



Volume 9, Issue 6 Summer Issue May/June 2013

Defining My Sobriety

This was a major milestone and turning point for me in my recovery. It was necessary to help increase my awareness of self and fully understand and grasp the role I had played and, how I had contributed to the cycle of addiction throughout my relationship. Soon after defining my sobriety, I was able to connect the dots of my life and see how I had been engaging in these unhealthy behaviors throughout it. In turn, this provided me with the knowledge and awareness necessary for me to willingly accept my powerlessness over these maladaptive coping mechanisms and fully comprehend the unmanageability caused by them in every aspect of my life.

In the beginning of recovery, I did not know what a COSA was other than I qualified as one since I was in a relationship with a sex addict. I had a very hard time swallowing the pill that was the label of being a co-addict/codependent. After all, the only reason I was even in this situation was because of my qualifier’s addiction. Was it not? It took me quite some time to fully accept that I was just as sick with a disease/addiction as was my qualifier. What helped me come to this level of acceptance was using the COSA recovery tool of defining what my sobriety looks like. Initially this felt like an overwhelming, daunting, and unnecessary task. However, as I continued to show up, work with my sponsor & cosponsor group, and listen to others’ ESH on this tool, I began to understand and accept what my co-addiction/codependency looks, sounds, feels, and behaves like. This was ultimately necessary for me to move forward and out of the victim role and, it was the beginning of learning how to empower myself instead.

The first step I took in defining my own sobriety was to learn what the terms “co-addict” and “codependent” meant to me and whether or not I fit into those definitions. I have come to understand that a co-addict is simply one who is (or has been) in a significant relationship with an addict – in my case, a sexual addict. I believe the label of “co-addict” simply describes a person in a particular type of relationship. Also, I believe that “codependency” describes a set of beliefs and behaviors common to co-addicts.

Through the consistent use of the many COSA tools- and the simple fact that my Higher Power was doing for me what I could not do for myself- I was learning, seeing, hearing, feeling, understanding, and realizing that the beliefs and behaviors common to co-addicts/codependents were showing up in my life, thoughts, feelings, and behaviors in many different ways, shapes, forms and disguises.

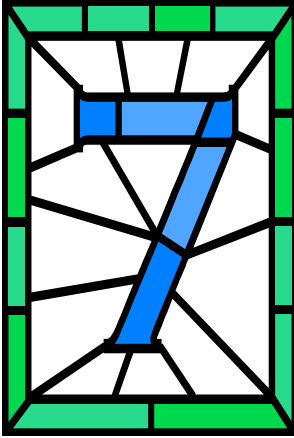
Slowly, I began to define my inner, middle, and outer circles. I started a running document on my cell phone notepad. Next, I took action and, whenever a behavior,

In This Issue

| | |
|-------------------------------------|--------------|
| Defining My Sobriety By Sonia E. | 1,4 |
| Step Five Share By Anonymous | 5 |
| Step Six Share By Anonymous | 7 |
| Call for Meditations | 10-11 |

In Every Issue

| | |
|---------------------------------|----------------------|
| Seventh Tradition | 2 |
| By the Fellowship | 3 |
| ISO Diversity Statement | 6 |
| Literature Committee | 8-12 |
| Traditions | 13-14 |
| Meditation | 15 |
| 2013 Convention | 2,6 16-20 |
| 2013 Convention Registration | 20 |
| Meeting Information | 21 |
| Literature Order Form | 22-23 |



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



Seventh Tradition: Financial Report

March 2013-April 15, 2013

| <u>Group</u> | <u>Amount</u> |
|--------------|-----------------|
| CA-08 | \$123.40 |
| CA-13 | \$100.00 |
| CA-23 | \$125.00 |
| FL-11 | \$50.00 |
| KY-04 | \$150.00 |
| TX- Mon | \$4.00 |
| Individual | \$5.00 |
| Recurring | \$183.00 |
| | |
| Total | \$740.40 |

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!

Please contact Wendy W. at wendy85716@gmail.com with questions.

2013 *Expect Miracles*
Convention Committee

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

We encourage every group, intergroup and member to submit articles that **share your ESH** (experience, strength, and hope). Also, articles and announcements that **share upcoming COSA events** in your area; such as retreats, workshops, speakers, etc. We also would love to hear your ideas for **what you would like to see** in future articles. The *Balance* is a newsletter for the membership, by the membership.

Guidelines for Submitting Literature:

http://www.cosa-recovery.org/Writing_Guidelines_Revision_20110521_Final.pdf

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

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

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

By the Fellowship - For the Fellowship

Defining My Sobriety

Defining my Sobriety-cont'd.

thought, action, feeling, or belief showed itself to me, I would categorize it in the notepad. Before I knew it, the document had begun to take on a life of its own. As my recovery has evolved, so have my circles. I have moved different behaviors, thoughts, actions, feelings, and beliefs from one circle to another. As I have defined my sobriety, I have learned new ways of nurturing, loving, and caring for myself and, I have included them in my outer circle. This tool has given me the ability to separate myself from my co-addiction/codependency.

I can now identify what my toxic soul suicidal behaviors are, what my slippery slope negative tendencies are, and what to do when finding myself in dangerous waters. It is an action plan on how to love, care for, and nurture myself and, it's a map of where I will lead myself if I choose to ignore, disregard, and discount myself. This tool is teaching me who I am, who I'm not, who I want to be, who I don't want to be, who I've been, and who I never want to be again. I have immense gratitude. Without this plan I believe I would still be lost, outwardly focused on my qualifier, and stuck in my own disease/addiction process.

Life for me today is a miracle that I have been fortunate enough to find through using this and the many other tools of the COSA program.

Thank you to everyone for letting me share my experience, strength, and hope. I feel truly blessed to have been given the opportunity to share and give back to the fellowship and the members of COSA who have helped me along the way in my own journey of this thing called recovery.

~Sonia E.

The Three Circles concept is © copyright 1991 Sex Addicts Anonymous. All rights reserved.

Step Five

I spent a lot of my life hiding who I was, knowing that if you knew me you wouldn't like me. I was sure of that, because I knew me, and I loathed who I was. Step Five has provided a lot of healing for me and I grew in self-love.

The members of my face-to-face group may share their Step work with the entire group during the first part of the meeting if they choose. After the Step work is read, the member may ask for feedback. I shared my Fifth Step at my meeting, after I had shared it with my sponsor and she encouraged me to take a leap of faith and bring it to my group. I was afraid. I was afraid of judgment. I was afraid of rejection. I was afraid of smirks. But my sponsor asked me if I had ever known the group members to judge me, reject me, or even look at me unkindly. I had not.

Armed with the knowledge that you had never been hard on me before, I shared my dirt with you. And amazing things happened. As I read about the lousy things I had done, I saw you nod. Sometimes you smiled- and it was always an "Oh yeah, can I relate" smile that made me smile too.

So, emboldened by all that, I asked for feedback. And I heard: "I've done that!" and "Thank you for sharing this. It took away a lot of shame I've felt" and "I saw myself in you" and "That was powerful and insightful and vulnerable. I felt so close to you."

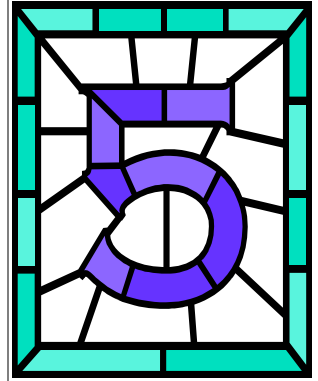
When I shared with just my sponsor, I was healed by her love and acceptance and it gave me the courage I needed to share with my group. But when I shared with all of you, I simply had to entertain the possibility that not only was I okay, I was maybe even loveable.

The miracles of the program began for me in Step Five. There was a paradigm shift not only in how I saw myself, but in how I saw you. I had been comparing my insides to your outsides and losing every time. When you gave me feedback and admitted your brokenness, I learned that you'd been human all along. Your perfection crumbled and I found that I loved you more than I had before it crumbled. And I realized that when I showed myself to you, when I was honest with you, you loved me even more. Vulnerability begets connection.

In the hours and days after this experience with my group, the love I felt for myself bloomed. I caught myself seeing my mistakes as mistakes rather than evidence that I was not good enough. You found me loveable. You found me good.

In this whole experience, I realized I am not broken- I am human. And I am enough. You found me enough.

~Anonymous



**Admitted to God, to ourselves, and to
another human being the exact nature of
our wrongs.**



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.

Reminder 2013 *Expect Miracles* Convention Deadlines

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

COSA Lunch and Brunch Deadline is May 15th.

On-line Registration Will be Allowed through May 20th.

After this date, registrations and payments will be accepted onsite.

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.

Step Six

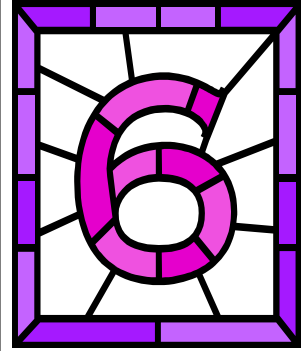
The first time I worked Step Six I was finished in about thirty minutes. I just did some meditation and uttered a written prayer. I got almost no relief. The next time I misunderstood the Step. I thought I was supposed to remove all my defects of character. I don't remember feeling any relief--only shame and frustration. The third time I worked Step Six was when everything changed for me. I finally understood it and was able to apply its meaning to my life.

The first part of the Step, being entirely ready, was easy and came as I uncovered my defects in Step Four and shared them with my sponsor in Step Five. I saw how much pain I had caused myself. By being dishonest and not speaking my truth, I taught others to treat me in a way I didn't like to be treated. By rooting my worth in others I lived like a yo-yo, up and down, and was left feeling unfulfilled and with a low self-worth. My self-righteousness kept me isolated and alienated those who might have loved me and been companions. My shame and fear fueled my obsessions and compulsions that at minimum wasted my time and at worst caused me to violate my own values. I saw clearly how my character defects had led to a very painful way of living. I was ready to be rid of them!

The second part of the Step, to have God remove all these defects of character, was not easy for me. Two of my defects of character are being overly self-reliant and responsible. Didn't I make this mess? Wasn't it my job to rid myself of these defects? I tried for years without progress. I was powerless. How could broken fix broken? The Step describes my job very clearly. I had to be ready for GOD to remove all my defects of character. That means humility. Recognizing I can't do it. Every time a defect pops up I have to first recognize I can't remove it. My action is to ask God to remove it.

Now I practice Steps Four, Five, Six and Seven almost every day. When my defects of fear, self-righteousness, seeking my worth from others, dishonesty, and shame come up, I recognize them and ask God to remove them. I am not perfect and oftentimes I find myself participating in my character defects. I feel like I recognize them faster and faster though, and I feel more uncomfortable in the pain they create. Step Six, for me, is not about getting good and perfect. It is about being released from the pain of the old way of living.

~Anonymous



Were entirely ready to have God remove all these defects of character.

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 COsAcopy@yahoo.com if you're interested.

Yours in Service,
The Literature Committee

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

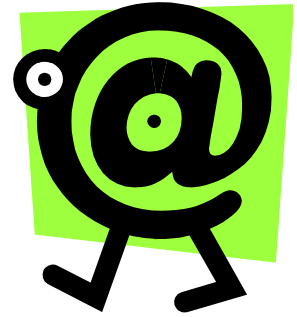
Inform and Empower Yourself with New Resources for COSAs!

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 |

Continued on page 11

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 Five: Each group has but one primary purpose – to carry its message to those who still suffer. We do this by practicing the Twelve Steps ourselves.

I am grateful for this Tradition because it keeps things so simple. I can use it in almost any situation, whether it relates to recovery directly or not. If I am having a hard time managing my feelings, or I am getting caught up in other people's agendas, I can stop, get centered, and ask myself, "What is *my* primary purpose in this situation?" Then, anything that isn't related to my primary purpose at that moment, I can set aside. I can give it over to my Higher Power to take care of. This is God working in my life as good orderly direction. This is my serenity.

As it pertains to COSA recovery specifically, again, this Tradition keeps things simple. It reminds me not to stray too far into other topics in my sharing, and not to intertwine COSA with my other interests, my work, or special projects, no matter how sincere my motivation. While my COSA recovery complements my recovery in another program, it is best, in my sharing, if I talk about my COSA issues in particular. I don't want to muddy the focus of our meeting in any way, and I wouldn't want to alienate someone in the meeting who doesn't have my other issues. We come to COSA for recovery from COSA issues only. We may receive a whole lot more, but that is the cherry on top.

I love the second part of this Tradition too, because it reminds me that I can teach and reach others who need recovery most effectively by working on my own recovery. My task is to recover and share what I have learned. When I was early in recovery there were times where I felt so eager to help. That's not a bad thing, but what has surprised me time and again is the fact that I am often able to help the most when I am simply being my recovering self. Something I do, or something I say may provide just the nudge, or just the insight that is needed for that other person to make a change. I can't really cause someone else to recover. All I can do is bring myself to any situation and be open. That other person will do with it what he or she is inspired to do. And if that person truly wants recovery and is willing to work toward it, that's what he or she will get, with Higher Power's help. When I share or I am of service, I don't need to concern myself with the outcome, or take any credit. I simply do the best I can and pass along the precious gift that has been so freely given to me.

~Betsy

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

Traditions

Traditions

Tradition Six: A COSA group ought never endorse, finance, or lend the COSA name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.

This is another Tradition that keeps my focus sharp and simple. As with Tradition Five, it is useful in so many facets of my life, both in and outside of recovery. I can ask myself “Am I getting distracted from my goals?” “Am I juggling too much?” “Have I spread myself too thin to accomplish what I set out to do?” I have a big heart, enthusiasm for life, and I enjoy being helpful, so I can easily find myself taking on too much. All this does is leave me feeling tired and like I’m not giving enough attention to anything in my life, particularly the people who are important to me, and the things I enjoy doing. In this way, Tradition Six helps me practice self-care. It reminds me to return to the basics and prioritize. As it relates to my group and the fellowship, it helps us keep our true purpose clear and foremost in our minds.

This Tradition protects us from unnecessary complications, controversies, and entanglements. It is a relief that no one in my meetings is trying to persuade me to patronize any certain business, join any religious congregation, or attend therapy sessions at any one counseling center. All of these things may be helpful and positive, but in the meeting context they may cloud what we are trying to accomplish.

Individually, I can give suggestions, but when I do, I am speaking for myself only, not for my COSA group or for COSA as a whole. For example, I may have found an organization that provides excellent therapeutic services for S and COSA issues. I may want to share about their offerings with others in my group. Or, I may have found another Twelve Step program that helps me with something specific that is not a COSA issue, and feel there may be fellow COSAs who would benefit from knowing about it. My sharing resources with others is fine, but I need to do this *outside* of the meeting time, and I ought never to display outside literature alongside COSA literature. No matter how effective or great the outside enterprise, and no matter how good my intentions, the boundaries need to be clear.

COSA addresses recovery from COSA issues using the Twelve Steps and Twelve Traditions. It’s that simple, and in order to continue being effective, it needs to stay that way. We want the COSA recovery environment to be as safe, inclusive, and as distraction-free as possible. This tradition ensures that our message of recovery is strong and clear.

~Betsy

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

Meditation

Then I realize you are some BODY else's guy.

"I can't get enuf of you. Rock me hold me squeeze me tease me." These words keep me as a black woman, a woman of African descent in program, from keeping my sanity. I need a boundary to set that type of music, which I LOVE to dance to, away from infecting my mind and BODY. You see the music the beats the drum, that guitar the sexy sax is all right, but that stuff that they drum into me You are the one who makes me feel so real, but you are somebody else's guy is POISON. So are these music videos, and most of the junk on commercial tv. It's best for me to listen to alternative radio. I get hooked on the whole hype and atmosphere of "I am a sexual being" and the adrenalin rush of "stealing" intriguing with someone that is just for that MINUTE very difficult to avoid. SO once again I say to myself please turn to alternative type of heavy beats WITHOUT that kind of self-destructive mainline a black man/Latino man/ some Hot man of color into my veins. My veins are of course connected to my female sexual organs which I now have a better relationship with after many years in program and therapy for rape by my sexist father and willing-to-let-it-happen mother. My suggestion/offering to any newcomers or oldtimers is look into the soul. Sit with my soul. I go for walks, talk to others in the program at meetings AND after the meetings. I have a new lover in my life of COLOR and he is hanging out with me for months as we nonsexually get to know each other. Yup that's right after a genetic memory of slave rapes and other rapes has been dealt with or at least acknowledged I believe we people of color can eliminate the need/PROGRAMMING that pushes us to make each other sexual objects, instead of humans. Encourage, yes I encourage as many folks of color female and male to join us in COSA and the S program. WE need these places to discuss openly and without judgment the hurts we have suffered under racist slavery that had us MAKING sex to have more slaves for the slave masters to sell. On a more modern level sometimes I just need a place where the anonymous boundary is respected and I can let it hang out. It is different when I talk with circles of friends who intimately know my lover, and/or job etc., about things and him or people I have acted out with. Thanks to COSA over the years, I have been able to speak about how racism has affected me and my personal sexual relationships and this leaves me feeling great deep joy. Maybe we can actually have intimate connections in this country between people who are different, just cause we listen in the meetings without comment and let each of us decide our paths along with our Higher Power/ Deepest Source/ Goddess.

~La Lupe

Meditation



What to Expect at the Marriott

A desert oasis awaits us at the JW Marriott Las Vegas Resort & Spa in Summerlin. The luxury resort is surrounded by palm trees, 50 acres of relaxing gardens, several pools with waterfalls and whirlpools, and access to exclusive golf courses.

Inside the hotel, we will find Mediterranean décor and tile that add to the comfortable elegance of the hotel. The guest rooms are a good size, and have a large tub and separate shower. Each room also has a coffee maker and a cooler where we can store soft drinks, etc. Throughout the property, outside and inside, there are “private areas” where we can sit and read or gather in small groups.

For a daily or weekly fee, guests will have access to a 10,000 square foot fitness center and spa. We will receive a discount, and if we are going to purchase a spa service, the entry fee will be waived. A beautiful pool and waterfall are reserved for spa guests. On the property, there are numerous restaurants from coffee shops to steak houses. A list of restaurants will be included in your registration packets.

The meeting rooms which can be reached by walking inside the hotel or by taking a walk outside are very nice and comfortable. The hotel staff has been very accommodating and we are looking forward to a wonderful convention at this beautiful facility.

~Janie A., Facilities Co-chair

Fundraising at the Convention

The Convention Committee has several ways to raise funds during each convention. They are: Seventh Tradition during workshops, COSA meetings and speaker events, Silent Auction and a Raffle. Seventh Tradition Donations and the Raffle earnings are earmarked for spreading the word to those who still suffer. The Silent Auction purpose is to raise the \$2,800 seed money for the following year’s convention and scholarship fund. Our members’ generosity is needed to make all of these successful.

Groups and individual members can help with the success of the Silent Auction even if they are not in attendance! Donations that are easy to carry onto the plane, such as gift cards, can be mailed directly to Elaine K. at 3508 Oliver Dr., Keller, TX 76244. If you plan to mail something directly to Elaine at her home, she must receive it no later than May 13, 2013. Larger items can be sent directly to the hotel. These items cannot arrive before May 17, 2013 and no later than May 23, 2013. The shipping address is:

JW Marriott Las Vegas Resort & Spa – Summerlin
221 N Rampart Blvd.
Las Vegas, Nevada 89145
Attention: Elaine Kusiak

Examples of past years’ Silent Auction donations include: jewelry, purses, gift cards, books, time shares, artwork, and quilts. Feel free to contact Elaine at emkusiak@gmail.com or (817) 705-0271 if you have any questions.

2013 *Expect Miracles* Convention Committee

Best Convention Ever!

Are you getting ready for the 20th annual COSA Convention?

The Program Committee is excited to announce that the lineup of workshops and speakers is almost done as I write this, and it is stunning. There is such great experience, strength, and hope being shared this year!

There are twelve workshops, covering areas like how to use the Twelve Traditions to maintain healthy boundaries and how to use the Twelve Concepts of Service to improve all areas of our lives. You'll be able to learn about becoming ready for sponsorship, letting go of triggers, and much more. There's something for everyone!

Best of all, for the first time ever, people who can't make it to the convention will be able to call in and listen! If you are interested in finding out which parts you can call in to, and how, make sure you are signed up to receive e-mail announcements from COSA. You can sign up by going to cosa-recovery.org and entering your e-mail address in the box you see there.

We are scheduling in more COSA meetings than usual, and adding more meetings during daylight hours. Of course, the day before all those workshops, delegates from COSA groups around the country [and internationally] will be coming together for the twentieth Annual Meeting. Every year, Board members and representatives from the COSA groups meet to make decisions about the future of our fellowship. If your meeting does not have a delegate yet, there is still time. Delegates have until May 15th to register. Details are at the convention page on the COSA website. (It will ask for a username and a password. Since the convention theme this year is Expect Miracles, the username is **expect** and the password is **miracles**. Make sure your meeting has a voice in our fellowship!)

And for the first time ever, COSA is going to have its own talent show! Our talent show is scheduled for Sunday afternoon, at the same time as the optional COSA/SAA outing. Many members requested more activities during that time, and we listened. Everybody is welcome to participate - no talent required! We will take signups at the event, but if you want to sign up ahead of time, email claritystone@gmail.com to make sure we reserve time for you.

You can sing a song, read us a story, do yoga for us, lead a meditation, do stand-up comedy, recite poetry, lip-synch, do a magic trick, or whatever you feel moved to do. Experience the joy of being completely accepted, just as you are, by your COSA community. We will have a microphone available; if anybody has an instrument or boom box they are willing to bring, please do!

See you there!



*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 (User Name: expect Password: miracles) 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 online.

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>

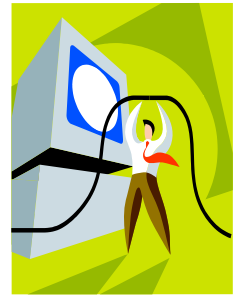
Join [COSA 12 STEP](#), a Yahoo Groups forum for COSA members. COSA 12 STEP is an announcement board owned and operated by the ISO whose main purpose is to help isolated COSAs connect and to support our online chat meetings.

[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 _____ = \$ _____ |
|------|---|---------------------------|

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 04/13

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 _____ = \$ _____
 COSA Parents in Recovery \$2.50 x _____ = \$ _____
 COSA Sponsorship \$2.50 x _____ = \$ _____
 COSA Triggers **(New 2012!!)** \$2.50 x _____ = \$ _____
 COSA Twelve Traditions \$2.50 x _____ = \$ _____
 Sobriety in COSA \$2.50 x _____ = \$ _____
 Step One, w/COSA Voices and Exercises included! \$2.50 x _____ = \$ _____
 Step Two, w/COSA Voices and Questions included! \$2.50 x _____ = \$ _____
 Step Three, w/COSA Voices and Questions included! \$2.50 x _____ = \$ _____
 Step Four, w/COSA Voices and Exercises included! \$2.50 x _____ = \$ _____
 Step Five, w/COSA Voices and Questions included! \$2.50 x _____ = \$ _____
 Step Six, w/COSA Voices and Questions included! **(New 2012!!)** \$2.50 x _____ = \$ _____
 Step Seven, w/COSA Voices and Questions included! **(New 2012!!)** \$2.50 x _____ = \$ _____
 Step Eight, w/COSA Voices and Questions included! **(New 2012!!)** \$2.50 x _____ = \$ _____
 Step Nine, w/COSA Voices and Questions included! **(New 2012!!)** \$2.50 x _____ = \$ _____
 Using the Twelve Steps to Work Through any Conflict \$2.50 x _____ = \$ _____
Collection of English COSA Literature (9 Pamphlets & 19 Booklets) \$50.00 x _____ = \$ _____
Simple Newcomer Welcome Packet of Literature (4 Pamphlets, noted by ☐) \$1.00 x _____ = \$ _____

COSA French Literature

COSA FAQ: Foire aux Questions (Pamphlet) \$0.75 x _____ = \$ _____
 COSA Tools: Les Outils de COSA (Pamphlet) \$0.75 x _____ = \$ _____
 Defining Co-Sex Addiction/Sexual Codependency: Identifier le Problem (Pamphlet) \$0.75 x _____ = \$ _____
 Welcome to the Sunlight: Bienvenue au grand jour (Pamphlet) \$0.75 x _____ = \$ _____
 Step One: Premiere Etape (Booklet) \$2.50 x _____ = \$ _____

Additional COSA Material

COSA Stories, Volume I (book) \$3.50 x _____ = \$ _____
 COSA Stories, Volume II (book) \$3.50 x _____ = \$ _____
 A Guide To Program Calls, Pocket Meeting (Serenity Prayer, Twelve Steps, & Twelve Traditions)
 and Spirituality in COSA: Mutual Respect & Diversity (2 Wallet Cards and 1 Card) \$1.00 x _____ = \$ _____
 COSA Medallions (3 or 6 month, 1-25 year, blank) \$3.00 x _____ = \$ _____
 COSA Pins (Colored Cloisonne COSA Logo) \$4.00 x _____ = \$ _____

Outreach Priced Literature

100 - Defining Co-Sex Addiction/Sexual Codependency (Pamphlet) (Black/White)..... \$20.00 x _____ = \$ _____
 100 - Fact Sheet For Professionals (Pamphlet) (Black/White)..... \$20.00 x _____ = \$ _____
 100 - COSA Outreach Business Cards \$10.00 x _____ = \$ _____

S&H Fees

Please mail your order with a check or
 money-order payable in U.S. dollars to:
 International Service Organization of COSA
 (or ISO of COSA)
 9219 Katy Freeway, Suite 212
 Houston, TX 77024 U.S.A.

.25 to \$15.00 order = \$5.00
 \$15.01 to \$40.00 order = \$7.00
 \$40.01 to \$70.00 order = \$11.00
 \$70.01 to \$100.00 order = \$15.00
 Greater than \$100.00 order = \$20.00

For S&H charges outside of the U.S., email ISO@cosa-recovery.org

Literature Total \$ _____

CD Total \$ _____

S&H \$ _____

DONATION: _____ Group _____ Individual

GRAND TOTAL \$ _____

ISO of COSA Literature is written by the members of COSA groups around the World.