



**Volume 10, Issue 4**

**New Year Issue**

**Jan/Feb 2014**

**In This Issue**

**Acceptance**

I was on vacation a couple of years ago, in a country halfway around the world from my home, in the opposite hemisphere. It was the most adventurous trip my partner and I had ever taken together, and the only foreign travel of my adult life. It was a special treat.

And yet, we took this trip during winter in the southern hemisphere, because that was the only time I could take off from work. And it rained...it rained *a lot*. It rained nearly every day. I was fairly accepting of this at first, because in each day there was a time when the sky cleared, the clouds were beautiful, and the water made everything sparkle. We even saw a rainbow every once in a while.

About halfway through our trip, though, we were staying in an exciting city, and we were planning to walk all over to see the sights. It rained harder than ever, and it didn't let up for days. I found myself, one afternoon, on the bed in the hotel room. My body was in a resting position, but my mind and spirit were agitated and upset. It took me a while to figure out what was going on with me, and I had to laugh at myself when I did. I had been lying there thinking that if I just *thought about it hard enough*, if I just *prayed about it hard enough*, the rain would stop. And of course, the water kept right on beating against the windows and pouring in narrow streams down the gutters. I certainly wasn't accepting circumstances as they were.

I learned quite a lesson that day. No matter how much I tried, and no matter how much I didn't want things to be the way they were, I was just plain powerless. Once I could move into acceptance, I could surrender and relax. I could calmly refocus on what my *true* options were, given the situation as it was.

Clearly, the unpleasant experiences that result from being affected by sex addiction are a lot more challenging to accept than a few rainy days. In fact, the weather system of my COSA dilemma took months, if not years, to fully dissipate. And yet, whether insistent raindrops or pervasive shame and fear, the principles of acceptance remain the same.

I have gone to great lengths in my life to try to deny, suppress, stop, or control the situations I haven't wanted to accept. When I was new in recovery, I spent a lot of time thinking about my husband's program. I persistently compared how and where he actually was in his recovery to where I thought he "should" be. I'm sure this was uncomfortable to be around; even if I didn't say anything about what I was thinking, I am sure he could feel it. I was also hypervigilant about his moods, and fearful about

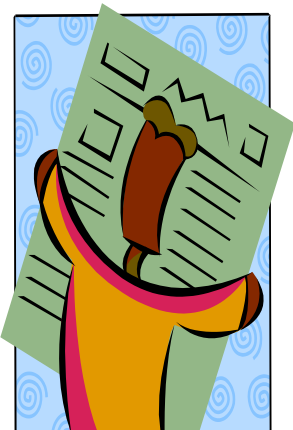
Acceptance By Betsy H.	<b>1,2,6</b>
Step One Share By Karen S.	<b>5</b>
Step Two Share By Mindy B.	<b>7,8</b>
COSA en Español	<b>19</b>
COSA Service	<b>14-16</b>
2014 Convention Flyer & Registration	<b>22-23</b>
Support COSA	<b>9</b>

**In Every Issue**

Seventh Tradition	<b>2</b>
By the Fellowship	<b>3</b>
ISO Diversity Statement	<b>6</b>
Letter from the Chair	<b>4,8</b>
Literature Committee	<b>10-12</b>
Traditions	<b>13-14</b>
Outreach on the Road	<b>17-18</b>
2014 Convention	<b>20-23</b>
Meeting Information	<b>24</b>
Literature Order Form	<b>25-26</b>



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



## Seventh Tradition: Financial Report

November-December 17, 3013

<u>Group</u>	<u>Amount</u>
Alamo, CA	\$40.00
AZ-02	\$96.00
Brighon, MI, MI-01	\$40.00
CA-08	\$108.00
Ithaca , NY	\$52.00
NY-15	\$25.00
Orlando Group	\$60.00
South Bend, IN	\$50.00
The Woodlands, TX	\$56.00
November Recurring Donations	\$305.00
December Recurring Donations*	\$10.00
Individuals	\$70.00
<b>Total</b>	<b>\$842.00</b>

**\*December recurring donations total does not include those that will go through after December 17, 2013.**

### Acceptance-cont'd.

what might or might not happen in the future. I obsessed about the people and activities from his past and how I measured up or, more often, how I fell short. I strategized about things I could say or do to “keep him” from leaving me.

In my relationship with my partner, what did I need to accept? I needed to accept that his early life experiences and his addiction had influenced how he perceived everything, and how he reacted to life. I needed to accept that this would take time to heal. His struggles affected me, but were not necessarily “aimed at me,” or my fault. I needed to accept that his recovery was *his*—to be worked out with his Higher Power, in Higher Power’s time. I needed to accept my husband exactly where he was at that time, instead of consistently telling myself “it will be better when he...” or “I will feel happy if he...” When I focused on what might or might not be in the future, I missed the gifts of my relationship that were right in front of me. I needed to accept that I was choosing—of my own free will—to be in a relationship with a recovering addict. No one was forcing me to do this, and no one could guarantee me a happy future with this person. I also needed to accept that I had been overly focused on him, and to recognize the breadth and depth of my own co-sex addiction.

## 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

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**By the Fellowship - For the Fellowship**

# Letter from the Chair

## Letter from the Chair

December is usually a slow month for Board service. We don't have a Board teleconference in December and the e-mails slow down just a little bit. We all have time to wrap some presents and go to parties, or we get busy with some of those things we've been meaning to do. I did take a nap this month, but then I was ready to go back to work.

One of my service sponsors gave me a great idea and I'm following through on it. I've talked to almost twenty COSAs and reached out to many others. I'm asking them what they see as COSA's strengths and weaknesses. It's brought me a lot of joy to realize once again that there are so many people in COSA who love this fellowship with a passion. They have shared with me their heart for the fellowship.

There's so much to be done. The members I spoke to talked about the challenges our fellowship faces. So many people who need us still don't know about us. The stigma of sex addiction and co-addiction may keep people from seeking help. We struggle with codependence and lack of sobriety, or we fail to take personal responsibility.

The challenge that came up again and again in my conversations was that that COSA does not seem to fulfil its potential for a broader fellowship- a place of healing for *all* who are affected by compulsive sexual behavior. Some of the members I talked to grieve that COSA is not very accessible to men, or to the parents and children of sex addicts. One member told me that the people who come to her meetings are not diverse; they are generally aged 30-60, Caucasian, middle and upper-middle class women with partners. Another member said we need to raise awareness and build understanding.

Another compelling problem that came up was that many members leave the fellowship when they begin to feel better or the crisis passes. When the addict in his or her life is gone, there's no longer a need for recovery- until the next addict. One member thought that the availability of meetings would grow when COSA members realized they suffer from a disease as deadly as alcoholism or drug addiction.

We have the resources to overcome all of these challenges. I heard over and over again that COSA's greatest strength is our willingness to be of service. Members who serve bring hope and help to those who are still suffering. These people that are so admired do all sorts of different things. They do Board Committee work; they chair a meeting or they keep the treasury for their local group; they call the newcomers; they sponsor; they chair Intergroup meetings; they serve as a Year-round Delegates. Getting involved brings joy and purpose to these people's lives, and help and hope to others. It's the gift that keeps on giving.

The members I talked to were excited about the meditations going out in the fellowship e-mails; the progress of the COSA book; the Step Study teleconferences; the Annual Convention; progress in outreach; the completion of the Step Booklets; the improvements in communication with the groups; the new Spanish Telemeeting and Spanish translations of our literature. The improvement in communication was mentioned several times. The website has a new look and the store is more user-friendly. We have volunteers dedicated to handling e-mails and phone messages. You wanted the Board to hear you- and we are listening.

## Step One

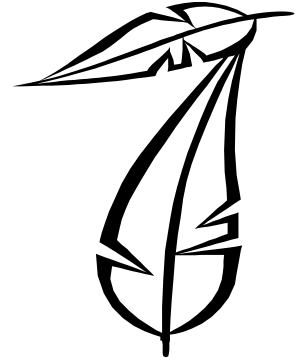
Right after my First Step share, I went to an event that my favorite author was attending. I had been debating the entire week whether to go or not and had given myself a lot of excuses for not going: it's too far, it will run too late, everything you've thought would end up enjoyable lately has not managed to live up to expectations, and you probably won't get a chance to talk with the author anyway. But the night before I did my First Step I checked in with my Higher Power and decided *I need to do something nice for myself! I am sure I will be doing a lot of crying and feeling a lot of emotions during my share. This will be some self-care.* So I bought a ticket and committed myself to going.

Having accomplished my First Step share, I arrived at the event only to immediately see my favorite author. He was sitting by himself and having a drink, and I strolled up to him. Normally I would have lacked the self-confidence to do more than greet him and nervously wander off afterward, but completely baring one's soul to a room full of people less than two hours before really does strange things to a person. Instead of convincing myself that I was worthless, that no one would want to talk to me, and that I had nothing interesting to say anyway, I just spoke to him like we were old friends and he responded in kind. I was sure that he had no idea who I was, but it didn't matter.

We ended up talking for *two hours* almost completely uninterrupted. I had a great time! He shared some very personal things with me, and I did likewise. I even told him that I had just done my First Step in a Twelve Step program and he congratulated me. We managed to connect not as a famous author and a fan but as just two people in a very honest way, and at the end we thanked each other for a very enjoyable evening and he asked me to keep in touch. It was a conversation that never would have happened if I hadn't been working my Steps, listening to my Higher Power, and feeling emotionally open from my First Step share.

I really feel that that evening was a gift to me for all the hard work that I had been doing and a sign that working the Steps brings changes to my life and me in so many important ways. Just by adjusting my attitude and my negative views of myself, by believing for one instant that I was worth it, I was open to allowing something incredibly positive happen. Joining COSA was the gift that I gave to myself, and one that I continue to benefit from every day.

~Karen S.



**We admitted we were powerless over compulsive sexual behavior -- that our lives had become unmanageable.**



## 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.

### Acceptance-cont'd.

Acceptance doesn't mean that I have to like what has happened, what is happening, or the way things are. It doesn't mean that I agree with it, condone it, or deserve it. It doesn't entail accepting abuse or mistreatment, or letting go of my own boundaries. It simply means that I stop fighting against the reality of a situation. I stop resisting it and struggling to change things that are not in my power to change.

When I find acceptance, I have surrendered to my Higher Power. I have admitted that I am not in control, and that I may not be able to fully understand the scope of what is happening at the moment, nor predict how things will turn out. While it may be sad, scary, or frustrating to discover I am powerless—especially over some of the awful things in life that are so hard to accept—at least when I determine and accept that I am powerless, I can conserve my energy for things I *can* change. In this way, acceptance brings relief and a sense of peace. This calm creates room for good orderly direction. Acceptance doesn't always come easily or without an internal struggle. It often takes time and patience.

One of the gifts of recovery is that I can now accept my partner and myself *as we are*, rather than getting caught up in what we should be or could be. Step work and program tools have helped me relax into accepting that we are both human beings with strengths *and* shortcomings, determined courage *and* emotional injuries that may hold us back, willingness *and* sometimes a lack of willingness, and we are both recovering to the best of our ability today.

~Betsy H.

## Step Two

Long before I ever walked through the doors of my first Twelve Step meeting, I knew that my life was unmanageable and out of control. I knew that something was terribly wrong with me, but I didn't know what, and it terrified me. I wanted so badly to "get better." I knew, without a doubt, that I needed help. Early on, a doctor told me I suffered from a very serious mental illness. I accepted the diagnosis and followed this doctor's orders to the best of my ability. I kept getting worse. I didn't understand.

Slowly, inevitably, I started to believe I was incurable. I saw a life of excruciating and unbearable pain stretching into the horizon of the long, bleak years ahead of me. With each inpatient hospitalization, I grew more and more hopeless. My despair deepened. I thought the world would be a much better place without me.

One day, through a chance suggestion from a kind friend, I started seeing a new doctor. This new doctor had different ideas about me. She believed I was diagnosed incorrectly. She gradually took me off many medications and suggested I start attending Twelve Step meetings.

The first time I walked into a meeting I knew I was in the right place. I couldn't believe I was hearing other people tell my story. I also heard people talking about a Higher Power and a God, but I wasn't interested. In these early days, I focused a lot on the stories of what other people were doing wrong and the injustices they committed. I could relate. I was angry. Actually, I was full of rage. I was angry with the many people who terribly abused and traumatized me. I was angry with the doctor that misdiagnosed me. Most of all, I was very, very angry with God. It's not that I didn't believe in God. I have never been an atheist. Quite simply, God was unreliable.

One of the things I heard in meetings was: "Bring the body and the mind will follow." I didn't know what this meant--all I knew was that I was very slowly starting to feel better. About a year later, my mind decided to come to a meeting with me. I remember that day very clearly. I realized, "*I am an addict!!!*" I was simultaneously horrified and relieved. At last, the real problem! I can finally start to get better! That proved to be far more difficult than I could ever have imagined. I soon discovered I was suffering from many simultaneous addictions, the most powerful one being an addiction to abusive relationships with active sex addicts. I kept attending meetings and despite myself, I began to experience positive change. I examined the relationships in my life and made a conscious decision to seek out kinder friends and let go of the ones that treated me poorly. I had much work to do when it came to romantic relationships.

It took me another year to fully realize what getting sober looked like for me. When I began trying to get sober, I failed miserably. The stakes rose higher, my awareness grew clearer, and I still couldn't stop my self-destructive behaviors. I was terrified. By now, I knew that my life depended on believing that a Power greater than myself could restore me to sanity, but I didn't know if I could do it. I was supposed to trust God. This God, who abandoned me and allowed so many horrible things to happen in my life and did nothing. Why should God step up this time?

There are several crucial and defining moments in my early days of sobriety that now stand out like a beacon. One of them was a passage from a book of daily meditations that said,



**Came to believe that a Power greater than ourselves could restore us to sanity.**

# Step Two

## Step Two-cont'd.

“Pray. Even if you don’t believe in it. It will work anyway.” I was suffering so much that I was willing to try anything. Dubiously, I started to pray. Late one night, I was driving home alone after a wonderful dinner with my new friends in recovery. The peace and happiness of the evening stood in such stark contrast to my dark and painful life. Acting on some mysterious impulse, with every last fiber and cell in my being, I said the truest, most sincere and heartfelt prayer of my life. As tears streamed down my face, I asked God to please help me. I immediately knew without a doubt that Something had heard my prayer. That was the beginning of my spiritual awakening.

I continued to pray. I chose to call this Something, “God.” I prayed more often. I prayed to overcome my fear of people. I prayed to be a kinder, more capable and responsible person. I prayed for God’s Will, and for my family and friends. I even prayed for some of my enemies and resentments. I also thanked God for my increased blessings. Life kept improving and I experienced serenity for greater stretches of time. My self-loathing and anger started to diminish. I found myself telling others about my spiritual awakening--how this Something answered my prayer and saved my life. I came to believe and saw repeated evidence that a Power greater than myself was actively restoring me to sanity.

At my journey’s start, I was suicidal and couldn’t even get out of bed. By the grace of God, today I am healthy and happy and it is nothing short of a miracle. I am in awe, I am humbled, and I am forever grateful.

~Mindy B.

## Letter from the Chair-cont'd.

Each member I talked to has a passion for COSA, and their feelings run deep. I am grateful to be connecting to the fellowship in this way and finding out what you are thinking, feeling, and doing. Thanks for letting me share.

If you would like to share your vision for COSA with me, please e-mail me at [chair@cosa-recovery.org](mailto:chair@cosa-recovery.org).

Hugs,  
Claudia



## Support COSA!

Sign up right now to give monthly to the International Organization of COSA and **you could see your donations DOUBLED!**

Two anonymous **donors have offered to match the first three months of contributions from donors who sign up to make ongoing monthly donations.** There is \$3,000 of matching money available!

A gift of \$30 per month becomes \$180 dollars in the first three months.

A gift of \$50 per month becomes \$300 in the first three months. And so on.

Your donation is completely tax-deductible.

If we don't hit the \$3,000 dollar mark by the end of June, we will lose that matching money. Don't let that happen.

If you already give monthly, thank you! If you want to increase the monthly amount you give, that money will go toward the match as well.

*Please consider making a monthly donation to the International Service Organization of COSA to help others experience the relief that COSA has brought you.*

Your gift of \$10, \$20, \$30, or \$50 monthly can make all the difference...

Here's the link to get started: <http://www.cosa-recovery.org/donations.html>

**Opportunity to Support COSA through Matching Donations!**

# COSA Book Update

## Update on COSA Book

Dear COSA in Recovery,

The fellowship asked for it: a 'Big Book' of its own.

Now, a full COSA text is the top priority of the COSA Literature Committee.

What does that mean for you?

It means that the Literature Committee will not put out any new booklets until the text is done. The *Balance* will still come out every other month as usual.

While the book is eagerly anticipated, it will be a multi-year project and we appreciate your patience as we work toward this goal.

In the meantime, many helpful COSA booklets are available for purchase (including literature on all Twelve Steps!). The *COSA Meeting Guide*, past issues of the *Balance* newsletter, as well as literature for newcomers are available as free downloads from the COSA website, [www.cosa-recovery.org](http://www.cosa-recovery.org).

Much gratitude and appreciation to all who have contributed to the development of the book so far! In order to streamline our efforts, the COSA Board decided to combine the contributions and talents of the Book Committee with the Literature Committee. We hope this will help move the project toward completion.

If you are interested in contributing to the COSA book in some way—as a writer, an editor, a reader, an administrator, or with a fundraiser— we need you! If you are inspired to get involved, in any way, big or small, send an e-mail to the Literature Committee at [cosacopy@yahoo.com](mailto:cosacopy@yahoo.com).

Thanks so much.

In Service,  
Your COSA Literature Committee

## 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:

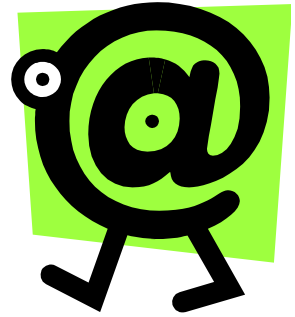
- Welcome to the Sunlight
- COSA FAQs
- COSA Tools
- Defining Co-Sex Addiction

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.

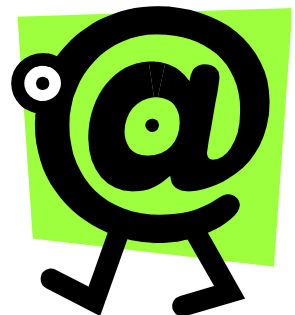
You can find these great resource here:

<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 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 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 one: Our common welfare should come first; personal recovery depends upon COSA unity.**

In any group, if the common welfare does not come first, it is just a collection of individuals, and sooner or later the group will dissolve. In my personal life, I am seeing this with a group (not Twelve Step) that I've been involved with for a few years. I prioritized a different activity for a couple of months, and apparently so did other people, because the group didn't even meet for those two months. And now it seems difficult to find a time for the group to meet. People are busy with other activities that matter more to them than this group. I feel sad, but I know that not every group lasts. Maybe it is time for me to find a different group of this sort, or start one. Or move on and grow in some different way in that area.

I also saw an initial lack of unity when I chaired a retreat (for a different Twelve Step fellowship). For several months, it seemed like the retreat might not survive, after running annually for several years. I had volunteered to be co-chair, but no one was willing to be co-chair with me. (Okay, I only asked two people, the ones who had volunteered for specific tasks, so they were already going to be doing a lot.) Eventually I started doing one or two beginning tasks, and things got moving. There were only three of us at the planning meeting. It felt lonely and overwhelming for a while. Then situations came up that I didn't know how to handle, and I needed to ask for a group conscience. I emailed a few people, eventually a group conscience committee developed, and we had email discussions (not phone meetings--the way I thought it should be). When I asked for help and support, I got it. It didn't show up in the way I thought I wanted—a co-chair and phone meetings of the group conscience committee. But a couple more people showed up to the planning meetings, everyone took on a few more tasks, and it all got done. I learned so much, even and especially from the times I felt totally stuck. It was so important to me that the retreat continue, that, for the sake of the retreat, I knew I had to ask for help and support so that I could continue, so the planning committee would keep working well. It worked! The retreat happened, and I passed over the responsibility to two co-chairs who are doing a great job!

I am grateful for all I've learned, especially through service, about putting the common welfare first. And I've been surprised to note that rather than meaning that I should just tolerate things, it really means that I can and am encouraged to speak up and express my point of view, my feelings, and my needs—for the common good. If there's something that needs changing, or if just talking about things will bring more clarity and understanding, we can talk, and usually everyone feels better afterwards.

~Ruth G.

# Traditions

## **Tradition Two: For our group purpose there is but one ultimate authority – a loving God as expressed in our group conscience. Our leaders are but trusted servants; they do not govern.**

Tradition Two reminds me of the value of humility. Even if I am a natural leader, it is important for the health of the group and the fellowship for me to avoid any urge toward control or prestige. I may have good ideas about how my meeting ought to be run, and I can certainly make suggestions for healthy change, yet I always need to remember that I am not in charge. Each and every COSA member has an equal right to participate in group conscience discussions and decision-making. We are all needed, important, and equal, from the longest-attending long-timer to the brand new newcomer.

I especially like the mention in this tradition of “a loving God”. This puts my mind and heart at ease when group dynamics are shifting or there is tension. As it is in my personal recovery, the same is true for the group: I can keep faith that guidance *will come*...from the loving Source of wisdom.

This Tradition also reminds me that rotation of leadership is healthy and necessary for any group. Even if my meeting’s trusted servants are doing a superb job, no one person is indispensable in any one service position. Change is healthy; rotation of leadership every six months or so guards against any single personality or perspective dominating the group. It opens up opportunities for other COSA members to become involved, and receive all of the gifts that come with being of service. It keeps the meeting fresh, empowered, and vital.

~Betsy

*As seen in Volume 5, Issue 6 of the Balance.*

## **Carrying the Message Through Service**

I am sitting here absolutely at a loss for words (very unusual for me). When I decided to write about what service has meant to my recovery, I thought that it would be easy. It actually isn’t. This is by far the hardest thing that I have ever written. I am humbled to be writing about the joy and the many gifts that working with the talented, brilliant, dedicated, and inspiring people that I have served with has brought into my life. Each one of them has touched my life in a way that I may never be fully able to articulate. I believe that my addiction grew and flourished in unhealthy relationships with others, so it has been miraculous for me to see that my Higher Power often uses relationship with others to deal with my defects of character and restore me to sanity. But that does not even begin to scratch the surface of what service in COSA has given to my life and my recovery.

The Twelve Steps are the foundation of my recovery. Next to the Steps, nothing has changed me more than service.

I came to COSA with a lot of trust and authority issues. Because “authority” in my family of origin was unstable, chaotic, confusing, and frequently not trustworthy, that became the lens through which I unknowingly filtered and reacted to people in my personal life. I was

## Carrying the Message through Service

the employee never afraid to “have it out” with the boss. I was the family member who was uncompromising in shouting from the rooftop what “needed” to happen. And since I trusted no one but myself, I felt that I always had to have the answers for everything. Looking back, I see what a heavy burden that was to carry: that perfectionistic need to create safety by knowing it all, being it all, and standing up loudly and aggressively any time I did not like what was happening. It was a life of insanity, lived in the extremes, which brought me great pain and isolation.

I have been a member of the COSA Literature Committee for three years. I can’t say that I came to the committee with any real understanding of what I was doing. At the time I joined, I had a vague notion that there was this thing called “the ISO” and an equally vague idea about what “it” did. I had a lot to learn. I was a fairly new COSA member who had been working the Steps for only a few months.

I quite literally bumped my way onto the Literature Committee through a series of serendipitous “accidents” that I attribute to my Higher Power.

I joined the committee with the desire to translate literature, but I quickly began to actively participate in committee meetings and to feel a deep sense of passion for the work that we were doing. I was inspired as I saw amazingly talented people working together to accomplish tasks; supporting one another without caretaking; contributing their time, energy, and passion to our projects. I felt excitement and a wonderful sense of belonging.

What I didn’t understand then that I do today, is that God didn’t just have a plan for where I “fit” in the overall picture of COSA. He also knew that, because of the nature of my character defects, I needed to be in a safe place, where I could learn lessons about trust, mutual respect, appropriate communication, authority, responsibility, transparency, and so many other things. Perhaps most of all, God knew that my belief that I needed to have all the answers absolutely had to go, and then He placed me where I could safely learn that lesson with an amazing group of people as my guides.

Our committee Chair at the time, as well as each of our members, modeled for me what the safe and appropriate use of authority was. They taught me to trust others. They modeled the Twelve Traditions for me. I learned about the power of the group conscience. I owe a tremendous debt of gratitude for this modeling of what safe leadership looks like in action; it opened the door for change in me.

I learned that my voice counted—not more or less than anyone else’s—but that it counted. And service, along with my ongoing Step work, has helped me lay down the burden of thinking that I know best and have to have all the answers. It became clear to me how seemingly unsolvable problems had marvelous solutions when we all heard one another out with an open mind.

Last year, I was in for an enormous surprise when I was asked if I would consider standing for Literature Committee Chair. I was floored. At first my reaction was “no way” because I didn’t feel like I was good enough to chair this priceless committee that I loved so deeply and that had been such a huge part of my healing and growth.

*COSA Service-Carrying the Message*

**Service-cont'd.**

So I did what I had learned to do in the program—I prayed and listened. I learned that it was simply about asking, “is this Higher Power’s will for me?” I realized that I was not being asked to be perfect, and I was reminded that I would never need to have all of the answers, because I had the group conscience of a committee I deeply trusted and respected, and a faith borne of the many times I had seen it work.

I realized how much joy I felt in serving the committee, and how many priceless gifts it brought to my life. I had developed healthy relationships and a sense of purpose as a result of this service. Finally, I came to believe that, even though I was still imperfect and growing, this was where my Higher Power was leading me.

It hasn’t been easy. I’ve felt self-doubt. I’ve had my share of growing pains. I’ve struggled anew with parts of myself that still need work. But that is part of this marvelous journey of recovery. Being a committee Chair also means that I have the honor of serving on the ISO of COSA Board. What an experience that has been! I serve with six other COSA members who care about the well-being of our fellowship every bit as much as I do, and who bring their unique gifts, talents, and perspectives to all that we do. It has reminded me to trust, to listen, to remember that I am not always right, and that my perspective has limits. It has also reaffirmed for me the lesson that I first learned on LitCom: at the end of the day it is not about being “right” or perfect. It is about being a trusted servant of a fellowship that means the world to me. It is about carrying the message and caring for the continued growth of COSA so that it will be there for the next hurting person that comes into the rooms. It is about being willing to listen to others who think differently than I do, trusting the group conscience, and empowering one another to carry out the work we have been asked to do. It constantly brings me back to the Steps and the Traditions. What could possibly be better?

Service has pushed me to grow. It has taught me that when I align myself with my Higher Power’s will for me, the gifts that I receive so far outweigh any of the challenges that it is unbelievable. It has taught me to follow my heart into what gives me joy and to finally understand what someone I admire meant when they said, in effect, that service is love in action. Before recovery I nurtured and “served” my addiction. Today I serve something greater than myself that I truly love: the COSA fellowship.

~Amy E.

Your Literature Committee Chair



## Outreach on the Road

*Stories of Hope from your Outreach Committee*

Note: our goal with this column is to feature stories from COSAs like you around the world who are willing to share examples of how you or your COSA meeting carry the COSA message to those who still suffer (our Fifth Tradition and Twelfth Step). There is no example too small to share and we believe your stories will inspire others in our fellowship to find new ways to do outreach in their community. 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).

### Writing about COSA for a Recovery Journal/Newsletter

Claudia M. from Phoenix recently submitted an article to a Recovery Newsletter in her area. She shared her experience, strength, and hope with COSA Twelve Step Recovery. At the end of her article she gave the COSA website address and mentioned that our annual convention will be in Los Angeles next May. Here is an excerpt from her article:

“Everyone in COSA has a different story. They come from comfortable homes, or they live in poverty. They are men or women, straight or GLBTQ. They are all colors and all religions or none. The sex addict in their life may be addicted to porn, or be involved in multiple affairs, or darker behaviors. The sex addict might be their parent, their partner, their child, their boss, their employee, their patient, client, or friend. Some members are sexual abuse survivors or rape victims who have no sex addiction in their family at all. Many sex addicts are COSAs themselves who may have been affected by someone else’s sex addiction long before their own acting out began. Anyone with significant contact with a sex addict is affected, because addiction is the only disease that so deeply affects people who don’t even have it.”

*What a great idea! We can only imagine how many people this article will reach. Some of them may not even be aware of COSA’s existence, some of them may have heard of us but not realized they qualify for our meetings. Have you ever looked up or “googled” recovery newsletters published in your area? We have and we were amazed by how many possibilities are out there. We found newsletters connected to/sponsored by treatment centers, hospitals, therapists, and universities where people from a variety of Twelve Step programs are published anonymously. Thank you Claudia for carrying the COSA message of hope!*

-- Your Outreach Committee

### Outreach to Treatment Centers in LA

Linda P. and Kerry M. from Oakland and Walnut Creek, California recently took outreach on the road to three Treatment Centers in Los Angeles. Here’s what we learned:

1. **Direct contact helps.** The people we met really appreciated our interest in meeting with them in person and our willingness to share briefly about what brought us into COSA recovery and about the hope and healing we found in working the Steps in COSA. We initially thought it would be difficult to get in-person meetings with these busy professionals but it was quite the opposite.



# Outreach on the Road

## Outreach on the Road-cont'd.

2. **A little research goes a long way.** The Internet made it really easy to learn in advance about the organizations we visited. By studying their websites we were well prepared, and able to focus what we talked about, and we discovered their basic contact info for COSA needed to be updated.
3. **Be specific.** The professionals we talked with assumed COSA was just for partners of sex addicts and were unaware our Third Tradition specifies that anyone whose life has been affected by compulsive sexual behavior is welcome in COSA. It really helped to share specific examples of non-partners who qualify, such as: adult children and grandchildren of sex addicts, sexual abuse and rape survivors, people of all genders and sexual orientations, etc.
4. **Ask what they need.** We asked what COSA resources would be most useful and helpful to pass on to their clients about COSA. And we offered a kind of menu of specific examples: COSA flyers to put out on resource tables; a COSA flyer with tear-off strips with local meeting information to put up on a bulletin board; COSA business sized cards with basic contact information for both ISO of COSA and a local COSA meeting or intergroup; free downloadable copies of COSA literature from our website; the name and number of a local COSA contact who would be willing to talk with people interested in COSA meetings; to bring a mini COSA meeting into their organization to give people a sense of what our meetings are like; local COSA volunteers to speak about COSA recovery on a panel; a list of local COSA meetings they can hand out to clients; etc.

The end result was that we carried the COSA message to roughly 20 people (most of whom were certified sex addiction therapists). And while they were already aware of COSA they were eager to learn more about our fellowship and grateful we made the effort to reach out to them. Any one of them could qualify for COSA themselves and all of them are in daily contact with people who qualify for COSA. In fact, within 24 hours of one meeting a treatment center contacted us to offer meeting space if local COSAs were interesting in starting a new COSA meeting in a part of LA that doesn't have a nearby meeting.

*Thank you for your service Kerry and Linda! We are confident that any and all outreach efforts in the LA area will help attract many new COSAs to local meetings, to our Waves of Hope Annual COSA Convention over Memorial Day weekend in 2014, and will be the catalyst for new meetings getting started in the region. The most wonderful part about it is you get to show up as yourself and don't have to try to represent all of COSA. You do not have to be on the Outreach Committee to be of service in this way. If you have experienced hope in your COSA recovery, no matter where you might be in your Step work, you have something valuable to share with those who are still suffering and haven't found their way to COSA yet. If you are interested in carrying the COSA message to hospitals, treatment or mental health centers in your area, please let us know.*

-- Your Outreach Committee

## Reunión Semanal por Teléfono en Español

**COSA's very first Spanish-language Telemeeting has begun!/iCOSA ha lanzado su primera Reunión por teléfono en Español!**

COSA en Español has its weekly meeting each Tuesday, 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:

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

COSA en Español tiene su reunión semanal por teléfono en Español cada martes 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) 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 [cosaenespanol@gmail.com](mailto:cosaenespanol@gmail.com) o [Maritza\\_i@ymail.com](mailto:Maritza_i@ymail.com).

## 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:

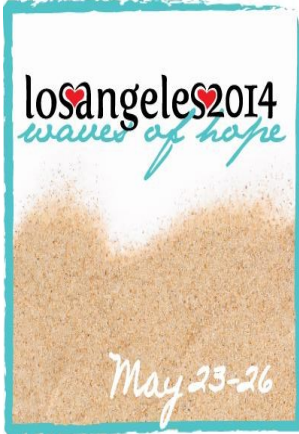
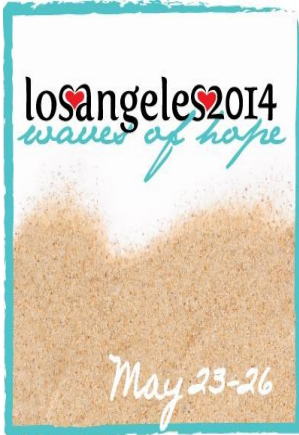
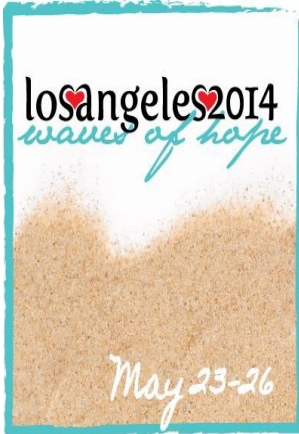
- Lead a COSA Twelve Step meeting in Spanish at the 2014 Convention.
- Participate in a panel of bilingual COSAs speaking about their COSA recovery in Spanish.
- Share your COSA First Step or share your COSA experience, strength, and hope in Spanish at the 2014 Convention.
- Identify outreach opportunities 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, 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.

*COSA en Español*

## 2014 Waves of Hope Convention



### 2014 COSA Convention

May 23-26

Los Angeles, CA

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

### Convention News!

Registration for the 2014 ISO of COSA Annual Convention is now open! The convention will be held May 23-26, 2014, in Los Angeles. Plan to join us in what we expect to be a well-attended and amazing recovery experience!

There are some changes and exciting new offerings for this year's Annual Convention with a lot more recovery programming. There will be more speaker events than ever before, including a new COSA Dinner Speaker Event. There will be many more workshop choices and more opportunities for fun and fellowship! For the first time ever, there will be workshops and Twelve Step meetings conducted in Spanish, as our fellowship continues to grow and reach out to more COSAs of increasing diversity. See our brochure and registration forms in this issue of the *Balance* for even more information. Our full program will be posted online ([cosa-recovery.org/2014](http://cosa-recovery.org/2014)) within the next month so check it out!

## Service Opportunities 2014 Waves of Hope Convention

### 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!

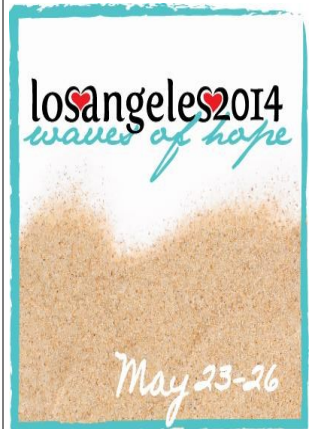
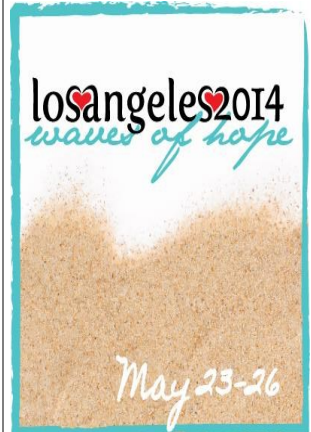
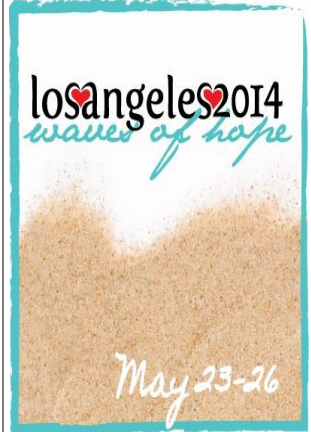
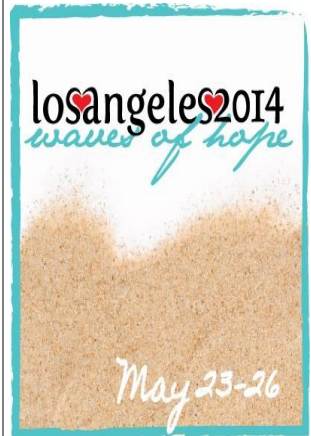
We are in need of volunteers to help with the silent auction before and/or during the convention and **we need donations**. Previous donations have included time in vacation timeshares/vacation homes, framed artwork, handmade quilts, restaurant gift certificates, stained glass artwork, jewelry, self-care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



## 2014 Convention Flyer & Registration

# 2014 COSA International Convention Waves of Hope ♥ May 23-26 ♥ Los Angeles, California

### Welcome to 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. Special functions offer speakers who share their recovery stories. There are a variety of COSA Twelve Step meetings offered throughout the weekend, along with a hospitality room, meditation room, and many opportunities for fun and fellowship, such as the COSA "No Talent" Talent Show. Please join us!



### 2014 Program & Special Events

The Convention Committee is pleased to offer several additions to this year's program. The first is the expansion to four concurrent options during session times. There is a wide-variety of workshop topics such as recovery tools, working the Steps, and healthy sexuality. Certain workshops have special focus such as adult children of sex addicts, double winners, partners in recovery, and Spanish speakers.

### COSA Speakers & Meal Options

Each day of the conference, COSA offers a special session that features a COSA's recovery story. All of our speakers are COSAs that share from their own experiences, strength, and hope. The first speaks on Friday night in conjunction with the convention opening. For those in the area who have never attended a convention, we invite you to attend this event without charge. Saturday Luncheon and Sunday Dinner will each feature a speaker. All registered attendees are welcome to attend; meals are purchased in advance as an option when registering. On Monday, the convention wraps up with a Brunch (also an option when registering), a speaker, and a re-entry activity.

### Hotel & Convention Location

The convention is located at the LAX Marriott, located at 5855 West Century Boulevard, Los Angeles, CA 90045. The hotel offers a complimentary shuttle to and from the airport. Parking for convention attendees is \$12/day (\$26/day regularly). The contracted nightly rate is \$119/night (single or double occupancy) plus applicable taxes (for a total of \$137). It is critical to reserve your room under the COSA group block name *Waves of Hope*, so you get the discounted rate and COSA is not charged for unused rooms. To ensure you receive the special rate, consult the COSA website to go through the on-line reservation link or call the dedicated Group Reservations phone number 1-800-266-9432. You must ask for the *Waves of Hope* rate and book prior to **April 30, 2014**. Please note: do *not* call the hotel directly or the regular Marriott reservations phone numbers as they will not be able to make reservations under our group block/rate.

### Service Scholarships

The COSA service scholarship fund will provide financial assistance to COSAs on a first come, first served basis, helping with the registration cost. COSA service scholarships are funded entirely by fellow COSAs; donations to this fund are greatly appreciated. To request financial assistance, write a brief statement describing your need and whether you will require 50% or a 100% scholarship to attend. Online registrants – check the box indicated for scholarship request and write your brief statement of need in the box provided. Mail-in registrants please include this as a note with your registration form. Service scholarships are in exchange for service hours at the convention (4 hour minimum) and are limited.

### Care & Support

Part of the convention experience is receiving recovery support. For those attending the convention for the first time, there are Convention Mentors available to guide new attendees through the process. Indicate your need or willingness to help out on your registration.

### Volunteering

The convention is run entirely by volunteers. Please consider helping with any number of positions (registration, hospitality, leading Twelve Step meetings, silent auction, recording, or a number of other areas). Indicate your willingness to help when registering; you will be contacted by the Volunteer Committee.

### Silent Auction Donations

A fun way of raising seed money for the next convention is our silent auction. Please consider a donation which can be brought or shipped to the convention. You can donate even if you don't attend. For any questions, including shipping instructions, please contact [silentauction@cosa-recovery.org](mailto:silentauction@cosa-recovery.org).

For additional information, consult the website at [www.cosa-recovery.org/2014](http://www.cosa-recovery.org/2014) or contact the COSA Convention Committee at [convention@cosa-recovery.org](mailto:convention@cosa-recovery.org)

# REGISTRATION

## 2014 COSA International Convention

### Waves of Hope ♥ May 23-26 ♥ Los Angeles, California

Please complete the following:

Name \_\_\_\_\_

City, State, Country \_\_\_\_\_

Phone \_\_\_\_\_ E-mail \_\_\_\_\_

Nametag (suggested format is first name, last initial, city, state, country if outside US):

**Convention Registration Fee (Does not include meals)**

- |  |       |  |      |
|--|-------|--|------|
| <input type="radio"/> Early Bird payment by April 1 .....      | \$130 | <b>Day Rates (Saturday or Sunday only):</b>            |      |
| <input type="radio"/> Pre-registration payment by May 15 ..... | \$150 | <input type="radio"/> Pre-registration by May 15 ..... | \$80 |
| <input type="radio"/> Walk-in registration .....               | \$160 | <input type="radio"/> Walk-in registration .....       | \$85 |

**Meals must be ordered & paid by May 15**

- Saturday Luncheon with speaker ..... \$38
- Sunday Dinner with speaker..... \$42
- Monday Brunch with speaker ..... \$30

Indicate special dietary requirements/preferences:

- Vegetarian       Dairy Free
- Vegan             Sugar Free
- Gluten Free     Fat Free
- Other \_\_\_\_\_

**Scholarship Donation**

- My donation to *the scholarship fund*..... \$ \_\_\_\_\_

**Care & Support to Attendees**

- I am a first-time COSA Convention attendee.
- I would like a "Convention Mentor" to support me at the convention.
- I would like a temporary sponsor at convention.
- I will be a "Convention Mentor" to first-time COSA Convention attendees.
- I will be a temporary sponsor to other returning COSA Convention attendees.

**Additional Information**

- I am a Delegate for my home group (please note, Delegate registration is a separate additional process).
- I attend teleconference meetings (a phone icon is included on your badge).
- I attend on-line meetings (a computer icon is included on your badge).

**Volunteering (shift lengths vary)**

- Work the registration table
- Help in Hospitality Suite
- Lead Twelve Step COSA meeting (materials provided)
- Work with the Silent Auction
- Work in the Bookstore
- Help with recording workshops or panels
- Assist with 7th Tradition at workshop or panel
- Teleconferencing

To help with scheduling volunteers:

Arrival Day \_\_\_\_\_

- Morning     Afternoon     Evening

Departure Day \_\_\_\_\_

- Morning     Afternoon     Evening

**The COSA International Convention is a 100% volunteer effort and we need your help!**

**Silent Auction Donation**

- I will donate to the silent auction. (Someone will contact you with further details.)

**Payment (required at time of registration unless full scholarship requested).**

Complete this form and send with check or money order in US\$ payable to **ISO of COSA**

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

**Amount enclosed** ..... \$ \_\_\_\_\_

- I am requesting a service scholarship.

**Registration Online**  
Go to [www.cosa-recovery.org/2014](http://www.cosa-recovery.org/2014)  
Payment by credit card only  
(via website interface)

## Online Meetings/Online Message Boards

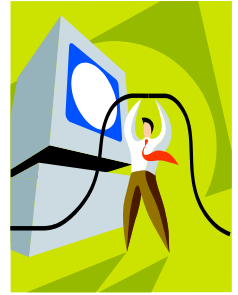
<http://www.cosa-recovery.org/online.html>

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.

## 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>	Serenity	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 _____ = \$ _____
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