



Volume 10, Issue 2

Fall Issue

Sept/Oct 2013

Sponsorship

As a sponsor, my goal is to help another person have a spiritual awakening as a result of these Steps. I believe it's helpful for me to know the goals of sponsorship so I have criteria to know whether those goals are being met in my relationship with a sponsee.

I believe my Higher Power keeps me sane and sober, and it's that connection that I strive to maintain through the meetings, Step work, fellowship, and daily practices and meditation. When I work with sponsees I repeatedly ask myself, "Am I helping this person have a spiritual awakening as a result of these Steps? When someone doesn't want to contact me, doesn't want to do Step work, and is doing their own program without any influence from me, their behavior suggests I'm not useful to them. And if I'm not useful to them, then I can't work my program because I need sponsees to help me work my recovery program--I can only keep what I work to give away.

When a sponsee doesn't feel in alignment with me--and it happens--I ask that person: "What do you want from me that you think you aren't getting?" Then if they say something like I put too many demands on them or I pressure them to do Step work, I can decide if what they say is a deal-breaker for me. For example, if a sponsee says he or she only wants to contact me weekly--even if he or she is slipping--that's a deal-breaker for me.

You get to decide what works and what doesn't work for you; you get to take care of the triggers that come up for you; you get to decide if you do or don't want to work with this person within the guidelines that work for you.

On a last note, I believe a sponsor cannot "ruin" someone's recovery. If a person wants to work the Steps, no one can stop him or her. If a person doesn't want to work the program, no one can make him or her do it.

~Albert A.
Palm Springs, CA

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



Seventh Tradition: Financial Report

July 1, 2013-August 24, 2013

<u>Group</u>	<u>Amount</u>
AZ-02	\$114.00
Bellingham, WA	\$68.00
CA-13	\$115.15
CA-23	\$106.00
CA-23	\$182.00
FL-11	\$50.00
IN-04	\$38.00
OH-06	\$25.00
Santa Clara, CA	\$111.00
TX-07	\$75.00
TX-23	\$56.00
TX-Saturday Serenity Sisters	\$197.00
Telemeetings	\$55.40
Individual	\$185.00
Recurring Individual	\$320.00
Total	\$1,697.55

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

Letter from the Chair

Letter from the Chair

I am on a plane, flying home from the Board retreat in Colorado. Six of us were there, and for me it was a coming of age. We had a COSA meeting each night. At the first meeting, I confessed the fear I had, and my doubts that I had what it took to be a good Chair. At the last meeting I told my fellow Board members that, although I had made a lot of mistakes over the five days of the retreat, I had not once felt shame. They smiled and nodded, knowing what that meant to me.

The retreat included four days of business meetings. We made a drastic change in how we make decisions, and we learned to do business and seek consensus at the same time. Important decisions were made about how to move forward with the writing of a COSA basic text. We began planning for the 2015 Convention, and we heard about some exciting new ideas from the Outreach Committee. Our new Delegate Liaison shared her plans to increase communication with the groups, *all* the groups. We planned for better technology, and discussed different ways to raise the funds we need to do the things that need doing. Improvements were made to our financial reporting system that will support the growth of the fellowship. Our focus was always on fulfilling the Board's vision of carrying the message to those who still suffer. Somehow, a group of six individuals became a team over those four days. Of course, we had different opinions, but we all shared the same agenda: carrying the message, both in and out of the rooms.

It went very well, and I feel really positive about this Board in general and about my service work in particular.

Just two weeks ago, I had a meltdown. Fear and shame overcame me, and left me in tears. I tried working the Steps on my problem, but it was the wrong tool. So I wrote a letter to my Higher Power. It went like this:

God.

I need you and you leave me alone. I need you and you are nowhere around. I can't do this anymore. I want to quit work and drop my service work and all of it. I'm tired. I'm angry. I'm hurt. If I am not doing a good job, to heck with it. I'll just quit doing a job at all. I don't need this. I don't need any of this. I'm tired of being alone.

I was too overwrought even to sign it. Then I lifted pen to paper again and wrote "Dear Claudia". The words came quickly.

Dear Claudia,

My heart aches for you. I'm so sorry you're sad and angry. Come to me and let me hold you. Let me love you.

I am not who you think I am. I am more, and I am less. I am more because I am more powerful, more loving, and more giving than you think I am. I have everything you need. I am less because I am not here to pull you out of the soup. You know how to do that, and I will not insult your intelligence by doing for you what you know so well how to do.

Always, I will tell you to take what you can use and leave the rest. I love you and I am proud of you. You are doing fine. You are right on track to becoming a good chair. Have patience

Step Nine

I am grateful the “we” part of the program helped me jump-start this written reflection on the Ninth Step. I saw the deadline coming up, and decided to speak about my experience in a meeting. That and the shares that followed helped solidify what I want to say here.

My initial Ninth Step plan was to do the easiest amends first and work up to the more difficult ones. My Higher Power had other ideas. A college friend was suddenly in from out of town and wanted to meet up. I don't know where she was on my difficulty scale, but she shot to the top of the to-do list.

Before meeting her, I e-mailed my sponsor a brief sentence or two about the things I wanted to clean up. She approved, reminding me to keep it short and to avoid explaining the why of what I had done. I prayed for my Higher Power's help with the words and the timing. I got it done over breakfast, leaving silence after my short amends. My friend had a few more grievances to add to the list, and surprisingly, I was open to that.

It went well and I remember thinking that this process would be about removing old blocks to clear the way for renewing old friendships. Turns out, that didn't happen. But I did begin to see some of the Ninth Step Promises come true. I did know a new freedom—I did feel peace. I did begin to intuitively know how to handle situations that used to baffle me. (Actually, this promise started coming true before the Ninth Step.)

I didn't regain lapsed friendships as a result of making amends. But I did lose quite a bit of fear of the people who are currently in my life. Especially people I don't know very well. I find myself being relieved of a fear that I might say the wrong thing, or irritate people. I am also more willing to let go of the compulsion to search for character flaws in others so that I might write someone off in an effort to protect myself. What I've gained from the Ninth Step is a peek at the idea that we are perfectly imperfect. That I don't have to fear others' faults. That I can make mistakes and continue to be whole. This awakening gives me compassion for the troubles of others and also the understanding that I won't be swallowed alive by their suffering.

After that first one, I thought I would do one amends at a time, in the order I chose. But it took so long for people to get back to me, I reached out to almost everyone at once, leaving me forced to surrender to my Higher Power's timing. I wrote all of my amends so I would be prepared when I heard from someone. I shared each with my sponsor. Each were one or two sentences at most. NO EXPLAINING!--I was reminded.

When I felt fear, I chanted the Promises. It was really the only thing that helped keep me willing. I wanted those promises.

I didn't get to everyone. Lots of people didn't get back to me. And there were a few I just wasn't ready for, including my husband. But the Ninth Step's coming around again eventually! I'm on Step Four now. Nine will be here again before I know it.

~Emily G.,
Bay Area



Made direct amends to such people wherever possible, except when to do so would injure them or others.



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.

Letter from the Chair-cont'd.

and be what you think you should be. Don't wrap yourself up in doing what other people want you to do. You're learning so much right now. Celebrate who you are and the opportunity I've given you.

You are all right. You are more than all right. You are perfect in my eyes, little one. You may never be perfect in your eyes, but you don't need to be.

Be at rest. Relax in me.

*Love,
HP*

I was spent when I finished the letter from my Higher Power, and I felt loved and cared for. I took a nap. When I woke up, I felt rested and the pain that had crippled me was gone. It just seemed, well, interesting.

It's been a wild ride, these first ten weeks as Board Chair. I've found character defects I never knew I had, and old ones that I thought had been removed have come back to visit.

I love this work, and I love these people my HP has put in my life. It is hard. But it is good. COSA and service work are giving me more than I have ever been able to give to others.

Hugs,
Claudia M.

Step Ten

Here is an excerpt of the brand new Step Ten booklet, available at the COSA Store:
<http://cosa-store.myshopify.com/>

In Step Ten we aim for honest, accurate self-appraisal with the goal of continued progress in recovery. As we learned in the earlier Steps, it is in this introspection that true healing can take place. While some suggestions in this Step may be new to us, we also discover that we are already conducting a daily inventory in several ways. These practices are becoming second nature.

Part of continuing to take a personal inventory is establishing daily habits that help keep us emotionally sober and keep us on a steady path of continued recovery. Many COSAs find it helpful to read daily meditations as a part of their morning routine and a reminder of recovery principles. As we go about our day, if a problem arises, we may stop to ask ourselves, "Why am I feeling upset? What is my part? Is one of my shortcomings flaring up? Am I feeling jealous, fearful, insecure, or resentful? Am I being controlling or selfish? Am I blaming or judging? Am I not standing up for myself? Am I stuck in shame? Am I truly being honest with others? Am I being honest with myself?" As with earlier Steps, when we reflect upon our circumstances, we keep an eye on our part. While others may have wronged us, our focus remains on where we have choices and where we can effect change: ourselves.

When we practice Step Ten, Steps One through Nine come alive within us in the present moment: we recognize our powerlessness and unmanageability; we turn to our Higher Power and recovery allies for support and guidance; we identify where we have gone astray; and we take action to make amends to others and to ourselves. And then, we let it all go and continue on in the flow of our lives.

Based upon the wording of the Step, it can appear that we are only to look at where we have done wrong. It is important to remember that we are not looking *solely* for shortcomings, though. It is equally important, especially for COSAs who struggle with negative self-talk or low self-esteem, to recognize where we have made progress. In fact, if we are putting ourselves down and not seeing the good in ourselves, this in itself is a wrong that needs amending. While it is constructive to specifically and humbly identify our problem areas, it is equally important to recognize and affirm where we are making healthy choices. We can celebrate our triumphs and use them as fuel for future growth.

Step Ten can be thought of as a balance sheet, with emphasis on the *balance*. As with any balance sheet, ours will have both liabilities (things that need amending) and assets (things we have done successfully). The key is to approach our personal inventory with moderation. We can practice being gentle but firm with ourselves, rather than being rigid or perfectionistic. We can relax, knowing that recovery is a process and our Higher Power and COSA friends love and accept us as we are right now, flaws and all. New behaviors and changes in thinking may be gradual and may require ongoing "relaxed diligence." We develop patience with the process and abiding faith in our recovery.



**Continued to take personal inventory and when
we were wrong promptly admitted it.**

¡Primera Reunión Telefónica en Español!

Step Ten-cont'd.

Often, we conclude the day with a time of reflection to see where we feel good about our program and actions, and where we may have made mistakes or where we feel conflicted somehow. Since each of us has a set of individual trigger points and issues that we need to work on, the specifics of our Step Ten may be unique, but the foundation remains the same. We aim for honest self-reflection, unwavering trust in our Higher Power, and willingness to make prompt amends. Through Step Ten we can avoid the build-up of regrets and we can stay in the solution.

New Spanish Speaking Telemeeting

COSA plans to start its very first Telemeeting in Spanish in October, 2013.

For details on the time, day, conference call number and passcode, and start date for the meeting, please check the Telemeeting Schedule at the cosa-recovery.org website (http://cosa-recovery.org/cosacall_schedule.html).

If you are interested in being of service for this telemeeting, please contact Maritza I. at Maritza_i@ymail.com.

¡Hasta muy pronto!

¡COSA Lanzara en Octubre Reuniones por teléfono en Español!

COSA tiene planes de comenzar su primera reunión por teléfono en Español en octubre 2013.

Para obtener detalles sobre el horario, día, número de conferencia y el contraseña, y la fecha de inicio de las reuniones, por favor consulte el itinerario de telemeeting en cosa-recovery.org sitio web (http://cosa-recovery.org/cosacall_schedule.html).

Sí usted está interesando en prestar servicio para esta reunión por teléfono, por favor de ponerse en contacto con Maritza I. en Maritza_i@ymail.com.

¡Hasta muy pronto!

New Eighth & Ninth Step Telemeeting

A brand-new, open, COSA telemeeting is starting on Sundays, focusing on the Eighth and Ninth Steps!

You don't have to be on Step Eight or Nine to join. Everyone is welcome. Our focus will be on the promises of our program, and how we get them. We will meet every Sunday at 11 am Pacific time, beginning the first Sunday in September.

The phone number is [\(712\) 432-1500](tel:7124321500), access code 440380.

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-store.myshopify.com/> 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@yahogroups.com

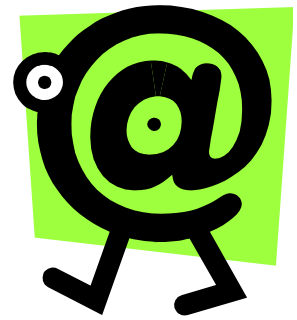
In Service,
The COSA Technology Committee

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>



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 Nine: COSA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.

The Traditions were not even on my radar when I first came into COSA; I was desperate and believed the Steps were all I could handle. Little did I know the Traditions were already at work in my life whether I was conscious of them or not. When I first began to understand that the Traditions were, in fact, what we used to guide the way we organize ourselves in COSA (at the meeting, intergroup, and international service levels) I was shocked. Tradition Nine was my new nemesis.

I had been an Organization Development Consultant for nearly 20 years at that point and I was considered an 'expert'. Nowhere in my training and education had I read about organizations committed to not being organized. As a result of working the Steps, I came to see how my codependent need to create safety through structure, based on the chaos I experienced in childhood, had influenced my career choice. I don't know that I would have kept coming back to our rooms, to be honest, had I understood from the beginning that I had to agree to never be organized. I could only picture a closet with things dumped inside, no hangers, no shelves, and no cubbies. How would anyone find what they wanted in that mess? It was inefficient and, therefore, no good in my mind. I'm thankful my Higher Power only gives me what I'm ready for, when I'm ready for it.

Figuring out Tradition Nine was like working a Rubik's Cube. I tried to break it down into pieces and focused first on the part about how we may create service boards or committees. Wasn't that being organized? Of course it was. The Tradition seemed steeped in contradiction. The mind bender for me was that we could convene boards and committees but only if they were directly responsible to the people we serve. Keep in mind I still had corporate models in my head. How could we help all the COSAs in the world if we didn't get organized?

I knew all about traditional, functional, product-based, and matrix organizational structures but the suggested organizational model in Tradition Nine didn't fit into those models. I was well-versed in customer service-driven cultures where the organization listens closely to what the customer wants and needs. I knew all about working with management teams, executive committees, and boards but the focus of those organizations was the stockholder, and what the stockholder wanted was not always aligned with what the end customer wanted or needed. I had worked within education, non-profits, and start-up businesses and never once had I heard an organization say they wanted me to help them to never be organized; nor did I suggest it.

Bottom line, I couldn't figure out the Tradition until I finally gave up trying to apply my brain to it and gave it over to my HP. I decided to trust the wisdom of millions who had gone before me in recovery circles and their collective spiritual wisdom and simply accepted that I didn't know something I thought I should know in my field of expertise. I surrendered. Only then did I learn to understand. It still amazes me that this Tradition works, but it does.

Traditions

Traditions

Tradition Nine-cont'd.

Tradition Nine suggests a model of working together that is based on total equality. We are all equal and no one has power over another in our fellowship. There is no one greater than, smarter than, or more efficient than another. And that is because we are all responsible for doing the best we can to lead a spiritually fit life, sailing on a giant cruise ship with our HP at the helm. One of the critical elements of the organizational evaluations I used to do was to look at how decisions were made. Because of the sense of urgency that time carries in companies and organizations in the world, there is a common belief that it is not efficient to ask everyone involved (employees and customers and any other constituents) to be part of the decision making process. Consequently, the few who do make decisions always have disproportionate power over everyone else. No one likes being controlled by another, we codependents in particular.

Imagine my relief when I realized that if I am being of service in our fellowship, I am only being asked to be a pair of hands to get stuff done so that the important act of making decisions can be done by the Group Conscience of the fellowship as a whole. A long time ago a fellow consultant patiently tried to get me to understand the concept of "Servant Leader". I finally understand. And I forgive myself because I wasn't ready to learn that I am only a servant to our HP and, if our HP serves all COSAs who suffer, then I am only a servant to those who still suffer.

At times I resisted the power of Group Conscience (which is how we recognize the will of our collective higher powers) mostly because I had an irrational fear of mob rule (think chaos), but today I experience great freedom and grace in Tradition Nine. I am not a leader. I try to be a humble COSA observing only the power of one. I have power over myself, my actions, my attitudes, and my decision to live a spiritual life free from the bondage that enslaves so many people I see around me. I thought I had learned humility when I was working the Steps, but that was only the tip of the iceberg. The real lessons in humility lie in following and trusting in our Traditions and, for me personally, especially in Tradition Nine as I continue to learn how to live to serve you without compromising my responsibilities to myself.

~Anonymous

Tradition Ten: COSA has no opinion on outside issues; hence the COSA name ought never be drawn into public controversy.

Tradition Ten helps us serve the greatest number of COSAs. Our members are a diverse group of people. We come from all over the world, from various cultural, racial, and ethnic backgrounds, and with a broad range of religious beliefs, political opinions, and approaches to life. If we were to link COSA with certain causes and not others, we might alienate many COSAs who could benefit from our life-saving program. Tradition Ten helps COSA be as inclusive as possible.

Tradition Ten also ensures that we won't get distracted from our primary aim. To link our fellowship to any outside issue – no matter how worthy – may cause us to dilute our message, divert money, time, and energy away from COSA concerns, or may even drag us into a power struggle or public scandal. This could have disastrous results for the fellowship, and ultimately for the lives of those who may be helped by what we have to offer.

We are each free to celebrate our unique perspectives and to take a stand if we feel called to do so; we do this on our own time, though, separate from anything COSA-related. Outside issues have no place in our fellowship. COSA is a sanctuary where we work through very specific issues. When we enter our COSA meetings, we leave our differences behind. We aim for unity and commonality rather than divisiveness.

On a personal level, Tradition Ten helps me stay “on task” and maintain my serenity wherever I am. For instance, I may find myself in a situation of potential conflict or distraction. If I am at work and I realize that a co-worker has a political point of view that I disagree with vehemently, I can choose to steer clear of political conversations. I can choose to stay focused on my work responsibilities and not pull politics into the mix. It's that simple.

Tradition Ten keeps our program straightforward and effective. It helps ensure that COSA will be there for us – for all of us – when we need it. For that, I am deeply grateful.

~Anonymous

As seen in Volume 7, Issue 2 of the Balance.



Traditions

Carrying the Message

Work the Steps! New COSA Telemeeting

There is a new lifeline for Sponsorless COSAs:

Having trouble finding a sponsor in your area? Need to work the Steps? Stuck on a particular Step?

We have great news!

COSA is putting together an all-new, free, four-month-long **telephone workshop** to help **lead COSAs through the Steps**. Everyone's invited!

If you're interested in taking part in this exciting Step study telephone meeting, **please e-mail** claritystone@gmail.com.

We'd also love to hear from you if you're interested in helping out by HEARING FIFTH STEPS.

We will get in touch with everyone who's interested to try to find a day and time that's good for everybody. We can't wait to see you there!

Do you speak Spanish? COSA Needs You!

Right now, COSA is making an unprecedented effort to carry the message of recovery to Spanish speakers. COSA is committed to offering Spanish-language programming at the upcoming Los Angeles Convention over Memorial Day weekend, 2014.

But we can't do it without you! Won't you lend your voice?

COSA needs bilingual volunteers to carry out the service detailed below:

- Lead a COSA Twelve Step meeting in Spanish at the 2014 Convention.
- Participate in a panel of bilingual COSAs speaking about their COSA recovery in Spanish.
- Share your COSA First Step or share your COSA experience, strength, and hope in Spanish at the 2014 Convention.
- Identify outreach opportunities in Southern California to create greater awareness about COSA and the COSA convention coming to Los Angeles in 2014.
- Attend the new COSA telemeeting conducted in Spanish that will begin in October, 2013, to share your experience, strength, and hope with other bilingual COSAs and newcomers.

If you can do just one of the above, or have ideas about other ways to serve Spanish speakers, PLEASE GET IN TOUCH WITH US at OutreachCommittee@cosa-recovery.org.

Thanks for considering this significant service to the COSA fellowship.

Mark Your Calendars – 2014 Convention

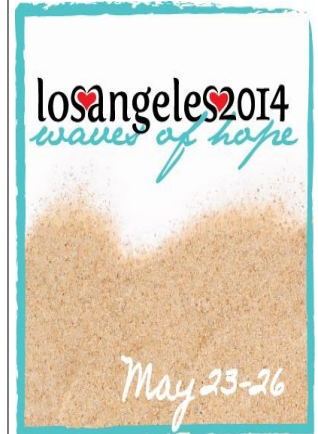
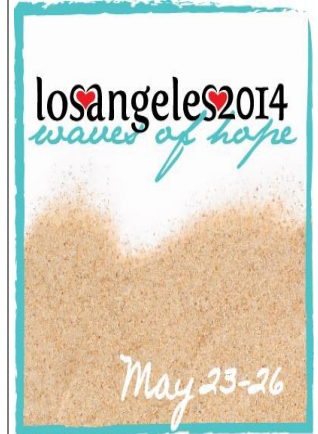
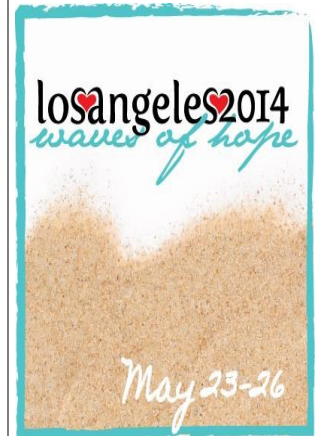


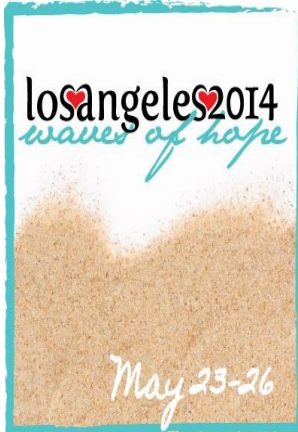
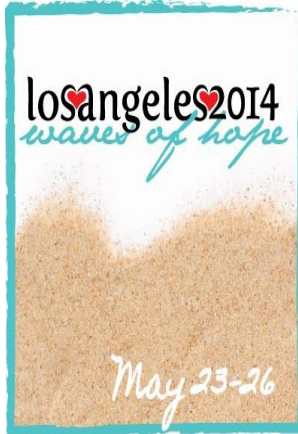
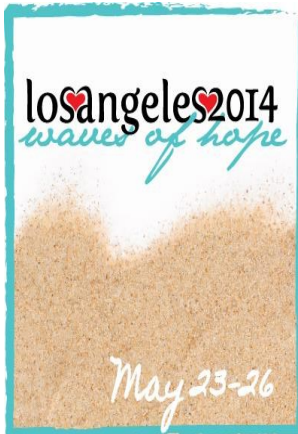
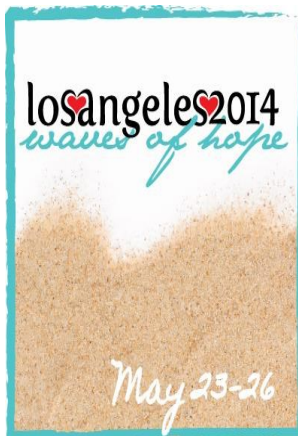
Mark your Calendars

The annual convention is a great opportunity to connect with fellow COSAs and share experience, strength, and hope. Plan to join us for inspiration, growth, and fellowship. The program will include COSA stories by our featured speakers and numerous workshops for COSAs in all phases of their recovery journeys. There will be several COSA meetings offered, including some with a focus such as for men, adult children of sex addicts, Spanish-speakers, or double winners. We hope to see you there!

WAVES OF HOPE
 2014 ISO of COSA Annual Convention
 Los Angeles, CA
 Memorial Day Weekend
 May 23 – 26, 2014

Additional information will be posted and updated at www.cosa-recovery.org/2014
 Please email convention@cosa-recovery.org if you have any questions.





Convention Committee Call for Volunteers

The Convention Committee is comprised solely of volunteers and it takes a lot of us to coordinate and organize one! Be part of this fun and diverse group, while learning from and working with other COSAs from across the continent. We have many options for serving. There are several subcommittees, each needing additional workers, with some needing lead positions. Several positions do not require you to attend the Convention, but give you some of the Convention experience through 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 team is to put together the conference schedule of workshops, 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 convention committees.

Volunteer Committee: We need a lead volunteer to coordinate our other volunteers! Being on this committee provides a great opportunity to interact with a lot of people.

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

Outreach Committee: COSA's diversity statement clearly says that we welcome all those who have been affected by sexual compulsive behavior. Convention is a wonderful opportunity to reach out to those still suffering. One area of focus for this Convention's outreach efforts is to attract Spanish-speaking COSAs.

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

Recording Committee: This team is in charge of handling all audio/visual needs for the convention, transferring recordings from mp3 players to the computer, and burning CDs. We also need a chair for this committee.

Silent Auction Committee: Obtains donations of good for the Silent Auction from COSA groups and individuals, creates flyers, and organizes the on-site bidding.

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 in preparation for assuming 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.

Retreat

**Recovery Under the Big Top
Seventh Annual Fall Retreat
The Greatest Show on Earth
an SAA event with COSA participation**



to be held

**October 18-20, 2013
Sumatanga Camp and Conference Center
3616 Sumatanga Road, Gallant, Alabama 35972**

Recovery, relaxation, fellowship, and fun in the peaceful Alabama foothills
for members of SAA and other S-Fellowships
Also invited are
Spouses of members and members of COSA and S-Anon

All are invited to meals, speaker meetings, workshops, and open SAA meetings.

If you wish to register, please submit your registration and fee no later than October 1, 2013.

**For additional information, the registration form and program information please contact:
e-mail info@saa-bham.org, or call Jim L at 205-408-2500, or COSA Beth A. 256-566-8554.**

See you at Sumatanga!

Retreat/Recovery Under the Big Top

May 23–26, 2014 ISO of COSA
Annual Convention
in
Los Angeles, California



Speaker Nomination Form

Please mail completed Speaker Nomination Forms no later than November 15, 2013, to:
ISO of COSA, 2014 Program Committee, 9219 Katy Freeway, Suite 212, Houston, TX 77024
OR e-mail to programcommittee@cosa-recovery.org.

Nominee’s Name: _____

Nominee’s Phone #(s): _____

Nominee’s E-mail: _____

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

Why have you nominated this person? _____

Your first name and last initial: _____

How may we reach you if we have questions?

Email: _____

Phone: _____ Best times to call you: _____

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

I hereby grant the International Service Organization of COSA (ISO of COSA) permission to record my voice at any presentation for which I am scheduled as a presenter during the ISO of COSA Annual Convention in Los Angeles, California, May 23-26, 2014. Furthermore, I give the ISO of COSA permission to sell or distribute the resulting recordings in any way it sees fit, without any kind of benefit or compensation to me.

Signature of presenter Date

Print first name and last initial

Address City State Zip

**May 23–26, 2014 ISO of COSA
Annual Convention
in
Los Angeles, California**



Workshop Proposal Form

**Please mail completed Workshop Proposal Forms no later than November 15, 2013, to:
ISO of COSA, 2014 Program Committee, 9219 Katy Freeway, Suite 212, Houston, TX 77024
OR e-mail to programcommittee@cosa-recovery.org.**

The Convention Program Committee requests Workshop Proposals for the 2014 COSA Convention in Los Angeles. You can submit a workshop of your own design or in conjunction with other COSA members. Whether you have worked one Step or all of them, we believe you have something of great value to offer at the convention. Please consider submitting a proposal in one or more of the following program tracks, keeping in mind our conference theme "Waves of Hope":

- **Helping Ourselves Through The Steps:** Whether we are working a Step for the first time or are guiding others through sponsorship, there is always something new to learn about the Steps. We are looking for workshops that reflect the diversity of ways in which we work the Twelve Steps in COSA. Pick one or more of your favorite Steps to focus on; we encourage you to offer handouts with suggestions and specific tools you have used to work a Step.
- **Helping Others Through Sponsorship:** Tips, tools, lessons learned, and insight for those who are currently sponsoring or those who are trying to decide if they are ready to sponsor.
- **Helping Ourselves and Others Through Service:** We are interested in workshops about the diversity of group experiences that have helped your recovery. If you have ever been part of starting a new COSA meeting (face-to-face, telemeeting, or on-line), a feedback group, a Twelve Step study group, a regional retreat, or an Intergroup you have experience, strength, and hope that other COSA members might benefit from! Perhaps you have found some great tools for conducting a COSA Business Meeting, or have experience to share about being a meeting Delegate. You may have experience, strength, and hope regarding how to help others become familiar with the Traditions (e.g., how to practice 'principles not personalities', or how to practice Group Conscience).

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

Name _____

E-mail address _____

Phone number(s) _____

How long have you been in COSA? _____ What Steps have you worked? _____

Are you currently working with a COSA Sponsor or Cosponsors? _____

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

Name _____

Signature _____

Relationship to workshop leader (e.g., sponsor) _____

E-mail address _____

Phone number(s) _____

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

Continued on page 20

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

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

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

How does your workshop relate to the conference theme "Waves of Hope"?

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

Would you prefer your workshop/panel to be:

- Closed (for COSA Convention attendees & SAA Convention guests only)
- Open (for COSA Convention attendees, SAA Convention guests & SAA Convention attendees)

We will provide flip charts, easels, and pens, but not electronic equipment such as computers for PowerPoint presentations or overhead projectors. Please plan accordingly. You will be responsible for any equipment you provide.

I hereby grant the International Service Organization of COSA (ISO of COSA) permission to record my voice at any presentation for which I am scheduled as a presenter during the ISO of COSA Annual Convention in Los Angeles, California, May 23-26, 2014. Furthermore, I give the ISO of COSA permission to sell or distribute the resulting recordings in any way it sees fit, without any kind of benefit or compensation to me.

Signature of presenter

Date

Print first name and last initial

Address

City

State

Zip

Online Meetings/Online Message Boards

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

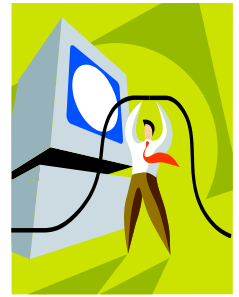
Join [COSA 12 STEP](#), a Yahoo Groups forum for COSA members. COSA 12 STEP is an announcement board owned and operated by the ISO whose main purpose is to help isolated COSAs connect and to support our online chat meetings.

[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 <u>Every</u> 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 \$ _____