



**Volume 9, Issue 4      New Year Issue      Jan/Feb 2013**

## Giving Through Service

Try this experiment sometime. Decide to go through an entire day looking for and thinking about patterns of three. For example; ready, set, go or; body, mind, and spirit. How about our three branches of government; executive, legislative, and judicial? Then there is the stability of a three-legged stool. Or the three parts of a winning football team; offense, defense, and special teams. I have done this many times and it has been life-changing in addition to just plain fun.

This experiment could also provide a new way of thinking about our own ISO of COSA. For example, our recovery program begins with individual COSA's who come to the program usually in crisis but quickly ready to start working the program. The second part of our three-group is working the program, which involves attending a group, getting a sponsor, and working the steps. Last, but not least in our three-group is all-important service.

It is with service in mind that I want to challenge every COSA to begin 2013 with thinking about ways to give back to this wonderful program. Gifts of service can be given at all levels of our three-part program. As your past national treasurer I would hope that everyone would think about giving regular financial contributions to our service board. We now support a physical office in the Houston area and have a full agenda of financial needs that begins with board and convention attendee scholarships, a COSA book, and much more. Let's begin this New Year with a renewed effort to increase the financial stability of COSA and ensure our program's existence for years to come.

Happy New Year Everyone!  
 ~Margie S.  
 Richmond, Indiana

One current opportunity to be of service is at the upcoming 2012 COSA Convention in Summerlin, Nevada. Below COSA members share their Experience, Strength and Hope on serving in this capacity.

Be a Convention Speaker or Presenter!  
 (Who ME?????)

The thought of presenting a workshop at the COSA Convention terrified me. At the same time, I had this gnawing feeling that it was something I needed to do. I had spent many years in COSA, faithfully attending meetings, working the steps, noticing my part,

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



## Seventh Tradition: Financial Report

October 2012-December 15, 2012

<u>Group</u>	<u>Amount</u>
AZ-08	\$29.00
CA-09	\$141.70
CT-02	\$60.00
IN-04	\$119.40
MN-02	\$100.00
OH-06	\$22.00
TX-26	\$123.00
WA-07	\$40.00
WI-04	\$30.00
Edmonton, AB	\$39.11
Phone-IRC	\$25.00
Telemeetings	\$200.00
Individuals	\$369.75
Recurring Individual	\$348.00
<b>Total</b>	<b>\$1,682.96</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 season of giving comes to a close, 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

## By the Fellowship - For the Fellowship

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

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

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

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

By the Fellowship - For the Fellowship

# Giving Through Service

## Giving Through Service-cont'd.

and growing in recovery. My intellect told me I was capable, but my feelings screamed, "It's too scary, I can't do it. What if someone doesn't like it? I'll die of embarrassment!" My intellect and Higher Power won and I did the workshop. Embracing my fears and walking through the process was very difficult. The healing that resulted was gratifying. I went on to present many workshops and to tell my COSA story myriad times in various recovery settings. My fear has lessened, my reliance on my Higher Power has increased exponentially, and the resultant blessings of this kind of service work amaze me. Instead of my old coping skill of getting "juiced up" on the adrenalin of drama, I now get "juiced up" on the excitement of accepting challenging recovery assignments from my Higher Power.

~Anonymous

For the Vancouver Convention in 2012, I had the honor of speaking at the banquet and presenting a workshop. What a way to reignite my program! Every bit of the experience was gratifying, challenging, and--oh, yes--fun! In preparation for speaking, I worked the Steps again (using the COSA literature). In doing that I came to a new understanding of my life and I saw a lot of things that stood in the way of my happiness and the success of my relationships. The love and acceptance I received from all the people at the banquet was the icing on the cake. I also presented "Writing for Recovery" with my friend Betsy H. Again, I learned so much (and laughed a lot) preparing and working with Betsy. I was amazed how much I had learned in COSA that I could now pass on. Frankly, it was easy. It was also deeply rewarding. I mean it when I say thank you for letting me be of service!

~Claudia M.

I have been both a speaker and workshop leader at our COSA Conventions. I agreed to be a speaker after I had completed my steps for the first time. It seemed like the perfect time for me to speak as it allowed me to practice my Twelfth Step in a bigger way. It was an incredibly humbling experience and I was quite nervous but it helped me deepen my recovery in ways I never could have anticipated. As a workshop leader I have found it helpful to focus on a topic (either a Step, a Tradition or a recovery tool) that I feel I want to learn more about--to deepen my understanding rather than serve as an "expert." The best workshops I have attended are the ones where the participants are actively involved through sharing their experience, strength and hope, so I try to design a workshop that allows for that. I've never been disappointed because I learn so much when the participants are just as instructive as the leader. I have offered workshops on topics I feel the least qualified to lead because I need it for my own recovery and can't grow by myself. Leading workshops helps me challenge my understanding or interpretation of a Step or Tradition. Being either a speaker or a workshop leader is a recovery tool that I believe would serve anyone in recovery and with a greater diversity of speakers and workshop leaders I know my own recovery will grow, so I invite all those who are not sure if they are "ready" or "good enough" to get off the fence and pick a topic that you feel would help your own recovery.

~Kerry M.

I've been to convention twice so far. The first time, a few years ago, I stayed on the periphery. I learned a lot, but I let my shyness and my reluctance to get involved hold me back.

## Step One

When I was new to the Twelve Steps, I found it important and helpful to break down and conceptualize the individual words to get a handle on what I was about to experience and to really understand what I was agreeing to.

“We” is the first word. I was struck by what this meant for me. “We” means I am not alone. After attending my first COSA meeting and listening to the stories shared there by these courageous women, I knew that I had found a place where I could share some of the rawest parts of me without fear of shame or judgment. While each person’s story differed in many ways, ultimately I knew our stories were the same in the most important ways. We were all experiencing betrayal, fear, and pain.

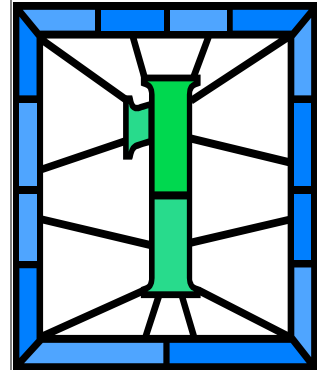
“Admitted”--past tense. I was willing to join others in this process only after admitting to myself that I could not do this alone. Admitting is like waking up. I was finally willing to admit the reality of my marriage. I was willing to admit I wasn’t happy. I was willing to admit I was paralyzed by fear. Admitting is also a kind of allowing. I allowed myself to feel my feelings. I admitted I was miserable. I was also admitting a failure of sorts. I had to admit that all of my strategies and reactions had not changed our relationship. In fact, our relationship was getting worse. I was getting worse.

“Powerless”--a very big word. Powerless means having no authority, no ability, no control--unable to stop the behaviors despite obvious negative consequences; both my husband’s behaviors and my own. Admitting powerlessness is a first step in laying down the strategies we have used to try to gain power and control. I have always felt like such a strong woman. But, the fact remained, even through all of my scheming and strategizing, our marriage was not working.

“Unmanageable”--my codependency creates chaos and damage in my life and in the lives of those I love. My unmanageability looks like chronic sinus infections. It looks like fits of rage toward my husband and my children and crying myself to sleep at night. I was preoccupied with thoughts of my future and feeling fearful all of the time. I drank in order to have the courage to speak out or in order to be able to deal with whatever I wasn’t speaking out about. I would undereat or overeat. I nagged and complained. I carried the load for our relationship. I held grudges and built up resentments against him. I would believe his words to me and ignore his actions. I overcompensated for his anger toward the children and excused his bad behaviors. I was preoccupied with what he was thinking. None of this was done consciously. I was in a black hole with no light to help me find my way out.

Actually, my life has been quite unmanageable for some time; perhaps even before I met my husband. Having survived abuse most of my life, I was desperate for a “normal” life. Maybe that’s why it took me so long to realize the extent of my brokenness. My current life felt--normal. I was living in familiar territory. And I was tired.

I had been so focused on what my husband was and wasn’t doing. I thought I was



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



## 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.

### Giving Through Service-cont'd.

Several years have passed since then. During the intervening years, I have grown. I have made some wonderful recovery friends. I have become increasingly active on the Literature Committee and in my local meetings. I have continued with my Steps and I have continued to heal.

The opportunity to go to convention presented itself again. I really wanted to go! Before I even registered, Lindy T. asked me if I would be willing to serve on a panel discussing sponsorship. I agreed, figuring I would mainly keep quiet and smile. Then, Claudia M. asked me if I would be willing to share briefly at her writing workshop. I agreed. Gently and gradually, my participation in convention evolved from attending the Business Meeting only, to contributing to two workshops, volunteering at the registration table and convention bookstore, and introducing the Saturday night banquet speaker. The commitments I took didn't feel the slightest bit scary or taxing; they felt just right—as natural as breathing. It was a treat and an honor to be side-by-side with COSAs whose recovery I admire so much. I could hardly believe it was *me*, there, being so involved.

Something magical happened at this second convention for me. By contributing and participating, my recovery and healing have blossomed. I feel a new ease and sense of connection to a large and supportive family of COSAs. I've also brought this feeling of connection back with me to my local meetings.

## Step One-cont'd.

protecting my heart. The truth is I was covering up my heart in a cast made of anger, pain and resentment. The First Step is the beginning of self-awareness.

~Jayne M.

### Step One Questions

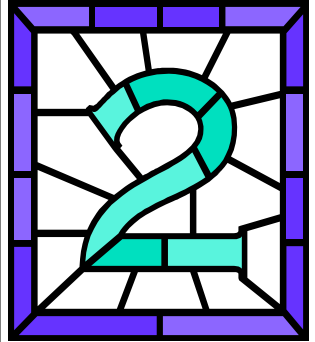
1. Define powerlessness for you?
2. When was the last time you admitted something that was hard for you to acknowledge?
3. Make a short list of things you are powerless over today?
4. Some COSAs say that we are powerless over things outside us, but it is the things inside us that makes our lives unmanageable. (Example: I am powerless over change, and it makes me unmanageable because of my fear) Is this true for you?
5. In what ways is your life more manageable today than when you first came into COSA ?

## Step Two

The Serenity Prayer comes to my mind. I have to continue my journey alone for six more hours. I am shaking and afraid that I will not be a safe driver. However, I am not alone. God is right beside me. I need to feel serene in order to be safe on the road. When I am at home, I routinely take a deep breath knowing that I am receiving a breath of life from my Higher Power/God. Just knowing that God is in control makes me want to drop my shoulders to the ground and enjoy the peace that I have found in the COSA group meetings. I am able to find peace daily and do not have to wait for a weekly group meeting like I did in the beginning. Would I be able to find my inner peace during this crisis? I did just that. With each breath I received, I realized that I was able to control where my focus would be--a choice of focusing on others (which creates chaos) or on the belief that God has unlimited power and unconditional love for me. After all, God created the heavens, earth, universes and everything in between. I have come to believe that everything works to the good for those who believe in God. How can I not believe in this awesome power? No matter what the outcome would be, I knew that God was providing me with serenity and an inner peace at that precise moment.

Each one of us is here for a reason. All I ever wanted was to love my two children better than I had been loved as a child. In retrospect, I realized that I was just as sick as the addict. God loved me so much that He showed me a better way to live a fuller life--COSA. God tried to show me a Twelve-Step group when I was in my early twenties. I was not ready. So, I lived in chaos for another 30 years. God has patience. He knew my heart's desires even when I did not.

For those of you who have just started in COSA, please keep coming back. The reward of finding yourself (who you are) is priceless. This process starts with being powerless and then coming to believe in a power greater than ourselves. I asked myself in the beginning, what do I have to lose? The old ways of controlling and manipulating the addict and/or



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

# Step Shares & Questions

## Step Two-cont'd.

events in my life was not working. That only created chaos. I began to have some peace by believing in my Higher Power. The gift that I have received from believing in a Higher Power also gave me the strength to believe in myself. God gave me a gift of knowing myself. This has been and still is the most beautiful and wonderful gift which I am very grateful for.

~Bunny

### Step Two Questions

1. Many have heard "I came. I came to. I came to believe." Does this fit your experience? How?
2. What do you believe in today? What did you believe in when you entered recovery?
3. What is your Higher Power like today? What do you like and dislike about that?
4. How do you recognize insanity in others? In yourself?
5. What is the difference between sanity and serenity for you?

## Giving Through Service-cont'd.

I may still be shy, but I am more than willing to give back to this program that has given me so much.

~ Betsy

The process of preparing for being the moderator of the Sponsorship workshop in Vancouver was part of my Twelfth Step. In writing out my part in this workshop I was connected to my HP. I knew that I could do this service as part of working on this Step. It was almost as if my HP was talking directly to me and saying "Speak from your Experience, Strength and Hope, and it will be all right." As I put pen to paper, the words just came flowing out. The Promises really were at work for me. I was calm.

~Gratefully, Lindy T.



## 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

## Four COSA Pamphlets now downloadable!!

Four 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

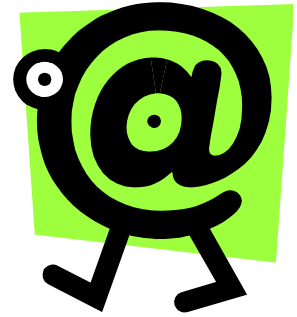
Inform and Empower Yourself with New Resources for COSAs!

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 Opportunities

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

Respect for ourselves and others promotes the feeling of unity. We are all striving to be heard and validated. In COSA, we each have a voice and so do others. It is in the best interests of the group that those individuals who have completed the Steps continue to attend meetings. I try to be aware of how I felt when I first arrived in the group. I was grateful that there were people who had been in the program for several years. This gives hope for those who have just begun their own recovery. When I share my own experience, strength, and hope, I am showing others in the group how I used the Twelve Steps in my own life, which gives a sense of well-being and wholeness to the group. I have personally learned from newcomers and others who have been in the program for years. If you are open to what the person has to say rather than reacting to their personality, you will gain so much more about how to apply the program tools and/or slogans in your own life. This openness and personal growth will strengthen the unification of the group as a whole.

~Bunny

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

I love this tradition! I take from it three main ideas. The first is a Higher Power as the ultimate authority of our group, second is the reminder to let go and trust, and third is humility in defining the group leader as a “trusted servant” who does “not govern”.

### Higher Power

Tradition Two tells us that in our COSA group and at our COSA meetings, our only authority is a loving God, or Higher Power. I think that’s a huge part of why I find COSA meetings so spiritually powerful. At every meeting I attend, I am able to feel the presence of that Higher Power. Our leaders, our trusted servants, never govern at our meetings. We must make room for a Higher Power to be our authority.

For my life purpose as well, there is but one authority, my Higher Power, a loving God.

As I was growing up, I believed that my parents were my higher power. They had authority over me and I believed everything they told me. I saw them as my strength, my anchor, my everything. I think that when I became an adult, I knew in my head that they were human beings, just like me, but my heart didn’t get the concept. It was scary to believe that I didn’t have an anchor. My mom died 13 years ago, and today my dad is an alcoholic who rages and has no spiritual foundation, yet I have a difficult time truly accepting in my core that they are not my higher power.

When I met my husband, he became my anchor. He was more important to me than I was

# Traditions

## Tradition Two-cont'd.

because of this. I put him on a pedestal and did backward somersaults to try to please him so that I could feel I was ok. And then I learned about his addiction and his acting out behaviors and his secret life. He wasn't on my side. I was really able to understand that he was a human being, and a very damaged human being at that. When I really understood who my husband was, I was so lost. If neither my parents nor my husband were my anchor, where did that leave me? I felt so very alone drifting out to sea.

In recovery, I've come to understand that my Higher Power is my anchor. In everything I do, I am not alone. I have a guide, a spirit.

### Trust

I just love the concept of a "trusted servant". Tradition Two reminds me to lean into the courage to trust in the leader of the group.

When I learned of my husband's deceptions, I lost trust in the person who was my partner in life. And with that, I lost trust in people, and most of all, in myself. In my recovery, I am working hard to rebuild that trust. With baby steps, and many "one days at a time," I am coming to a place of trust. Part of baby stepping for me has been attending meetings and being called to put my trust in the rotation of our "trusted servant."

### Humility

Lastly, this tradition reminds me of the importance of humility. The idea of a person leading the group who has no authority to govern and who is in fact referred to as a "servant" rings of humility.

Prior to recovery, I had no concept of humility! My black-and-white dualistic thinking told me that either I am perfect, or I am crap. I didn't want to be crap, so I tried to be perfect, or at least appear perfect. And in my effort, I wasn't willing to take a good look at myself. If I did something that I didn't like, if one of my many character defects emerged, I would quickly use my very well-oiled, finely tuned defense system to either ignore it, explain it away, or minimize it. It's hard to be humble when you're working so hard to portray yourself as a perfect human being!

But in recovery, I am coming to understand that I am a perfectly imperfect human being, no greater than and no less than any other human being. The idea of a leader as a servant whom others trust and who does not govern, on its face is confusing! My first thought is that a leader is someone who is better than me, while a servant is someone less than me. The only way I can make sense of this is to shed these old judgmental thoughts of comparing. I just am: no better, no worse. For now I get the concept in my head. I'm working to incorporate it into my heart!

I can live a much fuller and richer life from a place of humility. When I think I'm better than

## Literature Committee & Book Committee

### Literature Committee, Book Development Committee... What's the Difference?

This article is an attempt to bring clarity to the fellowship about the differences between the **Literature Committee** and the **Book Development Committee**. The Chairs of these two committees have collaborated in the writing of this piece.

The **Literature Committee** has existed for a long time as one of the most important committees of the COSA Fellowship. It is currently responsible for the bi-monthly production of our newsletter, *Balance*, and for the writing, editing, and production of new literature pieces.

At the 2009 Annual Delegate Meeting in Oakland, California, a motion was passed that a COSA Basic Text be developed. Soon afterwards, the Goal 3 Committee was formed to study the feasibility of writing such a text. In 2011, the name was changed to the **Book Development Committee**.

The primary task of the **Book Development Committee** is to shepherd the writing and editing of a COSA Basic Text. This group operates independently and reports directly to the Board. The **Book Development Committee** Chair attends monthly **Literature Committee** telemeetings in order to maintain a liaison between the two groups. This allows the more experienced **LitCom** to share its best practices, and it promotes communication and cooperation between the committees.

Writings submitted to **LitCom** for consideration as part of new literature, or publication in the *Balance* newsletter, are not currently considered for publication in the COSA Basic Text. While the **Book Development Committee** has access to past issues of the *Balance*, its members hope to obtain fresh writing submissions from the fellowship in order to include the best examples of experience, strength, and hope (ESH) in this new and exciting project. To submit your ESH in writing to the **Literature Committee** for inclusion in new literature pieces or the *Balance*, please contact them at [cosacopy@yahoo.com](mailto:cosacopy@yahoo.com). If you feel led to write your COSA story or share your ESH about a specific topic to be considered for inclusion in the Basic Text, contact the Book Development Committee at [goal3writers@yahoo.com](mailto:goal3writers@yahoo.com).

### The COSA Literature Committee and The COSA Book Development Committee

## Tradition Two-cont'd.

others, I can't allow myself to be truly seen by them. It's a lonely existence without true intimacy. And when I think of myself as being less than others, I feel unworthy and intimidated, thus unable to have a true relationship.

I am so grateful for the wisdom of the lessons of Tradition Two. They are so meaningful in my life today! And I'm so grateful for recovery and COSA!

With much love and gratitude,  
Liz from Orlando



## Invitation for Speakers & Presenters

Hello to everyone in COSA!

I am writing to let you know about the wonderful opportunities to speak or give a workshop at the annual convention in May of 2013. Whether you have attended a convention or not, it is inevitable in the process of recovery that ideas for meeting topics come to us as a result of just listening to others.

The theme of the convention is: Expect Miracles

Expectations are the ideas we have of the outcome of embarking on COSA recovery. The miracles are the unexpected benefits we all receive as a result of our recovery process. The act of speaking or doing a workshop is an opportunity to explore our own expectations and to experience the miracles as a result!

You may have thought of a topic for a meeting. We would like to hear it! If you were particularly moved by someone's sharing at a meeting and would like to hear him or her speak at the convention, let us know! The way we each work our program is as diverse as our members and we each have wonderful ideas to share with others!

The convention program includes workshops and also four meetings where a speaker shares their story. These meetings are for all attendees while several workshops run concurrently. Workshops may touch on a variety of different themes on specific topics such as the Steps, service, etc. The workshop format can be a speaker, a panel of speakers, or more active, like a writing meeting, or sharing together some other activity focused on a topic.

You will find below three "tracks" as suggestions for the focus of workshops. You will find there is overlap and lots of opportunity for your topics within these tracks.

### The Twelve Steps

The way we work the Steps is personal to us. This is an opportunity to share how you worked a specific Step in the COSA fellowship. Focusing on one or several Steps in these workshops allows us to concentrate on the process of this work, and the benefits. The great value of workshops on the Steps is sharing our process with others. We all have expectations, experiences, insights and miracles we have experienced in working a particular or several Steps.

### The Tools

The tools enable us to grow in our recovery. You may use tools such as meetings, phone calls, writing, program literature, service, and you may also use self-care tools and the Three Circles. Any of these would be a valuable contribution to others' recovery.

### Service

This is such an important tool for our recoveries! We use the tool from the start of our

## Invitation-cont'd.

recovery, since showing up at a meeting is in itself doing service! What are your experiences with this tool? Whether it is service leading a meeting, being a speaker or reader, starting a meeting, or service above the group level, we all have lots to share! We can also look at service using our theme "Expect Miracles". What expectations did you have prior to giving service, and what are the miracles that came as result of doing service?

We invite you to email us your ideas for workshop topics, and the names of people you would like to hear as speakers. Perhaps you would like to speak or do a workshop yourself! We can talk, and then go from there! Forms for nominating a speaker or doing a workshop are on the COSA website and the convention website if you are ready to send them in. They can be mailed in or scanned and emailed to me. I look forward to hearing from you! We are excited to have a great program next year that reflects what you, the fellowship, are interested in having!

Laura Z. – Program Committee Chair  
I can be reached at [lzad@optonline.net](mailto:lzad@optonline.net)

## 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).

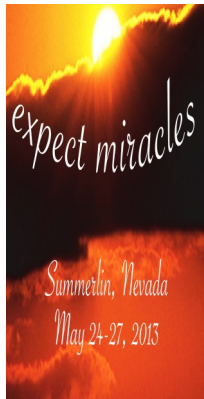
Just like our recovery is a WE program, so is putting together the convention. It takes many hands working together to make the convention successful. We cannot do this *for* you – *without* you! The 2013 Convention Committee has several open positions and we need your help. The time commitments and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



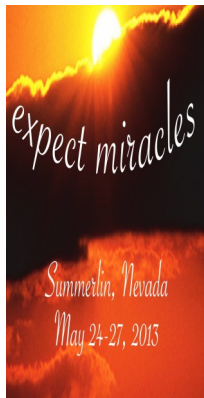


## Call for Volunteers-cont'd.

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.

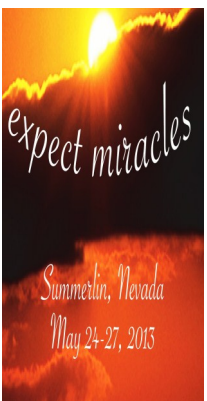
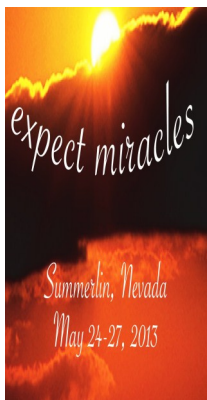
The Convention Committee's goal is to set up the registration and meal fees to cover the actual cost of putting on the convention. The generosity of our attendees with Seventh Tradition donations, silent auction, raffle and bookstore sales is where we earn our net income. Unfortunately, the reality does 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.

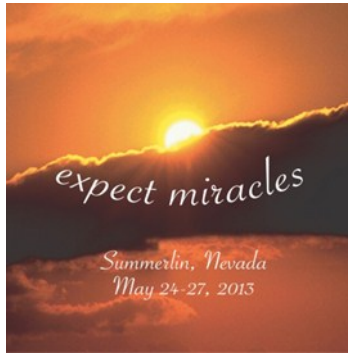
You will find convention registration information elsewhere in this issue of the *Balance*.

2013 Summerlin Convention Committee





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



**Speaker  
Nomination Form**

Please mail Speaker Nomination Forms no later than *January 15, 2013*, and send to:

**Laura Z, 49 Sutton Place, Islandia, NY 11749 OR  
Scan and e-mail to [lzad@optonline.net](mailto:lzad@optonline.net)**

**Nominee’s Name:** \_\_\_\_\_

**Nominee’s Phone number(s):** \_\_\_\_\_

**Nominee’s E-mail Address:** \_\_\_\_\_

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

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

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

\_\_\_\_\_

**Your first name and last initial:** \_\_\_\_\_

**How may we reach you if we have questions?**

**Your Phone(s):** \_\_\_\_\_ **Your E-mail:** \_\_\_\_\_ **Best times to call you:** \_\_\_\_\_

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

**I hereby grant the International Service Organization of COSA (ISO 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 in any way it sees fit, without any kind of benefit or compensation to me.**

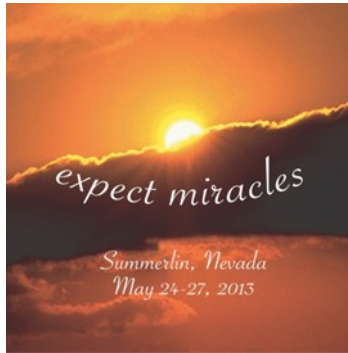
\_\_\_\_\_  
**Signature of presenter**

\_\_\_\_\_  
**Date**

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

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

**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:  
**Laura Z, 49 Sutton Place, Islandia, NY 11749OR**  
Scan and e-mail to [lzad@optonline.net](mailto:lzad@optonline.net)

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  
49 Sutton Place  
Islandia, NY 11749

Scanned or e-mailed forms can be sent to: [lzad@optonline.net](mailto:lzad@optonline.net)

**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)

To ensure you receive the special rate, you can register at the dedicated website for our convention or you can call a dedicated Group Reservations phone Ask for the **Expect Miracles** rate and book prior to **Tuesday, April 22, 2013**. Do not call the Hotel directly or the regular Marriott reservations phone numbers, they will not be able to make reservations under our group block/rate.

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) until **April 22**. 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>

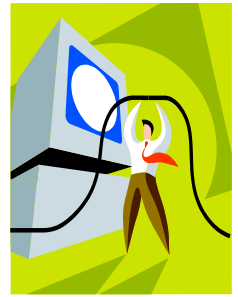
Join [COSA 12 STEP](#), a Yahoo Groups forum for COSA members. COSA 12 STEP is an announcement board owned and operated by the ISO whose main purpose is to help isolated COSAs connect and to support our online chat meetings.

[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)
<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 _____ = \$ _____
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