



Volume 9, Issue 1 Summer Issue July/August 2012

Letter From the Chair

I'm back!! For those that might not know me, let me introduce myself. My name is Joey Z. and I am a recovering co-addict and a grateful COSA. I am the new Chair of the ISO of COSA Board of Directors. It is a great honor to serve in this capacity with the other COSAs on the ISO Board. Some of you might remember me from my previous term as Chair. I really enjoyed working with those amazing members of the COSA Fellowship as we worked to spread the word to those who still suffered while we continued to nurture and support this growing Fellowship. When I stepped down from the Board two years ago, there were 13 members on the Board. While we will have only seven Board members serving in the coming year, we look forward to working together for the good of the COSA Fellowship. With fewer members, there are fewer things we will be able to add our plates. We will be focusing on the goals listed in our vision for the coming year as stated in the Annual Report which was presented to the Delegates in Vancouver and emailed to all registered COSA meetings:

With a smaller Board, we will focus on basic ISO of COSA needs as follows in the 2012-2013 service year:

- ◇ Recruit a replacement Chair for the 2013-2014 term
- ◇ Update the COSA website: The current website is unwieldy and does not meet our needs. We plan to improve the navigation and add more resources for the COSA Fellowship as well as potential members who need support.
- ◇ Maximize the resources of the ISO Central Office: Because financial and volunteer resources are limited, we want to do the most we can with what is available.
- ◇ Educate all members about the need for service from the beginning of recovery work at all levels of COSA: A thriving, vibrant fellowship requires a greater percentage of members to be active in service at all levels.
- ◇ Document procedures and operations for all Committees and Officers to facilitate the transition of new Board members: To shorten the learning curve and support new Board members, we want to document how things are done today so that we can build on current practices rather than reinventing the wheel with each new member.

Again, I am so grateful to serve the Fellowship in this capacity and really looking forward to the coming year. I wish everyone a great year in recovery.

~Joey Z.

In This Issue

Letter from the Chair By Joey Z.	1
Annual Delegate Mtg. Info.	3
My Disclosure Story By Liz	4,8
Step Seven Share By Amy E.	5,6
Step Eight From COSA Booklet	7
Convention Share By Lindy T.	8

In Every Issue

Seventh Tradition	2
By the Fellowship	2
ISO Diversity Statement	6
Literature Committee	9-10
Traditions	11-12
Meditation	13
2013 Convention	14-16
Serenity on the Sound Retreat	16
Meeting Information	17
Literature Order Form	18-19



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



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

(scroll down, then click on pdf link)

Please send your articles to 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**

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

Annual Delegate Meeting Report



Delegate report: The Annual Delegate meeting report which is usually found in the July/August Balance will be sent to the fellowship, in a Board Blurb. Look for it to come soon!

Change of Address

Dear COSA friends,

We've made 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.

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.

For all current mail, please 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

Annual Delegate Meeting Report

Disclosure

My Disclosure Story

Hey all,

I feel as if yesterday I had open heart surgery. They cracked open my chest - none of that modern technology when they are able to use laser surgery and go through the armpit or whatever it is. I felt as if my chest was cracked wide open. And then they took a knife and stabbed it through my heart. Each time my husband told me something he did when acting out, it was an intense stab to my heart. It hurt like hell, but I was ok. Then I got to ask my questions. Each answer, another painful stab. But they needed to be asked and I deserved answers. My final question and I fell apart. It was too much pain to bear. I wanted to leave my body, leave my head, get as far away from the pain as possible. For a few seconds I felt immobile. It was time to leave the therapist's office, but my butt was stuck to the seat of my chair. My feet didn't know how to move. But just for a few seconds. I was really proud of myself that I was able to keep it together to be present, to learn about the awfulness that was happening in my marriage, and then to really be able to feel. Before the disclosure I was afraid I'd be too checked out to hear and unable to feel my emotions. Or the opposite, that I'd be a puddle of a thousand broken pieces, unable to be put whole again.

I had such disgust for my husband. I hated him. It was too much to bear. I was left after the surgery, with such incredible pain - stitches and all sorts of tubes and IVs sticking into and out of me. Now to wait for the healing process to begin. That's what I came here for - the prep, the surgery and the healing to begin.

And then a miracle happened. The last session of the day was group therapy and last night was psychodrama. I was chosen to work on my issue of anger toward my husband - being unable to access that anger, to feel it, to express it and more importantly, not to give in to the caretaker part of me (a very big part), that has compassion for my husband that overshadows and doesn't allow me to feel my own emotions, especially anger. It was an incredible experience. In a room full of about 20 people, including my husband, I was able to really feel and express my anger toward my dad and, most importantly, my husband. The psychodrama actually incorporated almost all of the people in the room into my story and they helped me to feel my anger. It was the most powerful thing I can think of that I've ever experienced. I was really able to feel and express my anger (including some pillow-hitting) not at my real husband (he was sitting in the circle with everyone else) but at a chair that symbolized his acting out. And my husband, although not part of the scene, was there to witness it. As well as the rest of room. How validating. How miraculous.

And then, another miracle. After the session, I invited my husband out to dinner with me. It was what I wanted. Before the session I could hardly look at him and wasn't sure I could ever be in his presence again. But by being able to acknowledge, feel, and express my anger, an incredible piece of healing occurred. I was feeling peace and serenity for that moment. We went to the Sugar Bowl and had ice cream sundaes. As I think about it now, it felt like a very old fashioned first date. We agreed what we would talk about and what we needed to save for the therapists' offices today and tomorrow, and it felt safe and right. I know that there are plenty more emotions of anger and sadness in the days ahead, and much, much healing that needs to be done. But the disclosure is behind me. I no longer

Continued on page 8

Step Seven

When I began my Seventh Step I could see how my character defects had caused harm, muddied waters and created problems for myself and others and I was anxious to have them (well, most of them) removed. I was ready for change.

In spite of my excitement, at first, my experience was anything but positive. Today I understand that this was because I was not humble and I was not truly asking. Instead I was working my own special Seventh Step, which went something like this: Arrogantly persisted in attempting to remove my own shortcomings.

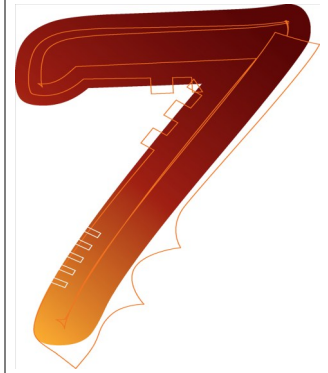
Prior to Step Seven, I had trusted in the process of recovery. I attended meetings, where I shared and listened. I worked the Steps with the guidance of my sponsor. As I worked each Step I did my best to be thorough and honest and trusted that what I needed to learn would come. I did not try to manage the process. God and I had cooperated beautifully up to this point: God was the guide and the source of truth, and my job was simply to be open and willing to do the work.

In contrast, when it came time to take the Seventh Step, my willfulness decided that I needed to take charge. The result was miserable. Daily I became agonizingly aware of my boundary failures, bad temper, tendency to procrastinate, perfectionism and love of guilt, to name just a few things. In my frustration, I simply tried harder to do better. The harder I tried, the more I failed to effect change.

My sponsor had suggested that I ask at least three people whom I trusted about their Step Seven experience. I received the last piece of feedback one night as I was grappling with how incredibly stuck I felt. My trusted friend shared that for her, Step Seven was much like Steps Two and Three. She too had tried to change herself, but it was only when she admitted that alone this was not possible that she was empowered to change. I went to bed that night with her words in my head. It was precisely the tap on the shoulder from my Higher Power that I needed. Her words broke through my blindness.

My frustration was self-induced. Some of my shortcomings had been with me since I was very young; indeed, some had once served to protect me. And I had arrogantly lost sight of the fact that I needed to rely on God's power, not my own. I had been trying to force Step Seven into my life, and it was not working. I was not humble. I had choked the life out of this Step trying to use willpower to change myself.

The truth was actually quite simple. Alone, I was not going to change these long-ingrained patterns. Alone, I do not always see the truth. Alone, I sometimes lack the courage or wisdom to change. I needed the help of my Higher Power *and* I needed to be willing to admit that need. Once I truly grasped that, all I had to do was *ask*.



**Humbly
asked
God to
remove
our
short-
comings**



Step Seven-cont'd.

That afternoon I *humbly asked* God, for the first time since I had begun Step Seven, to remove my defects of character.

Step Seven presents me with daily opportunities to change, to grow into all that I can be. But I have discovered that while the footwork is mine, this Step works precisely to the degree that I am open, teachable and willing to ask.

~Amy E.

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.

Step Eight

Here is an excerpt from the brand new Step Eight booklet, available at the COSA store: <http://cosa-recovery.org>.

In Steps One through Three, we gave up our illusion of control and rebuilt (or discovered for the first time) our relationship with the God of our understanding. In Steps Four through Seven, we began the task of healing our relationship with ourselves by looking at our behaviors, attitudes, and shortcomings. In Step Eight, we started looking outward. We looked at how our disease affected those around us and we continued the gradual process of taking responsibility for ourselves. With Step Eight, we continued to heal from years of shame and blame, and to work toward having the best possible relationship with ourselves and with all the people in our lives.

We approached Step Eight from a variety of vantage points. Some of us had harms that stemmed from actively participating in acting-out behaviors. Others had been obsessive and hypervigilant in our snooping and lost precious hours or days that could have been much better spent engaged in healthier activities. Still others had trouble identifying any harm they had caused, instead focusing on how they themselves had been harmed. Regardless, we faced Step Eight with all the honesty and courage we could muster.

By owning our part in any conflict, we actually empowered ourselves; we no longer saw ourselves as helpless, innocent victims or, in contrast, as rageful, hopelessly flawed monsters. As with all the Steps, Step Eight helped us develop a more moderate outlook and compassion for our perfectly imperfect humanity. In reflecting on our past, we realized that we often had more choices than we thought we had. We saw how our actions (or inaction), our lashing out, our clinging insecurity, or our passive aggression contributed to tensions with others, not to mention deep internal turmoil. We realized on a whole new level the ways in which we reacted instead of responding, and the ways in which we had forgotten to seek out our Higher Power for good orderly direction.

While it was hard for us to look at and admit these harms we had done, we had faith that with the Twelve Step process we could set ourselves free. Our sponsors often reminded us that we had been doing the best we could with the knowledge we had at the time. We rose above our self-loathing or our rage by simply focusing on the next right thing: making a list and becoming willing. That's all this Step asks us to do.



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

2012 Convention

My Disclosure Story-cont'd.

have that intense fear of what's in that awful closet. It is awful (I do want to say that what I imagined to be in that closet was way worse than what's in there, but at the same time, don't want to minimize the awfulness of what is real).

Thank you all so much for your support and love through my journey. I feel blessed, protected and it is as it's supposed to be.

With much love from the trenches of recovery,

~Liz
Orlando, FL

Vancouver 2012- "My Fabulous Week"



This Convention was quite amazing! I can't remember feeling quite so comfortable at previous conventions.

The highlights for me in the program were: Claudia M's Keynote speech at the Joint Banquet, the Fireside Chat about Sponsorship with Kerry M as Moderator, and the Writing Workshop with Claudia and Betsy. I can't wait to receive the cds from the workshops I couldn't attend.

Also, the Delegate Meeting went quite smoothly, and much was accomplished with Good Orderly Direction.

Fellowship was wonderful, too, and I so enjoyed the city and surrounding areas for the days we had to do some sightseeing. Thanks to the Convention Committee, and our wonderful hosts.

Gratefully,
Lindy T, California

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!

New COSA Resources

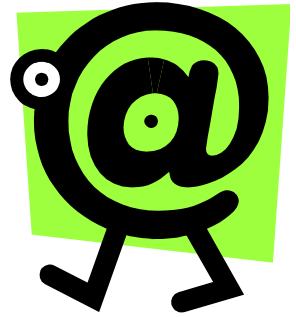
Inform and Empower Yourself with New Resources for COSAs!

We have brand new COSA booklets and CDs for sale from the COSA Store. Treat yourself, your meeting, or someone you love to these fantastic resources:

New Booklets on Steps Seven, Eight, and Nine, a Booklet on Triggers, and a Booklet on Attraction not Promotion

New CDs from the Vancouver Convention 2012 including useful workshops, inspiring speakers, and more.

Also, don't miss our recently posted Meeting Guide available as a download from the COSA website at www.cosa-recovery.org, and our great variety of existing literature and CDs from previous years.



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



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.

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 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

Book Committee Announcement

COSAbok Development Committee invites all COSAs interested in writing about their disclosure and/or discovery experience to contact goal3writers@yahoo.com.

Tradition Seven: Every COSA Group ought to be fully self-supporting, declining outside contributions.

When I first attended a meeting, the Twelve Steps and Traditions were read. I immediately became aware of the Seventh Tradition when the words were read “self -supporting, declining outside contributions.” I thought about money \$\$\$\$\$. I was barely getting the bills paid. I do not have a lot of extra cash just floating around. I knew in that first meeting that God led me to COSA for a reason. I just did not understand the “why.” So, I decided to attend every meeting anyway even though I could not “contribute” financially. It took me about year and a half to realize that I was contributing in another way. I was actively working the program and sharing my experience, strength and hope. I received courage and strength from my Higher Power and my sponsor to do a First Step during the group meeting. As the second year approached, I would participate in running the meeting or do mini presentations.

Another year went by and I asked my sponsor if I could return my medallions that I had. She said, “Of course, and you could do this instead of money for the Seventh Tradition. This way the group would not have to buy more medallions.” In the same year, I went to the national convention. I totally spaced the Seventh Tradition. I did not bring any cash with me since this was sparse. I was ashamed and embarrassed that I did not think of this. Being three years in the program, I should have known better. I wondered to myself how could I give back. Somehow, I heard God say to me, “Do not be concerned; an opportunity will present itself.” I shared my story during the “Forgiveness Workshop.” On the last day of the convention, I offered to give my time to the bookstore in which I began to be aware of what literature was available. In comparison to the SAA literature table, the COSA literature table was half the size. So, I put this information in the back of my mind.

When I became aware of my strengths and gifts, I let myself be open and began to listen to all the possibilities that my Higher Power guided me to. In my sixth year, I volunteered my time with the Literature Development Committee. It is truly amazing how God provides opportunities to enhance yourself. You just never know who will be more affected by these experiences: yourself, others, or both. When you give, you receive so much more. I have found this to be very true and humbling. I am feeling very rich from these experiences. Be open and listen to your Higher Power; you just never know how your life will be transformed. Let the transformation begin.

~Bunny

Tradition Eight: COSA should remain non-professional, but our service centers may employ special workers.

I am amazed and touched by the generosity of recovering people, even more so since going to the recent COSA Convention and witnessing all that hard work and dedication first hand. As a fellowship, we are almost 100% volunteer. For us as individuals, service is a key component of our healing and growth.

Continued on page 12

Traditions

Tradition Eight-cont'd.

Early in my recovery there was one wise woman in my recovery circle who freely gave of her time, care, wisdom, and attention just when I needed it most (and when I could not afford “professional” help). Every time I thanked her she would say, “pass it on”. This is what we do—we share the joy and relief we have found, and the tools that help us realize these gifts. We do this without strings attached and without expectation of reward or recognition (although the rewards *are* deep, profound, and lasting).

In my life I have had plenty of experience with people whose motives were mixed or not altogether kind-hearted. With this Tradition I can rest assured that if someone is guiding and supporting me in working through my Steps, that he or she is doing this spirit to spirit, rather than for financial gain or prestige. And when I reach out to support another COSA, I do so because I *care*, not because I’m hoping to meet a quota, get a bonus or because it’s part of my contract.

Another way that I interpret this Tradition is that it is not okay to identify as a “professional COSA” or an “expert on COSA matters.” This applies both within my meetings and in the general community. I am not the sage of my meeting, not matter how long I have been attending. I have experience, strength, and hope that I can share, but I don’t have all the answers. We are each free to find our own answers. And if, for instance, I am a therapist or social worker who is also a COSA, and I am invited to speak at a psychology convention, I speak *as a therapist* or *as a social worker* with knowledge of Twelve Step recovery, *not* as an expert COSA member. It’s probably best, in this type of situation, to maintain personal anonymity regarding COSA entirely, except in private conversations. Even if I am asked as a “lay person” to advise a business or a hospital on COSA issues, I need to speak only my *own* truth. I am simply a recovering person—one person, not a representative of the entire fellowship. And, in any situation like this, I also need to make sure that my words keep our common welfare in mind. As a fellowship we rely on principles and on Higher Power as expressed in our group conscience, not on the authority of any sole individual.

Still, there are some instances where Twelve Step and employment may overlap to a degree. In our Central Office we are fortunate to have a part-time employee who keeps things running smoothly. We may be paying her for professional service such as keeping the computer records straight, coordinating mailings, and interacting with the Board, yet we are *not* paying her directly to do Twelve Step work. She helps make *our* Twelve Step work *possible*, but she is not being paid to do it herself.

I am grateful for all of the Traditions because they help us stay safe and sane so that we can have fertile ground in which to grow.

~Betsy H.

The Positive Side of My Compulsion to Fix Things

I recently took a break from my work, because I felt frustrated and stuck, to water my garden. When I felt a growing wetness on my shins I noticed two leaks in my garden hose. Given our general shortage of water, leaks are not only an environmental no-no but costly as well. The "fix-it" part of me (a close relative to my procrastinator) jumped into prompt action. I hadn't planned to take quite so much time away from my work but I tracked down some electrician's tape, scissors, and a towel (the tools I needed for this particular fix-it job) and within minutes--you guessed it, the problem was fixed! I noticed how great I felt. It was such a small thing, taking only minutes to achieve, and yet my whole outlook on the day had turned positive. Not only had the fix-it taken very little time but it had taken equally as little time to make me feel better about myself. That stopped me in my soggy tracks for a few minutes.

Of course, the ability to fix things (to solve a problem) is at the core of one of my insecurities: my sense of self-worth is directly tied to my success in "fixing" things. Whether it is fixing people or leaky hoses, I have learned I need to be careful not to define myself in that way. When I returned to my desk, I realized there was a direct connection to how I was feeling about my work. I love my work but also feel frequently stuck or blocked when I can't fix a particular problem I'm working on. Why couldn't I apply my satisfaction with fixing things to my work? That day I was able to experience a break-through using the tools I have gained with my Sixth and Seventh Step work in my recovery. I hadn't seen it before, but I realized that day I could reframe my situation. If I could look at my work as something that needed to be fixed, maybe I could engage that ability I have to motivate myself into action. I suppose there was a good reason I hadn't seen it before: I didn't want to see my work as broken, therefore my fixing gene had not been sparked. I just needed to see my work like I saw the hose: not broken, but not operating at maximum capacity or efficiency. Maybe then I could get the same "feeling of accomplishment" from fixing the leaks in my work. And, of course, the other useful reminder I got was that it doesn't take much to change my mood. I mean really, electrician's tape, scissors and a paper towel. Imagine what I could do with duct tape, hedge trimmers and a cloth towel!

~Anonymous

Meditation

Open Service Positions for 2013 Convention

Dear COSA Members,

The 2013 Summerlin Convention Committee has had its first meeting and we need your help!

There are no local face-to-face meetings in the Las Vegas area and this will truly be a fellowship-wide effort to organize and plan this convention. We have some of the key positions filled. Below is a list of open Chair positions. There are mentors available for the various Committee Chairs we need, plus there are volunteers ready and willing to help on various committees. Please read over the information below carefully and see how you can help COSA while enhancing your own recovery.

We are also looking for COSAs who live in the Las Vegas area that may be able to help us at the local level.

Open Convention Positions

AV Chair – We now have our own recording equipment. This person coordinates the recording of the workshops and speakers during the convention and ensures a master copy of the recording is at the bookstore. This is a new position!

Care & Support Co-Chairs – We need two people to lead this committee and find other volunteers for this committee to fill various positions as needed. A mentor is available.

Facilities Chair – This volunteer works with the Program Chair to make sure the workshop and meeting rooms are set up properly. They are the key person communicating with the hotel for everything in regard to the convention and Delegate meeting.

Hospitality Chair – The majority of this work is done immediately before and during the convention. The primary objective is to help keep the convention attendees going with healthy drinks and snacks. This seems to work best with two people.

Media Chair – This volunteer helps write announcements and *Balance* articles as needed. This position is all internal COSA communication.

Mentor/Mentee Coordinator – This person pairs new attendees with experienced attendees to connect before the convention

Program Chair – With the help of several committee members, (a couple of people are interested in helping) this Chair determines the various tracks for the program, collects and reviews all workshop proposals and speaker nominations, and makes decisions about which workshops and speakers will be accepted.

Recording Secretary – The Secretary attends monthly convention committee calls, takes notes and posts them to the Convention Yahoo Group. This person does not need to be present at the convention.

Open Service Positions for 2013 Convention-cont'd.

Registration Co-Chair – We have one Co-Chair who has done this before and is continuing this year but, she is not available to attend the convention. We need someone to learn the position and be the point person at the convention.

SAA Liaison – This volunteer helps communicate with the SAA Convention Committee. The most important part of this position is to coordinate the tickets for the joint banquet, find out SAA's timing of workshops, and determine how and when COSAs can go on the SAA outing. It helps to be a Double Winner.

Silent Auction Chair – A detail oriented person is needed for this position. Most of the work starts closer to the convention and continues during the convention. The volunteer who is accepting the donations on Friday at the convention cannot be a Board Member or Delegate. If the Silent Auction Chair is one of these, a volunteer would be needed to work that Friday. A mentor is available.

Sponsor/Sponsee Coordinator – This volunteer pairs temporary on-site sponsors with those attendees requesting a temporary sponsor

Volunteer Chair – This person coordinates and maintains the schedule of volunteers. Most of this work is done close to convention time. A mentor is available.

Committee Members – We need additional volunteers willing to serve on the various committees listed above.

For more information, feel free to contact our 2013 Annual Convention Chair, Elaine K., at emkusiak@gmail.com.

In service,

2013 Summerlin Convention Committee

2013 Summerlin Convention

SAVE THE DATE

2013 ISO of COSA International Convention and Annual Meeting

Memorial Day Weekend 2013
May 24-27th, 2013

Marriott Las Vegas Resort & Spa
221 North Rampart Boulevard
Las Vegas, NV 89145

Join us for speakers, workshops, COSA meetings and fellowship!
For questions, or to serve on the 2013 Convention Committee, e-mail
convention@cosa-recovery.org

Visit our convention website at:
www.cosa-recovery.org/2013
User ID: expect Password: miracles



Serenity on the Sound

August 23 - 26, 2012

WHAT: 23rd Annual Puget Sound Retreat
by members of SAA & COSA

WHERE: Beautiful Sound View Camp,
29.1 miles from the Tacoma Narrows Bridge.

COST: \$150 for 2 or 3 nights, \$100 overnight.
After August 1st add \$20.

INCLUDED: Lodging, meals, workshops,
meetings, speakers.

E-MAIL ADDRESS:
serenity.on.the.sound@gmail.com

MAIL ADDRESS:
PSRC, PO Box 2712 Issaquah, WA 98027

PHONE:
SAA 206-237-8828; COSA 425-963-5442;
leave a message for the retreat committee.

WEB: <http://soundretreat.org>

FLYER: <http://soundretreat.org/registration.pdf>

Online Meetings/Online Message Boards

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

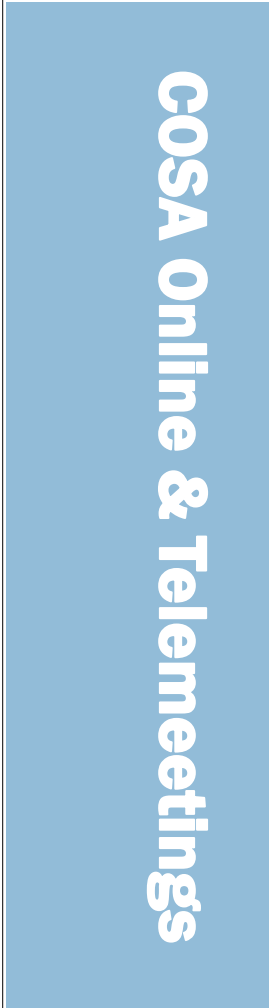
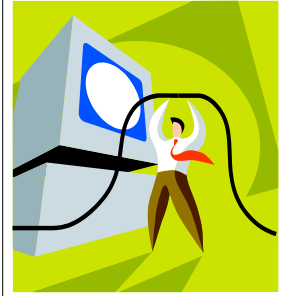
Join [COSA 12 STEP](#), a Yahoo Groups forum for COSA members. COSA 12 STEP is an announcement board owned and operated by the ISO whose main purpose is to help isolated COSAs connect and to support our online chat meetings.

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

Telemeetings—www.cosacall.com

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

MONDAY	Step/Tradition Study	9:00am (PT) (10MT, 11 CT, Noon ET)
	Recovery Tools...	5:00pm (PT)(6 MT, 7 CT, 8 ET)
TUESDAY		7:00pm (PT) (8 MT, 9 CT, 10 ET)
WEDNESDAY		4:00pm (PT) (5 MT, 6 CT, 7 ET)
	COSA Parents of Teen Sex Addicts	6:00pm (PT) (7 MT, 8 CT, 9 ET)
THURSDAY		6:00pm (PT) (7 MT, 8 CT, 9 ET)
SATURDAY		5:00pm (PT) (6 MT, 7 CT, 8 ET)
SUNDAY	<u>Men's Only COSA Mtg.</u> NOTE: New callers must be 12-Stepped.	10:00am (PT) (11am MT, 12pmCT, 1pm ET)



COSA International Convention CDs—\$6.00 each

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1995 – Ann Arbor

- ___95-1 Coming Home to Yourself: Personal sharing of incest /inner child work.
- ___95-4 To Be or Not To Be: Afraid to be sexual, afraid not to be sexual.
- ___95-5 Forgiveness: How one member learned to forgive and continue to use recovery tools.
- ___95-6 My Recovery: Four years COSA, eight years AA recovery, a pain filled story.
- ___95-7 COSA Meeting Format: Four states share their meeting procedures and guidelines.
- ___95-8 Sponsorship Procedures & Guidelines: How to sponsor & pick a sponsor.
- ___95-9 Couples in Recovery: Focused recovery individually and as a couple.
- ___95-10 Retreats: Retreat experiences and importance of retreats as part of recovery.
- ___95-13 1995 Convention Welcome: Speakers May B. & Steve L., plus songs & music by convention participants.
- ___95-14 1995 Saturday Convention Banquet: Doris G. & Marilyn F. A must for a recovery library.
- ___95-15 1995 Saturday Convention Banquet: Maureen O. Introduced to her codependency through her son's sex addiction, stayed with her process of recovery to learn she too was sexually addicted.
- ___95-16 1995 Closing Ceremonies - Speakers Arnold D. of SAA & Ila D. of COSA

1996 - Minneapolis

- ___96-1 1996 Convention Speaker - Jennifer S.
- ___96-2 Beginnings of COSA & Ongoing Recovery: Marie B., Jean, Patti & Mary K. Tell about the beginnings of COSA, how it grew from living rooms to an international fellowship, and how their programs have changed with time.
- ___96-3 Talking with Family about Sexual Recovery - Mary
- ___96-6 COSA Stories: Kathleen, Dee & Julianna share stories of what brought and kept them in COSA recovery.
- ___96-7 Celibacy - A Couple's Experience: Ila and Arnold D. share their experiences with celibacy as part of their recovery.
- ___96-8 Pairing Off in the Program: Jeremy shares his thoughts on how and why people in fellowships like COSA & SAA choose each other.
- ___96-10 Couples in Recovery: Couples share their experience of recovering together.
- ___96-11 1996 Convention Speaker - Barb C.
- ___96-12 1996 Convention Speaker - Bill Y.

1997 - Houston

- ___97-1 Courage to Recover After Pain: Sharon G. & Jo Katherine D. Share about overcoming obstacles and pursuing dreams after divorce.
- ___97-3 Courage to Be - Using the 12 Steps: Using the Steps in all areas of life—Ila D.
- ___97-4 Courage to Follow my Spiritual Path: Barb C. shares her experience and leads a guided meditation.
- ___97-5 Courage to Give It Away So I Can Keep It: Charlotte S. shares about service work and how it affects her recovery.
- ___97-6 Courage to Break the Silence: Robin R. & Marjorie K. tell their COSA stories.
- ___97-7 1997 COSA/SAA Opening Ceremony -Speakers Lisa Mc. (COSA) & Nan E. (SAA)
- ___97-8 1997 COSA Luncheon - Speaker Katy B.
- ___97-9 1997 COSA Closing Ceremony - Speaker Robyn M.

1998 - Hampton

- ___98-1 1998 COSA Convention Friday Opening - Speaker Kathy D.
- ___98-2 1998 COSA Convention Saturday Banquet - Speaker Ila D.
- ___98-3 1998 COSA Convention Sunday Lunch - Speaker Rozanne W.
- ___98-4 1998 COSA Convention Monday Brunch - Speaker Ruth B.
- ___98-5 Steps 1, 2, & 3 - Burnet O.
- ___98-6 Steps 4 & 5 - Barb C.
- ___98-7 Steps 6 & 7 - Panel Discussion
- ___98-8 Steps 8, 9, & 10 - Panel Discussion
- ___98-10 Living Without & Living With a Sex Addict - Bonnie & Bernie
- ___98-11 A Couples Story: Jan W. & Paul W. talk about 37 years of marriage (including 10 years in recovery)
- ___98-12 Forgiveness: Barb C. shares her experience

2002 – San Francisco

- ___02-1 2002 COSA Convention Saturday Banquet - Speaker Dan O.

2003 - Portland

- ___03-2 Fear—Name our fears, discuss how to overcome them - Ila D. & Donna J.
- ___03-3 The Second 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: Fourth & Fifth 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.
- ___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 - 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 12th 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

2012 - Vancouver

- ___12-1 2012 COSA Opening Session – Helene B.'s COSA Story
- ___12-2 Let's Start the Steps – Part 1 – Dani S.
- ___12-3 Writing for Recovery – Claudia M. & Betsy H.
- ___12-4 Safety in Open & Closed COSA meetings – Joey Z.
- ___12-5 More on the Steps – Part 2 – Dani S.
- ___12-6 Sponsors: Allies in Recovery – Lindy T.
- ___12-7 Healthy Boundaries for COSA Service – Kerry M.
- ___12-8 COSA/SAA Joint Banquet COSA Speaker – Claudia M.
- ___12-9 Let's Finish the Steps – Part 3 – Dani S.
- ___12-10 Retreat Planning Made Easier – Shannon T.
- ___12-11 Breaking the Shame Spiral – Maritza I. & Mila T.
- ___12-12 Working the Twelve Steps on a Problem – Judith M.
- ___12-13 Enjoying Life through Boundaries – Ila D.
- ___12-14 Fireside chat with COSA Sponsors on the Steps – Kerry M.
- ___12-15 2012 Closing COSA Brunch - COSA Speaker: Linda P.

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