



Volume 9, Issue 3

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### God's Will

On any given day over the last five years at my house, you can hear this rapid pairing of statements from my ten-year-old son's "commando" helmet: "All Units, Fire at will!" From all four members of my family, an immediate and well-rehearsed chorus of, "Whose Will?!?!" It has become a fun inside-family joke that I am sure we will all recall for years to come. The things is....for me, it is so much more than that. Having been the snarky one who initiated the comeback in the first place, I am also the one it has an impact on that reaches deep to the core of my recovery.

My husband and I have always believed that God brought us together. So, believing that God wanted us to marry, we did! And we lived a happy and--mostly--satisfying life for the next 12 years. Now before I skip over those first years, I want to mention that with big, life-affecting decisions or even just big-money decisions, when we actually "asked" God for His guidance, the answer and the correct action was EASILY identified and easy to make happen. So consequently, when we made the choice, things really were a fit with our life. When we would come up against one of these same decisions and not follow the previously laid out process, or at the end of the process we still *really* wanted the "one" or the direction that was *clearly not* the one that God was leading us to, we would find that it would be a constant struggle or a financial disaster that tended to go on until we finally got rid of it, cancelled it, or otherwise got our priorities in line with God's.

Midway through our 12th year, I made the first of what later turned out to be a number of progressive discoveries about my husband's sex addiction up through the "final" one in March of 2011. I would be happy to share my whole story with anyone who wants to hear it but, what I really want to focus on here is how my personal experience of God's Will has evolved and grown ...because it is nothing short of miraculous!

I have been truly blessed with some tremendous gifts in this process. First, as soon as I truly understood that my husband was a sex addict and not just someone behaving badly, almost instantly I was given the gift of being able to see and feel the truth in the fact that he suffers from a disease called sexual addiction and he is an addict. Now, this is certainly not to say that I did not have any feelings of personalization or that it has all been a breeze, because it has not. But it has been purely God's Will that I was relieved of the long journey from feeling that the addiction of someone I love is "my fault" to the recovery truths: "I didn't cause it. I can't control it. And I can't cure it." I am so very grateful. I have also been blessed with a strong belief system reaching back to my childhood when I decided to walk to Sunday School at the church next to my elementary school when I was in fourth grade—not with my family, not with friends, but by myself

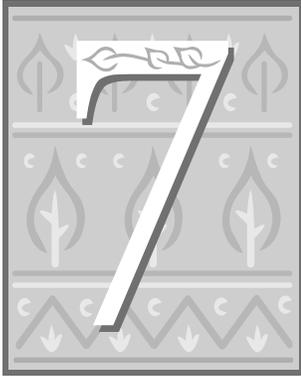
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Every COSA group ought to be fully self-supporting, declining outside contributions.



## Seventh Tradition: Financial Report

July 2012-September 2012

<u>Group</u>	<u>Amount</u>
Individual	\$198.00
CA-02	\$83.00
CA-09	\$100.00
CA-23	\$100.00
IN-06	\$59.62
Barbeden, OH	\$10.00
Columbus, OH	\$20.00
Maumee, OH	\$50.00
TX-18	\$1,000.00
TX-43	\$25.00
TX-07	\$182.00
FL-11	\$50.00
MN-02	\$150.00
Telemeting Intergroup	\$145.00
Telemeting Fundraiser	\$40.00
<b>Total</b>	<b>\$2,212.62</b>

### COSA Seventh Tradition

When I think of the blessings this wonderful COSA program has given me, I am readily reminded of a frequent desire to find a way to give back. As the year-end season of giving begins, consider a Seventh Tradition tax-deductible donation to the ISO of COSA. It will help carry the message in ways that only a strong ISO of COSA can!

In ESH, Margie S., Former National Treasurer

**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

## 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)

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

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Houston, TX 77024 U.S.A.**

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

## Summerlin Convention Raffle Winners

The 2013 Summerlin Convention Committee would like to congratulate the following members who won the Summerlin Raffle!

Convention Heaven: Diane A.

First Prize: Debra F.

Second Prize: Ruth G.

Third Prize: Pam R., Vicki S., Amy J., Shari Lee D., Maritza I.

We would like to thank the Houston Friday evening meeting who helped us by drawing the winners.

Congratulations!  
2013 Summerlin Convention Committee

**Summerlin Raffle Winners**

# God's Will

## God's Will-cont'd.

on Sunday mornings. Honestly, I do not have a memory of exactly what sparked this in me—I don't even remember having a yearning. I do remember, though, how I felt *being* at that church: like I belonged somewhere. That was an amazing experience for me. The next time I experienced this feeling was in my original COSA home meeting in Long Beach on Monday nights. But I am getting ahead of myself. My family was not "religious" but we, as a family, did believe in God. Through Sunday School, I formed my own spiritual self and basic belief system that has worked for me pretty much since then. So this takes me to another gift that I feel is actively a result of God's Will for me: having been able to hold onto my absolute belief in a Higher Power all of my life, even through really crummy things happening to me and to others I knew (like failed marriages), all the way up to this whole sex addiction deal. I never have had to go through the process of finding my HP (although it can be a wonderful experience to go through for some) and I have also not questioned HP with "Why me?" In my recovery, I consider not having these side roads of doubt in my Higher Power to have been a blessing.

Here is where my problem with understanding God's Will for me finally comes in. I had been working my Steps in a Step Study group where I was struggling with a chorus of "What if?" questions in my mind that kept me from *technically* completing my first three Steps. I worried I wasn't doing it right and that I wasn't sure I believed enough or was connected enough to my HP. I worried that I was focusing on my own will and not God's Will. I was plagued with these emotional roadblocks for months. During this same time, I longed for a sponsor of my own. I went to the COSA Annual Convention with an agenda: to find a sponsor. However, I left Canada without reaching out to anyone about becoming my sponsor. I just did not have the confidence that I was a worthy sponsee. I did, however, do something else that has made a huge difference in my recovery since then. I signed up for a COSA service position on one of the committees that support all members of COSA and their recovery. I have connected with COSAs from around the US and have made some lovely new friends. And, yes, in my new service position I found my sponsor! I asked my HP who it should be and His Will was clearly made known to me. She is amazing and has helped guide me through a number of challenges and is a wonderful blessing to me and my recovery.

Very shortly after she agreed to become my sponsor, I shared with her about my struggles with whose will I was following and why I was having such a hard time surrendering. And when she responded to me, it was as if my HP were speaking to me directly through her. "He"/she told me to pray for the ability to let this burden of fear and worry go—to ask for His help to become ready. I became much more at peace with my fears after this conversation. Three weeks later, my HP took me on a startling journey that settled my fears and established "Whose Will?" would out without question.

I take several daily medications, some in the morning and some in the evening. I keep them in one of those pill boxes where you layout a week's worth of medication at one time and open a compartment to take the appropriate meds. One morning I was moving quickly to get up and out the door to take my son to school and get back home for a project I was working on. I popped open my compartment and swallowed my medication and was off and running. An or so hour later, I got into my car with my son and drove the half mile to his school and dropped him off without any incident. Between dropping him off and leaving the school's driveway my memory becomes fuzzy. I do not remember much of the short drive

## Step Eleven

Seven and a half years ago, my life was something of a mess. And if you're reading this, you probably know what I mean. My husband had moved to another city to take a new job. Our marriage hardly qualified as a marriage at that point, so I can't say I missed him much. I was on maternity leave from my job with a newborn and a three-year-old to take care of . . . alone. And I had a choice to make. I could stay in my awesome house, in an awesome town, near my awesome friends, in kind of an awesome job, but be a single mom, working full time. Or I could join my husband, move to a city I wasn't thrilled about, leave my awesome friends (and a man I was a little too close to), leave my awesome house, but be able to work part time and raise my children in a two-parent household. I chose Option B.

So there I was, left to take care of my two babies - alone - and prepare the house to be sold, and then pack the house to move. To make matters worse, once my friends knew I was moving, they started to distance themselves from me. I felt **ALONE** in a deep, heart-wrenching, cosmic kind of way.

I had heard of meditation, and I had prayed . . . um . . . recreationally, you might say. But I had been afraid to really be quiet with my thoughts. I figured it would only cause me to feel even more alone. In this very low and long moment in my life, though, I \*needed something.\* I knew it wasn't alcohol or drugs or anything that would jeopardize my children.

I decided to try meditation. I began by sitting. Sitting, and breathing. In and out . . . in and out . . . in and out. Just that. Just sitting and breathing. Over a few weeks, I started to feel connected again - not to individual people, but to all the souls in the world, to the earth, and to God. This quiet time allowed me to stop the chatter in my head--the self-pitying thoughts and the self-loathing thoughts and the obsessive thoughts. It allowed me to be centered and at peace.

When I discovered meditation, I didn't know that my husband was a sex addict, or that I was a codependent. I didn't know a lot of things that I would learn over the next few years. But I knew I had at least one tool I could fall back on to help me get through this time.

Since then, I have relied on meditation and prayer on a daily basis to help restore me to sanity. I wake up every morning and take time to connect with the Divine, to articulate as many things as I can that I am thankful for, and to ask God and my guides to help me know what I should do and how I can serve. I will admit that I often ask for MORE than just the knowledge of His will and the power to carry it out. So I guess I don't have it entirely figured out yet. I don't doubt, however, that I am guided in my path. The answers to my questions are almost always crystal clear in these moments of quiet. I believe a spiritual journey is essential to sanity in the face of unmanageable chaos. I feel so grateful to be on mine.

~Julia G



*Bought through prayer and meditation to improve our conscious contact with God as we understood God, praying only for knowledge of God's will for us and the power to carry that out.*



## 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.

### God's Will-cont'd.

home except bouncing my tires off the side of the curb on the roadway at least three times. Upon reaching home I stumbled into the house and apparently made something to eat and proceeded to pass out in the chair until my husband called at 3:30 saying the school had just called him to ask if we were picking up our child. Fortunately, by this time, I was fully awake and, not surprisingly, quite well-rested. I picked up my son and did not note any further odd or frightening behavior. When my husband came home I told him how scared I was about what might be happening to me. I had not really yet realized that I had slept straight through from 9am to 3:30pm. We talked about getting me to a doctor and tracking any additional abnormal behavior. When we went upstairs to bed that night I went to take my evening medications which include a sleep aid and I immediately recognized my mistake. I was shocked at what I had done and relieved at the same time for knowing there was nothing wrong with me beyond being careless and creating a dangerous situation. Within five minutes of this discovery, I experienced a transforming flood of emotion. It was as if I was being submerged under water only to be thrust up into the fresh air in exhilaration. I felt that all of my fear and all of my self-doubt were swept away. I felt that HP had taken a terrible mistake on my part to show me that He is always with me and if I will only let go of my will and go with His Will I will be exactly where I am supposed to be, all of the time. I have lived my whole life believing in God, but had continuously fought for control. I can now truly finish my Step Three: Made a decision to turn our will and our lives over to the care of God as we understood God.

~Shari Lee

## Step Eleven-cont'd.

Some ideas for improving our conscious contact with God:

- Schedule **time** to pray, meditate or read inspirational material every day—even if it's just 10 minutes.
- Create a **space** that invites quiet contemplation and connection with the Divine, including a comfortable chair, journal, books that inspire, candle, COSA medallions, and other objects that speak to you.
- **Talk** to a sponsor and/or spiritual guide about your goals and journey.
- **Write** down your goals, thoughts, questions, dreams and hopes.

### Step Eleven Questions

1. Sometimes changing up a method of prayer or meditation can bring fresh perspectives. Is there a new way you can reach out for your Higher Power today?
2. Prayer and meditation reaches out to a Higher Power. Does your Higher Power reach back? In what ways?
3. Why does Step Eleven suggest that we pray only for knowledge of his will for us and the power to carry that out? Is that uncomfortable for you?
4. How can you tell the difference between your will and your Higher Power's will in any given situation?
5. How do you hear your Higher Power?

## Step Twelve

I've heard that Step Twelve cannot be done until you have something to give away. That's true. But I had something to give to the newcomer who walked in the door at my second meeting: I had survived my first and I had learned that COSA was going to be helpful to me. All I had to say was "I've been through what you've been through, I'm here now, and I have hope I didn't have." That's part of the message of COSA for people who have been affected by someone else's compulsive sexual behavior.

I was pretty lost when I came the first time. I didn't know what I was in for, and I really thought if he got his act together everything would be okay. And it was being twelve-stepped by two COSAs, and the rest of the people in my group, that made me feel that hope that things were going to be okay; that I was going to be okay, that maybe even we were going to be okay.

And I kept getting gifts, and learning lessons. I had a spiritual awakening, and it was built of so many spiritual experiences. It was those lessons, those experiences, that awakening, that I had to share with others. I had to!

One of the gifts of attending COSA was that we were not all nuts in the same way on the same day. The woman who was deeply grieving the loss of her marriage might have something to give to the man who didn't know how to set a boundary in his relationship.



*Having had a spiritual awakening as the result of these steps, we tried to carry this message to others, and to practice these principles in all areas of our lives.*

# Step Shares & Questions

## Step Twelve-cont'd.

So I learned that I could give, and suddenly I had purpose. It was that purpose that lifted me up out of the hopelessness and despair. In my COSA group, and on the phone member to member, I had something to give, for the first time in a long time.

I've also heard that when I walk in, I can work any Step that starts with a "1." I can work Steps One, Ten, Eleven, and Twelve.

I got into trouble early on working my Step Twelve. I gave away what I had no right to give: my advice. I carried not the message of COSA, and not my own experience, but my thoughts on what would be right for you. After all, when I was focused on your problems I didn't have to look at mine.

So I learned, with the help of COSAs who understood Step Twelve a little better than I did, that I had plenty to give away. I had my experience, feelings, and insights. I could work Step Twelve by offering these- when they were asked for, within the safety of my COSA meeting.

~Anonymous

### Step Twelve Questions

1. Have you experienced a spiritual awakening?
2. How has working the Steps of COSA made a difference in your life?
3. Think about who you were when you began recovering. Name one or two of the most important changes in you since then?
4. How do you carry the message? When was the last time you did so?
5. What are the principals that the Steps have taught you?

## Literature Committee Call for Diversity

*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. 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 COSA Literature Committee

## 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
- Defining Co-Sex Addiction

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

## New COSA Resources

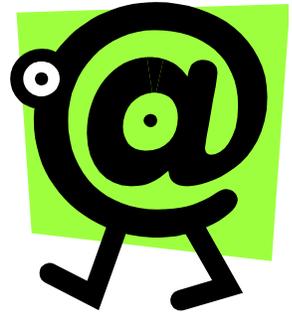
Inform and Empower Yourself with New Resources for COSAs!

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:

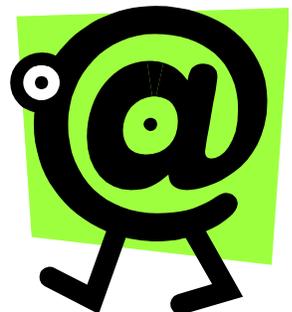
New Booklets on Steps Seven, Eight, and Nine, a Booklet on Triggers, and a Booklet on Attraction not Promotion

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](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](mailto: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](mailto: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](mailto:cosacopy@yahoo.com).

**Tradition Eleven: Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, television, and other public media of communication. We need guard with special care the anonymity of all Program members.**

One of the greatest challenges I have faced in working the Traditions is balancing Tradition Eleven's "attraction rather than promotion" with Tradition Five's "primary purpose". Tradition Five tells us that the primary purpose of our entire program is to carry the message of COSA recovery to those who still suffer. In our attempts to avoid "promotion" and protect anonymity at all costs, we often over-correct and hide from the suffering COSA entirely.

Promotion, in our modern world, often refers to flyers and advertising. When I first started out in Twelve Step programs, I assumed that this was what we were referring to here: that, in order to protect our anonymity, we must not advertise the presence of our meetings! I thought, as many people did, that it might invite all sorts of trouble to put up flyers, list our meeting or our intergroup in the classifieds, or send out information to professionals who might have clients affected by compulsive sexual behavior. What if somebody came who wasn't really a member? What if somebody came who knew one of us and we "got in trouble"? What if somebody came who just wanted to exploit us? No, no, no, we couldn't possibly think of it.

And the fear we felt grew even further. It whispered into our ears that we had to be as anonymous as possible, so that we could protect every possible bit of our lives. We avoided sharing our last names or our professions with each other. I wouldn't even answer questions like, "Oh, did you see so-and-so at the meeting last week?" I know I wasn't the only one. "I can't tell you that! Anonymity!" Sometimes I would accidentally find out that another member worked in the same field I did, or worked at the same place I once had. It was always wonderful to learn these interesting things about each other. It brought us closer together, but I avoided these topics like the plague!

As I grew and saw what worked for the various meetings and fellowships that I was a part of, I learned that this wasn't what was meant by "anonymity" or "promotion" at all. We are allowed to share our full names and our full lives with one another. I have even heard it said that we can violate Tradition Eleven by being too "anonymous", by making it too hard for other members to find us. If a newcomer who particularly wants to share with one of us can't track down our phone number, for example, it can be very harmful to them. Having a printed phone list for the meeting can help; so can sharing our full names with them, and letting them know us well enough to find us in the outside world.

On an individual level, the Eleventh Tradition urges us to attract people to COSA by being the best versions of ourselves we can be, through working the Twelve Steps, and sharing with them about how our program has changed our lives, when they are ready to hear it.

It urges us not to "promote" COSA by instead telling people that they need it. Trying to force people to accept the idea that they have been harmed by compulsive sexual behavior, when they are not ready to face that, can harm them more. And even worse, it can

# Traditions

## Tradition Eleven-cont'd.

sour them to COSA so that they do not consider it when they do think they need help. "COSA? Oh, I knew someone from COSA once. Boy, those people are pushy. I don't think I want what they have, thank you very much." This is just the opposite of "attraction," and is just the kind of thing we want to avoid in our own lives. This is harmful "promotion." It's codependent, manipulative "fixing."

But, we might ask, wouldn't it help people identify with the program if they could see what happy recovered COSAs look like? Why not publicly "come out of the COSA closet"? Sure, our friends, family, and co-workers can know about our personal program of recovery. This is a big part of how we carry the message. But when we share with the media, we turn the program upside-down. Suddenly, we are not anonymous, though everybody else is, in the faceless crowd of people who are watching us on TV or reading about us in the newspaper. There are two main reasons that we don't share our full names with the media if we are speaking as COSA members. First, we're a fellowship of equals, and that's pretty rare. It's hard for outsiders to understand the idea that there is no spokesperson for COSA. They naturally assume that anybody who speaks about an organization is speaking on its behalf. Keeping our names anonymous so that they see something surprising like "Ross F." instead of the "Rosstopher F. Schmidelwagon, Vice-President of COSA" which they expect is one of the best and clearest ways to show that we are not speaking on COSA's behalf.

Second, this kind of publicity presents a danger to our own recovery. Before Twelve Step fellowships had the Twelve Traditions, it was common for celebrities in recovery to end up speaking a lot on their program, and for many regular people who were speaking about their amazing recovery to become celebrities. It was invariably bad for their emotional sobriety. There is a lot of pressure involved in having the public eye on you. It means that every aspect of your life is subject to being publicized, and judged as a good or bad example of what the COSA program does. It puts the burden of carrying the COSA message entirely on you, instead of evenly across the shoulders of everyone in the fellowship. It makes it very easy if the public saw a COSA speaking somewhere under their own name and profession, for them to associate that profession with COSA: "Oh, I saw that COSA therapist on TV the other day." They begin to get a very warped one-person view of what our miraculous program of recovery looks like. Because as strangers to the program, they have no way of knowing what part of our lives has been touched by COSA and what parts are irrelevant.

The Eleventh Tradition instead guides us toward healthy sharing: respecting our own boundaries and the boundaries of others, and carrying the message to others that working the Twelve Steps in COSA relieves us of the negative effects of compulsive sexual behavior and transforms our lives.

~Dani S.

*As seen in Volume 8, Issue 3 Balance 2011*

## **Tradition Twelve: Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.**

Wow. The spiritual foundation! I'd heard that humility was the foundation of the Steps, but why is anonymity the spiritual foundation of all the traditions?

There are many definitions of anonymity that fit for me. Anonymity keeps me safe- what you see here, what you hear here, when you leave here let it stay here. Anonymity keeps me humble- in right relationship with the God of my understanding and with you. I checked the dictionary, and one definition says that anonymity is "The quality or state of being unknown or unacknowledged." Hmm. That ties in for me with all the wisdom of the program that does not "belong" to any one COSA. I seldom hear "As Fred says..." in a meeting. Anonymity is also a reminder that we are a fellowship of equals. No one COSA is better than anyone else. I heard in a meeting that God sends me messages every day, but he doesn't tell me who is bringing them so I have to listen to everyone.

That brings me to principles above personalities. I struggle with trying to figure out where I belong on the food chain. Am I better than you or worse than you? But I learn here I am no better and no worse. I have value because I am my Higher Power's kid. I have good things to say because God uses all of us- the bank president and the cleaning lady are all equal in Higher Power's sight and I am trying to see like my Higher Power sees.

I am grateful for anonymity. There is a lot of stigma still with sex addiction and co-sex addiction, and it's my business if and when I want to reveal my membership in COSA. I've had my anonymity broken, and once I broke a friend's anonymity. I did so without thinking. I assumed the person I was talking to did not know my COSA friend, but I let a name slip. I called my sponsor immediately- mostly because I couldn't deal with the shame I felt. She asked me if I would want to know if someone broke my anonymity. I would, and so I called my friend and told her what I had done. Thankfully she was okay with it, but I learned a valuable lesson. I learned how to better keep confidences.

When I grew up, keeping other people's secrets was the order of the day, but people rarely honored my confidences. I remember being shamed when, as a chubby preteen, I heard my mother announce my weight to a room full of relatives. Today I know you'll honor those confidences, and I don't have secrets to keep.

~Claudia

# Meditations

## Reliance and Defiance (aka the Second Step)

I woke with a fear that I might not be able to hear my Higher Power's guidance. My first instinct (which in and of itself is a sign of progress) was to do some 2nd step readings. My eyes stopped on a line: "Belief meant reliance, not defiance." I still struggle regularly with my own belief in defiance because I am sometimes still afraid of relying on God or even other people. The reading was a rich reminder that I need have no fear of my Higher Power suspending his/her guidance as long as I remember I can't afford to get lured into the false belief that I have to do everything on my own and in my own way. When I open my heart to those I know I can trust and take the time to chew their words slowly in my mouth before I digest, I can always detect the flavor of Higher Power's guidance for me. So the reliance I am learning, one day at a time, to practice in my life is that I can rely on my Higher Power's guidance to be there and all I have to do is resist my impatience to just turn to myself because I feel like I can get to the answer quicker (that is the essence of my defiant nature).

~Anonymous

## When Higher Power's Message Tumbles from Scary Mouths

I believe that Higher Power is in all of us, not apart from us. But I struggle with my logic as I find people who challenge my sensibilities and when my controlling nature kicks in as I start to consider who the exceptions might be to my own belief. In recovery I've learned that I often receive messages from my HP by listening to the words of others in meetings. The power of hearing someone else's story and their truth inevitably reassures me and triggers some new level of understanding about my own situation. For a while I believed I could only hear HP's messages at Twelve Step meetings. But it didn't take long to realize it was crazy to think the only people I could hear HP's messages from were in recovery.

What if I could hear HP's guidance from the most unlikely or most scary mouths around me? I've come to believe I have to be tuned into one particular number in order to hear HP's messages; dial s-a-f-e-t-y. If I feel safe, good stuff comes in. When I don't feel safe, I hear scary things and shut down to the possibility of good messages.

I'm not suggesting the solution is to put myself into dangerous situations, rather that I not be afraid of words when I know I am not in physical danger. One day at a time I find I am able to find venues, within and outside the world of recovery, where I prove that I can feel physically safe and hear HP's guidance in the words of people I never thought I could listen to with safety.

~Anonymous

## Planning the Delegate Experience

At the Board face-to-face meeting in Northern California in late September, the Board spent a substantial block of time learning about your comments and questions from the Annual Delegate Meeting evaluations. In response, we discussed options and made plans to address those issues and devise a better meeting.

We identified the following goals:

- Make every effort to improve communication and transparency to build trust and encourage participation
- Present information to the Delegates earlier by charting timelines and, planning and scheduling individual action items
- Coordinate with the Convention Committee to improve the registration process
- Improve the workflow by staggering action items to allow for best practices
- Create a budget and financial statements which are easier to understand
- Clarify and move up deadlines for proposals which will be discussed and voted upon at the Annual Delegate Meeting
- Encourage Board Members to model healthy service habits to the fellowship

We also considered some of the challenges we faced as a Board:

- Limited human resources, including a seven member Board
- Insufficient staff hours and negligible volunteer availability at the Houston Central Office
- Limited participation in Board and Central Office service positions
- Unfilled Delegate Liaison position
- Difficulties in recruiting new Board members who have completed the Twelve Steps
- Low participation in the Annual Delegate Meeting by member groups
- Lack of available information regarding service (available opportunities and encouragement)

Your Board of Trustees invites you to send your feedback, ideas, and comments to us regarding these goals and challenges. Please send solution-oriented thoughts and ideas to [COsAcopy@yahoo.com](mailto:COsAcopy@yahoo.com). If you can assist us in any of the challenges we face, or if you are interested in more information about the Delegate Liaison position, please let us know. We thank you for your support.

Respectfully Submitted,  
ISO Board of Trustees

# From the Board

*From the Convention Committee*



Give yourself a wonderful gift!

Make plans to attend the Summerlin Convention May 24-27

*Wishing you joy and serenity this holiday season.*

*2013 Convention Committee*



## Call for Volunteers

The 2013 COSA Convention Committee is excited to be working on what is sure to be an amazing recovery experience for all who plan and attend the “Expect Miracles” Convention May 24-27, 2013. Registration for the 2013 Convention is now open! You may register online or by snail-mailing a printed copy of the registration brochure (see the brochure in this issue of the Balance for all pertinent details).

Just like our recovery is a WE program, so is putting together the convention. It takes many hands working together to make the convention successful. We cannot do this *for* you – *without* you! The 2013 Convention Committee has several open positions and we need your help. The time commitments and deadlines of these positions are varied, so there is truly something for everyone!

There are also ways you can help that do not involve volunteering with the committee. One is to look around yourself at your meetings and see who you believe would be an inspiring speaker; talk with them about the possibility of a speaker nomination. Another is to consider presenting a workshop, either by yourself or with other members of your local group or intergroup. Our primary goal is to provide all the convention attendees with a superb and diverse experience. Everyone’s assistance is needed to make that happen.

If you are unable to attend the convention, a donation to the Silent Auction can be a fun and easy way to contribute. The purpose of the Silent Auction is to raise the seed money for the following year’s convention and scholarship fund. Sometimes groups get together to make or sponsor a donation but, many donations come from individuals, too. Details and suggestions are available on the convention website.

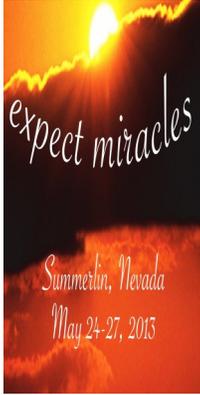
The Annual COSA Convention is one of most significant ways the ISO of COSA reaches out to both newcomers and long-time COSAs, offering rich recovery experiences for all. Enhance *your* recovery by giving back to COSA and helping those who still suffer at the same time. For details about volunteer opportunities and open positions, please visit the convention website at [www.cosa-recovery.org/2013](http://www.cosa-recovery.org/2013); the user name is *expect* and the password is *miracles*. To communicate with the Convention committee, send an email to [convention@cosa-recovery.org](mailto:convention@cosa-recovery.org). You are also welcome to contact our Convention Committee Chair, Elaine K., at [emkusiak@gmail.com](mailto:emkusiak@gmail.com) or 817-705-0271.

2013 ISO of COSA

Convention Committee

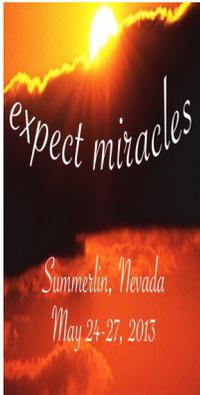


## Information Regarding Convention Pricing



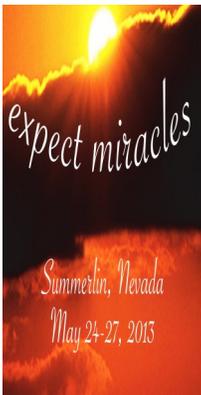
The most widely attended event in COSA's calendar is the COSA Annual Convention. This year a group of COSAs is gathering already to plan the "Expect Miracles" Convention which will take place in Summerlin, Nevada, in 2013.

One of the responsibilities these trusted servants have is to handle the finances of the convention. Because we follow Step Seven which states that COSA is fully self-supporting, there are no corporate sponsors on board as is often the case at other conventions we might attend.



With each new hotel contract every year something changes. We may have lower meal cost but have to pay more for the rental of the individual hotel rooms or vice versa. Many hotels write off at least part of the rental cost for workshop/meeting rooms if the group spends enough on food and beverage and reserves a minimum number of rooms. So when COSAs buy the meals at the convention, they are keeping the registration cost down. The Convention Committee plays with these numbers, tries to predict attendance, and looks at budgets from previous years to try to estimate the cost of hosting the convention. With all this information the committee makes the best estimates they can to make their decision about what to charge members so that the convention at least breaks even.

The Convention Committee's goal is to set up the registration and meal fees to cover the actual cost of putting on the convention. The generosity of our attendees with Seventh Tradition donations, silent auction, raffle and bookstore sales is where we earn our net income. Unfortunately, the reality does not always match the intention and some of the donations are required to pay for the hotel bill.

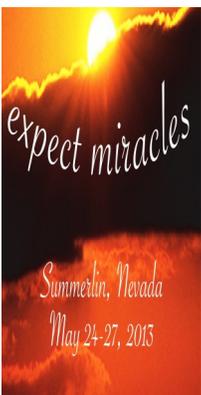


We hope Summerlin will be attractive and affordable for COSAs. Despite the higher meal costs, overall Summerlin will be less expensive to attend than some previous conventions because those greater food costs are compensated for by lower hotel room costs. The Annual Convention offers deep recovery gifts to those COSAs in attendance. This article is an effort to be transparent about our process to help COSAs better understand Convention costs as well as our efforts to be financially sober while making the Convention as accessible as possible to all our members.

We hope you will be able to join us at the "Expect Miracles" Convention in Summerlin, Nevada, on Memorial Day weekend, May 24th to 27th, 2013.

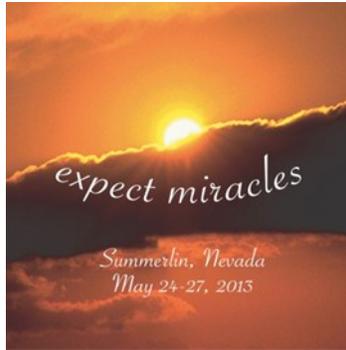
You will find convention registration information elsewhere in this issue of the *Balance*.

2013 Summerlin Convention Committee





**May 24 – 27, 2013  
ISO of COSA Annual  
Convention in  
Summerlin, Nevada**



**Workshop Proposal  
Form**

**Please mail Workshop Proposal Forms no later than *January 15, 2013*, and send to:  
COSA Convention Workshop Proposal, 3508 Oliver Drive, Keller, TX 76244 OR  
Scan and e-mail to [emkusiak@gmail.com](mailto:emkusiak@gmail.com)**

The Convention Program Committee requests Workshop Proposals for the 2013 COSA Convention in Summerlin. 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 “Expect Miracles”:

- 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 suggestions and specific tools you have used to work a Step.
- Helping Others Through Sponsorship:** Tips, tools, lessons learned, and insight 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 Twelve 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 about being a Meeting Delegate. You may have experience, strength, and hope regarding how to help others become familiar with the Traditions (e.g., how to practice 'principles not personalities', or how to practice Group Conscience).

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

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

**E-mail Address:** \_\_\_\_\_ **Phone number(s):** \_\_\_\_\_  
(We prefer e-mail if possible.)

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

**Are you currently working with a COSA sponsor or Cosponsors?** \_\_\_\_\_

**We request that your Sponsor or a fellow COSA member endorse your proposal below:**

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

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

**Phone number(s):** \_\_\_\_\_ **E-mail:** \_\_\_\_\_

*Note: All information on this form is confidential and will be used by the Program Committee only.*

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

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

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**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.)**

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**How does your workshop relate to the conference theme “Expect Miracles”?**

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**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.**

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**Would you prefer your workshop/panel to be:**

- Closed (for convention-registered COSA members only)
- Open (for convention-registered COSA members, SAA members 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 of COSA) permission to record my voice at any presentation for which I am scheduled as a presenter during the ISO of COSA Convention in Summerlin, Nevada, May 24-27, 2013. Furthermore, I give the ISO of 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**

*ISO of COSA International Convention  
and  
Annual Delegate Meeting*



**May 24-27, 2013  
Memorial Day weekend  
Summerlin, Nevada**

**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 Summerlin 2013**

Your 2013 COSA Convention, *Expect Miracles*, begins on Friday, May 24, 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 CDs, a COSA hospitality suite, and plenty of fellowship time including a joint SAA/COSA Outing and Banquet. Sunday's COSA lunch will include a speaker. The convention ends on Monday, May 27, with a COSA brunch and speaker.

**Annual Delegate Meeting**

If your home group is sending you as their Delegate, please join us for a Delegate Orientation Reception from 7:30-9:00 pm Thursday, May 23. The Annual Delegate Meeting will be held from 8:00 am – 5:00 pm Friday, May 24. All attendees are welcome; only registered Delegates will have voting privileges. For more details about the Delegate Meeting and access to the Delegate Packet, click on the Delegate tab on the Convention webpage at:

<http://www.cosa-recovery.org/2013>

User Name: expect      Password: miracles

Please bring **Silent Auction items** to help with COSA fundraising. You can also help by **volunteering** or **mentoring** someone 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 2013 COSA Convention Workshop Proposal and/or Speaker Nomination forms that are available at [www.cosa-recovery.org/2013](http://www.cosa-recovery.org/2013) and mail to:

Convention Program Committee  
3508 Oliver Drive  
Keller, TX 76244

Scanned or e-mailed forms can be sent to: [emkusiak@gmail.com](mailto:emkusiak@gmail.com)

**COSA Meetings:** If you are willing to lead, or serve as secretary for, 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.

## Service Scholarships

The COSA service 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 are requesting a 50% or a 100% scholarship. Online registrants should use the COMMENTS section; mail-in registrants should include a letter with their registration form. Service Scholarships are awarded in exchange for service hours and are limited, so please contact us soon if you are interested.

## Convention Registration

**ONLINE:** Please visit the Convention website at [www.cosa-recovery.org/2013](http://www.cosa-recovery.org/2013). Payment is required at time of registration unless a full scholarship is requested. Credit cards are accepted via PayPal.

User Name: expect      Password: miracles

**MAIL:** Please mail your completed registration form *and full payment* to:  
ISO of COSA – Convention Registration  
9219 Katy Freeway, Suite 212  
Houston, TX 77024

**Registration date will be based on the post mark date. All registrations will be confirmed via e-mail. Checks or money orders in US\$ payable to: *ISO of COSA Annual Convention.***

## Hotel Reservations

JW Marriot Las Vegas Resort & Spa  
221 N Rampart Blvd  
Las Vegas, Nevada 89145  
**1-800-228-9290**

[https://resweb.passkey.com/Resweb.do?mode=welcome\\_ei\\_new&eventID=10140311](https://resweb.passkey.com/Resweb.do?mode=welcome_ei_new&eventID=10140311)

Make reservations at the direct link listed above or by calling the Reservation Desk at 877-622-3140 and booking under: “*Expect Miracles*”. COSA discount rate is \$99/night plus 12% tax (double occupancy). You must reserve your room under the COSA group block name, *Expect Miracles*, so you get the discounted rate and COSA is not charged for unused rooms

## Airport Transportation

This Hotel does **NOT** provide shuttle service from the McCarran International Airport. Taxi fare from airport is between \$65 and \$75 each way.

## Registration Form

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

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

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

Name for name tag (suggested format: first name &amp; last initial): \_\_\_\_\_

**Convention Registration Fee:**

By April 1 \$130\*

After April 1 \$150\*

\*Does not include meals

**Meals:** (Kosher Meals available at additional cost)

Saturday Joint Banquet \$77 \$ \_\_\_\_\_ \*\*

Sunday Luncheon \$43 \$ \_\_\_\_\_

Monday Brunch \$38 \$ \_\_\_\_\_

**\*\*Saturday Joint Banquet must be ordered & paid for by May 1.****All other meals must be ordered & paid for by May 15.***Please specify any special dietary requirements:* \_\_\_\_\_

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

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

Scholarship donation \$ \_\_\_\_\_

**Total Due** \$ \_\_\_\_\_

Please make checks or money orders in US\$ payable to: ISO of COSA Annual Convention.

**First-Time Attendees:**

- I am interested in having a "Convention Mentor" to support me at the convention.
- I am interested in an orientation session.

**Returning Attendees:**

- I am interested in being a "Convention Mentor" to first-time convention attendees.
- I am interested in being a temporary sponsor to other returning convention COSA attendees.

**Volunteering (1-2 hours shifts), I would like to:**

- Work the Registration Table
- Help in the Hospitality Suite
- Lead/secretary a 12 Step COSA meeting (script and readings will be provided)
- Work with the Silent Auction
- Work in the Bookstore

For volunteer scheduling, please let us know:

Arrival Day \_\_\_\_\_ Morning \_\_\_ Afternoon \_\_\_ Evening \_\_\_

Departure Day \_\_\_\_\_ Morning \_\_\_ Afternoon \_\_\_ Evening \_\_\_

### Silent Auction Donations

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

**The ISO of COSA Annual Convention is a 100% volunteer effort and we need your help!**

## 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](http://www.cosacall.com)

For call in numbers for each Telemeeting, check the [www.cosacall.com](http://www.cosacall.com) website.

<b>DAILY</b>	Daily Tenth Step	Noon (PT) (1 MT, 2 CT, 3 ET)
	Daily Eleventh Step	9:00pm (PT) (10MT, 11 CT, Midnight ET)
<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>	Step Study	7:00pm (PT) (8 MT, 9 CT, 10 ET)
<b>WEDNESDAY</b>	COSA Tools	4:00pm (PT) (5 MT, 6 CT, 7 ET)
<b>THURSDAY</b>		6:00pm (PT) (7 MT, 8 CT, 9 ET)
<b>FRIDAY</b>	Step/Tradition/Concept Study	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, 12pm CT, 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.*

### 2012 - Vancouver

12-1	2012 COSA Opening Session – Helene B.'s COSA Story .....	\$6.00 x _____ = \$ _____
12-2	Let's Start the Steps – Part 1 – Dani S. ....	\$6.00 x _____ = \$ _____
12-3	Writing for Recovery – Claudia M. & Betsy H. ....	\$6.00 x _____ = \$ _____
12-4	Safety in Open & Closed COSA meetings – Joey Z. ....	\$6.00 x _____ = \$ _____
12-5	More on the Steps – Part 2 – Dani S. ....	\$6.00 x _____ = \$ _____
12-6	Sponsors: Allies in Recovery – Lindy T. ....	\$6.00 x _____ = \$ _____
12-7	Healthy Boundaries for COSA Service – Kerry M. ....	\$6.00 x _____ = \$ _____
12-8	COSA/SAA Joint Banquet COSA Speaker – Claudia M. ....	\$6.00 x _____ = \$ _____
12-9	Let's Finish the Steps – Part 3 – Dani S. ....	\$6.00 x _____ = \$ _____
12-10	Retreat Planning Made Easier – Shannon T. ....	\$6.00 x _____ = \$ _____
12-11	Breaking the Shame Spiral – Maritza I. & Mila T. ....	\$6.00 x _____ = \$ _____
12-12	Working the Twelve Steps on a Problem – Judith M. ....	\$6.00 x _____ = \$ _____
12-13	Enjoying Life through Boundaries – Ila D. ....	\$6.00 x _____ = \$ _____
12-14	Fireside chat with COSA Sponsors on the Steps – Kerry M. ....	\$6.00 x _____ = \$ _____
12-15	2012 Closing COSA Brunch - COSA Speaker: Linda P. ....	\$6.00 x _____ = \$ _____

### 2011 - Houston

11-1	COSA/SAA Joint Banquet COSA Speaker – Gayle J.'s COSA Story .....	\$6.00 x _____ = \$ _____
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### 2010 - Albuquerque

10-1	2010 COSA Opening Session – Jaime S.'s COSA Story .....	\$6.00 x _____ = \$ _____
10-2	First Things First .....	\$6.00 x _____ = \$ _____
10-3	Step One: Is the Wording Acceptable to You? - Georgia K. ....	\$6.00 x _____ = \$ _____
10-4	The 12 <sup>th</sup> Step at <u>Every</u> Step – Finding a reason to believe - Ann R. & Brian K. ....	\$6.00 x _____ = \$ _____
10-5	The Circles: How I define my own sobriety by using this tool. - Kerstin H. ....	\$6.00 x _____ = \$ _____
10-6	COSA/SAA Joint Banquet – Margo M. & Bob H.'s COSA Story .....	\$6.00 x _____ = \$ _____
10-7	COSA Luncheon Speaker: Elaine K.'s COSA Story .....	\$6.00 x _____ = \$ _____
10-8	Brunch and Closing Ceremony-Reentry Workshop - Carol Ann R. ....	\$6.00 x _____ = \$ _____
10-9	Steps 2 & 3: An Interactive Experience Workshop - Ann R. M. ....	\$6.00 x _____ = \$ _____

### 2009 - Oakland

09-1	2009 COSA Opening Session – Eleanor S.'s Story .....	\$6.00 x _____ = \$ _____
09-4	Bringing Step 5 Alive in Your Life - Ila D. ....	\$6.00 x _____ = \$ _____
09-8	Clarity Begins with Steps 1,2,3 - Connie P. / Renee .....	\$6.00 x _____ = \$ _____
09-9	Parents of Teen Sex Addicts: A Challenging New Look at the Three C's—Carol Ann .....	\$6.00 x _____ = \$ _____
09-10	Recovery Preparedness Kit: Tools for when in a Crisis - Sarah S. & Ami .....	\$6.00 x _____ = \$ _____
09-11	Conscious Contact: Steps 3 and 11 - Dani N. ....	\$6.00 x _____ = \$ _____
09-12	COSA/SAA Joint Banquet COSA Speaker: Eric S.'s COSA Story .....	\$6.00 x _____ = \$ _____
09-16	2009 Sunday COSA Luncheon - COSA Speaker: Peg's COSA Story .....	\$6.00 x _____ = \$ _____
09-20	2009 Closing COSA Brunch - COSA Speaker: Ann R.'s COSA Story .....	\$6.00 x _____ = \$ _____

### 2008 - Seattle

08-1	2008 COSA Opening Session - Connie P. ....	\$6.00 x _____ = \$ _____
08-2	Sponsor/Co-Sponsor Workshop - Panel Moderator: DM S. ....	\$6.00 x _____ = \$ _____
08-3	Step 4 & 5 Workshop: Navigating Your Moral Inventory - Ale B. & Kerry M. ....	\$6.00 x _____ = \$ _____
08-4	Step 6 & 7 Workshop - Panel Moderator: Sue D. ....	\$6.00 x _____ = \$ _____
08-5	Step 8 & 9 Workshop: Working Through Forgiveness and Making Amends - Albert A. ....	\$6.00 x _____ = \$ _____
08-6	Do Telemeetings Really Work? - Panel Moderators: Ale B. & Kerry M. ....	\$6.00 x _____ = \$ _____
08-7	The Dictionary as a Recovery Tool - Sarah S. ....	\$6.00 x _____ = \$ _____
08-8	COSA/SAA Joint Banquet - COSA Speakers: Ila D. & Gayle D. ....	\$6.00 x _____ = \$ _____
08-9	Step 2 & 3 Workshop: Creating Your God Pouch - Lura Lisa W. ....	\$6.00 x _____ = \$ _____
08-10	Step 8 & 9 Workshop: The Amends Process: How It Works & Feels - Ila D. & Gayle D. ....	\$6.00 x _____ = \$ _____
08-11	2008 Sunday COSA Luncheon - COSA Speaker: Albert A. ....	\$6.00 x _____ = \$ _____
08-12	Working a Recovery Program When Your Partner is Not - Panel Moderator: Ruth G. ....	\$6.00 x _____ = \$ _____
08-14	Connecting with HP in Every Step - Panel Moderator: Sarah B. ....	\$6.00 x _____ = \$ _____
08-15	How to Start a Meeting Presentation & Questions - Presenter: Kerstin H. ....	\$6.00 x _____ = \$ _____
08-16	Step 12 Workshop: Working All the Steps on a Problem - Deborra S. ....	\$6.00 x _____ = \$ _____

For a complete listing of all COSA recordings,  
please see [http://www.cosa-recovery.org/convention\\_CDs.html](http://www.cosa-recovery.org/convention_CDs.html).

# COSA Literature Order Form

REV

Ship to Name: \_\_\_\_\_

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

Street/Apt: \_\_\_\_\_

Evening Phone: \_\_\_\_\_

City, State & Zip: \_\_\_\_\_

Email Address: \_\_\_\_\_

**COSA Pamphlets**

A Question of Recovery .....	\$0.75 x _____ = \$ _____
COSA FAQ ☐ .....	\$0.75 x _____ = \$ _____
COSA Media Information .....	\$0.75 x _____ = \$ _____
COSA Tools ☐ .....	\$0.75 x _____ = \$ _____
Defining Co-Sex Addiction/Sexual Codependency ☐ .....	\$0.75 x _____ = \$ _____
Fact Sheet For Professionals .....	\$0.75 x _____ = \$ _____
Twelve Concepts for Groups .....	\$0.75 x _____ = \$ _____
Twelve Traditions in Action: A Checklist for COSA Groups .....	\$0.75 x _____ = \$ _____
Welcome to the Sunlight! ☐ .....	\$0.75 x _____ = \$ _____

**COSA Booklets**

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