



Volume 9, Issue 2

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Awareness, Acceptance, Action

Ten years into my second marriage I developed an uneasy feeling in the pit of my stomach. The thought grabbed me one night that I was experiencing feelings similar to those I had during my first marriage. I divorced my first husband after seven years because he refused to quit drinking. (I had no awareness at that time of addictive behaviors, except for the obvious drinking episodes). My second husband was not a drinker, so why am I experiencing such loneliness, feelings of being unfulfilled and anxiety?

As the next months unfolded I came to realize that I was emotionally and spiritually depleted. I made an appointment with a therapist I had seen ten years prior. I told him I was looking for a “spiritual mentor”. After several sessions, this therapist quit his practice. I later found out that he was accused of sexual misconduct. Well, he surely was not my spiritual mentor! Over time my husband and I found a married therapist couple. I was grateful to have this couple in our lives, as they were the ones who supported my husband and me through the disclosure process. Over time I realized how much in denial I had been. I frequently had moments of being fearful that my new awareness was more than I could emotionally or physically handle. There were times when I wanted to hide under my denial and ignorance to avoid the reality of my husband’s secrets. Yet I knew that I could not and did not want to slide back into my “old reality”. I choose to stay in my New Awareness World with my eyes wide open.

I evaluated my ‘old thinking’ – that my husband was to fulfill my needs, and that my self-esteem was linked to who / what my husband was. I began to realize how judgmental and blaming I was. Over time I came to realize how much of a victim I truly was- this was a huge step for me, as I was deep into my denial about my victim space. I made the decision to stay with my husband and work through my grief and to deeply examine my old reality. I looked at the parts of me that I found unacceptable. I came to realize that I needed to love myself before I could love others. I needed to forgive myself first before I could sincerely forgive others.

In spite of my New Awareness I found myself holding onto my suffering. I became frustrated when I thought my transformation was not happening fast enough or smooth enough or I had little energy to put into my recovery process. I came to realize that my ego was in a battle with my soul. I started being gentler with myself and more loving to myself. I looked at my fears, and I came to understand the aspect that “it is my Light and not my darkness that most frightens me”.

My journey took me to examining what I needed and wanted to change or give up.

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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

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**

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Thank You for Your Donations!

The 2012 Vancouver Convention Committee would like to thank the meetings and individuals who made our event a success by donating their time, talent and treasure. We now have an additional \$ 8,598.98 to add to the ISO's funds to help reach those that still suffer. We hope you will give yourself a gift of recovery by joining other members of the fellowship at the 2013 Convention in Summerlin, Nevada.

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



Awareness, Acceptance, Action

Awareness, Acceptance, Action-cont'd.

I now choose to stay out of my Old Reality and live in my New World.

In my "old reality" my ego tried to keep me in my shame and arrogance plus this was fueled by my fear of humiliation. I now choose to step into believing my own truth and following my intuition.

In my "old reality" my fear of not being enough leads me to being greedy and competitive. I now recognize my competitive fear more easily and I pray for the ability to see with my heart and recognize ways that I sabotage my relationships.

In my "old reality" my belief was that things should work out in my favor, that I am "entitled". I came to believe that there is a Higher Power managing the Universe. I choose to gain a deeper understanding and to not run away from what I fear or do not understand.

In my "old reality" I repressed my anger and eventually my anger came out sideways. I was passive –aggressive as a way to control others. Today I am becoming more mindful or conscious of what I am doing than I was in my "old reality" thinking and feeling. I choose to be filled with truth and love and to live in the present.

In my "old reality" I unconsciously used work, food, drugs, and alcohol to keep myself numb. Today, I choose to be conscious and to pay attention, to live in the present, and acknowledge that my life has purpose and is filled with endless opportunities for growth. I choose to feel my feelings instead of 'numbing out'.

In my "old reality" I took on the role of the victim. I now understand that I am responsible for all of my actions, choices and outcomes. I take full responsibility for my life. I choose to love and cherish my life.

In my "old reality" I procrastinated, then blamed others. In my new world, I am learning to discover my inner wisdom and realize that life is not without pain; yet I can minimize my suffering by asking for help and making wiser choices.

In my "old reality" I gave of myself physically, emotionally, and spiritually thus depleting myself on all levels, causing physical harm, depression, and disconnecting myself from my Higher Power. My new world consists of conscious choices. I choose when I want to be sexual with my partner. I call people when I need support. I exercise, pray, and meditate. I have learned how to say NO. I have friends who I have fun with. I am developing a deeper relationship with my partner – we are learning how to play, work side by side, share intimately in our conversations, and set boundaries.

There are days that I look back and believe that I have accomplished much. Sometimes, the old "you have not done enough" voice whispers to me and I gently remind her that I choose to live in my New World. The Twelve Step tools help me stay in my New World. I often laugh at my old thinking that I could find a therapist to be my "spiritual mentor". My Higher Power presented to me a much better option with the COSA Twelve Step program being my spiritual mentor. For me, this is a reminder that if I trust my Higher Power, she will help me find my way. My Higher Power can do for me what I cannot do for myself.

~Bette S.

Step Nine

The first time I went through the Steps I had a long list of people I believed I owed amends to before I even reached the Eighth Step. I mistakenly believed everyone I ever knew had been deeply harmed by me. When I actually sat down to write my original Eighth Step list, I ended up with several hundred names of people, places and institutions on it.

Careful guidance from my sponsor and God helped me sort out who amends really needed to be made to and what kinds of amends should be made. Many names were removed.

My sponsor suggested trying to make one amends per week. Initially I got stuck on even writing amends because I couldn't see how they would be made or I couldn't sort out the best way to make them. My sponsor reminded me it was a "we" program and that I didn't need to do it alone or figure it out. I could just write the amends one at a time and we could discuss them one at a time. The answers became clearer once I actually wrote out the amends. They started to sort into amends it was a good idea to make directly and those it wasn't. People I knew how to reach or contact and those I didn't. Those I could send an email to and those I should meet with face-to-face.

Some I could easily make and some I couldn't make without harming the other person, so I couldn't make directly. Some were terrifying and I dreaded the response. Others I couldn't wait to make. Some went so much better than I thought they would, the response I received was exceptionally kind or I received amends in return. Some I received no response at all and I am still not sure if the person ever received. A few felt terrible and I needed to make tons of program calls to stay out of shame. Some repaired relationships. Some left me with even more resolve that it was good the relationship ended. Some didn't change the relationship at all, but did change how I felt about it. All left me feeling freer and gave me a better understanding of myself, my relationship patterns and my COSA disease.

I am currently working Step Nine again. Some of the people on my initial Eighth Step list that I didn't make amends to the first time are back on the list, however I am much clearer about how I actually harmed them so making amends this time makes more sense. This time around I am also making some amends I could not make before because I would have harmed myself too much in the making. I am now strong enough to do these without harming myself in the process. My relationship with God has grown from the doing the Ninth Step the first time around.

I feared the Ninth Step and still do sometimes. However, the freedom and gifts I receive from each and every amends helps me walk through those fears knowing God and the COSA fellowship are holding and supporting me.

~ Sarah S.,
Oakland, CA



**Made
direct
amends
to such
people
wherever
possible,
except
when to
do so
would
injure
them or
others.**



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.

Simple Serenity Retreat



Bay Area California **6th Annual Simple Serenity Retreat!**

October 5-7th, 2012

More information can be received by emailing simpleserenitycosaretreat@gmail.com

It's in a beautiful retreat center in Northern California, about an hour or so from the Bay Area.

Step Ten

Step Ten helps me stay current and clear. When I first learned about Step Ten, my impulse was to be hyper-vigilant. Any tiny misstep and I would come down on myself— hard. I've never known a person, though, who thrived under judgment and threats. I am learning to relax and be more gentle with myself. Step Ten has helped me become more peaceful with being human.

Step Ten is a valuable gift in several circumstances. Life happens, and— despite my best intentions— I'm bound to make a mistake or two. Step Ten assures me that this can be remedied: I can clean up my part and let go of the rest. Also, as I recover I occasionally discover something I have overlooked, or never considered, some hidden remnant of remorse from a past mistake. Step Ten provides a solution for release. Finally, regardless of my diligent efforts to keep a clean slate, I have had the occasional resentment creep in. I know that this can prove disastrous if I allow it to live for long. Recovery has taught me that somewhere behind the resentment is an opportunity for self-discovery. The offending thoughts are undoubtedly fueled by fear, envy, insecurity, expectations... a lapse in my recovery-centered attitude. By practicing Step Ten I can find the place where I still need work and I can remind myself that no human power, place, situation, or thing "make me" feel whole, safe, and complete. It's up to my Higher Power and me. Through Step Ten I can ask for God's help, find out what my part is, make amends where necessary, and let it all go. This is how I continue to grow.

~ Betsy H.

Meditation

The more I am empowered to accept others as they are, their strengths, weaknesses, and their struggles.

I learn to accept myself, warts and all.

I learn to accept my husband, warts and all.

I don't like the warts,

But I accept that they are there and they probably are here to stay.

-Linda M.,
Los Angeles, CA



**Continued
to take
personal
inventory
and when
we were
wrong
promptly
admitted
it.**

Convention Experiences

“Expect Miracles!”

I never expected a miracle when I attended the 2008 COSA Convention in Seattle. Alone at a convention, for the first and only time without my partner, when I arrived, and saw the lovely poolside room, with a tropical theme, I felt empty, without my longtime partner there to share it with me. I really did not think I deserved such luxury by myself! (And I wasn't the only one there who felt that way, as I soon heard from another COSA friend, met at that previous year's Convention) But after just a few days of COSA fellowship, great meetings, and face-to-face support from my long-distance sponsor, my feelings soon changed about being "unworthy" of such a fabulous hotel room! I learned it was part of the self-nurturing I now call my "COSA Outer Circle Emotional Sobriety Maintenance Contract." And, believe me, I'm now convinced I'm worth it!

~K. C., of WV

I remember sitting at my first Joint Banquet at the 2005 convention in New Orleans. I was as nervous as a cat in a room full of rockers. Unfortunately, I was not able to hear anything either of the speakers said. Jump forward one year to Indianapolis and I'm sitting in the Joint Banquet again and my reaction is so totally different. Not only was I relaxed and could hear what both speakers said, I was able to hear the similarities between my story and BOTH of theirs! I heard I could just as easily end up being a member of the other fellowship sitting in that room. That miracle allowed me to let go of my anger and resentment plus find forgiveness for myself and all the addicts in my life.

~Elaine K.,
Fort Worth, TX

For me, the Summerlin Convention's theme "Expect Miracles" is exactly how I feel about every COSA Convention I have attended. What I expect from the Summerlin Convention are meeting incredible new recovery friends, reconnecting with old friends, learning new tools or new ways to use an old tool, and hearing amazing speakers. And the miracle is how all these things combine to reinvigorate my recovery. I can do all these things on my own throughout the year, but it is at COSA Conventions where I know all these things will occur and the miracle that happens to me! Come join me for the Miracles that will occur in Summerlin, NV!!

~Joey Z.,
Orlando, FL

One of the most amazing things I experienced at the Vancouver Convention was the sense of connectedness I felt. This is not something that can be forced or faked.

For most of my life I felt like some kind of awkward spectator. Even if I was in the middle of a group activity, I often felt as if I was far away, looking with bewilderment at scenes of people who seemed to feel a sense of belonging and ease. Through my recovery I have slowly become more present, more engaged, and more open to the gifts of the heart that recovery has to offer. It has been so healing for me.

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

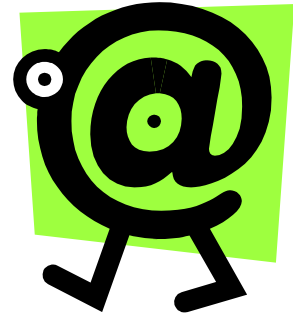
Inform and Empower Yourself with New Resources for COSAs!

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 http://www.cosa-recovery.org/The_COSA_Meeting_Guide.pdf and our great variety of existing literature and CDs from previous years.



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



Literature Committee Meetings Open to All COSAs

As your Literature Committee, in the spirit of transparency and inclusivity, we would like to open our monthly committee telemeetings to the entire fellowship.

If you are interested in attending a meeting, please contact Claudia, our Literature Committee Chair, for more information at cosacopy@yahoo.com.

In Service,
Your COSA Literature Committee

Book Committee Announcement

The Delegates at the Vancouver COSA Convention suggested the Fellowship emphasize writing for the COSA Book this year.

Ways this may be done are to dedicate some meetings to this goal, have a separate writing event, make it the subject or a part of a retreat, and/or suggest to your sponsees that some of their writings could be submitted.

The 2012-2013 Book Development Committee welcomes all your submissions to goal3writers@yahoo.com. We welcome all COSAs to share their Experience, Strength and Hope. We desire, as a minimum, that you be working with a sponsor and have completed your First Step. Please contact us for the list of topics members asked to be included in our book.

All submissions are subject to the Book and Literature Committees review and edit, and become the property of the COSA Fellowship upon submission.

Call for Spanish Language Translators

¿Habla usted español?

COSA is taking its international status to a new level. The Spanish translation team has produced some literature in Spanish, but we are currently hoping to expand the size of our team in order to facilitate this process.

We are currently looking for bilingual COSA members who are willing to translate or edit translated material.

If you interested in joining a dynamic team of translators and you want to carry the COSA message to Spanish speakers who still suffer please contact cosacopy@yahoo.com.

Tradition Nine: COSA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.

A newcomer walked into my COSA meeting a while back and asked, "Who's in charge?" We all looked at each other and chuckled. No one is in charge. There are people who do service work, but they serve rather than rule. COSA just doesn't work like a corporation where there's a manager at every turn. Trusted servants are responsible to the individual members and the Group Conscience, not the other way around.

Sometimes there are projects more involved than chairing a meeting or setting up chairs. We are free to create a committee, again reporting to the group, to get the job done. The ISO of COSA Board is one such committee. The Board serves the fellowship; the fellowship doesn't serve the Board.

The fact that COSA is not organized can make things difficult sometimes. Rotation of service often means that people do not always have a lot of experience in their service positions, but we all do the best we can, and everyone gets a chance to serve.

I chaired online meetings for a very long time in this program. Oftentimes we struggled to find other members to chair meetings. I started to get resentful, and I also started to get tired. Chairing a meeting didn't give me the same kind of growth and experience it used to and I couldn't understand why. Then it started to make sense. Looking at this Tradition and knowing that service positions are not organized helped me to see that they were never created for permanence. Unless I stepped down, in the appropriate time, someone else may not have the opportunity to step up. I had given my time, and given what I had, to the online meeting. Now it was time to give that time to another service position.

Like working the Steps, in every role I have served, I have learned something new. And in the next service position, I learned something else that I may not have been able to experience if I hadn't given up the one before. And guess what? The online meetings are running just fine without me chairing for a seventh year in a row.

COSA just doesn't work like a corporation. I'm grateful for that today.

~Anonymous

Traditions

Tradition Ten: COSA has no opinion on outside issues; hence the COSA name ought never be drawn into public controversy.

When I first came into COSA, the Steps and Traditions were really confusing to me. When I read a Step or Tradition I oftentimes assumed what they meant, and made judgments about it. Tradition Ten was no different. I thought that this Tradition meant in order to be a member of COSA, I personally had to have no opinion on outside issues. I struggled with this, because I liked being an individual, and I felt passionate about certain issues in the world.

Today, although I still feel passionate about some issues, and after coming to a lot of meetings, and reading a lot of literature I have come to understand this Tradition differently than I did during those first few months and even years since I joined the program. Individuality is still important to me today, but I now know that in a COSA room, the thing that unites us is why we came there: to recover from the effects of someone else's sex addiction. This is meant to keep the room safe. I don't have to worry about going to a meeting and someone trying to sell me an item, ask me to join a religious affiliation, or expect me to give them advice. Of course from time to time these things do happen in a meeting room, and it is important for the group to try to keep focused on why we are there: to help others affected by this disease.

This Tradition has helped me in my everyday life, too. In COSA I have no opinion on outside issues, but what about in my home? Before COSA I had an opinion on just about everything. What is my opinion on my neighbor, or my friend or family member that I see as unhealthy, dysfunctional or in need of some help? Most of it was none of my business. Now I usually wait to be asked my opinion before I give it, and you might not be surprised to know that is not often at all. This Tradition helped me to look at myself, and focus on the important part of a situation: my feelings, my boundaries, and a solution for myself. This Tradition is important in my everyday life because it helps me take the focus back to myself and my recovery, and leave others to do the same, in the only way they know how. I am now free to let go of someone else's decisions, actions, and solutions.

The Traditions have given me such peace, freedom, and knowledge in how to function in a healthy COSA group, and also how to function in a healthy relationship.

~Anonymous

“Expect Miracles!”-cont’d.

I still feel most comfortable keeping a low profile and being an effective helper, but from the periphery. I went to Convention not because I anticipated feeling “apart of”, but because I wanted to be of service and keep my meetings connected with ISO. The surprise gift I received was that I truly felt connected to an extended, supportive family. I’m sure this sense of community has been at COSA Conventions all along; I am grateful that I have grown enough to feel it.

~ Betsy

One of the miracles that came to pass for me at Vancouver Convention was watching the slogans take on real meaning when I applied them to convention committee service. As a member of that committee I learned to literally work one step at a time. The Oakland 2009 Convention Team had prepared a planning checklist with just over 100 action items. Each action item stood alone and they were arranged chronologically in the order that they needed to happen. The whole prospect of organizing a convention seemed too overwhelming to contemplate, so we just set about completing each item one step at a time. In the end that simple process resulted in Vancouver Convention 2012.

Along the way I realized that some of the action items would not be possible for us to complete, so we would have to let go and let God handle what we could not. First though we had to give it some thought, that is, we had to apply our collected wisdom to know the difference between what we could handle and what we could not. That also meant that we had to accept that what we were experiencing was progress not perfection in moving towards our goal of putting on a conference in Vancouver.

This did not happen in isolation, COSA is a “we program” and that included what happened during convention planning. Each little piece was picked up by a COSA looking to do service until in the end we had a wonderful mosaic of ideas and people working towards our common welfare. Any challenges that arose were handled with a look at the Steps, Traditions and Concepts for guidance. Everyone was aware that committee unity would contribute to personal progress for the greatest number of COSAs who attended.

Even sitting down tonight to write this little message about miracles was a struggle. I wanted to do a perfect job of it, always a mistake! Instead of settling into a quiet evening I remembered the slogan “first things first” and “keep it simple”. So I sat down, wrote this and now I’m done. This quote from Ralph Waldo Emerson describes the miracle of my convention experience: “There is a guidance for each of us, and by lowly listening we shall hear the right word....Place yourself in the middle of the stream of power and wisdom, which flows into your life. Then, without effort, you are impelled to truth and to perfect contentment.”

~A Convention Committee Member



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

Expect Miracles COSA Convention Raffle

- Grand Prize – 2013 Summerlin Convention Heaven** – One coach, non-refundable round-trip ticket to Las Vegas, Nevada (maximum cost \$600); one 2013 COSA Convention registration and meal package; three nights at the 2013 convention hotel
- First Prize – 2013 Summerlin Convention Package** – One 2013 COSA Convention registration and meal package; one night at the 2013 convention hotel
- Second Prize** – iPod Touch 8GB preloaded with ten COSA CDs of winner's choice
- Third Prize (5)** – One complete set of COSA literature

All entries **MUST** be snail mailed using an entry coupon and check or money order made payable to ISO of COSA to:

9219 Katy Freeway
Suite 212
Houston, TX 77024

- Entries must be postmarked no later than September 30, 2012.
- No electronic entries will be accepted because raffles are illegal in some places.
- Drawing will take place in the Central Office during the week of October 14, 2012.
- Drawing will be done by the Central Office Manager with two volunteer witnesses in attendance.
- Prizes are non-transferrable.
- Employee is not eligible.
- Board members are eligible.

Continued on page 15

ISO of COSA Expect Miracles Convention Raffle Tickets

ISO OF COSA EXPECT MIRACLES CONVENTION RAFFLE

NAME _____
PHONE _____
EMAIL _____

ONE TICKET - \$10 OR THREE TICKETS - \$25

Make checks payable and mail to:
ISO of COSA
9219 Katy Freeway, Suite 212
Houston, TX 77024

GRAND PRIZE - 2013 Summerlin Convention Heaven
FIRST PRIZE - 2013 Summerlin Convention Package
SECOND PRIZE - iPod Touch loaded with 10 COSA CDs
THIRD PRIZES (5) - One complete set of COSA literature

Must be postmarked by September 30, 2012

Drawing week of October 14, 2012

ISO OF COSA EXPECT MIRACLES CONVENTION RAFFLE

NAME _____
PHONE _____
EMAIL _____

ONE TICKET - \$10 OR THREE TICKETS - \$ 25

Make checks payable and mail to:
ISO of COSA
9219 Katy Freeway, Suite 212
Houston, TX 77024

GRAND PRIZE - 2013 Summerlin Convention Heaven
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THIRD PRIZES (5) - One complete set of COSA literature

Must be postmarked by September 30, 2012

Drawing week of October 14, 2012



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.

Continued on page 17

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





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

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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. 8CT, 9ET)
THURSDAY		6:00pm (PT) (7 MT, 8 CT, 9 ET)
SATURDAY		5:00pm (PT) (6 MT, 7 CT, 8 ET)
SUNDAY	Men's Only COSA Mtg. NOTE: New callers must be 12-Stepped.	10:00am (PT) (11am MT, 12pmCT, 1pm ET)

COSA Online & Telemeetings



COSA International Convention CDs—\$6.00 each

These recordings are from the annual COSA International Conventions. They haven't been edited for sound quality or content.

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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