



Volume 9, Issue 5 Spring Issue March/April 2013

Let Go and Let God

Before I found COSA, I had a sense of a Higher Power, but it was fleeting and not all that significant in my day-to-day life. I was living a life without recovery, a very nonspiritual and unmanageable one, where I believed I had to, and could, take care of everyone and everything.

I learned as a child to be the responsible one. And with that responsibility, I took on the role of caretaker for those around me: my family, my friends, and sometimes even strangers. I see now that this served a purpose for me. When I spent my energy focusing on others' needs, I didn't have to spend time with myself. It was much more comfortable for me to look outside of myself than to see what was within! I spent many years running from myself.

In recovery, I am learning to "Let Go and Let God". It's an easy concept for me to grasp intellectually, but oh so challenging to truly take into my heart. Prior to recovery, I truly believed the illusion that I was in control of those around me, including my husband. I thought I had balance, that my fingers were on all of the controls, and that everyone was doing what I wanted them to do. And then when I learned of my husband's secret life, my world was shattered. I don't think I would ever have recognized the concept of my powerlessness without that traumatic, harrowing, heartbreaking bonk on my head! The devastation of my husband's sex addiction was the in-my-face reality I needed to see that I really had no control over my husband. Not did I have any control over my children, my friends, my dad, my co-workers, etc.

I've heard it said that when I got to the end of my rope, I let go. It's as simple as that. I feared that I would fall into a deep chasm, but it wasn't a chasm at all: it was more like falling off a six-inch curb. Each time I let go, I understand that my Higher Power is there for me--to catch me so I don't fall so hard. Or to let me fall hard, but then to be there for me--to help put the pieces back together and to help me learn what I need to learn from the fall.

When I need a reminder to Let Go and Let God, I visualize myself in a forceful flowing stream, trying to fight the current to get upstream. Either I never arrive, or by the time I make it upstream, I'm too exhausted to enjoy what's there! Prior to recovery, I

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



Seventh Tradition: Financial Report

December 2012-February 2013

<u>Group</u>	<u>Amount</u>
AZ-02	\$100.00
AZ-03	\$100.00
AZ-12	\$25.00
CA-04	\$120.00
CA-07	\$75.00
CA-09	\$116.00
CA-26	\$148.90
FL-11	\$50.00
FL-12	\$30.00
FL-13	\$20.00
IN-02	\$150.00
OH-06	\$20.00
TX-07	\$80.00
TX-22	\$108.00
WI-04	\$30.00
INT-21	\$32.08
Individuals	\$56.00
Total	\$1,260.98

Enhance Your Convention Experience

To get the most out of your convention experience, try doing service work! Volunteering to work at the convention can be fun and you may make some new COSA friends to boot!

Here are some ways we can all help:

- Work at registration table
- Secretary a meeting
- Put on a workshop or introduce a speaker
- Work at the bookstore or hospitality suite
- Work at/donate to the silent auction
- Be a convention mentor or temporary sponsor.

The convention is put on by COSAs for COSAs. When you register for the convention, please be sure to indicate where you would like to do your service work. Attending a convention is a great experience and you can enhance it by being of service!

~Janie A.

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

Please send your articles to COSACopy@yahoo.com or by snail mail to the

**Phone: 866-899-2672
E-mail: info@cosa-recovery.org**

By the Fellowship - For the Fellowship

Let Go and Let God

Let Go and Let God-cont'd.

exhausted myself trying to control the uncontrollable, i.e., anything outside of myself. When I Let Go and Let God, I find myself moving as I am supposed to be moving, with the flow of the stream. When I trust in my Higher Power, I am able to lean back and enjoy the ride.

Miracles have happened for me when I am able to be brave enough, humble enough, and trusting enough to let go. I don't have to do anything else. My Higher Power is there to take over for me. I've seen it happen. And I remind myself of those times. The more awareness I have that "God is doing for us what we could not do for ourselves," the more I am able to lean into it, let go, and let God do for me what I cannot do for myself, that which is supposed to be done. My trust continues to build.

When I Let Go and Let God, I am able to live a fuller, more complete life. My fears, doubts, and insecurities are replaced by faith, trust, and a sense of serenity. I am able to access the wisdom of my Higher Power, and trust in myself. I am forever grateful for the tools of COSA recovery.

With love and gratitude,
Liz from Orlando

* * *

My journey with the subject of letting go began exactly half my life ago. My father gave me a book that helped me come to three new understandings about life:

1. You waste your time and energy thinking about or regretting anything that happened in the past. You can't change the past, so let it go.
2. You waste your time and energy worrying about what might happen in the future. You can only control what you do right now. Worrying about the future is futile, so let it go.
3. You waste your time and energy trying to change and control what others do or what they think or feel. You can only control your own actions and reactions. Trying to control others is pointless. Let it go.

Unfortunately for my parents, I read this book at a moment in time when they were very worried for my safety as I traveled around Europe. My mom requested an itinerary of my three-week backpacking tour of youth hostels, but I didn't want to commit to a particular route. She told me I was "making her very nervous." So I triumphantly declared that she was responsible for her own feelings, and I couldn't "make her feel" anything. I'm sure my dad regretted giving me that book for many years after that.

I've since come to a more mature understanding of these concepts, particularly the third one. But the more I learn, the more I realize how much more I have to learn!

"Letting go" is such a broad concept. It is at once incredibly complicated and amazingly simple. We can let go of control, of fear, of problems, of questions, of attachments, of

Step Three

“Made”: past tense. This is the action that naturally follows Step Two, coming to believe.

“decision”: this is a choice. I have choices. My decisions = my choices = my power.

“turn”: I am literally turning my head and shifting my gaze from my husband (insert anyone I’m focusing on for my identity--kids, mother...) to God.

“will”: my intentions, goals, determinations, ideas, idealizations, choices, decisions

“lives”: all that I do and all that I am

“care”: painstaking and watchful attention, nurture, protection, love

“God as we understood God”: my ideas about God are now coming from what Life brings and watching how Life (God) in me responds. I no longer choose to hold on to the God of my childhood that was distant and uninterested, silent when I was “good” and punitive when I was “bad.”

This has been my step for real self-care. When I feel good about what I’m doing to and for myself, I know I am experiencing in that moment God’s care for me. I can trust God. Step Two is a belief in a greater Power. Step Three is the action that follows that belief. This step keeps me in the moment.

I may experience some disappointment, otherwise I wouldn’t be human. But, I know my hope for the Life that will bring me the most of everything--the most satisfaction, the most joy, the most opportunity for growth--is in God’s care. And I know God cares.

This is the Step that reminds me that if I let go of my life as I know it, I can begin to discover the Life I am free to live. Everything that I held so tightly in my life so that I would feel safe wasn’t giving me Life, anyway. It has proved very difficult for me to let go of my little life even though it gave me so much pain. But, as I’ve released it, one white knuckle at a time, I’m finding Life--a full one--the Life intended for me all along. I am holding on to the promise that the pain of my past is being transformed into Life filled with purpose and joy. That’s what Step Three means to me. God really cares.

Gratitude helps me to remember that the God I’m surrendering to is Good. I can look back and see what I have come through and be grateful. My gratitude with what I’ve come through helps me remember that I can also be grateful for my circumstances today. Because of my Life, I am working a program that is allowing God to produce Real Life in me. I have met some of the most incredibly courageous women--women of compassion--women with Wisdom. When I see all that I have, all that I have been given, I can trust God with my self and my life.

Step Three is about allowing.

~Jayne M.



Made a decision to turn our will and our lives over to the care of God as we understood God.



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.

Let Go and Let God-cont'd.

relationships, of stuff, of weight, of addictions, of thoughts, of feelings, of the past . . . And if you're like me - a codependent who attaches desperately to everything and everyone - it's overwhelming and inconceivable. And yet, all it takes is one thing - release. It's as easy as breathing and as hard as living.

Whatever you cling to with all your might; if that death grip prevents you from realizing happiness and fulfillment or from moving forward in your life, it's time to let go. "When I let go of what I am, I become what I might be," said Lao Tzu. Releasing attachment frees you to be who you want to be. So how do we do that?

Most of us say the "Serenity Prayer" that says:

"God grant me serenity to accept the things I cannot change, courage to change the things I can and wisdom to know the difference."

The full prayer, as written by Reinhold Niebuhr, includes ways to do this, such as living one day at a time, enjoying one moment at a time, accepting hardship as a way to peace, taking the world as it is, and trusting that God will make all things right. This is what it means to surrender yourself to a Higher Power.

This is the way that I've survived the days when I just felt shattered, hopeless, exhausted, or weak. I've closed my eyes and taken a deep breath and said--to whomever or whatever is accessible to me in the quiet moments --"Please help me." And I've

Step Four

I came to COSA depressed, beaten down, emotionally and spiritually bankrupt. I also came with a lot of “whys.” Why had I become such a depressed, unhappy person? Why did the people I loved and felt I had done so much for turn their back on me? Why had I done the things that made me feel so worthless inside? I hated myself and felt profoundly victimized.

The Fourth Step was the beginning of my journey towards answering those questions, towards self-knowledge and taking responsibility for who I had become. As I wrote each part of my inventory, I began, for the first time, to understand what shaped my character. There it was, written in black and white before me. I came to see and understand the places inside me that had become warped or crooked, that were unhealed, that no longer served me (a.k.a. my defects). As I looked at my fears I began to understand the core beliefs that were driving my life. In looking at my assets I began to understand that I was not a hopeless waste of a human being. Step Four gave me the knowledge that I would need, not just to work the remaining Steps but also to have a new and more honest awareness of who I am. It empowered me, with God’s help, to be able to begin the process of change.

In reflecting on all of my own actions and all the things I had carried inside of me for so long, things that brought me tremendous shame, I also began to understand and have compassion for my own humanity for the first time and I began to learn how to forgive and let others be human too. The spiritual housecleaning was bittersweet, but wonderful. It was tremendously healing. The relief of letting go of so much emotional dead weight was profound.

One of my favorite aspects of the Fourth Step is that it is not something that I do once and then forget about. Anytime I feel a lack of balance or those first festering seeds of resentment, this Step reminds me where to begin to look for answers. I trust that if I embark on this endeavor with the help of my Higher Power, and with a willingness to be as honest as I can, I will find exactly what I need.

And when the bad things in life happen, when I am hurting, terrified, furious, or ashamed, this Step is there to gently focus my attention back onto me, back onto the solution, instead of my flailing about and demanding that the world and the people in it conform to my expectations and wishes. This Step has often been a very important part of the process by which my Higher Power restores me to peace.

From time to time I have heard this Step referred to as the “dreaded Fourth Step.” Indeed, when I have looked honestly within, some of my defects have been hard for me to face. But I have never once regretted undertaking this Step. If done gently, with love and support, it is a simple way to keep my emotional and spiritual house in order. It is a relief from the burden of walking through each day resentful, afraid, and hurting. It is a step in the direction of humility and self-responsibility. As of today, I have returned to this Step many times, trusting that if done with compassion for myself, it holds the key to much of what I need to understand in order to live my life in a calmer, saner, more peaceful way.

~Amy E.



Made a searching and fearless moral inventory of ourselves.

Opportunity for Service

Opportunity for Service

We want you!



You're working the Steps with a sponsor, and you're looking to bump up your personal recovery through service.

Your computer, laptop, or smart phone is never very far away, and you check your e-mail several times a day.

You are organized and you have a desire to learn about COSA and the Literature Committee. *You* are an excellent candidate to fill a position as the Literature Committee's COSAcopy Responder!

Your responsibilities will include checking e-mail at least twice a day, and forwarding messages to the right person or taking other action. You'll also attend a monthly Literature Committee teleconference. Full training will be provided.

Please contact us at COAcopy@yahoo.com if you're interested.

Yours in Service,
The Literature Committee

Let Go and Let God-cont'd.

received that help. I've received calm. I've received clarity. I've received strength. I've received healing. I realized in those moments that I couldn't control the circumstances, so I had to let go of the reins. I recognized that if I didn't want to be miserable, I had a choice to change the situation I was in or accept it totally.

All it takes is breathing and being quiet and receptive to the messages from your Higher Power. See what I mean about incredibly complicated and amazingly simple?

~Julia G.

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 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

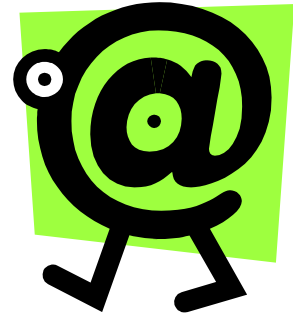
Inform and Empower Yourself with New Resources for COSAs!

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 and our great variety of existing literature and CDs from previous years.



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



Call for Meditations

Call for Meditations

Dear COSA Friends,

Exciting news! We’re developing a **collection of daily reflections** (meditations) written by COSAs, for COSAs. We welcome your written contributions and encourage you to spread the word to your groups.

Here are the details for this project, along with COSA’s Writing Guidelines. If you have questions or ideas for topics, please e-mail the Literature Committee at cosacopy@yahoo.com.

Thank you in advance!

Each share:

- o brief title or topic
- o one main idea
- o one to three paragraphs of text (approximately 300 words or less)
- o written using first person singular (I/me)
- o written in a way that honors COSA diversity
- o suggested basic format:
 - introduce the topic in a dynamic way
 - expand upon the topic briefly, using specifics
 - mention Steps, Traditions, or recovery tools that help, and/or ESH emphasizing hope and solutions
 - include a closing thought, intention
- o send submissions to cosacopy@yahoo.com with the following:
 - “meditations book” in the subject line
 - your name (as you would like it to appear on a credits page)
 - your phone number, e-mail address, and time zone in case we need to contact you with questions (this information will not be published or shared outside of the Literature Committee)

Possible topics include:

anger	detachment	manipulation	shame
acceptance	extreme thinking	patience	sponsorship
blame	fear	perfectionism	Step work
boundaries	feelings	saying no	strength
change	forgiveness	saying yes	surrender
clear communication	gratitude	secrets	taking responsibility
commitment	grief	self-acceptance	timing
Concepts	higher power	self-esteem	Traditions
COSA sobriety	honesty	self-forgiveness	trust
courage	letting go	sexual sobriety	willingness
denial			wisdom

Call for Meditations-cont'd.

[Sample meditation]

Trusting Myself

When I came to COSA, my life had been turned upside down. The discovery of my partner's sex addiction jarred me into a new way of viewing my life. I was shocked by his behaviors, but also frightened by the strength of my denial and my willingness to betray myself. In the glare of discovery I saw that I had ignored several red flags. I could see my past in clear detail, with all of the ways I had put myself in harm's way. I doubted my ability to ever trust anyone again, especially myself.

In working the Steps, I began to discover that it was not the wisdom of my inner voice that had been lacking. It was my ability and willingness to *listen* to it and *honor* it that had been compromised. The truth had been there all along, but I had been ignoring it. In order to cope with uncomfortable situations, I had—over time—slipped into patterns of avoiding, controlling, or denying my feelings. I focused on others to the point of losing touch with myself. I tried to anticipate other people's needs, to be what they wanted me to be. I could not be counted on to be honest, because I didn't even realize I was being dishonest.

Thankfully COSA has connected me to my truth and to my Higher Power. I know now that my Higher Power speaks to me through my thoughts and feelings, and through my body. My sponsor and recovery friends help me find my inner voice by reflecting back to me the things I share. My job is to listen carefully and to honor myself.

Today, I will listen for my Higher Power's guidance and I will affirm the ways I am rebuilding trust in myself.

Call for Meditations

Literature Committee Meetings Open to All COSAs

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

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

In Service,
Your COSA Literature Committee

Book Committee Announcement

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

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

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

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

Call for Spanish Language Translators

¿Habla usted español?

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

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

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

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

The first part of Tradition Three tells me that I belong. For me, that feeling of belonging was new. I'd always been the odd man out, and the secrets I carried made me more isolated still. But I came to COSA, and two women Twelve-stepped me by telling their stories and inviting me to tell mine. I heard of their struggles as they were affected by compulsive sexual behavior, and I realized that I had been affected in similar ways. Their stories were different from mine. Since I was still really into comparing, I judged their pain to be "better" or "worse" than mine. I had not yet learned to listen for the similarities. But though I tried, I could not deny that I was a part of this fellowship, and I belonged.

Some of the people in my group identify themselves as a "recovering COSA." I also hear people introduce themselves as "co-sex addict and codependent" and other similar things. We are all struggling with different aspects of the disease. I attend a closed meeting, which just means that only people who have been affected or are being affected by compulsive sexual behavior may attend. We come from different backgrounds. We are married or single or in a partnership. We are people who are varied in terms of gender or sexual orientation, race, religion, beliefs, background. We drive a BMW or we take the bus. But because we are affected by compulsive sexual behavior, we have the right to claim a seat in COSA.

These differences have taught me that I can focus on belonging, or not belonging. I can compare, or I can join in and be a part of. I still struggle with comparing myself to you. I lose every time, because I judge you to be more than or less than me. Either way, I isolate myself further and I lose. My struggles with someone else's compulsive sexual behavior isolate me from most of the people I know. I am learning to start seeing myself as part of the whole. I am learning to stand in the circle.

I belong.

~Anonymous

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

Tradition Four encourages a balance of freedom and accountability, something that I have been working toward in my individual recovery. For me, attaining a healthy, right-sized sense of self involves being free and self-actualized, while also being considerate of others to the best of my ability. In my understanding of sobriety, the two are equally important and strengthen one another. Each group may have distinctive needs, based upon its members, region, or specific circumstances. Tradition Four encourages groups to be responsive and meet these needs quickly and directly. For example, a group may wish to change from an open-sharing format to a Steps and Traditions focus. It may change from an hour-long meeting to an hour and a half, or it may meet early on the third week of the month. The meeting I attend changed from a women-only group to being open to both men and women COSAs. We accomplished this through discussion and a group conscience

Traditions

Tradition Four-cont'd.

vote, guided by our Higher Power. Groups are free to exercise any of these options – and many others – in order to help their members grow and to effectively carry the message of recovery. This freedom comes with responsibility. Since the conduct of any COSA group may reflect upon the COSA fellowship as a whole, we want to represent COSA in a healthy and favorable way to those seeking recovery and to our local community. For example, my group aims to be welcoming, supportive and safe for its members. In our interactions with the church we rent a room from, we pay our rent on time, we are courteous and tidy, consistent and cooperative. All of these seemingly small actions contribute to our shared well-being. We can recover and help others recover most effectively when our groups are guided by the good, orderly direction of the Twelve Traditions. Matters that may affect other COSA groups or the whole fellowship need careful attention and thoughtful discussion before any action is taken. The vitality of the fellowship and its ability to serve depend upon it. Some matters are best resolved at our annual Delegate meeting and with the guidance of the trusted servants of the ISO of COSA. While consulting the entire fellowship is less immediate than making a quick decision at our local group, I have faith in this process. I want the help of COSA to be there for the next person who needs it. The balance of autonomy and responsibility ensure that it will be.

~Betsy

As seen in the Volume 6, Issue 6 of the Balance.

Literature Committee and 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.

Reminder-2013 *Expect Miracles* Convention Deadline

The 2013 Summerlin Convention Committee would like to remind everyone of the following deadlines that are fast approaching:

Early Bird Registration Ends April 1 – cost will increase \$20 after this date

Discount Hotel Rate Ends April 22 – our discount rate is only \$99 per night! To ensure you receive the special rate, you can register online at a dedicated website for our Convention (there is a link under the hotel information on the COSA website) or you can call a dedicated Group Reservations phone number 877-622-3140. Ask for the *Expect Miracles* rate.

Joint Banquet Meal Tickets Ends May 1st – we will not be able to get any more tickets after this date.

COSA Lunch and Brunch Ends May 15th

The registration and meal fees must be ordered and paid for by the deadline date. Please keep in mind when you purchase the meals and book the hotel room before the deadline date, you are helping to keep our costs down! How? Our contract with the hotel states we must spend a certain amount of money on food for the meals and book a certain number of rooms in order NOT to pay for any of the meeting rooms. If we had to pay for the meeting rooms, the registration cost would be raised significantly.

Support the Silent Auction

The purpose of the Silent Auction is to provide both scholarship and seed money for the following year's convention. Together we can all make our auction a success for COSA's ISO. We are in need of COSA members to help before and/or during the convention and we need donations. Do you have new items hanging around in your closets that you don't use? Have something you want to re-gift? Do you have a special talent for sewing, making note cards or jewelry that you would be willing to share by making something for the auction? You say you aren't able to attend the convention and don't know of anyone coming? Not a problem! We can help you find someone to bring the item or it can be shipped directly to the hotel. If you have questions, please email us at silentauction@cosa-recovery.org.

LitCom & BookCom-cont'd.

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. 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.

The COSA Literature Committee and The COSA Book Development Committee





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!

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).

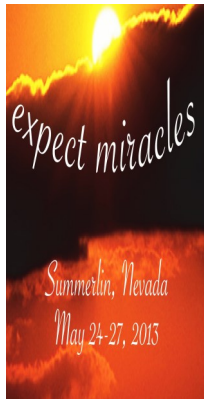
Just like our recovery is a WE program, so is putting together the convention. It takes many hands working together to make the convention successful. We cannot do this *for* you – *without* you! The 2013 Convention Committee has several open positions and we need your help. The time commitments and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



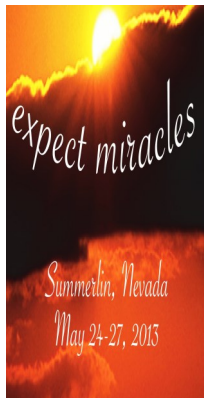


Call for Volunteers-cont'd.

For details about volunteer opportunities and open positions, please visit the convention website at www.cosa-recovery.org/2013; the user name is *expect* and the password is *miracles*. To communicate with the Convention committee, send an email to convention@cosa-recovery.org. You are also welcome to contact our Convention Committee Chair, Elaine K., at 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.

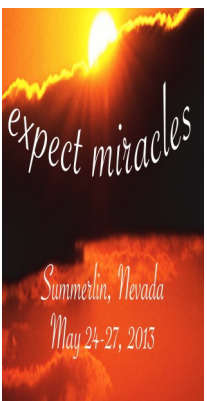
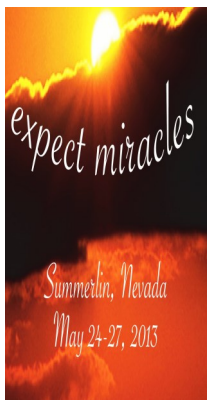
The Convention Committee's goal is to set up the registration and meal fees to cover the actual cost of putting on the convention. The generosity of our attendees with Seventh Tradition donations, silent auction, raffle and bookstore sales is where we earn our net income. Unfortunately, the reality does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

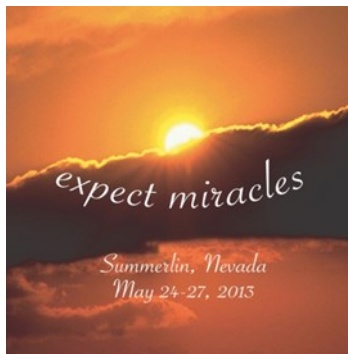
We hope you will be able to join us at the "Expect Miracles" Convention in Summerlin, Nevada, on Memorial Day weekend, May 24th to 27th, 2013.

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 *March 15, 2013*, and send to:

Elaine K, 3508 Oliver Drive, Keller, TX 76244 OR
Scan and e-mail to emkusiak@gmail.com

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.

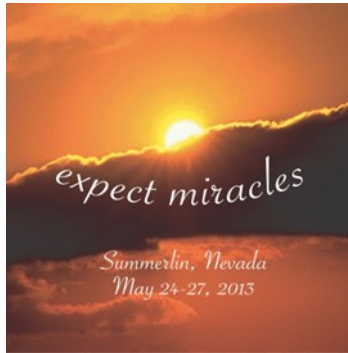
Signature of presenter

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 *March 15, 2013*, and send to:
Elaine K, 3508 Oliver Drive, Keller, TX 76244 OR
Scan and e-mail to 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).

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

Please describe the content of your workshop or session (e.g., Twelve Steps, Traditions, etc.) and the presentation format (e.g., panel, presentation, how you plan to involve participants, etc.)

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

Please describe the materials that will be used by participants in your workshop or session (e.g., handouts, paint, music, etc.) and what may be taken home by participants.

Would you prefer your workshop/panel to be:

- Closed (for convention-registered COSA members only)
- Open (for convention-registered COSA members, 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

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 and mail to:

Convention Program Committee
3508 Oliver Drive, Keller
Keller, TX 76244

Scanned or e-mailed forms can be sent to: 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. 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

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 & 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>

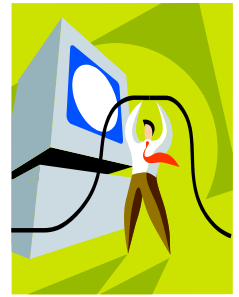
Join [COSA 12 STEP](#), a Yahoo Groups forum for COSA members. COSA 12 STEP is an announcement board owned and operated by the ISO whose main purpose is to help isolated COSAs connect and to support our online chat meetings.

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

Telemeetings—www.cosacall.com

For call in numbers for each Telemeeting, check the www.cosacall.com website.

DAILY	Daily Tenth Step	Noon (PT) (1 MT, 2 CT, 3 ET)
	Daily Eleventh Step	9:00pm (PT) (10MT, 11 CT, Midnight ET)
MONDAY	Step/Tradition Study	9:00am (PT) (10MT, 11 CT, Noon ET)
	Recovery Tools...	5:00pm (PT) (6 MT, 7 CT, 8 ET)
TUESDAY	Step Study	7:00pm (PT) (8 MT, 9 CT, 10 ET)
WEDNESDAY	COSA Tools	4:00pm (PT) (5 MT, 6 CT, 7 ET)
THURSDAY		6:00pm (PT) (7 MT, 8 CT, 9 ET)
FRIDAY	Step/Tradition/Concept Study	6:00pm (PT) (7 MT, 8 CT, 9 ET)
SATURDAY		5:00pm (PT) (6 MT, 7 CT, 8 ET)
SUNDAY	Men's Only COSA Mtg.	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 th 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.

COSA Literature Order Form

REV 10/12

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

A Program of Recovery / 52 Questions	\$2.50 x _____ = \$ _____
Attraction not Promotion (New 2012!!)	\$2.50 x _____ = \$ _____
Boundaries in Recovery	\$2.50 x _____ = \$ _____
Caretaking	\$2.50 x _____ = \$ _____
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