7. We also request that those personal stories reflect: What it was like. What happened. What it's like now.

## LitCom Call for Diversity

### A Call for Diverse COSA Perspectives...

*Help make COSA literature as inclusive and effective as possible.*

There is no simple way to describe the "usual" COSA member or COSA experience; as individuals, we have a broad range of life experiences and perspectives. As a fellowship, though, we unite as a multifaceted, sparkling gem.

As your Literature Committee, we want the COSA literature to truly reflect this diversity within our unity. We want COSA newcomers, no matter who they are, to see themselves reflected in our writings.

## LitCom Call for Diversity– cont'd.

Right now we are especially in need of COSA male perspectives, as well as those of COSA parents, COSA adult children, and others who may be currently underrepresented in our literature. If you are interested in sharing your unique COSA perspective, we invite you to send us your written contributions, or join us on the Literature Committee in some capacity.

Current projects include *Balance* articles, booklets for Steps Ten, Eleven, and Twelve, and other literature. Please email [COSAcopy@yahoo.com](mailto:COSAcopy@yahoo.com) for more information.

We value your input, and together, we can help carry the message of COSA's hope and healing to others.

With gratitude,  
Betsy H.  
for the Literature Committee

## Call for COSA Book Editors!

At the 2011 Annual Delegates Meeting, the Goal 3 Committee was empowered to form a team of editors to work on the COSA Book. We will soon be receiving submissions from members of the fellowship. We need your help to create the very best book possible to enhance everyone's recovery! Please review the criteria and information below and let us know of your interest by e-mailing [goal3editors@yahoo.com](mailto:goal3editors@yahoo.com).

Editors will receive submissions by email and will work together in editing copy.

1. All members of the Editorial Subcommittee (Edit Subcom) working on the COSA Book must have completed all Twelve Steps of COSA with a COSA sponsor.
2. The Editorial Subcommittee will function as "the initial pair of eyes" to insure that:
  - a.) The manuscript is consistent with the recovery message of the Twelve Steps of COSA.
  - b.) The manuscript is consistent with the Twelve Traditions of COSA.
  - c.) The manuscript content is well written and grammatically correct.
  - d.) The personal stories contain all three elements of experience, strength and hope.
3. Members of the Editorial Subcommittee will honor the integrity of personal stories by minimizing the extent to which they are edited.
4. Note that we expect to fine tune boundaries between author(s), COSA Book Development Committee and Literature Committee as the Board gains its own experience with the process.

The COSA Book committee is proud to invite all COSA members who can meet these requirements to share the joy of participating in this uplifting experience of growth.

# Literature Opportunities

# Tradition 3

**The only requirement for COSA membership is that our lives have been affected by compulsive sexual behavior. The members may call themselves a COSA group, provided that, as a group, they have no other affiliation.**

This tradition is so vitally important in that I am apart of group that I am able to identify with. There is no other requirement other than I have a problem with a person who has a sex addiction. This program is not based on what religion you practice, what educational status you have, income bracket you are in, what gender you are, what race you are, what type job you have, your political views, how you talk, or what you wear. You are accepted by the only one requirement as everyone else in this program: a problem of sex addiction in a relative or friend. We are on equal footing. In this group, your focus is only on your codependency and how this relates to the sex addict in your life. This is a freedom that most of us have never experienced before to be accepted as we are, to be heard and understood. After two months of coming to group, this new comer said, "I found my people." I remember my first time attending a COSA group. I was afraid that I would not be accepted. What would the others expect of me? There were no expectations only that I would concentrate on my codependency.

At first, in the beginning, I would introduce myself as a codependent. It took seven to eight months for me to say I am a codependent of a sex addict. This program let me decide when I was ready to fully admit that I had a problem with the sex addict. It was very difficult for me to admit to this. This group told me that I needed to keep coming back because they understood where I was. As I kept coming back, I began to trust in this program. There would be no other agenda other than finding help and support for my codependency issues.

This trust allows us to visit other COSA groups in different cities to share our experience, strength and hope in a safe environment. As the trust deepens for this program, you might stretch out your wings and experience the International COSA Convention. Here again you can put aside your fears and doubts. You will find a warm welcome and a willingness to part take in the sharing of the experience in working the Steps toward recovery. The only requirement that you must have is knowing someone with the problem of sex addiction. This is a great gift that COSA offers.

-Bunny

## Each group should be autonomous except in matters affecting other groups or COSA as a whole.

I love the Fourth Tradition and the reminder it gives me about boundaries. I use the Fourth Tradition as a program tool, both in matters relating to COSA business and in matters relating to my life.

In terms of COSA business, it delineates very clearly that each meeting has a right to autonomy, except when that right infringes on or impacts other COSA groups or the fellowship as a whole. ISO does not tell meetings what to do. It makes suggestions and supports the meetings. I love this, as it is so different than my family of origin – where I was told what to do and how to do it.

I am fortunate to attend several face-to-face COSA meetings and each has a different spirit to it, a different format and a different script. Each meeting is uniquely its own meeting and has the right to operate autonomously. Yet each meeting I attend also belongs to our local Intergroup, announces the same ISO announcements, uses the same Steps and Traditions and therefore, feels like a COSA meeting to me. It is such a beautiful reminder to me that my recovery is my own; while it is very similar to the recovery of others in our fellowship, it shows up uniquely for me as a unique child of my Higher Power.

The Fourth Tradition also comes in handy in my personal life, especially as a codependent and co-sex addict. When I inevitably get mixed up around the difference between my rights and others rights, I can use this Tradition (along with the Steps and help of my fellow COSAs) to gain clarity. I sometimes have difficulty determining where my autonomy and rights begin and another's end.

For example, other people riding on the bus with me have a right to stand wherever they want. However, if they stand on my foot, I have the right to say "Hey, you are standing on my foot. Can you please move?" Their autonomy to stand where they like ends when they stand on my foot.

The Fourth Tradition reminds me that I can ask others not to stand on my foot and that I should not be stepping on their feet either! Each of us is autonomous, except in matters negatively impacting others. There are boundaries. It also reminds me that if someone is not stepping on my foot, then it is really none of my business where they stand as long as they are not harming me. This helps me speak up for myself when that is called for as well as mind my own business – and helps me remember when I am not doing either one of these, to reach out to my fellow COSAs for help and practice the Steps.

- Sarah S.  
San Francisco

# Tradition 4

## Turning It Over and Taking It Back

I woke this morning feeling I've learned nothing. I knew I needed to change that thought quickly or the rest of the day would be at risk. I thought about what my piano teacher drilled into me for years: when you make a mistake don't stop and correct it, just keep moving forward. That was hard for me to do when I was a kid and it's still hard for me to do today as an adult.

I know it's the perfectionist in me that wants to play a complicated piece on the piano without any mistakes, just as it is that same part of me that wants to live my life without any mistakes. Of course I know this is completely unrealistic, but today I feel like I am a slave to my mind and there is no one standing over me, threatening to rap me on the hands with a ruler if I screw up or go back to tidy up my mistakes. In my morning practice readings, everything I read was about trusting my Higher Power. I'm in a pickle. I want to trust in my Higher Power that I'm not slipping into a depression on a day like this, that my HP can restore me to sanity, and yet my will is so resistant to trusting anything beyond my own grabby reach.

Fortunately, I can see my character defects of pride and fear that stand in my way and keep me from peace and serenity. And while I'm relieved to turn those character defects over to my Higher Power, barely two minutes pass and I snatch them back. It's a fast game of ping-pong with my character defects bouncing quickly between me and my HP until I'm a bit dizzy. Finally, a half a day has passed when it occurs to me that I can choose to put that ping-pong paddle down altogether. And then I am able to rest. I also note that I remembered to put the paddle down a half a day faster than the last time this happened!

-Anonymous



## Flexibility (a tool for Resentments)

Okay, I admit it. God's personality is different than mine – and sometimes we clash. I believe God is spontaneous and I'm not. I have deluded myself for most of my adult life, by coming up with laborious schemes for getting others to believe I am flexible. I can only imagine how many years of my life I could total up to wasted time spent on shoring up this illusion, only to see that everyone else had x-ray vision and saw my very rigid bones. One of the things I do to create the illusion of control in my life is planning everything out in great detail. That works if everybody conforms to the plan I've laid out in my mind, or on the scraps of paper I rarely share with anyone. I have to say this has been a very good formula for disaster.

I recently planned a very special birthday dinner for one of my parents. My original plan was for four and this number grew by three in one day. It took a little work to get past my initial response – anxiety about the plan changing and the certainty that more variables (i.e. more people) always increases the risk of my plan derailing (I come from a big family so I have a large sample size of data to support this but it doesn't stop me from trying). My anxiety seems to have a best friend in Resentmentville, because when Anxiety comes over, so does Resentment. I'm so uncomfortable with my anxiety that I default to getting frustrated with the human variables. This, of course, is completely obscured by the obvious and underlying goodness: that other people wanting to spend time with me means they like or love me. But I throw that wisdom to the wind in nanoseconds – discounted quickly as 'not possibly able to be true.' Thank God for recovery friends, my Higher Power, and my therapist. I find while I'm just as quick to lose my mind over the littlest things, I have gotten much quicker at asking for help so my sanity is restored before people actually show up at my door. Then I am able to be more present to enjoy the full experience my Higher Power spontaneously intends for me.

-Anonymous

## 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

## Things to know if you are coming to Vancouver for the convention

**Dates:** Convention: May 25 - 28, 2012 (Friday night speaker, Sat & Sun workshops, Monday brunch speaker)

**Board members** have a meeting all day Thursday, May 24th.

**Delegates** have a Meet & Greet Thursday evening, May 24th, and a meeting all day Friday May 25th.

**Every COSA meeting can elect a delegate to attend this meeting.**

### Hotel Info:

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

**A SPECIAL CONVENTION RATE of \$145.00 US (Canadian) plus taxes per night (double occupancy)** is offered 3 days prior, during, and 3 days after the convention. For the special rate call directly to in-house reservations at [1-800-663-0299](tel:1-800-663-0299) **before Tuesday, April 24, 2012.** Ask for the **Boundaries without Borders** rate.

### Airport Transportation:

#### Flying into Vancouver International Airport (YVR):

**Sheraton Vancouver Airport Hotel** provides a 24-hour free shuttle from **Vancouver International Airport**. It leaves every 30 minutes, on the quarter hour. If you arrive after 2 a.m. please call the hotel to confirm (1-800-663-0299).

Taxi fare from Vancouver International Airport (YVR) to the hotel is approximately \$12 US to \$15 US (Canadian).

#### Flying into Seattle/Tacoma International Airport (SEA) or Bellingham, WA International Airport (BLI):

Our hotel is 4 hours by bus from **Seattle** and 2 hours by bus from **Bellingham, Washington**. (Border crossing times will vary depending on time of travel).

Quick Shuttle <http://www.quickcoach.com/schedule.htm> provides bus transportation from SeaTac Airport (SEA-Seattle/Tacoma Intl.), downtown Seattle, and Bellingham, WA International Airport (BLI-Bellingham Intl.) to the Vancouver International Airport.

**Be sure to get off the Quick Shuttle bus at the Vancouver International Airport** (don't continue to downtown Vancouver) as our hotel is located near the airport. From the Vancouver Airport, you can take the **free Sheraton Vancouver Airport Hotel Shuttle** right to our convention hotel.

#### Remember to obtain or renew your passport:

For all cross-border travel (even by car) you now 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)

### About Vancouver:

Vancouver is located between the mountains and the ocean. It has a mild climate and is known for its beautiful cherry blossoms in the spring. This stunning city offers many attractions and adventures to enjoy. Two helpful websites are [www.tourismvancouver.com/visitors/](http://www.tourismvancouver.com/visitors/) and <http://vancouver.ca/>. Our hotel is in Richmond, close to the airport. It is a short walk to the Sky Train which takes you directly to downtown Vancouver.

If you have a few extra days you might want to think about a drive up to Whistler (about 2 ½ hours) [www.whistler.ca](http://www.whistler.ca), or a ferry ride/flight to Victoria on Vancouver Island [www.vancouverisland.travel/](http://www.vancouverisland.travel/).

**Questions?** Contact our convention email coordinator at [convention@cosa-recovery.org](mailto:convention@cosa-recovery.org)



---

*ISO of COSA International  
Convention and Annual Meeting*



***May 25-28, 2012  
Memorial Day Weekend  
Vancouver, B.C.  
Canada***

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

Contact the COSA Convention Committee for additional information at:

[convention@cosa-recovery.org](mailto:convention@cosa-recovery.org)

**Welcome to Vancouver 2012**

Your 2012 COSA Convention, *Boundaries Without Borders*, begins on Friday, May 25th, with an opening ceremony speaker and information to support your recovery experience throughout the weekend. Saturday and Sunday will feature Step-related workshops and self-care classes that will help guide you through your personal journey of recovery. As always, there will be COSA meetings, a bookstore with COSA literature and recovery CDs, a COSA hospitality suite, and plenty of fellowship time including a joint SAA/COSA Outing and Banquet. Sunday's COSA brunch will include a speaker. The convention ends on Monday, May 28<sup>th</sup> with a COSA brunch and speaker.

**Delegate Meeting**

If you are serving as your home group's Delegate, please join us for a Delegate Orientation Reception from 7:30pm until 9 pm Thursday, May 24th. The Annual Delegate Meeting will be held from 8 am – 5 pm Friday, May 25th. All Delegates are welcome. For more details on the Delegate Meeting & Packet, click on the Delegate tab on the Convention webpage at:

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

User Name: borders

Password: recovery

Please bring **Silent Auction items** to help with COSA fundraising. You can also help by **volunteering** or **mentoring** someone who is attending their first COSA convention.

## Service Opportunities

**Workshops and Speakers** - If you are interested in presenting a workshop or nominating a speaker, please fill out the 2012 COSA Convention Workshop Proposal or Speaker Nomination forms that are available at: [www.cosa-recovery.org/2012](http://www.cosa-recovery.org/2012) and mail to:

Convention Program Committee

5932 Contra Costa Road  
Oakland, CA 94618

**COSA Meetings** –If you are willing to lead/secretary one of the many COSA meetings at this year's convention (script and readings will be provided), please check the appropriate box on the Registration Form.

## Scholarships

The COSA scholarship fund will provide financial assistance to COSAs on a first come, first served basis, helping with the registration cost only. Please donate if you can. To request financial assistance, write a brief statement describing your need and whether you will require 50% or a 100% scholarship to attend. Online registrants, please use the COMMENTS section; mail-in registrants please include this as a letter with your registration form. Scholarships are in exchange for service hours and are limited, so contact us soon if you are interested.

## Registration

**All registrations will be confirmed via e-mail.**

### REGISTRATION OPTIONS:

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

User Name: borders

Password: recovery

*Accepting Credit Cards (via PayPal)*

OR

### **BY MAIL:**

Please mail your payment and completed registration form to:

ISO of COSA – Convention Registration

9219 Katy Freeway, Suite 212

Houston, TX 77024 USA

Checks or money orders in **US\$** payable to: *ISO of COSA Annual Convention*  
**Payment required at time of registration (unless full scholarship requested).**  
**Registration date will be based on the postmark date.**



## Hotel

Sheraton Vancouver Airport Hotel  
7551 Westminster Highway  
Richmond, BC V6X 1A3 Canada

Ask for In-House reservations at [1-800-663-0299](tel:1-800-663-0299) and request the **Boundaries Without Borders** rate.

COSA Discount Rate is \$145/night (double occupancy/Canadian Dollars) plus taxes. It is critical to reserve your room under the COSA group block name, Boundaries Without Borders, so you get the discounted rate and COSA is not charged for unused rooms. **Deadline for discounted room rate is Tuesday, April 24, 2012.**

**Remember to have your passport ready for crossing into Canada**

## Airport Transportation

Hotel provides 24-hour free shuttle from Vancouver International Airport (every 30 minutes, on the quarter hour).  
Taxi fare from airport is \$12-\$15 (Canadian \$)

# ANNUAL SILENT AUCTION!

## COSA Convention Silent Auction

Help Support COSA  
and honor the Seventh Tradition

- \*Gift Certificates      \*Time-Shares      \*Gift Baskets
- \*Collectibles      \*Memorabilia      \*Arts and Crafts
- \*Vacation Condos/Cottages \* Gently Used Items/Re-gifting**

## All Auction Items Welcome!

# A U C T I O N !

*Together we can all make our Vancouver Convention auction a success for COSA's ISO. Meetings and Individuals please join in and bring or send something to the convention. Include the value of the item and a minimum bid for purchase. Vacations may include staying in "your private bed and breakfast" in your own home.*

For information contact: [convention@cosa-recovery.org](mailto:convention@cosa-recovery.org)



*ISO of COSA International  
Convention and Annual Meeting*

**Registration Form**

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

City: \_\_\_\_\_ State: \_\_\_\_\_ Country: \_\_\_\_\_

Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_

Name for Nametag (suggested format: first name & last initial): \_\_\_\_\_

**For the safety and benefit of all, no one under the age of 18 may accompany a registrant to any ISO of COSA event.**

**Convention Registration Fee**

By April 1<sup>st</sup> \$125\*

After April 1<sup>st</sup> \$150\*

**\*Registration fee does not include meals**

**Meals**

\$50 Saturday Joint Banquet\*\* \$ \_\_\_\_\_

\$40 Sunday Luncheon\*\*\* \$ \_\_\_\_\_

\$35 Monday Brunch\*\*\* \$ \_\_\_\_\_

\$112 Total Meal Package\*\* \$ \_\_\_\_\_

(if all three meals are purchased)

**\*\* Sat Joint Banquet & Total Meal Pkg must be ordered & paid for by May 1<sup>st</sup>**

**\*\*\*Sun and Mon meal deadline can be extended to May 16<sup>th</sup>**

*Please circle special dietary requests, if any:*

Vegan, Vegetarian, Gluten-free, Dairy-free

(Kosher meals available at an additional cost)

Meals Total \$ \_\_\_\_\_

Registration Fee \$ \_\_\_\_\_

Scholarship Donation \$ \_\_\_\_\_

**Total Enclosed** \$ \_\_\_\_\_

Please make checks or money orders in **US\$** payable to:

*ISO of COSA Annual Convention*

**First Time Attendees:**

- c I am a first time convention attendee
- c I am interested in having a "Convention Mentor" to support me at the convention
- c I am interested in an orientation session

**Returning Attendees:**

- c I am interested in being a temporary sponsor, or a "Convention Mentor" to 1<sup>st</sup> time convention COSA attendees.
- c I would like a temporary sponsor

**Silent Auction Donations**

- c I am interested in donating an item to the Silent Auction

**Volunteering**

**I would like to volunteer (1-2 hr shift):**

- c Work the registration table
- c Help in Hospitality Suite
- c Lead/secretary a 12 step COSA meeting (script and readings will be provided)
- c Work with the Silent Auction
- c Work in the Bookstore

To help with scheduling volunteers it would be helpful to know:

Arrival Day \_\_\_\_\_

AM\_\_\_\_ AFT\_\_\_\_ EVE\_\_\_\_

Departure Day \_\_\_\_\_

AM\_\_\_\_ AFT\_\_\_\_ EVE\_\_\_\_

---

## 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 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 complete Workshop Proposal Forms as soon as possible (extended past original January 15th deadline) 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 complete Speaker Nomination Forms as soon as possible (extended past original January 15th deadline)  
and send to:

COSA Convention Workshop Proposal, 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

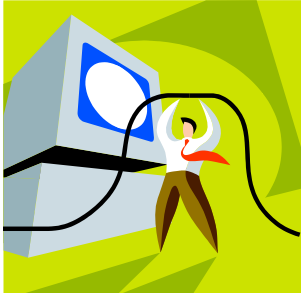
\_\_\_\_\_  
Print first name and last initial

\_\_\_\_\_  
Address

\_\_\_\_\_  
City

\_\_\_\_\_  
State

\_\_\_\_\_  
Zip



## Online Meetings/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#.**

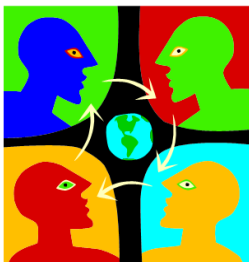
Cost is only whatever your personal long distance carrier charges.

### **Saturday, 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)



Online, Meetings  
Sober & Sustainable Meetings



## 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)
<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> NOTE: New callers must be 12-Stepped.	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)



Telemeetings



# 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 \$ \_\_\_\_\_

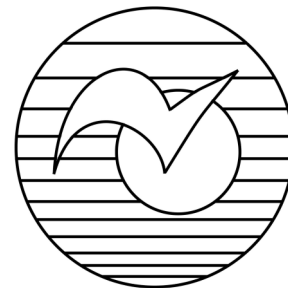
Send to: \_\_\_\_\_

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/welcometothelunlight.pdf">http://www.cosa-recovery.org/welcometothelunlight.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/welcometothelunlight.pdf">http://www.cosa-recovery.org/welcometothelunlight.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.**

Rev 10/11