



**Volume 10, Issue 3**

**Winter Issue**

**Nov/Dec 2013**

**Higher Power**

My Higher Power has amazing timing! I wasn't at all sure what I might write about for this article; I did know my Higher Power would give me the words though. So, I will let God be the Writer of this article and just do service by typing what I am guided to write.

I think the best place to begin is to say I choose to call my Higher Power, God. The God of my understanding is loving, kind, welcoming, accepting, supportive, caring, trustworthy and ALWAYS available. A 24 hours a day, seven days a week, 365 days a year kind of God. I have a lot of questions and I need a lot of guidance, reassurance and support, so I need a God who is pretty hands-on.

If you are reading this and you choose to call your Higher Power by another name, go for it! If you don't like the word "God" feel free to replace it with another name as you read this. And, if you are not even comfortable with believing in a Higher Power, that's okay, too. I have learned in COSA that we are all welcome and the Steps are just suggestions.

When I have the honor of working with sponsees or talking with newcomers I encourage them to believe in whatever Higher Power works for them and to call this Higher Power by whatever name works best for them, too. I love the vast permission slip we have with the Third Step, that we "... turn our will and our lives over to the care of God, *as we understood God.*" Without this permission slip, I don't know if I could have stayed in COSA or worked the Third Step at all.

Coming into COSA I was very skeptical. I could not understand how believing in some god was going to make my pain, betrayal and disappointment go away. I knew it certainly wasn't going to make compulsive sexual behavior disappear. I was so triggered all the time; I could not focus enough to hear the Steps or my Higher Power. My Higher Power at that time was my marriage, my husband, or the obsessive questions and thoughts I kept replaying about whether to stay or leave the marriage.

For a long time before recovery I didn't believe in any kind of Higher Power. I definitely would have described myself as an atheist coming into COSA, and I feared being proselytized in the program. I really didn't want to come to COSA at all. I was just so desperate I didn't know what else to do.

So, as many of us do, I came to COSA in my despair, which I can see now made me very willing to listen. Very early on, I could see the COSA members in the meeting I was attending seemed much happier and were smiling much more than I was. That was enough for me to begin to wonder if I needed a Higher Power after all.

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



## Seventh Tradition: Financial Report

August-October 2013

<u>Group</u>	<u>Amount</u>
AZ-03	\$100.00
CA-01	\$371.47
CA-08	\$100.00
CA-13	\$141.40
CA-18	\$104.30
Courage to Change	\$30.13
MN-01	\$40.00
MN-02	\$450.00
MN-02	\$500.00
MO-04	\$100.00
OH-06	\$20.00
Omaha, NE	\$15.00
Phoenix Stillwaters	\$50.00
Syracuse NY	\$40.00
August Recurring Donations	\$295.00
September Recurring Donations	\$325.00
October Recurring Donations	\$325.00
Individuals	\$387.00
<b>Total</b>	<b>\$3,394.30</b>

### Higher Power-cont'd.

I began by using the COSA group as my Higher Power. I trusted that the room full of COSA members was definitely a Power greater than me. I felt better when I left a meeting. I also noticed when I made a program call (or two or three!) or read some piece of program literature that afterwards I usually felt saner. I started looking at the God of my childhood and letting go of the punishing and angry God I feared. I redefined my Higher Power with the qualities that felt more positive and hopeful to me.

I got a sponsor and began working the Steps. I started noticing coincidences and synchronicities. I started feeling God in COSA meetings, in the air moving through my fingers as I walked down the street and in the wind. I found myself arriving for work in the morning, opening the door and asking God to walk through first and hold my hand. I prayed in the morning for myself and all of my co-workers, especially the ones I did not like. My spiritual awakening was beginning.

I began to see miracles in others' recovery and started to trust that perhaps I was demonstrating miracles to others, even if I couldn't personally see them in myself. I, who

Continued on page 6

## 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](http://www.cosa-recovery.org/Writing_Guidelines_Revision_20110521_Final.pdf)

Please send your articles to [COSACopy@yahoo.com](mailto:COSACopy@yahoo.com) or by snail mail to the

**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](mailto:info@cosa-recovery.org)**

## Waves of Hope Convention Raffle Winners

The 2014 Los Angeles Convention Committee would like to congratulate the following members who won the Waves of Hope Convention Raffle!

Grand Prize: Sherry S.

First Prizes: JoAn D., Jennifer C., and Cincinnati COSA

Second Prizes: Suyapa W., Bette S., and Melodie T.

As a reminder, the prizes are:

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 – 2014 Waves of Hope Meal Vouchers – \$150 meal voucher towards 2014 COSA Convention meals.

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

Congratulations!

2014 Los Angeles Convention Committee

**By the Fellowship - For the Fellowship**

# Letter from the Chair

## Letter from the Chair

This Board has been working together for over five months now. We've achieved some wonderful things and we're hopeful for so much more. Last month the COSA website included Spanish translations for the essential pages and we're starting a Spanish telemeeting. We're doing some fundraising to aid us in our outreach efforts. We're taking better care of our groups and our Delegates. We're moving forward on the COSA book, with the Literature Committee's Literature in Development team focusing solely on the writing and editing of that book. We're working on bringing you the best ever COSA Convention in Los Angeles in May. We're helping COSAs work the Steps even when sponsors aren't available.

It can be overwhelming at times. Personally, it's been necessary for me to ramp up self-care. I've learned that being Hungry, Angry, Lonely, or Tired can make me lose precious time and make mistakes I could otherwise avoid. I'm learning there are times to take action and there are times to take a nap.

I've been hanging on to the Traditions and Concepts, and I'm working the Steps again. Although I'm writing a formal Step Eight right now, my life is all about Step One. I am realizing how unmanageable my life gets when I try to control other people, places, and things. I've had to accept that others have the right to disagree with me or to vote against my pet projects. I've had to do some growing up.

Service work is maturing me and making me more patient and less concerned with perfection. I am learning that perfect is the enemy of good. I'm more able to bring the Steps, Traditions, and Concepts alive in all my situations and relationships. It's a wild ride. I've got a long way to go, but I'm getting there.

If I would have known how much I would grow in service, I would have signed up earlier. But if I had known how many painful lessons I'd have to learn, and how many shortcomings would be revealed, I might never have taken it all on. Service is not for wimps.

The needs of the COSA fellowship are still great. Carrying the message seems more urgent than ever before. Sign on with us. Come and grow with us. COSA needs you. If you'd like more information, contact me at [chair@cosa-recovery.org](mailto:chair@cosa-recovery.org).

~Claudia M.

## Step Eleven

In the process of working Steps One through Ten, I have learned to turn to and trust a Higher Power of my understanding. It is such a relief to know that I don't have to struggle through my life fueled only by my own self will! Step Eleven gives me the opportunity to deepen this spiritual connection. I practice this Step every day, often many times a day, and it has changed my life.

As with all of the Steps, Step Eleven helps me determine what is mine and what is not mine. This helps me let go of my fruitless efforts to have power in situations where I don't have any. I can catch myself now--when I am spinning my wheels, trying to play God--attempting to "make" people and circumstances behave as I would like them to. I can immediately remember Steps One, Two, and Three and release my mental/emotional grip, and then I can turn to Step Eleven for peace and "good orderly direction." I may have to do this several times before I completely let go and let God, but I can practice. I can make progress.

Step Eleven helps me respond in a constructive and healthy way to challenging situations, rather than to react out of fear or anger. With Step Eleven I can begin to see new possibilities and choices.

I used to think that I didn't have time for prayer or meditation. Now, experience has shown me that when I take a little bit of time to realign myself with my Higher Power, it saves me hours that would have been wasted on frustration, despair, and heartache. I can pause when I am feeling agitated and fearful, and ask my Higher Power for clarity and guidance. There are very few decisions that need to be made in a split second.

When I pray now, I no longer ask for things out of pure self-interest. I simply ask for awareness of the bigger picture, the greater good, the ethical behaviors that will bring me in line with God's will. I express my willingness to align myself with the guidance I receive. And, when I ask for this guidance and the power to carry it out, I have access to wisdom and strength far beyond anything I could muster on my own. I have experienced peace, calm, and clarity in circumstances that would have been chaotic and destructive for me in the past.

Step Eleven also keeps me away from the temptation to criticize, forecast, judge, or blame. When I am committed to practicing Step Eleven, these are no longer part of my thinking. Instead, I have surrendered to the flow, like a leaf floating easily down a gentle stream. I am reminded to have quiet humility, and to simply attend to my own actions and words to the very best of my ability.

Nowhere in the COSA program am I asked to fix myself, change myself, or heal my life *all by myself*. I don't have to claw and struggle my way through anymore. I have my Higher Power to turn to, and I have a Higher Power as expressed in the support I get from precious COSAs who share this journey with me. I am so grateful.

~ Anonymous



*Sought through prayer and meditation to improve our conscious contact with God as we understood God, praying only for knowledge of God's will for us and the power to carry that out.*



## 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.

### Higher Power-cont'd.

had never been a morning person and could barely get myself out of bed and out the door in the morning, slowly began to carve out time to do a morning practice. Today this typically includes 15-20 minutes of Eleventh Step meditation and prayer most days. My seeking conscious contact with God is the most important part of my day.

I began to feel gratitude for all the blessings in my life and to thank God for these blessings. In the midst of even the difficult moments of my life, like when I got laid off, was mugged around the corner from my home or when I eventually went to the courthouse to file divorce papers, I knew I was safe and I would be okay because God was right there walking with me and that all was as it should be. I learned God walks just as closely with me when I am afraid, things are hard, there is conflict, I am grieving or I am angry, as when I am thankful, joyful, having fun or being of service.

Every day, my understanding of God continues to evolve and grow, just as my recovery continues to grow. This morning, I went with God's guidance to religious services in the religion of my childhood and family of origin. When I first came to program, I could barely even say the name of that religion. I wrote several resentments at this religion in my Fourth Step and made amends in my Ninth Step for the ways in which I had talked badly about it. I have gone to religious services in this religion a number of times now and found myself sobbing there each time as I learn and grow, making peace with where I came from and with my family of origin. I don't know if I will ever be a practicing member of this religion and COSA has no opinion on whether I should (phew!). I just keep showing up to God, open for God's healing and I continue my learning one day at a time.

## Step Twelve

Before recovery, I was an isolated, blaming, depressed, judgmental, self-pitying, sad sack of a person. At first, I reluctantly inched toward working the Steps, and I was vaguely aware of the principles of the program. Then, I started working the Steps thoroughly and determinedly (once I became miserable enough to get motivated). I started to see how the principles of recovery could be useful and positive in many areas of my life. Other COSAs started recognizing that I was changing and I began to see some changes, too. Gradually, I started to heal and to feel empowered. Sometimes I even had glimpses of happiness and peace. Now, I work the Steps and practice the principles of the program with lightness, optimism, and gratitude because I know how good it feels to do so, and I know the amazing gifts that they bring. I am grateful beyond measure.

My life has become rich and meaningful as a direct result of working the Steps of this program. Here are a few of the many gifts I've been given (gifts that you too can have when you work the Steps): I am free from the drudgery of carrying around years of accumulated resentments and regrets. I am free from what used to be an oppressive blanket of shame and self-loathing. I enjoy a clear conscience and I don't hide behind fantasies and secrets. I have fulfilling relationships; I feel loved, and supported, and I am loving and supportive. I am honest and trustworthy. I have a better connection with my body, more acceptance of myself as a sexual being, and overall improvement in my physical health. I feel calm and grateful most of the time. I am able to walk through life's painful and challenging times with a greater sense of spiritual connection and dignity. My life is pretty simple today. I still have a lot of work to do on myself, but I can honestly say that I enjoy my life and I feel good. These were claims I couldn't begin to make before recovery.

These are gifts worth sharing and I wish them for everyone! I am *more* than happy to share *anything* that might help others to experience this sense of joy and relief. At the same time, in keeping with the Traditions, I don't go around talking about recovery and trying to "recruit" anyone. Instead, I hope that through my actions and my words I can convey the fact that recovery and relief are possible. I would never claim to have all the answers, or to be the perfect example of recovery, but I am living proof that this program can bring about life-changing transformations.

I am so grateful that my Higher Power has seen fit to give me the willingness and perseverance to show up, to keep showing up, and to work the program. The healing has been far beyond anything I imagined. I am happy to share it. And as I share the joy, it grows.

~ Anonymous



*Having had a spiritual awakening as the result of these steps, we tried to carry this message to others, and to practice these principles in all areas of our lives.*

# ¡Primera Reunión Telefónica en Español!

## New Spanish Speaking Telemeeting

**COSA's very first Spanish-language Telemeeting is about to start! ¡COSA Lanzara su primera Reunión por teléfono en Español en noviembre!**

COSA en Español will have its first weekly meeting on Tuesday, November 12, from 5:30-6:30 p.m. Pacific Time. Call-in information is as follows:

Telephone number: [1-712-432-1500](tel:1-712-432-1500) Passcode: 1057988#

Meeting will be open to COSA men & women only. (Closed to people who do not identify as COSAs.)

For additional information please check the Telemeeting Schedule here:

[http://cosa-recovery.org/cosacall\\_schedule.html](http://cosa-recovery.org/cosacall_schedule.html) or [http://www.cosa-recovery.org/Sp\\_Telemeetings.html](http://www.cosa-recovery.org/Sp_Telemeetings.html) (in Spanish)

If you are interested in being of service for this telemeeting, please contact:

[cosaen espanol@gmail.com](mailto:cosaen espanol@gmail.com) or [Maritza\\_i@ymail.com](mailto:Maritza_i@ymail.com)

COSA en Español tendra su primera reunión semanal por teléfono en Español el martes 12 de noviembre a las 5:30-6:30 PM tiempo Pacifico. Informacion de la llamada es la siguiente:

Número Telefónico - [1-712-432-1500](tel:1-712-432-1500) Código de acceso: 1057988#

Esta reunion esta abierta solamente para aquellos que se identificana a si mismo como un/ una COSA.

Para obtener mas informacion por favor consulte el itinerario de telemeeting en [cosa-recovery.org](http://www.cosa-recovery.org/Sp_Telemeetings.html) sitio web ([http://www.cosa-recovery.org/Sp\\_Telemeetings.html](http://www.cosa-recovery.org/Sp_Telemeetings.html)).

Sí usted está interesando en prestar servicio para está reunión por teléfono, por favor de ponerse en contacto con Maritza I. en [cosaen espanol@gmail.com](mailto:cosaen espanol@gmail.com) o [Maritza\\_i@ymail.com](mailto:Maritza_i@ymail.com).

*¡Muchas Gracias!*

## Higher Power-cont'd.

Experience has shown me God will guide me where I need to be, exactly when I need to be there. I don't have to "figure it out." In fact, when I start "figuring" is usually when I'm in trouble! I just try to follow God's will for me as best as I can, however confusing, ridiculous and peculiar it seems at times. I don't believe in a God who spitefully hides information from me, I have just learned God's pace doesn't always move at the speed I want it to. Sometimes it is slower and sometimes faster; God continues to help me learn and grow in patience and to move at a saner pace in the world than I used to.

The miracle of COSA for me is that I have a relationship with God today. And that this relationship is more important than any other relationship. In fact, it is the foundation for me to be able to have healthy intimate relationships with others. God guides me in setting healthy boundaries, in detachment and loving self-care. God guides me to service and love for others, in my perfectly imperfect human way.

~ Sarah S.,  
Oakland, CA



## 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](mailto:cosatechcom@yahogroups.com)

In Service,  
The COSA Technology Committee

## Free COSA literature now downloadable!!

Four COSA pamphlets are now available as free downloads on our website. Just follow the link below and click on these titles to download the pamphlet in PDF format:

- Welcome to the Sunlight
- COSA FAQs
- COSA Tools
- Defining Co-Sex Addiction

In addition, you can now download past *Balance* issues, going all the way back to 1994 for free! You'll find personal shares on every Step, as well as Tradition shares, and questions on each Step. These are first-person reflections you won't find anywhere else.

You can find these great resource here:

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

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](mailto: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](mailto:COSAcopy@yahoo.com) for more information.

We value your input, and together, we can help carry the message of COSA’s hope and healing to others.

With gratitude,  
Betsy H., for the COSA Literature Committee

## 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](mailto:cosacopy@yahoo.com).

**Tradition Eleven: Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, television, and other public media of communication. We need guard with special care the anonymity of all Program members.**

Tradition Eleven expresses a core idea for me personally as a codependent and co-sex addict—that of attraction *versus* promotion. When I have cared a lot about the outcome of a situation, the difference between attraction and promotion has seemed pretty muddy to me. Hey, if I want my husband to get into recovery (and I do), why shouldn't I use all my powers of persuasion and essentially insist he do as I say?

Oops. That's controlling. That's the kind of codependent behavior I am trying to recover from. And, as I have found when I've stepped over that line it doesn't work. It turns people off, sometimes permanently. That type of pushy behavior certainly turns me off when I'm on the receiving end of it. I want to get as far away from that person as I can. I certainly would not feel inclined to join a group they are in, or do what they say to do. Why would I want to be like them?

Attraction *versus* promotion is about my behavior in the world: what I say, when I say it, how I say it, and what internal stance I am coming from.

Promotion is me trying to control the outcome, manage other people's lives, figure out what would be best for them, advertise what I think will solve their difficulties, and co-opt their freedom of choice as human beings (like if I tell my husband he needs to be in recovery).

Sometimes promotion is my use of controlling behaviors with *myself*: pushing myself; demanding I do everything right now, or just one thing more than I feel able to handle; or not allowing myself to rest when I need to.

Promotion can also be someone else setting themselves up as knowing better than I do, and having more authority to tell me what to do. Perhaps the other person is just making a suggestion, but I am "promoting" them in my mind and acting like they are above me and have more authority to make decisions for me than I do. Even my employer should only have authority in the work realm, not in my personal or spiritual life.

Attraction, on the other hand, is spiritual. When I feel attracted, I feel so inspired by the transformation I see and hear and feel in others, that I am powerfully motivated to do my own work. I want what they have. I ask for and am guided by others' experience, strength, and hope. I can take what I like and leave the rest. I am my own person, in partnership with my own Higher Power. I am free, and we are all equals.

When I want to attract others, I allow others their own space and feelings. I own my own feelings and quietly embody my own recovery, yet I can openly share my own excitement. I keep my ego out of it and only offer possibilities if asked. I avoid promotion: persuasion, charisma, demand, nagging, and being attached to the other person doing what I want.

# Traditions

## Tradition Eleven-cont'd.

Attraction is using the tools of the Program to light myself up from the inside—my heart shines like a light, and others can see it and move toward it if they wish. Attraction allows people to retain their power of choice—feeling and acting equal to everyone else, being part of a circle in recovery, and part of the circle of human beings in the world.

~Ruth G.

## Tradition Twelve: Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

The anonymity in COSA allows for each person to share her or his most vulnerable stories, thoughts and feelings. I can show the raw emotions I am feeling in COSA; I know that I can bare my soul, because I'm in a safe place. In our group, we know our shares will be kept confidential. They won't end up as a subject for gossip or be judged harshly. We understand each other's struggles and support each other with love and respect.

Trusting is already a difficult challenge for many of us in COSA, whose sense of trust has been torn apart by the effects of addiction. Anonymity helps us to rebuild our ability to trust. We can gradually grow in trusting our group members and ourselves.

Our focus on principles before personalities creates an atmosphere of inclusivity and equality. No single personality is more important than our primary purpose of recovering and helping others to recover. We all matter. I can listen for the message of recovery, and detach from the specifics of personalities. I don't have to get stuck in feeling inferior or superior. The focus on principles and not on personalities helps me feel connected to the group and the fellowship. I have come to see that each of us is a vital member of the fellowship.

I see how the endurance of the fellowship is strengthened by the Twelve Traditions. I'm grateful for the principles that COSA has in place. Without these there would be no trust, and perhaps a shaky foundation. As I stay connected with a healthy COSA fellowship, I see the living changes in group members and want the same for myself. I am learning, healing, and growing.

~Carlee B.,  
Costa Mesa. CA

## Carrying the Message through Service

Sometimes I feel like I have been pursuing a PhD in “How to be of Service.” I have researched numerous theories, conducted exhaustive lab experiments (on myself and others), but the practical application has been challenging. Having said that, I have made progress and that is what I’d like to share.

I was born with an unregulated service gene in my DNA. When scientists who are mapping the human genome finally isolate this particular gene and can grow a fully functional gene in a petri dish, I will be the one with my hand up to donate my life to science.

My survival instinct was born from a combination of genetics, environment, and traumas when I was young. To survive I constructed a core belief to keep me safe: it was in my best interest to be want-less and need-less. Whatever it is that some people have that lets them know what they want became inaccessible to me. My belief made me a “pretty good kid,” but when I was a young adult and people actually started asking me what I wanted and I didn’t know, I was embarrassed. I went on to be a “good girl” by accommodating the needs and wants of others. I was good at helping people so that’s what I thought I should continue to do. Everyone agreed. For the next 20 years I was a consultant who helped people answer the very question I didn’t know the answer to for myself.

The more successful I was in helping others the unhappier I became. It made no sense. Wasn’t helping others supposed to lift you up? It finally occurred to me that I couldn’t figure out what I wanted by studying other people. My life had become unmanageable to the point of being physically and mentally ill. I had given my life over to serving others and the older I got the more people I accumulated who I needed to care for.

When I came into COSA the message of service was like a familiar beacon in a storm. My life had been affected by another person’s compulsive sexual behavior and I realized being of service by “helping” my sex addict to get better was not an antidote. Someone said I could be restored to sanity by being of service to myself first. This was not only shocking but felt about as possible as growing wings and flying. But I was desperate, so I started the Steps and did lots of service. Naturally my early approach to service in COSA looked a lot like what I had done in my professional and personal life. My codependent behaviors were totally entangled in my service roadmap. I spoke in meetings, served in all positions at meetings, helped start an intergroup, was a delegate year after year, took on a number of service roles in our annual conventions, helped start face-to-face meetings and telemeetings, hosted fundraisers and COSA teas, and served on the ISO of COSA Board. I served because people told me to but I still felt burdened much of the time.

I made lots of mistakes, largely because I didn’t know any better and didn’t bother to learn how the COSA Traditions and Concepts were there to help. People said service was the way to stay sober: if I had a resentment, be of service; if I harmed someone, be of service; when my sobriety was on the slippery slope, be of service. I heard these messages but it felt like I was acting out in my service. I was in the insanity trap of “doing the same thing over and over and expecting a different outcome” with my service work. Not unlike a yo-yo diet, I would cut back on service in order to regain a sense of manageability in my life and then when I felt like I had it under control my service crept back up and the unmanageability would return. I even went cold turkey for six months and did no service at all. I was

*COSA Service-Carrying the Message*

## Service-cont'd.

desperate to find an answer; there had to be some way I could do service without it depleting me.

This past year I finally came to understand that the problem was not "being of service," the problem was that I hadn't stopped to ask what service I wanted to do. I knew the answer was not doing what someone else thought would be good for me, which had been the easy way out for me for years. I was face-to-face with my unanswered, age-old question: what do I want? I realized I had organized my life around a belief that didn't work for me: I believed it was selfish to think about and ask for and do what I wanted. After all the years of work to find an answer it came with surprising simplicity and clarity.

I literally woke up one day and knew what I wanted, what I had a passion for. It was both cathartic and anti-climactic to realize I wanted to do exactly what I had already been doing in my years of service in COSA. I wanted to carry the message of hope I had received from the day I walked into my first COSA meeting. I called my sponsor and despite having declined an invitation to join the board earlier I told her I wanted to nominate myself to be the Chair of the Outreach Committee.

I was elected and I have had no regrets. What is the difference between my current and past service? Before I was doing the service to help others. I felt drained by the challenges and problems that came from the responsibility of being of service FOR others. Now I am doing service not because the program says I should but because I want to and choose to. I have found happiness in COSA, so quite selfishly I want more of you to be there for me for the rest of my life. The best way I can ensure that I get what I want is to carry the COSA message as if my life depended on it, because it does.

~Kerry M.,  
Outreach Committee Chair

## COSA Retreat Central New York

**Central New York Mini COSA Retreat  
Begins December 13, 2013 (5:30pm) through December 14, 2013 (11:00am)**

In addition to a COSA meeting, and general sharing, there will be a workshop on our circles of sobriety.

All COSA members are invited.

**For additional information, please contact: [syracusecosa@yahoo.com](mailto:syracusecosa@yahoo.com)**

## Outreach on the Road

*Stories of Hope from your Outreach Committee*

This is the first of a new regular column your COSA Outreach Committee will write for each *Balance* Newsletter. Our goal with this column is to feature stories from COSAs like you around the world who have examples of how you or your COSA meeting have carried the COSA message to those who still suffer (our Fifth Tradition and Twelfth Step). There is no example too small, and we believe your stories will inspire others in our fellowship to find new ways to do outreach in their communities. We would love to hear from you, so if you have praise, suggestions or a story to share with us please contact us at [OutreachCommittee@cosa-recovery.org](mailto:OutreachCommittee@cosa-recovery.org).

### From Phoenix, AZ

"Nine people met face to face in the Phoenix area, and ten people met face to face simultaneously in the Tucson area tonight for our first Step Study. We expect a few more people next week. We, the group organizers asked for a one year commitment and the willingness to sponsor others when the Steps were finished. Phoenix and Tucson both used a cell phone set on speaker and were connected with a free conference line for the first half hour. During that time we introduced Step One and talked about powerlessness and unmanageability. Tucson then broke off for their regular meeting, where they studied Step One and shared. Phoenix took 20 minutes to write and 40 minutes to share on their writings. We will be tweaking the process over time as we find out what works. We are using COSA literature and assigning writing each week. We will be spending the next year studying the Steps, Sobriety Contracts, and Sponsorship. What a gift these nineteen people are to COSA!"

*We have all heard about the challenges of finding a COSA sponsor (i.e., not enough to go around). The miracles of COSA recovery come true when we work the Steps, and one of our most effective ways to carry the COSA message is to work the Twelve Steps ourselves. Helping people who qualify for our program to find our meetings is an important outreach effort, and it is equally important that the meetings they come to are populated by COSAs who have sponsors and are working the steps. Thank you, Phoenix and Tucson COSAs!*

-- Your Outreach Committee

### From Oakland, CA

"Not long after we started the Oakland Monday night meeting we had a pretty regular, small, core group of COSAs attending the meeting. At that time our meeting was held in a recovery house where many other Twelve Step Programs met as well. The recovery house produced a schedule of all meetings, so publishing our meeting on that list was our very first effort to reach out to those who still suffer. Since many of us qualify for other programs or have dual co-addictions (e.g., other programs for codependency, etc.) this very simple method of outreach brought a pretty regular stream of newcomers to our meeting. We also discovered that we attracted a greater variety of types of COSAs, like, adult children of sex addicts, victims of childhood sexual abuse, and rape victims, in addition to current and/or former partners of sex addicts. After a while we noticed the number of newcomers coming dropped off--in a way we had effectively carried the message to those groups. Once again we realized

## Outreach on the Road



# Outreach on the Road

## Outreach on the Road-cont'd.

we weren't growing at the rate we hoped we would. By then we had a delegate who went to the annual COSA convention and represented us at the Annual Delegate Meeting. One of the great benefits we saw of sending a delegate was to connect with COSAs from other meetings around the world and exchange ideas on what others were doing to carry the COSA message. Our delegate learned from another delegate about an outreach tool that worked for their meeting. After presenting the idea at our monthly business meeting and getting a group conscience for the plan this is what we did. We bought a bunch of *The Fact Sheet for Professionals* pamphlets from the COSA Bookstore and made copies of a letter that had been created and geared to introducing COSA to therapists. Then we invited any COSAs in our group who were working with a therapist or knew a therapist in the area to hand deliver a copy of the pamphlet and letter to their therapists. We were amazed at how little some of our therapists actually knew about our Twelve Step Program, despite talking about COSA in our sessions! Anyway, this outreach effort did indeed lead to another growth spurt for our meeting. While we continue to be a relatively large, strong meeting we are about to begin another outreach effort this year. More about that at a later time!"

*What a great example of the value of doing ongoing outreach and changing up the methods in order to reach new and different populations in the area. And a great reminder that the annual convention is a great place to exchange ideas on how to grow your meetings! This is also a great example of how much impact even doing something small that takes very little time or effort, like publishing the meeting in a newsletter, can have on a meeting's attendance. Thank you Oakland COSAs!*

-- Your Outreach Committee

## 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](mailto:OutreachCommittee@cosa-recovery.org).

Thanks for considering this significant service to the COSA fellowship.



## 2014 Waves of Hope Convention



### 2014 COSA Convention

May 23-26

Los Angeles, CA

<http://cosa-recovery.org/convention.html>

Start making plans to attend the *Waves of Hope* Convention in Los Angeles! This is the once-a-year event where you may obtain valuable information about working the steps, reflect and grow in your recovery, and connect with other COSAs. It is a unique opportunity to share experience, strength, and hope with people from many regions. The convention kicks off with a speaker on Friday night followed by two days of workshops and panels on a variety of topics dealing with recovery. Saturday night there is a joint banquet with SAA (all registrants may attend; the banquet itself is an additional cost) where each fellowship provides a speaker to address the combined group. For Sunday luncheon and Monday brunch there are COSA speakers as well. There are a variety of COSA Twelve Step meetings offered throughout the weekend. There are also many opportunities for fun and fellowship, such as the COSA Talent Show. Many activities will be offered--more details will be available in upcoming issues of the *Balance* and posted on the convention website.

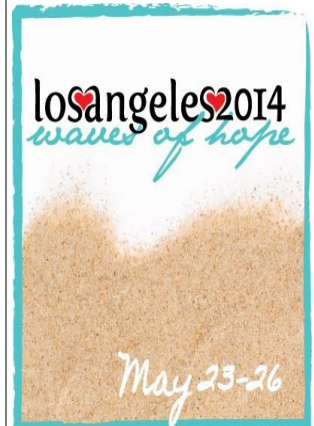
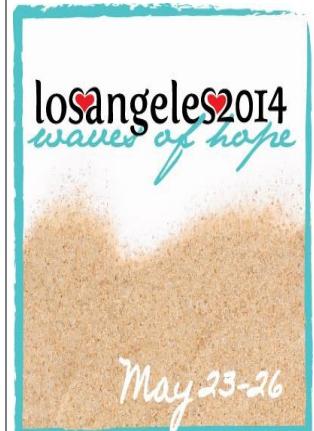
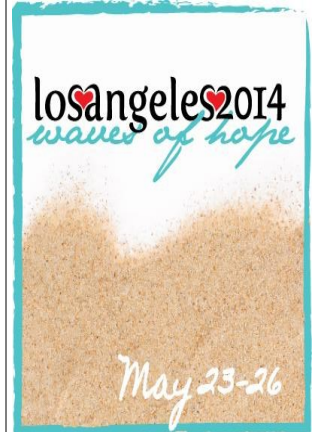
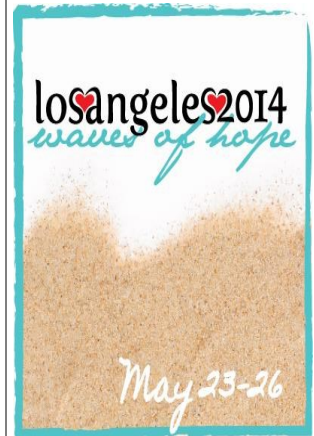
Registration begins soon; a convenient online option is available at the convention website.

### Calling for Submissions for Workshops and Speaker Nominations

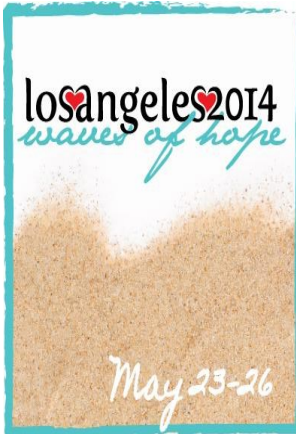
***New this year –some sessions will be in Spanish***

The Convention Committee is seeking panel and workshop proposals as well as speaker nominations for the convention. The deadline has been moved earlier and is now November 15<sup>th</sup>. This will allow us to publish the Convention program several months in advance of the Convention, strengthening our efforts to reach newcomers. Any COSA can step up and share their recovery through nominating a speaker or offering a workshop. If there's an area you want to hear more experience, strength, and hope around, you can create a panel workshop and invite other COSAs to speak on it!

The Speaker Nomination and Workshop Proposal forms are included in this newsletter as



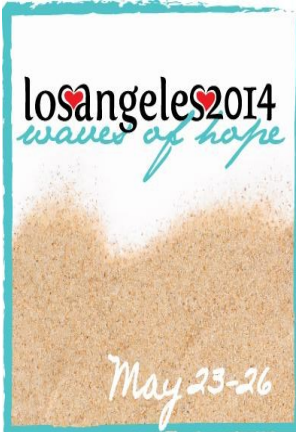
## 2014 Convention-cont'd.



well as posted on the convention website. This year the forms can be completed online and submitted via email. Please send us your ideas--we will all make this next Convention an amazing recovery experience together!

### A Great Way to Provide Service: COSA's Silent Auction

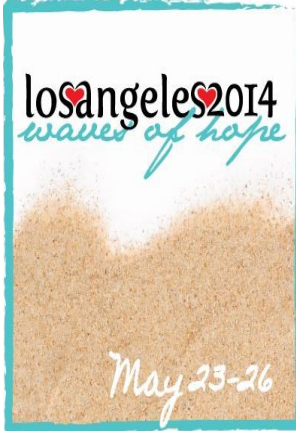
At each convention, a silent auction is held to generate start-up funds for the following year's convention. Those in attendance may bid on items that are donated from the fellowship (you can donate whether you attend or not). Together we can all make our auction a success by generating needed funds while having fun!



We are in need of volunteers to help with the silent auction before and/or during the convention and **we need donations**. Previous donations have included time in vacation timeshares/vacation homes, framed artwork, handmade quilts, restaurant gift certificates, stained glass artwork, jewelry, self-care "baskets" and many handmade crafts.

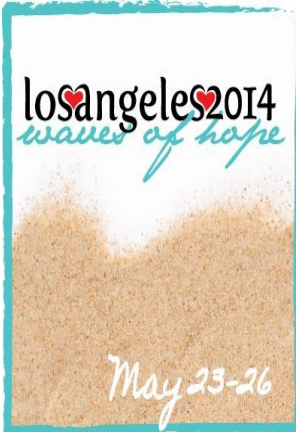
Do you have new items hanging around in your closets that you don't use? Have something you want to re-gift? Do you have a special talent for sewing, making note cards or jewelry that you would be willing to share by making something for the auction?

If you aren't able to attend the convention or send your donation with someone, that isn't a problem! We can help you find someone to bring the item or it can be shipped in advance of the convention. Call or email Becky (307-899-3297; [beckysmk@bresnan.net](mailto:beckysmk@bresnan.net)) with any questions, to volunteer, and to get instructions on where to send your donation.



### Convention Committee – Volunteers Sought

The entire convention is organized and run by volunteers. The convention committee is seeking volunteers to assist on several of the subcommittees (hospitality, registration, care and support, outreach, recording, teleconferencing, program, talent show). There are positions for those not attending the convention, those who can only work at the convention, and those who want to be a part of the planning. Not sure what you want to do? No problem, we can help match you (your available time, talents and interests) to a service position that you can enjoy! Join us as we strengthen our recovery, enjoy fellowship and have fun through service on the Convention Committee! Please contact Wendy W ([volunteers@cosa-recovery.org](mailto:volunteers@cosa-recovery.org) ; 520-591-3453) to volunteer or if you have questions.



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](mailto: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](mailto: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 21**

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

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

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

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

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

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Would you prefer your workshop/panel to be:

- Closed (for 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>

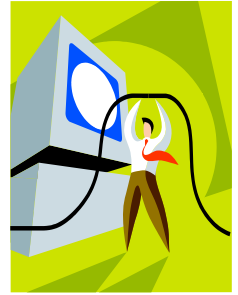
Join [COSA 12 STEP](#), a Yahoo Groups forum for COSA members. COSA 12 STEP is an announcement board owned and operated by the ISO whose main purpose is to help isolated COSAs connect and to support our online chat meetings.

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

## Telemeetings—[www.cosacall.com](http://www.cosacall.com)

For call in numbers for each Telemeeting, check the [www.cosacall.com](http://www.cosacall.com) website.

<b>DAILY</b>	Daily Tenth Step	Noon (PT) (1 MT, 2 CT, 3 ET)
	Daily Eleventh Step	9:00pm (PT) (10MT, 11 CT, Midnight ET)
<b>MONDAY</b>	Step/Tradition Study	9:00am (PT) (10MT, 11 CT, Noon ET)
	Recovery Tools...	5:00pm (PT) (6 MT, 7 CT, 8 ET)
<b>TUESDAY</b>	COSA En Español	5:30pm (PT) (6:30 MT, 7:30 CT, 10:30 ET)
	Step Study	7:00pm (PT) (8 MT, 9 CT, 10 ET)
<b>WEDNESDAY</b>	COSA Tools	4:00pm (PT) (5 MT, 6 CT, 7 ET)
<b>THURSDAY</b>		6:00pm (PT) (7 MT, 8 CT, 9 ET)
<b>FRIDAY</b>	Step/Tradition/Concept Study	6:00pm (PT) (7 MT, 8 CT, 9 ET)
<b>SATURDAY</b>		5:00pm (PT) (6 MT, 7 CT, 8 ET)
<b>SUNDAY</b>	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 ( <b>New 2012!!</b> ) .....	\$2.50 x _____ = \$ _____
Boundaries in Recovery .....	\$2.50 x _____ = \$ _____
Caretaking .....	\$2.50 x _____ = \$ _____
COSA Parents in Recovery .....	\$2.50 x _____ = \$ _____
COSA Triggers ( <b>New 2012!!</b> ) .....	\$2.50 x _____ = \$ _____
COSA Twelve Traditions .....	\$2.50 x _____ = \$ _____
Healing Power of Giving ( <b>New 2013!!</b> ) .....	\$2.50 x _____ = \$ _____
Men in COSA ( <b>New 2013!!</b> ) .....	\$2.50 x _____ = \$ _____
Sobriety in COSA .....	\$2.50 x _____ = \$ _____
Sponsorship Guide ( <b>New 2013!!</b> ) .....	\$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! ( <b>New 2012!!</b> ) .....	\$2.50 x _____ = \$ _____
Step Seven, w/COSA Voices and Questions included! ( <b>New 2012!!</b> ) .....	\$2.50 x _____ = \$ _____
Step Eight, w/COSA Voices and Questions included! ( <b>New 2012!!</b> ) .....	\$2.50 x _____ = \$ _____
Step Nine, w/COSA Voices and Questions included! ( <b>New 2012!!</b> ) .....	\$2.50 x _____ = \$ _____
Step Ten, w/COSA Voices and Questions included! ( <b>New 2013!!</b> ) .....	\$2.50 x _____ = \$ _____
Step Eleven, w/COSA Voices and Questions included! ( <b>New 2013!!</b> ) .....	\$2.50 x _____ = \$ _____
Step Twelve, w/COSA Voices and Questions included! ( <b>New 2013!!</b> ) .....	\$2.50 x _____ = \$ _____
Using the Twelve Steps to Work Through any Conflict .....	\$2.50 x _____ = \$ _____

<b>Collection of English COSA Literature</b> (9 Pamphlets & 24 Booklets) .....	\$60.00 x _____ = \$ _____
<b>Simple Newcomer Welcome Packet of Literature</b> (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

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