



Volume 10, Issue 1 Post Convention Issue July/August 2013

Summary of Annual Delegate Meeting

DELEGATE MEETING SUMMARY

International Service Organization of COSA

Summerlin, NV

24 May 2013

Attendees:

Registered Delegates: Becky L. of Saturday Promises, Betsy H. of Women's Circle of Hope, Bette S. of Spanaway Recovery, Connie P. of Phoenix Intergroup, Crystal M. of Houston Wednesday Noon, Dorothy O. of CT Love & Hope Group, Emily G. of SF Saturday COSA, Georgia of Monday Morning Telemeeting, Jill E. of Tuesday Night COSA Call, Joey Z. of Orlando Step Study/ Sunday Men's Telemeeting, Joni L. of Oakland Monday Night, Julie W. of Santa Rosa COSA/Bay Area Intergroup/ Marin of CA/Thursday Telemeeting, Linda P. of Oakland Monday Night, Marlane D. of NOLA COSA, Nancy P., Rouchelle of Daily Tenth Step Telemeeting/Daily Eleventh Step Telemeeting, Rain S. of SF "Serenity in the City", Ruth, Sara P. of Thousand Cranes, and Suyapa of Orange COSA

Other COSAs: Amy E., Helen, Kerry M., Sonja, Suzy

Board Members: Joey Z., Jackie F., Claudia M., Dani S., Dorothy O., JoAn D., Linda P.

Absent Board Members: None

Agenda Items:

Meeting Convene and Welcome (Joey Z.)—The meeting was opened with "Serenity Prayer". The "Twelve Steps of COSA", the "Twelve Traditions of COSA", and the "Twelve Concepts of COSA" were read.

Delegate Orientation & Roberta's Rules (Joey Z.)—Operating rules for the meeting were shared and specific items from the "ISO of COSA Safe Communications Procedures" were highlighted.

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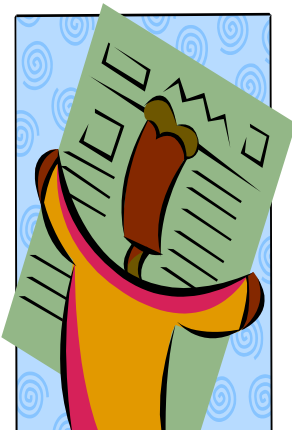
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Every COSA
group ought
to be fully
self-
supporting,
declining
outside
contribu-
tions.



Seventh Tradition: Financial Report

April 15, 2013-June 30, 2013

<u>Group</u>	<u>Amount</u>
Alberta Canada	41.22
CA-01	289.40
CA-13	100.81
CA-31	40.00
FL-08	30.00
FL-11	50.00
MN-02	200.00
NE-03	15.00
NE-06	15.00
NJ-02	150.00
North Daytona	40.00
OH-01	50.00
OH-06	25.00
Stillwater Phoe	25.00
TX-25	251.19
WI-04	6.00
Telemeetings	390.41
Individual	10.00
Recurring Individual	505.00
Total	\$2,243.03

The totals above do not include donations for convention scholarships that many groups donated. Those totals would be available from the 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

Annual Delegate Meeting Summary

Annual Delegate Meeting Summary-cont'd.

Board and Delegate Introductions—Members of each table introduced themselves.

New Literature Approval (Claudia M.)—The “Standards for Conference Approval” were read. The key changes and modifications to each document based on comments from the fellowship were listed and approval was requested afterwards for each item individually.

COSA Preamble—Completely rewritten and unique to COSA

Step Ten

Step Eleven

Step Twelve

Men in COSA

Sponsorship Guide—Revised

The Healing Power of Giving

Board & Delegates voted **GREEN** on each item.

Central Office Update (Susan K.)—Susan shared office activities that she is focused on handling. Filling Literature Orders is a major item. There are some issues with recurring donations. Some credit cards are expired & need updating. We are changing to a new procedure which should simplify the process. It will be available via the website shortly. Recurring donations are critical to our organization and help with budgeting. CDs from this Convention will be burned and available for purchase today.

COSA Book Recap and Plans for Next Year (JoAn D.)—Everyone was invited to attend the two workshops being offered by the Book Committee. Questions from the group about the length requirement for submissions and updating the text after publication were addressed. More submissions are needed.

Q & A for Annual Report (Joey Z.)—The *Annual Report to the Delegates* highlights the work of the Board, Central Office, and Committees for their service year. Questions were addressed for the following topics.

Scholarships—The Convention Committee started with \$800 for scholarships and after great support from Seventh Tradition donations from the fellowship, was able to award 12 scholarships.

Tax Deductible Items—Service work is not tax deductible except in certain cases; talk to your tax accountant about your situation

Teleconferences—This year, for first time, remote call-ins to five sessions of the Convention will be available.

PayPal—We are moving from PayPal for more options and the ability to use credit cards and to avoid high fees.

Step Seven

Step Seven was the beginning of the big miracles for me. Oh, I'd had miracles before I humbly asked my Higher Power to remove my shortcomings. My relationships were already better, especially with my partner. I was more honest, more authentic, more transparent, than I'd ever been before COSA. I was spending less of my time trying to control the known world, and I was a little kinder and more patient.

But when I finally worked Step Seven, my Higher Power blew the doors off my recovery. The changes in my life prior to Step Seven centered around the fact that my *behavior* was better. After Step Seven, I *was* better. I tend to get healthier from the outside in--first my behavior improves, then my words improve, and finally my thoughts improve. And Step Seven brought my recovery home, bone deep.

The thing that makes a difference for me is my focus on that first word of the Step: "humbly." I had to do a lot of thinking, reading, and writing about what humility meant to me. It occurred to me that most of my troubles--and my shortcomings--came from low self-esteem, or arrogance, or pride, or something very un-humble. When I started studying humility, some things came together for me.

I am God's kid. As God's kid, I am something special. That idea didn't feel comfortable. And then my sponsor talked to me about everybody being God's kid, and everybody being special. I was one of a great group of recovering COSAs, and each one of us was special. I had to think about that for awhile. I had always been aware of two groups in school, at home, at work, and at play. There were the people I wanted to hang out with, and there was *my* group. When I got to Step Seven and did some thinking, I realized that somehow I'd become part of that select group I'd always wanted to join. They were okay. By default, I must be okay too. And then I did some looking around. Nobody in COSA seemed to be in that other, inferior group. We were a fellowship of equals, and it was all good.

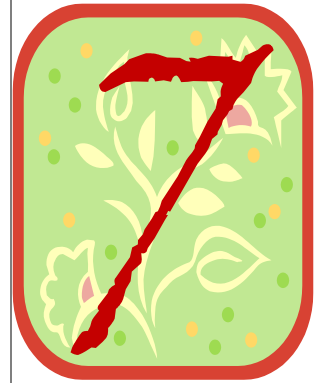
I evaluated my thinking about humility. Maybe it was just a frame of mind. Maybe all it meant was that I was in right relationship with you people, and my Higher Power. Maybe humility just meant telling the truth to myself, about myself. I could stop trying to be someone I was not, knowing that I was good enough just as I was.

The very first word of Step Seven gave me a whole new context for the word "shortcomings." Maybe I could learn to accept my shortcomings, and quit trying to be someone I was not. Maybe it was okay to be a human being with strengths and weaknesses. Maybe all I needed to do was humbly ask my Higher Power to remove my shortcomings. I could relax! I didn't even have to figure out what shortcomings were the worst, or which needed to be removed, and how and when they needed to be removed. Maybe that was all my Higher Power's business, not mine.

Humility seemed to have something going for it. When I tried to practice humility, it was a whole lot easier for me to just be who I was, and to be okay with that. I could also hope for a better me, and I could let my Higher Power take care of that.

Ahhh, humility.

~Anonymous



Humbly asked God to remove our shortcomings.



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.

Annual Delegate Meeting Summary-cont'd.

2013-2014 Budget Q & A (Dorothy O.)—The proposed Budget was reviewed and Delegates will receive a copy of the Final Budget. If there is more than a 20% difference from the proposed Budget, a report will be sent in the spring for approval. Dorothy and Susan received a STANDING OVATION for Budget clarity this year. Linda P. discussed fundraising efforts for next year via the use of a raffle to help get more members to the Convention via prizes. Local fundraising efforts can be specified for whatever the group wishes—scholarships for group members and/or Board members and for the Convention itself. We had more requests for scholarships than funds allowed and a “Board Blurb” was sent out about the need and the fellowship was AWESOME with their donations.

Budget Approval for 2013-2014 (Dorothy O.)—Approval of the Proposed Budget was requested and Board and Delegates voted **GREEN**.

Concepts of COSA (Amy E., Claudia M., Dani S., Dorothy O., JoAn D.)—Members worked in groups using an assigned “Concept of COSA”. They were asked to share how it can apply to the role of a Delegate and how to apply it to their home group or personal situations. Concepts Three, Four, Nine, Ten, and Twelve were reviewed and a member of each table shared key items from their group study with the audience.

Step Eight

I will never forget the day I sat down to make my list of those I had harmed. There it was in black and white. There was no denying it now. I was face to face with the reality of my wreckage of the past. All the names of people I had harmed were staring back at me. I remember being so high and mighty about my husband having to make a lot of amends, and now it was my turn. I realized I had a lot of repairing to do in my relationships.

It took me a while to become ready and willing to make amends to everyone on my list. I had so many questions about this process. What will I say? Do I have to make the amends in person? How will all these people react to my amends? With the help of my sponsor she walked me through all of my questions.

When I presented my list to my sponsor she said, "You forgot the most important person."

She explained I should put myself on the list first. I realized how much I needed to place myself on the list. Through all my years of codependency I had treated myself very poorly. I always put my needs and wants above everyone else's. I spoke unkind words to myself and professed many hateful statements toward myself. I expected perfection out of myself and berated myself for being unable to achieve it. I thought of all the times I believed lies and denied the truth I was living in. I understood that I had to be first on the list and I had to become willing to forgive myself and make amends before I could proceed down the rest of the list. It was a process, but with much prayer and help from my Higher Power I finally become willing.

With my list in hand I was finally ready to face my mistakes and make the amends I had needed to make for so long. I had fear about the process but I knew others had done this before me and if they could do it so could I.

Step Eight is a process, a journey of facing reality head on. It was worth making the list and becoming ready and willing to forgive myself and take responsibility for my actions of the past. Step Eight is the prerequisite for Step Nine; I needed to become willing before I could take the action of making amends. For me willingness was the key to Step Eight and with my Higher Power's help I found the freedom I was seeking.

~Connie

As seen in the Volume 5, Issue 1 of the Balance.



**Made a list of all persons we had harmed, and
became willing to make amends to them all.**

Annual Delegate Meeting Summary

Annual Delegate Meeting Summary-Cont'd.

Bylaw Changes (Jackie F.)—2013 Proposed changes to the *Bylaws of the ISO of COSA* were shared.

Editorial Changes—

Article VI 6.2—Replace “Volunteer Committee Chair” with “Resource Development Committee Chair”

Article VII 7.1—Replace “June 1 to May 31” with “July 1 to June 30”

Bylaw Change—

Article IV 4.3 Change “Step 4” to “Step 12”

Board and Delegates voted **GREEN** for each requested change.

Board Election (Jackie F.)—Members completing their current two-year term, and each of the new nominees, addressed the audience and shared their reason for wanting to continue serving on, or to join, the Board. After each person spoke, the Board and Delegates voted **GREEN** for the individual.

Returning members and their positions are:

Claudia M. (Chair)

Dani S. (Member at Large)

Dorothy O. (Treasurer)

JoAn D. (Chair of Book Development Committee)

Linda P. (Chair of 2014 Convention).

New members joining the Board and their positions are:

Amy E. (Chair of Literature Committee)

Betsy H. (Secretary)

Emily G. (Member at Large)

Kerry M. (Chair of Public Information Committee)

The new Board was sworn in using the *2013 Annual Report to the Delegates booklet*.

Carrying the Message, Part 1 (Kerry M.)—Members at each table were asked to review the handout “Brief Description of ISO of COSA Board Committees”. Questions were discussed with table members.

Carrying the Message, Part 2 (Kerry M.)—Delegates and visitors selected a specific committee to meet with and shared their input and brainstormed ideas with the committee about COSA needs and potential ideas for improvement and change.

Website Update (Joey Z.)—The current website was shown to the group and recent changes noted. Some new drop-downs at the top have been added to the home screen and the navigation has been altered. Feedback for additional potential changes was requested

COSA Has a New Online Store. Check it Out!!

There's a great new way to buy COSA literature!

Were you frustrated by our antiquated online store? Well, please visit our up-to-date site at http://cosa-recovery.org/COSA_Store and purchase some MP3s, a few booklets, a CD, or a medallion. You'll find it's a lot more user-friendly and pleasant to use.

We've added descriptions for each of the literature pieces, and the literature which was just approved is available. Please check out:

- Steps Ten, Eleven, and Twelve
- Sponsorship (revised)
- Men in COSA
- The Healing Power of Giving

All of the recordings from Summerlin 2013 and Vancouver 2012 are available in CD or MP3 format, and these have descriptions to help you choose as well. We'll be adding other MP3 recordings in time.

Our customers from the old online store were not imported into the new site, so please reregister the first time you visit. You may also choose to shop as a guest. You'll use a major credit card to make your purchase.

We'd love to hear your feedback. If you have comments, please e-mail us at cosatechcom@yahoogroups.com

In Service,
The COSA Technology 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!



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



Annual Delegate Meeting Summary

Annual Delegate Meeting Summary-cont'd.

to be listed on the handout sheet in the next section. A new COSA Store is coming and is expected to be online by the end of June.

Delegate Feedback (Jackie F.)—Each attendee was asked to respond to specific items listed on the “Delegate Feedback” form in order to provide the Board with information about: identifying ways to improve communication with local groups; the interest in a regularly scheduled teleconference for Delegates to learn and share with each other; suggestions for proposed changes to the website; how to announce availability of possibly calling in to future Convention presentations; suggestions for how to get more groups to complete their Annual Registration updates; and how to get more groups to elect a Year-round Delegate. They were also encouraged to share any additional comments.

Evaluations (Jackie F.)—Each attendee was asked to respond in detail to the “Evaluation Form for the Delegate Meeting”. All responses are summarized and used to improve future Annual Delegate Meetings.

The meeting was closed with the Unity Prayer.

Respectfully Submitted,

Jackie F.

While we have historically referred to the “Twelve Concepts of Service”, the ISO of COSA Service Guide refers to these Concepts as the “Twelve Concepts of COSA”.

Letter from the Chair

My name is Claudia M. and I'm a grateful member of the COSA fellowship. I'm honored to be your new Board Chair this year, and I'm heading up a small but extraordinary group of Board Members who are committed to serving you. Our mission statement explains what we do. We strive to "serve the fellowship of COSA by fostering the growth of individual groups and facilitating communication of COSA principles and ideals through the Twelve Steps and the Twelve Traditions."

That's a big undertaking, and we can't do it without your help. A lot of people expressed an interest in serving on Board Committees, and we're grateful for each one. We'll be contacting those people soon. If you are interested in Board Committee work, the qualifications include working with a sponsor or the equivalent, and at least six months of regular attendance at COSA meetings. The rewards are endless. Step right up!

Small as our Board is this year, the talent is phenomenal. Please welcome Amy E. as your new Literature Committee Chair, Dani S. as Member at Large, Dorothy O. as Board Treasurer, Emily G. as Member at Large, JoAn D. as Book Development Committee Chair, Kerry M. as Outreach Committee Chair (formerly Public Information) and Linda P. as Convention Committee Chair. We thank Betsy H. for her service to the Board and her continued dedication to the fellowship. Because we are small, we'll be focusing on a few projects to further our mission, but we do hope to do some great things to assist the COSA Fellowship.

The Convention was amazing. Miracles abounded for those who facilitated and/or attended workshops and speaker meetings. For the first time, members who couldn't attend were able to call in and hear some of the speakers and workshops. Come and meet us next May in Los Angeles.

For the Board, the week was full of business. Last year's Board members met on Thursday, May 23, before the Annual Delegate Meeting on Friday. On Saturday, the new Board met for the first time. We're grateful for Joey Z. (past Chair) and Jackie F. (past Secretary and Vice chair) for all the work they did for COSA and the Board. We've got some challenges in the year ahead, and I'll be keeping you updated in the *Balance* as time goes on.

I need to confess to you that the first thing I did as Chair was to take a nap. I was totally exhausted from the preparation for the Convention and there was an hour for Committees after the elections that did not require my participation. So I heeded the affirmation card Betsy H. had given me: "I will take a rest when I need one." I'm thinking that might just be an important suggestion for me- and for all of you in service.

Hugs,
Claudia M.

Letter from the Chair

Literature Opportunities

Literature Committee Meetings Open to All COSAs

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

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

In Service,
Your COSA 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

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

Being self-supporting has several layers of significance in my recovery. First, it means supporting myself; I need to actively support my own life and my healing. This means being willing and taking action. It may be obvious to some, but for me it was something I had to learn. For a long time I hoped that someone or something would rescue me. I can enjoy the help and support of others, but they cannot do my recovery (or my life) for me – that is my responsibility. My Higher Power is always there for me, and I also need to do my part.

Another aspect of being self-supporting is being attentive to the balance of give and take in my relationships. If I am passive, allowing the other person to take all the initiative, make decisions, and carry the relationship, I am not being self-supporting. This type of behavior may feel comfortable for a while, but leaves me feeling helpless, beholden to others, and smothered. On the other extreme, if I am over-extending myself because I am driven by the desire to earn someone's love or acceptance, then I am not being self-supporting either. Even though my intention may be to help (or in feel in control), it may actually hurt the other person and the relationship.

What is healthy on an individual and relationship level also applies to the group. This is why it is important for me to help nurture the group, and also to rotate out of service positions when the time is right. I can support my group in many ways. The most obvious is giving money when the Seventh Tradition basket is passed. I can also lend support by offering a smile or extending good will. I can share my thoughts and feelings, listen intently to another recovering person, or help with set up or cleanup of the meeting space. I can be helpful to meeting servants, or take a service commitment. Each contribution, no matter how humble, brings healing for me and support for the group.

As a group, we are COSAs supporting COSAs. I take comfort knowing this, because this is one way we stay focused on our primary purpose – to recover and help others recover. By not accepting outside contributions, we aren't subject to compromises and obligations that even the most well-intentioned gift may bring with it. I am grateful that Tradition Seven keeps things clean, clear and simple. It ensures our precious autonomy as individuals, as groups, and as a fellowship.

~Betsy H.

As seen in the Volume 7, Issue 1 of the Balance.

Traditions

Tradition Eight: COSA should remain forever non-professional, but our service centers may employ special workers.

I recently had the opportunity to study the Eighth Tradition with some fellow COSAs. We have been studying the Traditions and I have been learning and growing so much as a result of this, however, I must admit I was skeptical about studying the Eighth Tradition; it sounded kind of boring.

I tried to keep an open mind and knew I would benefit from whatever learning there was to learn as I had from the other Traditions we have been studying. As it always happens, exactly what I needed to learn was right there for me.

In studying the Eighth Tradition I made the connection that I will never be a COSA professional. In fact, there are no COSA professionals. One of the gifts of our fellowship is that we are all non-professionals.

Imagine if some of us were considered professionals and others weren't, how would we ever truly achieve COSA unity or find our group's conscience? Who would decide who qualified as a professional or who was labeled a non-professional COSA?

The gift of our fellowship remaining forever non-professional is that I am of equal standing with all of my fellow COSAs. I am no better or no worse than anyone else in COSA. I believe we are all equals in COSA and equal in the eyes of God. We are all perfectly imperfect, beloved children of God.

I have struggled often over the years with my character defects of comparing myself to others and believing I am either "better than" or "less than". When I was new in COSA I often felt "less than" because I had less recovery or I thought I was more messed up than others in the fellowship. Sometimes I felt as though I had nothing to offer the group if I hadn't completed the Step we were discussing. I have struggled at other times with my ego, judgment, and "stinking thinking" that I have the right answers or know what is best for others.

While I continue to use the Sixth, Seventh, and Tenth Steps around these character defects as they come up, here was a great reminder, built right into the Traditions, of humility and equality. A lesson for me in how to remember we are all experts in where our COSA disease has taken us and we are all new to learning more deeply about this disease, how we have been affected, and the God of our understanding.

Shares from those who attend their first meeting are just as valuable for my recovery and growth as shares from those who have been in COSA many more years than I have. And, no matter how I may feel about myself on that day, my share is just as worthwhile a gift as anyone else's. My service is just as valued and my voice is just as important.

~Sarah S.
Oakland, CA

2013 "Expect Miracles" Convention Voices



"It has been a short time since our 2013 ISO of COSA Convention in Summerlin, Nevada. Following are shares from several COSAs regarding their experience attending our most recent convention.

"Being at Convention with my fellow strong, amazing, brilliant, and kind COSAs helped me to further accept and love myself, just as God accepts and loves me--exactly how I am as my perfectly imperfect human self. Each time I get this opportunity I grow and heal and become closer to the God of my understanding."

~ Sarah S.

"I'm new in COSA and I'd never been to a convention before this one. My sponsor recommended that I attend. It was definitely a jumpstart to my recovery. While there were many aspects to the convention which were beneficial, I was particularly drawn to and found solace in the Adult Children of Sex Addicts COSA Twelve Step meeting I attended while there. It was also helpful for me to interact with the SAAs as my partner is not in recovery; their perspective is helping me find more compassion for my partner. I continue to have personal recovery-related epiphanies on a daily basis, which I directly relate to my convention experience."

~ Debra G.

"I'm so grateful for all that Convention offers. I basically used it as a bookend for divorce mediation that I needed to attend the day after I returned home from Convention. The convention gave me a safe place to feel, learn and grow among friends and fellow COSAs who really understand what I'm going through. Convention was a gift from HP for me this year. I'm so glad I could attend."

~ Sue W.

"Over the Memorial Day weekend I had the fortune of attending the COSA/SAA conference in Las Vegas. Overall it was a good mix of people, this time with over a handful of men showing up, some newly initiated into the recovery process. Most all of the groups and workshops were well attended with a healthy mix of both COSA members and SAA attendees. I was able to present two workshops of my own which went fairly well, although if I ever have to present again I've noted places in which I can tighten up and improve my presentation. This was my second conference and my girlfriend's first. Both of us felt very welcomed and supported, and we respectively learned a lot. Both of us made new contacts and were reminded of the power of empathy, acceptance, and inclusion that's provided within the fellowship. I urge anyone who may suffer from co-sex addiction and codependency to seriously consider attending a conference at some point during their recovery."

~Rob E.

2013 Convention Voices

2013 Convention Voices

2013 Convention Voices-cont'd.

"I am overflowing with joy from the encouragement, sharing, and insight I received. Convention is a unique experience. There were people from all across the country, in different stages of recovery, all with their own stories and journeys. It is so enriching to meet and get to know others who share not only the pain and devastation of sex addiction and codependency, but the victories of recovery. The sense of support is very strong. I have just arrived home and as tired as I am, I still feel compelled to reflect on this day. My day began joyful and peaceful. My heart was filled with gratitude for the convention and what it has done for me. Our speaker (Monday) morning was excellent--her honesty, heart, and recovery story moved me greatly. All of the speakers were excellent actually, as well as every workshop I attended.

My drive home gave me time to do a lot of personal reflection about the conference and its impact on my life. I am changed because of the people I have met and the time I invested in myself. I can't promote this experience enough for those who value Twelve Step recovery. I have a much greater appreciation for the program and for what sobriety looks like for codependents."

~Sara P.

"This is the second convention that I have both attended and for which I have been a part of the Convention Committee. As with last year, I felt an instant connection with so many of the attendees. I felt an acceptance and understanding that I have only felt in my home group. In the workshops I learned so many new tools that I can use in my own recovery and share with others. The speakers were amazing and their stories touched me deeply and gave me so much hope. I feel so grateful to have had the opportunity to attend and to be a part of the Convention Committee; I look forward to next year's convention."

~ Maritza I.

"Attending the COSA Convention in Summerlin, Nevada, was a beautiful birthday gift that I gave myself, and that my Higher Power made possible. My birthday always lands next to Memorial Day weekend, and my husband and I canceled birthday plans to attend when our HP opened up time and money for us to go. I was also granted a scholarship and am grateful for the generosity of the program and all those that served to make it possible. I took back several things from the convention. (1) I saw how much progress I have made in my recovery over the past four years, and I was given hope that my HP can heal me so much more deeply in the years to come. (2) Being from a small town, my only current connection to COSA is telemeetings, so my favorite part of the convention was face-to-face meetings that I found very powerful and connecting. (3) I am so much more connected in my program now. I took down people's phone numbers and have been making program calls, texts, or emails every day. I no longer feel isolated and alone! (4) I was able to find a sponsor, which I have been praying for, for a long time! I have struggled to find a consistent sponsor/sponsee relationship that works over the phone and from a distance, and at the convention my HP provided me with a sponsor who is helping me work the steps. I

2014 Save the Date & Convention Fundraiser

Save the Date!

May 23-26, 2014

**2014 ISO of COSA Annual Convention
Los Angeles, CA**



The ISO of COSA is offering a CONVENTION RAFFLE

This raffle is both a fundraiser for ISO and an opportunity to attend the convention expense free!

Prizes are transferable so if you or your group wins you can use the prize to help send yourself or someone else (like a Group Delegate) to the Convention!

Grand Prize – 2014 Waves of Hope Convention Heaven – \$600 travel voucher; one 2014 COSA Convention registration and meal package; three nights at the 2014 Convention hotel.

First Prize (3) – 2014 Waves of Hope Meal Vouchers – \$150 meal voucher towards 2014 COSA Convention meals.

Second Prize (3) – \$60 Gift Certificate for the COSA Bookstore

- All entries **MUST** be snail-mailed using an entry coupon and check or money order made payable to ISO of COSA to:
ISO of COSA
9219 Katy Freeway
Suite 212
Houston, TX 77024

2014 Waves of Hope Convention

Convention/Serenity on the Sound

2014 Convention Fundraiser-cont'd.

- Entries must be postmarked no later than September 30, 2013.
- No electronic entries will be accepted because raffles are illegal in some places.
- Drawing will take place in the Central Office during the week of October 14, 2013.
- Drawing will be done by the Central Office Manager with two volunteer witnesses in attendance.
- Employee is not eligible.
- Board Members are eligible.

Entry Coupon

ISO OF COSA *Waves of Hope* CONVENTION RAFFLE

Name _____

Phone _____

Email _____

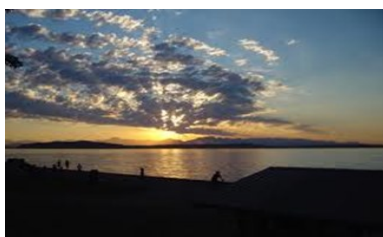
One Ticket - \$10 or Three Tickets - \$25

Make checks payable to:

ISO of COSA
9219 Katy Freeway
Suite 212
Houston, TX 77024

Must be postmarked by September 30, 2013

Serenity on the Sound Retreat



Serenity on the Sound

August 22 - 25, 2013

WHAT: 24th Annual Puget Sound Retreat
by members of SAA & COSA

WHERE: Beautiful Sound View Camp,

29.1 miles from the Tacoma Narrows Bridge.

COST: \$150 for 2 or 3 nights, \$100 overnight.
After August 1st add \$20.

INCLUDED: Lodging, meals, workshops, meetings, speakers.

E-MAIL ADDRESS: serenity.on.the.sound@gmail.com

MAIL ADDRESS: PSRC, PO Box 2712, Issaquah, WA 98027

PHONE: PSRC Help Line 425-272-5740; leave a message for the retreat committee.

WEB: <http://soundretreat.org>

FLYER: <http://soundretreat.org/registration.pdf>

Open Service Positions for 2014 Convention

The Waves of Hope 2014 Convention Committee is Seeking More Committee Members

COSA's annual convention is the key event each year that connects our fellowships. The convention committee is comprised solely of volunteers and it takes a lot of us to coordinate and organize one! Be part of the fun and diverse group, while learning from and working with other COSAs from across the continent. We have many opportunities and options for serving. You aren't able to attend the convention? That's OK, we have positions for you. You can only commit to a small project? That's OK, we have positions for you. You can only spare time closer to the convention date? That's OK, we have positions for you.

There are several sub-committees, each needing additional workers, including some lead positions. Several do not require you to attend the convention, but give you some of the convention experience by interacting with others from other cities. Please consider service in one or more of the following areas:

Program Committee. We need a chair and committee members. The main responsibility of this committee is to put together the conference schedule of workshop, speakers, and other offerings. They conduct interviews with prospective workshop presenters and convention speakers.

Registration Committee. This team is responsible for maintaining the list of registrants for convention and delegate meetings, putting together registration packets, helping with roommate matches, and working with the other committees.

Volunteer Committee. We need a lead volunteer to coordinate our other volunteers! This committee is a great opportunity to interact with a lot of people.

Facilities Committee. This committee works directly with the hotel to arrange the Convention's physical environment needs. We already have an experienced Facilities co-chair and need another co-chair. It would be especially helpful to have someone who is able to visit the Los Angeles hotel in person.

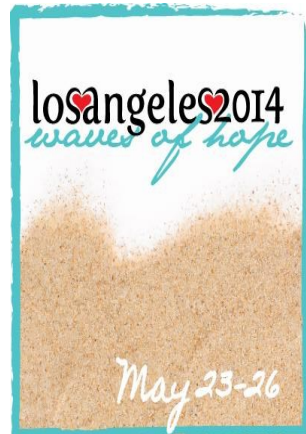
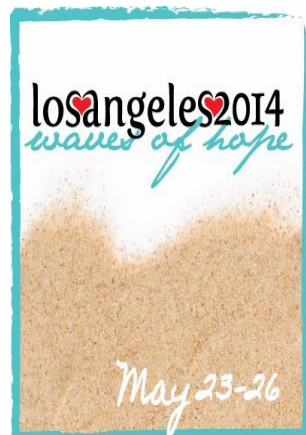
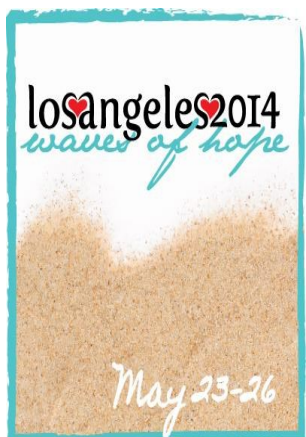
Care and Support Committee. This team coordinates the Orientation Workshop, mentorship program, and temporary sponsors for the convention.

Outreach Committee. Our primary purpose is to reach out to those still suffering and Convention is a very significant part of that effort. The Convention Outreach Committee will be teaming with ISO's Outreach Committee (formerly Public Information Committee), developing strategies to reach out to and attract a larger and more diverse group of COSAs to this Convention (and thereby to COSA).

Media Committee. This team is responsible for creating the brochure, schedules, forms and other documents needed for the convention. They also coordinate the submissions for *The Balance*.

Recording Committee. This team is in charge of handling all audio/visual needs for the





Open Positions 2014 Convention-cont'd.

convention, transferring recordings from mp3 players to computer and burn CD's. We also need a chair of this committee.

Silent Auction Committee. Obtains donations from COSA groups and individuals, creates flyers, and organizes the on-site bidding. The Silent Auction raises the seed money for next year's Convention.

Teleconferencing Committee. This team handles the dial-in phone numbers for COSAs around the world to listen in on selected sessions of the conference.

Finance Committee. We are looking for a Vice-Treasurer who could be trained for resuming the head position next year. The Finance Committee is responsible for keeping track of the budget, expenses, and other financial matters.

Please contact Wendy W (wendy85716@gmail.com; 520-591-3453) to volunteer or if you would like to discuss any of these positions.

2013 Convention Voices-cont'd.

am so grateful! (5) I am renewed in my program and have started working it again in earnest."

~ Larissa

"I always feel Higher Power's presence at Convention but this year it was particularly strong! Everywhere I went, it seemed that I ran into just the person I was supposed to, and ended up in just the place I was supposed to! I experienced many recovery miracles throughout the convention weekend. The convention was a totally spiritual experience for me, and I felt so very connected to my fellow COSAs and to my Higher Power that it was truly extraordinary! Having participated in convention planning for several years, I have learned that the Convention Committee does the legwork while holding the spiritual space for HP to come through all the COSAs in attendance and create a miraculous recovery weekend. In the process, our connection to our HP is strengthened and our recoveries are deepened. Having the opportunity to both plan and attend the convention, I find that my passion for my COSA recovery and our primary purpose--reaching out to those who still suffer--has been deepened; I am overcome with gratitude for the gifts of recovery."

~ Linda P.

Online Meetings/Online Message Boards

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

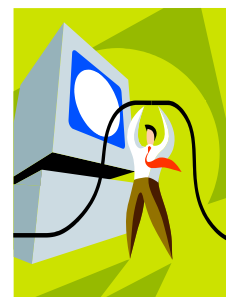
Join [COSA 12 STEP](#), a Yahoo Groups forum for COSA members. COSA 12 STEP is an announcement board owned and operated by the ISO whose main purpose is to help isolated COSAs connect and to support our online chat meetings.

[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



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 Triggers (New 2012!!)	\$2.50 x _____ = \$ _____
COSA Twelve Traditions	\$2.50 x _____ = \$ _____
Healing Power of Giving (New 2013!!)	\$2.50 x _____ = \$ _____
Men in COSA (New 2013!!)	\$2.50 x _____ = \$ _____
Sobriety in COSA	\$2.50 x _____ = \$ _____
Sponsorship Guide (New 2013!!)	\$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 _____ = \$ _____
Step Ten, w/COSA Voices and Questions included! (New 2013!!)	\$2.50 x _____ = \$ _____
Step Eleven, w/COSA Voices and Questions included! (New 2013!!)	\$2.50 x _____ = \$ _____
Step Twelve, w/COSA Voices and Questions included! (New 2013!!)	\$2.50 x _____ = \$ _____
Using the Twelve Steps to Work Through any Conflict	\$2.50 x _____ = \$ _____

Collection of English COSA Literature (9 Pamphlets & 24 Booklets)	\$60.00 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 _____ = \$ _____

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 _____ = \$ _____

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 _____ = \$ _____

COSA International Convention CDs—\$7.00 each

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

For a complete listing of all COSA recordings, please see http://www.cosa-recovery.org/convention_CDs.html.
MP3s of our more recent conventions are available for purchase at our online store for \$3.00 each.

2013 - Summerlin

13-1 2013 COSA Opening Session—Georgia	\$7.00 x _____ = \$ _____
13-2 Tools and Triggers—Joey Z.	\$7.00 x _____ = \$ _____
13-3 COSA's Secret Side: The Twelve Concepts—Dani S.	\$7.00 x _____ = \$ _____
13-4 Boundaries: COSA Perspectives—Linda P.	\$7.00 x _____ = \$ _____
13-5 Joy in the Journey—Two Recovery Stories—Claudia M. and Joey Z.	\$7.00 x _____ = \$ _____
13-6 The Fourth Tradition: Boundaries and Relationships—Sarah S.	\$7.00 x _____ = \$ _____
13-7 Men's Issues in COSA/Codependency—Rob E.	\$7.00 x _____ = \$ _____
13-8 Strengthening Your Core: Using the Program in All Areas of Our Lives—Dani S.	\$7.00 x _____ = \$ _____
13-9 COSA/SAA Joint Banquet COSA Speaker—Betsy H.	\$7.00 x _____ = \$ _____
13-10 COSA Circles: A Simple Approach—Joey Z.	\$7.00 x _____ = \$ _____
13-11 Living Trigger-Free—Dani S.	\$7.00 x _____ = \$ _____
13-12 Ready to Sponsor? Ready to Sponsor! - Annie S.	\$7.00 x _____ = \$ _____
13-13 My Recovery Plan: Tools to Maintain Sobriety—Rob E.	\$7.00 x _____ = \$ _____
13-15 2013 Sunday COSA Luncheon - COSA Speaker: Sarah S.	\$7.00 x _____ = \$ _____
13-16 2013 Closing COSA Brunch - COSA Speaker: Amy E.	\$7.00 x _____ = \$ _____

2012 - Vancouver

12-1 2012 COSA Opening Session—Helene B.'s COSA Story	\$7.00 x _____ = \$ _____
12-2 Let's Start the Steps - Part 1—Dani S.	\$7.00 x _____ = \$ _____
12-3 Writing for Recovery - Claudia M. & Betsy H.	\$7.00 x _____ = \$ _____
12-4 Safety in Open & Closed COSA meetings—Joey Z.	\$7.00 x _____ = \$ _____
12-5 More on the Steps - Part 2—Dani S.	\$7.00 x _____ = \$ _____
12-6 Sponsors: Allies in Recovery—Lindy T.	\$7.00 x _____ = \$ _____
12-7 Healthy Boundaries for COSA Service—Kerry M.	\$7.00 x _____ = \$ _____
12-8 COSA/SAA Joint Banquet COSA Speaker—Claudia M.	\$7.00 x _____ = \$ _____
12-9 Let's Finish the Steps - Part 3—Dani S.	\$7.00 x _____ = \$ _____
12-10 Retreat Planning Made Easier—Shannon T.	\$7.00 x _____ = \$ _____
12-11 Breaking the Shame Spiral—Maritza I. & Mila T.	\$7.00 x _____ = \$ _____
12-12 Working the Twelve Steps on a Problem—Judith M.	\$7.00 x _____ = \$ _____
12-13 Enjoying Life through Boundaries—Ila D.	\$7.00 x _____ = \$ _____
12-14 Fireside chat with COSA Sponsors on the Steps—Kerry M.	\$7.00 x _____ = \$ _____
12-15 2012 Closing COSA Brunch—COSA Speaker: Linda P.	\$7.00 x _____ = \$ _____

2011 - Houston

11-1 COSA/SAA Joint Banquet COSA Speaker - Gayle J.'s COSA Story	\$7.00 x _____ = \$ _____
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2010 - Albuquerque

10-1 2010 COSA Opening Session—Jaime S.'s COSA Story	\$7.00 x _____ = \$ _____
10-2 First Things First—Brian K.	\$7.00 x _____ = \$ _____
10-3 Step One: Is the Wording Acceptable to You?—Georgia K.	\$7.00 x _____ = \$ _____
10-4 The 12 th Step at Every Step - Finding a reason to believe—Ann R. & Brian K.	\$7.00 x _____ = \$ _____
10-5 The Circles: How I define my own sobriety by using this tool.—Kerstin H.	\$7.00 x _____ = \$ _____
10-6 COSA/SAA Joint Banquet—Margo M. & Bob H.'s COSA Story	\$7.00 x _____ = \$ _____
10-7 COSA Luncheon Speaker: Elaine K.'s COSA Story	\$7.00 x _____ = \$ _____
10-8 Brunch and Closing Ceremony-Reentry Workshop—Carol Ann R.	\$7.00 x _____ = \$ _____
10-9 Steps 2 & 3: An Interactive Experience Workshop—Ann R. M.	\$7.00 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 \$ _____