



Volume 11, Issue 1 Post Convention Issue July/August 2014

Summary of Annual Delegate Meeting

DELEGATE MEETING SUMMARY

International Service Organization of COSA

Los Angeles, CA

May 23, 2014

Attendees:

Registered Delegates:

Alexandra B. / Thursday Night Horseheads COSA (NY), Amy M.J. / Santa Clara COSA (CA), Angela H. / Claremont Meeting (CA), Audra / COSA New Beginnings (CA), Connie P. / Phoenix Area Intergroup (AZ), Dorothy / CT Love & Hope (CT), Elisa C. / Serenity in the City COSA (CA), Erin J. / Spanaway Recovery Group (WA), Georgia / On the Path 12 Step/Tradition Study Telemeeting, Jennifer N. / East Bay COSA Sunday (CA), Joyce S. / East Bay COSA Monday (CA), Julie W. / Santa Rosa COSA (CA), Kerry M. / S.F. Saturday Morning (CA), Lacey L. / Circle of Hope Irvine (CA), Marlane D. / NOLACOSA (LA), Nancy P. / Walnut Creek/Alamo Meeting (CA), Rae L. / COSA Women's Support Group (CA), Rouchelle / Eleventh Step Telemeeting, Ruth G. / Sunday Night Serenity COSA Group (NJ), Sara P. / Thousand Cranes (AZ), Stephanie H. / Journey of Hope (CA), Suyaiipa W. / Daily 10th Step Telemeeting, Yolanda C. / COSA Hope (CA), Yoony T. / COSA Journeys (CA)

Other COSAs:

Annie / Incoming Board Member, Betsy H. / ISO Literature Committee, Crystal, Elaine K. / Delegate Liaison, Helen L., Lindy T., Lorena, Margie S., Mila / Incoming Delegate Liaison

Board Members:

Amy E., Claudia M., Dani S., Dorothy, Emily G., Kerry M., Linda P. (Kerry & Dorothy voted as delegates)

Absent Incoming Board Member: Nancy P.

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



Seventh Tradition: Financial Report

May 2014-June 2014

<u>Group</u>	<u>Amount</u>
Columbus COSA	30.00
Desert Flower Eau Claire	25.00
East Bay COSA Monday Night	108.00
Fl-14	20.00
Horsehead NY Group	25.00
Houston Saturday Serenity	58.00
Journey of Hope Orange County	40.00
Kingwood Monday Night	30.00
Madison COSA	100.00
NYC Group	100.00
Omaha Monday Night	15.00
San Luis Obispo	41.75
Santa Ana Thursday Noon	10.00
Santa Rosa Tuesday	108.00
Serenity in the City	112.50
Individual	880.00
PayPal Donations (May/June)	1,395.00
Authorize.net (May/June)	1,268.00
Anonymous Individual Donation	5,000.00
Anonymous Matching	1,990.00
Total	\$11,356.25
<i>Telemeeting Intergroup**</i>	<i>\$600.00**</i>

****The donation of \$600.00 from the Telemeeting Intergroup was omitted from the reporting in the May/June issue of the *Balance*. We sincerely apologize for the error and wish to express our appreciation to the intergroup for their ongoing support of the COSA fellowship.**

The totals above do not include Seventh Tradition donations received during the convention.

By the Fellowship - For the Fellowship

Balance, the newsletter of the International Service Organization of **COSA** is published six times a year. The ISO holds the copyright to this newsletter Editing, Design, Production & Layout by COSA Literature Committee.

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

Guidelines for Submitting Literature:

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

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

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

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

By the Fellowship-For the Fellowship

Annual Delegate Meeting Summary

Annual Delegate Meeting Summary-cont'd.

Agenda Items:

Meeting Convene and Welcome

Opened with "Serenity Prayer". Participants read the "Twelve Steps of COSA", the "Twelve Traditions of COSA", and the "Twelve Concepts of Service of COSA".

Delegate Orientation, Rules of Order & Traditions Study

Delegates reviewed ISO of COSA Safe Communications Procedures. Kerry explained the rules of order and decision-making model. Delegates studied Traditions and presented table discussions to the group.

Retreat Proposal

Proposal: COSA will not post another fellowship's or any outside organization's event on the ISO of COSA Website (e.g., we would not post SAA retreats).

Approved

Proposal: COSA will post any ISO-sponsored retreats or events on our website and those events would go through the same rigorous review regarding application of the Traditions and due diligence as our annual convention and *Balance* newsletter already do.

Approved

Proposal: Include COSA Meeting Sponsored Retreats on the ISO of COSA Website using a disclaimer to identify them as non-ISO sponsored events.

Discussion:

Dani: we post our meetings on the website – but we don't post get-togethers (fundraisers). So we shouldn't post retreats.

Marlane: Will COSA/SAA retreats be excluded from the web?

Ruth: Is concerned that non-ISO retreats don't uphold Traditions in the same way.

Yoony: Disclaimer might suggest the retreat would not be as good as an ISO of COSA sponsored event.

Erin: How does a meeting get ISO sponsorship for a retreat?

Kerry: Non-professional speakers and will follow Traditions. That process doesn't exist. We don't want to be watchdogs.

Angela: Too watered down.

Elaine: Would the retreats be removed from the Balance? Yes.

Amy: We post meetings, why not retreats?

Dani: Lots of ways to share information about retreats without posting online. Does not have to be top down.

Approved

Proposal: Post COSA-SAA Retreats where they are jointly organized, with a disclaimer.

Approved

Step Seven

The first time I worked Step Seven I finished in about an hour. After sharing my Fourth Step with my sponsor, I spent an hour meditating and reflecting on my first Five Steps. Had I been thorough so far? Was my foundation solid? Had I missed anything? I felt peaceful and sure that I had been thorough.

Then I prayed the Seventh Step prayer, offering all of myself, good and bad, to God. I liked the prayer and it made sense to me to turn all of me over to God. I proceeded to Steps Eight and Nine: making my list of people I had harmed and making direct amends to them. This was when I ran into trouble. As I began making amends I did not feel any real change or satisfaction and oftentimes repeated behaviors that I had just made amends for. I felt confused, frustrated, and ashamed. My motivation to make amends waned and eventually I just stopped making them.

It was years later that I discovered why I had struggled. I had not really “worked” the Seventh Step in my prior Step work. I was working through the Steps again with a new sponsor and learned a new way to work Step Seven.

Through my Fourth Step work I had developed a good list of my character defects. I saw how I had been dishonest, self-righteous, blaming of others, over-reliant, and controlling. I saw how I had been self-abandoning, self-critical, boundaryless, and over-responsible. I had denied reality and my feelings and I had fantasized about tragedies and romance.

This time my Step Seven was different. I was aware of my character defects, I recognized them coming up for me on a daily basis, and I began to pray for them to be removed every time they came up. This time, through Step Seven, I really saw my life changing. My character defects were being removed, little by little, one day at a time.

When I would pray, a new thought or action would occur to me and I would have the strength to follow through with it because I knew it had come from my Higher Power. Sometimes new information would come to me. I saw how my character defects were dysfunctional ways of processing my feelings and I learned new functional ways to handle them. I began to change, my relationships with others began to change, and my outlook on life began to change.

As I practiced Step Seven I was making living amends to those people in my life I had harmed. As my character defects were distanced from me by my Higher Power, I started acting in healthier and more functional ways, and I began healing the damage I had done to myself and others. When it finally came time to make direct amends to those people, I did so with confidence, knowing I had the ability to follow through with my amends and act in new healthy ways instead of with the old destructive patterns.

I have come to see Step Seven as a marinating Step--one that I practice nearly every day. When I struggle, I look to see what character defects are present, and I connect with God and ask Him to remove them and guide my actions. I have not yet been rendered perfect, but I always receive guidance and clarity when I ask for it. I humble myself, ask for help, and then follow through with the guidance that comes. In this way I am distanced from my character defects one day at a time.

~Anonymous



**Humbly asked God to remove our
shortcomings.**



ISO of COSA Diversity Statement

- COSA Diversity is consistent with the Third Tradition of COSA, which states that the only requirement for COSA membership is that our lives have been affected by compulsive sexual behavior.
- The COSA Fellowship welcomes all genders, all varieties of relationship to the addict, all religious and spiritual preferences, all employment statuses, all marital statuses, all ethnicities, cultures, and languages. COSA does not discriminate on the basis of class, sexual orientation or gender identification, physical or mental challenges, race, financial status, or national origins.
- In COSA, we find hope whether or not there is a sexually addicted person currently in our lives.
- COSA Diversity is consistent with the First Tradition of COSA, which states that our common welfare should come first; personal recovery depends on COSA unity.

Annual Delegate Meeting Summary-cont'd.

Proposal: Post COSA retreats that are open.

Emily: The ISO doesn't want to be in the business of being the retreat police.

Linda: You're eligible for COSA if you go to another S program.

Ruth: If you're from another fellowship that has another focus, it might dilute the message.

Approved

Proposal: We will create a tab for non-ISO retreats.

Approved

Proposal: Post a disclaimer – *The International Service Organization of COSA provides this information as a courtesy to facilitate exchange of information about local COSA activities. These events are not endorsed by ISO of COSA. Lack of endorsement does not mean the ISO of COSA opposes the event but rather clarifies that it is not an ISO event.*

Approved

Proposal: We will not post flyers. We will only list basic information on who is offering the retreat, dates, where and how to get in touch with the retreat/event organizers directly.

Approved

Continued on page 8

Step Eight

I've been in COSA for a year and a half, and didn't really want to start Step work, but then thought, "Ok, just one Step." It's funny to think I am already this far and have learned so much yet I made a quiet vow not to get this engaged with a recovery program. I only came to COSA because I wanted to figure out why my partner was doing this to me and putting our great relationship in such jeopardy. Like everything in my life, I thought if I had the answers about what others were doing that affected me, I could somehow better understand and resolve it. I've learned so much in a year, especially that I don't need answers about what others are doing. This whole program is about me. Step Eight really brought that message home for me.

So as I started Step Eight I made a list of who I thought I had harmed, and included what the harm was. I had a short list. Certainly my sex addict partner, my ex-husband, and my two sons were on the list. But I was a really good sister, daughter, and friend...so I didn't think I harmed my parents (thought they harmed me more), and my sisters couldn't possibly think I harmed them because we all love each other and are so close. And my friends, if I harmed them they would tell me right away....so hence my list was short at the start of this Step.

When I did harm others it was in my delivery of strong comments, voicing my opinion where it was not my place to do so, making comments to others in a flippant way, maybe tearing them down to make myself feel better in a situation, or controlling a situation that wasn't mine to control. These are harms I can easily see. What I couldn't see is that I took more interest in a new partner and ignored my relationships with other friends. What about lying to my parents about where I was when I was a teenager? Did I not think of the worry and pain I caused them? There are so many other harms that I did not want to remember or thought were so minor, or that I was ashamed of admitting.

As I worked with my sponsor, I realized I might have harmed all the people I love dearly and with enough patience, prayer, and help from my sponsor and higher power I could outline harms to all my loved ones.

I thought about any situation that gave me pause, where I wish I had done something differently and regretted it. I see how that work started to formulate my list of harms. I want to be someone who grows from this, so I had to dig deep. I had to accept all that I did and still love myself for the good I do, the good that I am, and the wrongs I've done. If I am going to move forward I have to love all of me.

I also did not see how I had harmed myself. I was the one who made the choice or decision so, why would I put myself on the list? This is where I had to spend some time talking with my sponsor. I see now I harmed myself by taking a superior role, thinking others needed me, and that took away from my own self-care and growth. I neglected myself in relationships by putting others first, and ended up thinking I deserved to be loved last. Every time I took care of someone else's issue or got involved in someone else's fight I neglected my own emotional and intellectual growth....I wasted my time.

I smile now at my list, as I started out thinking it was small. As I worked with my sponsor, I saw how much damage I created, and I stopped worrying about how I would do Step Nine



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

Annual Delegate Meeting Summary

Annual Delegate Meeting Summary-cont'd.

Literature Committee Report & Discussion on Basic Text

The Literature Committee gave a sample of some of the text from the COSA Text in progress. Delegates gave their feedback after roundtable discussions:

- Positive about sample
- Support for workbook that could follow the basic text
- Like that the text won't replace the booklets
- Text includes a lot of hope
- Like that it is structured like the AA Big Book
- Concerned about having a prayer – request meditation instead
- Written in past tense (gives the impression that readers are finished with the Steps)
- The Steps do actually refer to specific actions. Fellowship needs guidance and the book should provide it.
- Copyright issues – writers must sign over their copyright. Not open to a diversity of voices while requiring copyright abdication
- Could the workbook be done at the same time?
- Never seen a workbook where Steps could be done just by writing.
- Request for guided activities in the workbook
- Doesn't want to see one person's view per step; Incorporate writing pages into the book.

Budget Q & A

- Recurring Donations were up last year.
- Individual Donations have almost doubled.
- Sales are up.
- Surplus Balance.
- Board expenses are being budgeted for at a higher rate, instead of just having members assume the cost.
- 2015 Convention will likely break even but not be profitable.
- \$2,500 set-aside for the book.
- Outreach budget doubled to drum up volunteers for DC Convention.
- Need for additional part-time staffer.

2014 Budget Approved

2016 Convention Discussion

Kerry and Linda discuss the potential benefits and challenges of holding an entirely separate convention from SAA. As it stands we have reduced negotiating power because by the time we sit down, the hotel knows we are committed to SAA's location. But if we split, we might not have to go to such an expensive hotel, because we do not need as much space as SAA. There are many benefits to making convention more affordable.

The delegates or larger fellowship may see a survey on their convention needs going forward.

Annual Delegate Meeting Summary-Cont'd.

Central Office Structured Proposal

Proposal: Make the Central Office (located in Houston) a virtual office, with the staff member working out of her home.

Concerns and Feedback:

- The staff member needs strong boundaries.
- We need to look at where we will be in 10 years.
- Fear about theft.
- Could there be a legal contract regarding home space rental? Board did not consider that issue.
- We would not be able to use volunteers or additional part-time workers.
- Concerns about scanning mail.

Straw Poll taken, with the inclusion that we add a legal contract, and power of attorney clause: 13 GREEN / 7 YELLOW / 5 RED

More Comments:

Going into someone's home is very difficult. But we will always have access to an office.

Another Vote Taken: 18 GREEN/ 3 YELLOW / 4 RED

People who voted yellow voice concerns:

- Doesn't agree on some of the component parts.
- Concern about legal assertions.
- Not looking far enough ahead.
- We can't hire an additional worker if we choose this.

Does Not Pass 16 GREEN / 9 RED

Board Election

Linda, Annie G.S. Julie W. & Nancy P. elected.

COSA Name

Kerry shares her experience while doing outreach for COSA. She says COSA has a branding problem. There is limited comprehension of what COSA is because of the COSA name. Kerry has learned many think it stands for Codependents of Sex Addicts. But our group's name is not an acronym and welcomes all who have been affected by compulsive sexual behavior, a very broad group.

This is an ongoing issue. The next step may be surveying the fellowship for its input.

Delegate Business/Questions

Delegates brought forth issues from their meetings including:
Sobriety requirements for meeting service positions

Annual Delegate Meeting Summary

Annual Delegate Meeting Summary

Annual Delegate Meeting Summary-cont'd.

How to handle COSAs offering lodging/money in response to newcomer share
Need for outreach in meeting's local area

End of the Day:

There was time allotted for Q & A on Annual Report, as well as for delegates to complete evaluations of the delegate process.

The meeting was closed with the Serenity Prayer.

Step Eight-cont'd.

and kept focused on a good Step Eight. If I were to ever truly be the wonderful human being I admire in others and want to be for myself, I would have to open up and see the damage I caused. This is the lesson in Step Eight: to be vulnerable to me.

~Beth

Upcoming COSA Retreat in Tucson

COSA Retreat in Tucson, Arizona

Dates: September 19-20, 2014

For additional information please contact: tucsoncosaretreat@gmail.com

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COSA's Online Store Has New Recordings Available. 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 recordings.

All of the recordings from Los Angeles 2014 are currently available in MP3 format. Recordings from Summerlin 2013 and Vancouver 2012 are available in CD or MP3 format, and these have descriptions to help you choose as well. We'll be adding other MP3 recordings in time.

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

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

In Service,
The COSA Technology Committee

Four COSA Pamphlets now downloadable!!

Four COSA pamphlets are now available as free downloads on our website. Just 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.

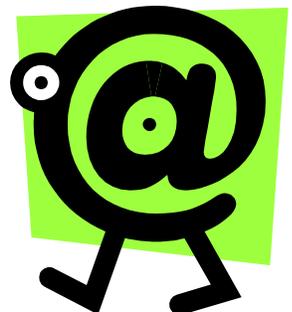
You can find these great resource here:

<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>



Letter from the Chair

Letter from the Chair

Many of our Board members now have at least one full year under their belts, and what a difference a year makes. We're wiser, healthier, calmer, and happier after a year of service. The Convention was a wonderful opportunity to celebrate our time together, and meet old and new friends. If you didn't make it to Los Angeles, I hope to see you in Washington, DC, for the 2015 Convention.

It's been a busy week. I felt some resentment. It happens. It used to happen all the time. Today, it's news when I feel it, and I know better what to do. I thought I needed to decide whether or not talk to the person I resented about what had happened, and clear things up. I prayed about it, and thought about it, and came to a place where I was sure that if I neglected to have that conversation, I might as well write off this (important) relationship. So I worked the Steps on the situation, and I identified some character defects. Seems I'd been focusing on someone else's perceived shortcomings, not mine.

The Steps help me every time I get in a little too deep. I went to a person whose recovery I respect to help me work the Steps on this situation. Today, I respect someone's recovery only if their "working a good program" is complemented by their healthy actions. Talking the talk and not having the conduct to back it up is not good recovery.

When I worked the Steps, I came to a somewhat painful realization that this other person's recovery was none of my business, and that it wasn't my business to confront someone when I have a problem- I have to deal with my problem. I got a renewed awareness of my powerlessness, and I looked at the Higher Power I have come to believe in. That Higher Power has taught me not to live in anger and resentment, but I have to go to him and ask to be restored to sane thinking. I turned it over, talked to someone else, and let my Higher Power take care of the defects that came up.

I discovered that jealousy, insecurity, and failure to stand up for myself were at play. I committed to paying attention for the next couple of weeks to see how and when these shortcomings showed up, and make amends promptly. I also decided to wait a bit for that conversation, because when I examined my motives, I found I wanted the other person to change. I needed to work through my stuff first.

I had a change of attitude when I looked at my shortcomings. I got some acceptance and forgiveness for myself, and that caused me to have the same feelings for the other person involved. Looking at my part gave me compassion for this other person, who was doing the best they could, as I was.

I worked on strengthening my relationship with my Higher Power, and I humbly asked that my shortcomings be removed. I made amends to myself after I realized I had not actually hurt the other person; the damage was all in my own head.

I'm working on strengthening my relationship with my Higher Power so that when these things happen, I don't go in the same direction. When I ask for guidance, the self-esteem comes. I feel better about myself and I don't find it necessary to judge anyone else for not being or doing what I think they should be or do.

Letter from the Chair-Cont'd.

Finally, I am learning to presume good will. I practice the principles of the program in every area of my life, and I try to carry that message I've learned.

So here I am, carrying the message. My problem is about me, not someone else. And because it's about me, I can do something. I am grateful for the gifts of COSA and COSA service.

Thanks for letting me share with you.

Hugs,
Claudia M.

Serenity on the Sound Retreat



Serenity on the Sound September 11-14, 2014

WHAT: 25th Annual Puget Sound Retreat

WHERE: Beautiful Sound View Camp, 29.1 miles from the Tacoma Narrows Bridge.

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

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

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

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

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

WEB: <http://soundretreat.org>

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

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Letter from the Chair/Retreat

Literature Opportunities

Literature Committee Call for Diversity

Help make COSA literature as inclusive and effective as possible.

There is no simple way to describe the “usual” COSA member or COSA experience; as individuals, we have a broad range of life experiences and perspectives. As a fellowship, though, we unite as a multifaceted, sparkling gem.

As your Literature Committee, we want the COSA literature to truly reflect this diversity within our unity. We want COSA newcomers, no matter who they are, to see themselves reflected in our writings.

Right now we are especially in need of COSA male perspectives, as well as those of COSA parents, COSA adult children, and others who may be currently underrepresented in our literature. If you are interested in sharing your unique COSA perspective, we invite you to send us your written contributions, or join us on the Literature Committee in some capacity. Please email COSAcopy@yahoo.com for more information.

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

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

Call for Spanish Language Translators

¿Habla usted español?

COSA is taking its international status to a new level. The Spanish translation team has produced some literature in Spanish, but we are currently hoping to expand the size of our team in order to facilitate this process.

We are currently looking for bilingual COSA members who are willing to translate or edit translated material.

If you interested in joining a dynamic team of translators and you want to carry the COSA message to Spanish speakers who still suffer please contact cosacopy@yahoo.com.

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

When I first attended a meeting, the Twelve Steps and Traditions were read. I immediately became aware of the Seventh Tradition when the words were read “self -supporting, declining outside contributions.” I thought about money \$\$\$\$\$. I was barely getting the bills paid. I do not have a lot of extra cash just floating around. I knew in that first meeting that God led me to COSA for a reason. I just did not understand the “why. “ So, I decided to attend every meeting anyway even though I could not “contribute” financially. It took me about year and a half to realize that I was contributing in another way. I was actively working the program and sharing my experience, strength and hope. I received courage and strength from my Higher Power and my sponsor to do a First Step during the group meeting. As the second year approached, I would participate in running the meeting or do mini presentations.

Another year went by and I asked my sponsor if I could return my medallions that I had. She said, “Of course, and you could do this instead of money for the Seventh Tradition. This way the group would not have to buy more medallions.” In the same year, I went to the national convention. I totally spaced the Seventh Tradition. I did not bring any cash with me since this was sparse. I was ashamed and embarrassed that I did not think of this. Being three years in the program, I should have known better. I wondered to myself how could I give back. Somehow, I heard God say to me, “Do not be concerned; an opportunity will present itself.” I shared my story during the “Forgiveness Workshop.” On the last day of the convention, I offered to give my time to the bookstore in which I began to be aware of what literature was available. In comparison to the SAA literature table, the COSA literature table was half the size. So, I put this information in the back of my mind.

When I became aware of my strengths and gifts, I let myself be open and began to listen to all the possibilities that my Higher Power guided me to. In my sixth year, I volunteered my time with the Literature Development Committee. It is truly amazing how God provides opportunities to enhance yourself. You just never know who will be more affected by these experiences: yourself, others, or both. When you give, you receive so much more. I have found this to be very true and humbling. I am feeling very rich from these experiences. Be open and listen to your Higher Power; you just never know how your life will be transformed. Let the transformation begin.

~Bunny

As seen in the Volume 9, Issue 1 of the Balance.

Traditions

Traditions

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

I have a lot of resources--in my recovery and in my whole life. I go to a lot of professionals. I go to a doctor, and the insurance company and I pay her to keep me healthy. It's a monetary transaction. She spent a lot of money to get her education, and she charges me a lot of money to keep me physically well, and she makes a living and hopefully pays off her educational loans. I like her, I trust her, and I'm grateful for her.

I go to a dry cleaner. The owner takes care of those clothes that have to be dry-cleaned. She does a good job, and her prices are reasonable. She spent a lot of money to build her business, and she makes a living by charging me and her other customers money to clean their clothes. I like her, I trust her, and I'm grateful for her.

I go to a sponsor, and that's a horse of a different color. I like her, I trust her, and I'm grateful for her, but there are not many more similarities to the people that serve me for payment. In my relationship with my sponsor, no money changes hands. Sometimes I'll buy her lunch--or she'll buy mine--but we keep it pretty even. Although I would gladly buy her meals when we get together, we don't do that. She insists she gets as much out of the relationship as I do. Now I know this is true, because I have my own sponsees. And she didn't spend money to get what she has gotten in recovery. She was given experience, strength, and hope--for fun and for free--and she passes it on to me for fun and for free. The currency in our relationship is love.

Love puts a whole different spin on things. Because our relationship is not based on money, she can say what she likes without worries of losing her livelihood. Perhaps the most wonderful aspect of this kind of relationship is that it gives me evidence that I am worthy. She is in this because she loves COSA, and she loves me. She gives time and thought and effort to me--with no monetary recompense. My gratitude leads me to love and lead others through the Steps of COSA.

Another reason I love this Tradition is because the second part of it reminds me that I can ask for help. I can get my ego out of the way by admitting I don't have to do everything by myself. In COSA that might mean that the Board depends on the Central Office manager to do what they can't do. In my personal life, I can pay money to my doctor or my dry cleaner and use currency to get what I can't provide for myself. That helps me to respect the gifts and talents of other people--and to live more humbly, in right relationship with God and others.

~Claudia M.

Voces en Español

Cuando descubrí la adicción de mi esposo estaba muy lejos de todo tipo de ayuda, viviendo en Latinoamérica era muy difícil encontrar ayuda por aquí, el internet era mi único puente al mundo de la recuperación. Veía, a través de la pantalla de la computadora, que sí existía ayuda, pero estaba tan lejos de donde yo vivía.

Entonces comencé mi proceso de acercamiento a esa ayuda, comencé a hacer llamadas telefónicas y una terapeuta me entregó lo que fue el comienzo de mi recuperación. Ella me conectó con el grupo COSA Español que recién se estaba formando pero que todavía no había comenzado a funcionar. Yo insistí con varias llamadas telefónicas a los organizadores y finalmente el grupo se inició, y me invitaron a participar.

Fue así como poco a poco comencé mi recuperación. Hoy nos reunimos en COSA para trabajar nuestro programa de recuperación en español cada semana.

Hoy hago estas llamadas a través de la internet y me comunico telefónicamente con este grupo. Es verdad no conozco personalmente a cada una de "las COSAs", pero sus voces ya me son familiares, sus voces me dan sugerencias, sus voces me dan esperanza, me alientan a seguir sin miedo, sus voces me ayudan a continuar día a día este camino de la recuperación. Ya no me siento más lejos ni sola.

~Anónima

VOCES en Español

Reunión Telefónica en Español

You are invited to attend COSA en Español Telemeetings

Since early November COSA has held telemeetings in Spanish. For those of you that feel more comfortable expressing yourself in Spanish this is a great opportunity to help your recovery, connect and have fellowship with other Spanish-speaking COSAs. Join the weekly telemeeting of COSA en Español on Tuesdays from 5:30 to 6:30 PM Pacific Time (8:30-9:30 PM Eastern Time).

Call-in information:

1-712-432-1500 Password 1057988#

This meeting is open to all COSAs around the world. The only requirement to attend this meeting is that your life has been affected by compulsive sexual behavior. Join the call and share your experience, strength and hope with other Spanish speaking COSAs.

If you would like more information you can send an e-mail to cosaenspanol@gmail.com or Maritza_i@ymail.com

Convidamos a usted a participar de las reuniones telefónicas de COSA en español.

Desde principios de Noviembre 2013, COSA ha ofrecido reuniones telefónicas en español. Para todos aquellos que se sienten más cómodos expresándose en español esta es un excelente oportunidad para conectarse y entablar compañerismo con otros miembros de COSA.

Nos reunimos semanalmente los días Martes desde las 5:30hs a las 16:30hs horario de los Estados Unidos, zona del Pacifico (8:30 a las 9:30hs horario del Este).

Llamar al número:

1-712-432-1500 codigo1057988#

Estas reuniones están abiertas para cualquier miembro de COSA sin necesidad que resida en los Estados Unidos, las llamadas pueden hacerse desde cualquier parte del mundo. El único requisito para participar de estas reuniones es que usted haya sido afectado por el comportamiento sexual compulsivo. Únase a nuestra llamada y comparta su experiencia, fuerza, y esperanza con otros miembros de COSA de habla hispana. Si usted precisa de mayor información puede enviar su email a cosaenspanol@gmail.com o a Maritza_i@ymail.com

2014 “Waves of Hope” Convention Voices



The Waves of Hope 2014 ISO of COSA Convention held May 23-26 in Los Angeles offered a number of firsts for a COSA Convention: a COSA banquet with a speaker from another Twelve-Step fellowship, a chance for telephone Step-study participants to meet each other in person, Spanish language meetings, and even COSA-oke!

There were 122 registered attendees; 32 were on scholarships. During the Convention, members exceeded our goal for new monthly contributions to the fellowship and also raised over \$2600 through the Silent Auction to go towards the Reflections of Hope 2015 COSA Convention to be held in Washington, DC.

Here are reflections from some COSAs who attended this year’s convention:

Sandy S., Irvine, California, 4 years in COSA, 1st COSA convention: “This was my first convention experience. I was a little anxious at first about the mixed meetings, but as the first day went on I could see a progressive acceptance and relaxation happening between our two groups. By the end of just the first day, a real camaraderie had begun to bloom! It was very moving to see and feel this. I’m so grateful for this experience. It really helped my recovery, and, it gave me a chance to see how far I’ve come in my journey of healing and acceptance. I’m looking forward to the next convention!”

Larissa T., Southern California, 3 years in COSA, 2nd COSA convention: “I think my HP really had purpose for me being at the convention this year. I wasn’t even going to go, but my sponsor encouraged me, and I was able to receive a scholarship.

“Then, I was planning to leave early, but I felt a sense that I should stay longer and decided to stay until the end, even attending the convention planning committee for next year’s convention. I’m glad I was open to listening to HP guidance.

“Two key words describe my experience – ACTION and PRIORITY. It’s time for me to step up in my program and take the actions that will keep me sober – lots of Step work, meetings, service, and so on. It’s also time for me to make my program and my self-care a priority above all else. It truly does work when I WORK it, and I’m WORTH it!”

Stephanie H., Southern California, 9 years in COSA, 2nd COSA convention: “Words cannot fully describe the myriad of meaningful experiences of this weekend. I felt God working in my life each moment and each day at this gathering of committed recovering persons.

“The gifts my Higher Power bestowed upon me have empowered my personal recovery, and have also given me the realization that the promises are becoming my reality, each day and every day of my spiritual journey. I am grateful and humbled by the inspiration and passion that was collectively brought together this weekend.”

2014 Convention Voices

2014 Convention Voices

2014 Convention Voices-cont'd.

Maritza I., Oakland, California, 4 ½ years in COSA, 3rd COSA convention: “I was on the team that helped coordinate the Spanish sessions at the convention. It was wonderful to be able to share my experience, strength and hope with Spanish-speaking COSAs in a manner that they could understand and identify with.

“I am in awe of and grateful to the wonderful speakers and workshop presenters at the convention for their sharing of themselves in such a profound, honest, and deep manner. Going to the convention deepens my recovery and gives me a booster shot to keep working my Steps. It revitalizes me. What a perfect and safe environment to learn and feel vulnerable. I keep coming back – this is my third convention and it just keeps getting better!”

Angela J., San Francisco Bay Area, California, new to COSA, 1st COSA convention: “I am so glad I decided to attend the Waves of Hope Convention! I am pleased at how well organized it was and how well-prepared all of the presenters and speakers were.

“As a newcomer, I wanted to obtain as much information as possible to help me decide if this program is for me... and it is! I was very touched by the warmth and kindness I received from everyone. I came away feeling that, even in the midst of my present pain, there is hope for me and my situation as long as I am willing to work the Twelve Steps and practice love and service to the best of my ability.”

Suyapa W., Los Angeles, California, 3 years in COSA, 2nd COSA convention: “Waves of Hope was my second convention and my first as a Convention Committee member. I had signed up to be the Hospitality Co-Chair, as I saw it as an entry-level position with limited obligations, however I ended up becoming the Facilities Co-Chair!

“I have learned that I’d rather take smaller roles than bigger ones, however life ends up putting me in those bigger roles I wanted to avoid because of fear. I learned a lot as a member of the Convention Committee, and in the process I met a lot of people who have become my friends. This year so far I have dared to do things I thought I would not do – such as taking on Co-Chair for Care and Support for the 2015 Convention.”

Cheryl S., Volcano, Hawaii, new to COSA, 1st convention: “It was a wonderful experience being around people working recovery. The love and the care and the support were wonderful. It was like being with a healthy family. The whole process – traveling, being out of my regular routine, making connections with people – was an amazing experience.

“I was especially attracted to the functionality of the whole convention committee working together. I volunteered to be part of the 2015 Convention Committee, so I can learn how to participate in that process.”

Sara P., Tucson, Arizona, 2 years in COSA, 2nd convention: “What became surprisingly apparent to me at this year’s convention is that the agenda I had is far different than what my Higher Power had in mind. I say this a lot – my service work is my recovery work.

“At this year’s convention, the *perfectionist* in me was at odds with the recovery me. The *planner* in me has had to take a back seat to the unexpected needs of convention work. The

2014 Convention Voices-cont'd

pleaser in me has had to let go of others' thoughts; it's none of my business what they think anyway. The *pretender* in me has had to give way to authenticity and vulnerability. And this is all VERY, VERY, good!

"The perfectionist, planner, pleaser, and pretender are parts of me that hide who I am. The real Sara, the authentic me, is imperfectly perfect! She knows that it is progress not perfection and that doing her best, giving her best – this is enough! Recovery Sara knows that whatever plans she has don't really matter; it is Higher Power's agenda that matters. Humble Sara knows that she is accepted, worthy, and loved by God. She can be pleasing without needing to be approved by others. And the healthy, whole Sara no longer hides behind her insecurities or her attempts to overachieve. She is free to be who God has made her to be. The Convention is life-changing."

Rouchelle C., Tucson, Arizona, 4 years in COSA, 2nd convention: "My convention experience was absolutely awesome with countless blessings. The workshops gave me the good fortune of enlightenment and healing, not only for myself but also for my relationship with my husband. I returned home with more tools to use to deepen my sense of clarity, serenity, and recovery. I am incredibly appreciative for all the connections I made with those on this journey with me.

"One of the greatest gifts bestowed upon me at convention was when a fellow COSA shared with me the impact that I have had on her and her own recovery. I cannot express in words what amazing healing takes place in knowing that I can help someone else who suffers. I am so grateful that doing service makes a difference in the lives of others and also enhances my own recovery immensely."

Ruth G., West Orange, New Jersey, 8 years in COSA, 7th COSA convention, plus 10 program retreats: "I can't imagine what my recovery would be like if I had not attended COSA conventions! Mostly I have been on phone meetings, so if not for conventions I would never have met some of the other COSA members I heard on the phone line. I was even inspired to attend regional COSA retreats that were across the country from me in the Bay Area and Puget Sound.

"Because I attended these retreats and conventions, I have a vision of what a thriving COSA community can be like. I want that on the East Coast. ... I am so grateful for the response of people signing up who are interested in attending and/or helping with the Oct. 24-26 Fall COSA Retreat in the Washington, DC area.

"I hope that, wherever you live, you will give yourself the gift of attending the Reflections of Grace convention next year (May 22-25) in DC and, if you can, the fall retreat. It's a gift for others to hear your ESH (experience, strength, and hope) in recovery, no matter whether you're new or an 'old-timer.' We are all beginners each day."

Emily G., Alameda, Calif., 6 years in COSA, 4th Convention:

"The top 5 things I learned/experienced during the Waves of Hope Convention:
5. It really is possible to work the Twelve Steps in 15 minutes. (And now I am doing it with my sponsees!)

2014 Convention Voices

2015 Convention Save the Date

2015 ISO of COSA Annual Convention Save the Date

Save the Date!

May 22-25 2015

**ISO of COSA's 22nd Annual Convention
Washington DC**



For more information please visit:

www.cosa-recovery.org

2014 Convention Voices-cont'd.

4. I can see my fear lift with the help of Higher Power and the compassion of my COSA community. (I sang karaoke for the first time at the convention, and glee replaced the spot where the fear had resided.)
3. It's always OK to take care of yourself, even in small, specific ways. (Bringing your own Diet Coke to a convention that's held in a hotel that serves Pepsi products.)
2. Being honest about my needs and sharing them is a path toward getting them met. (70 people stepped up to give monthly to the International Service Organization of COSA, once we explained the fellowship's specific financial needs.)
1. I can trust the process/Higher Power. When I do, I can have fun. (Our Steps, Traditions, and Concepts guided me toward fearlessness during our delegate meeting. I was allowed to be present for the rest of the weekend and enjoy my fellow COSAs! Thank you!)



2015 ISO of COSA Annual Convention

Speaker Nomination Form, Part I — To be completed by Nominator

Mail or e-mail completed and signed form to:

ISO of COSA, 2015 Program Committee, 9219 Katy Freeway, Suite 212, Houston, TX 77024

E-mail programcommittee@cosa-recovery.org

Deadline: October 1, 2014

(Please note e-mail is preferred. If you mail the form, please e-mail the Program Committee using the above address.)

Prerequisites to being a Speaker at the 2015 Convention:

- The nominee must have completed all Twelve Steps of COSA by November 15, 2014.
- The nominee must have a current Sponsor or Co-sponsor who supports their nomination to speak.

The nominee must grant permission to have his/her presentation recorded and for the resulting recordings to be sold and distributed by the ISO of COSA.

Please provide the following information (we need at least one of the means to contact the nominee). The Program Committee will obtain missing information. A nominee may nominate themselves.

Nominee's Name: _____

Nominee's Phone: _____

Nominee's E-mail: _____

Please tell us what prompted you to nominate this person. _____

Your First Name and Last Initial: _____

Your E-mail Address: _____

Your Phone Number:



2015 ISO of COSA Annual Convention

Speaker Nomination Form, Part II — Speaker Acceptance

Mail or e-mail completed and signed form to:

ISO of COSA, 2015 Program Committee, 9219 Katy Freeway, Suite 212, Houston, TX 77024

E-mail programcommittee@cosa-recovery.org

Deadline: October 15, 2014

Congratulations! You have been nominated to be a Speaker for the 2015 COSA Convention! Please find a copy of your nomination attached.

Please answer the following questions which are **all prerequisites** to being a Speaker at the 2015 Convention:

Do you accept this nomination? Yes No

Have you completed all Twelve Steps in COSA? Yes No

Are you currently working with a Sponsor or Co-sponsor? Yes No

Do you agree to have your presentation recorded (see permission below)? Yes No

Please tell us something about yourself (Number of years in recovery, number of years in COSA, etc.) *This information is used for program planning only.*

To the Sponsor: *By signing this form you are supporting the nomination of this person to serve as a Speaker at the COSA Convention.*

Sponsor/Co-sponsor's Name: _____

Sponsor/Co-sponsor's Signature: _____

Permission: I hereby grant the International Service Organization of COSA (ISO of COSA) permission to record and tele-conference my voice at any presentation for which I am scheduled as a Presenter or Speaker during the ISO of COSA Annual Convention in Washington, DC, May 22-25, 2015. 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 and for my name to be included on the Convention Program that will be posted on ISO of COSA's public website.

Your First Name and Last Initial: _____

Your Name as you want it to appear in the Convention Program: _____

Your Signature: _____ Date: _____

Best Number to Call You: _____

Your E-mail Address: _____

Your Full Address: _____

What's next? You will be contacted in the next few days by someone on the Convention Program Committee to set up an interview. Please be prepared to have a few days/times that you would be available to speak with the interviewer.

Thank you for your service!

Continued on page 25

**Guidelines for ISO of COSA
Annual International Convention Speakers and Presenters**

COSA’s Sixth Tradition reminds us that “A COSA group ought never endorse, finance, or lend the COSA name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.” Outside of these doors, we may be therapists, writers, yogis, or any number of other things. Inside we are only COSAs. When speaking as a COSA, or running a COSA workshop, we ask that you not risk endorsing an outside interest or lending the COSA name to your own work by:

- putting your professional name or logo on handouts
- passing out business cards
- promoting or selling your products or services
- marketing to the COSA fellowship as a whole in any other way
- using any COSA contact information (e-mail addresses or phone numbers) from convention registration lists, attendee lists, or distribution lists for purposes of marketing outside services, events, or materials.

We ask that each presenter and/or speaker contribute only as a COSA member and pay special attention to ALL of the Twelve Traditions of COSA. We also ask that each presenter and/or speaker be mindful of our Diversity Statement, which seeks to perpetuate COSA as an inclusive fellowship and welcomes all walks of life and all genders.

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 economic 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, 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 upon COSA unity.

We have found that speaking from our own experience, while being alert to our own biases, is an excellent way to keep principles before personalities. Please avoid making generalizations about the COSA fellowship, such as referring to all COSAs as women or wives, and referring to all SAs as husbands.

Please contact (*insert name and contact information*), a member of the Program Committee, with any questions or concerns. I understand and agree to abide by the above.

Signature

Date

Print Name



2015 ISO of COSA Annual Convention

Workshop Proposal Form

Mail or e-mail completed and signed form to:
 ISO of COSA, 2015 Program Committee, 9219 Katy Freeway, Suite 212, Houston, TX 77024
 E-mail programcommittee@cosa-recovery.org **Deadline: October 15, 2014**

The Convention Program Committee requests Workshop Proposals for the 2015 COSA Convention in Washington, DC. 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 "Reflections of Grace":

COSA Twelve 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.

COSA Twelve Traditions: The Traditions help offer principles that guide our work together at the meeting, Intergroup, and ISO levels of COSA. The Traditions can also be applied to our families and other group interactions. We are looking for your experience, strength, and hope with how one or more of the Traditions has supported your personal and/or group's recovery.

COSA Twelve Concepts: The Concepts offer principles for how our ISO of COSA Board and service committees work in service of the fellowship as a whole. The Concepts can also be applied in our personal lives as well. We are looking for your experience, strength, and hope with how one or more of the COSA Concepts has supported your recovery in COSA.

Sponsorship: We hope you'll share 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.

Defining Sobriety and Other COSA Tools: How have you understood and applied the Circles in defining your own sobriety? We are interested in your experience, strength, and hope about the use of this and other COSA recovery tools including (but not limited to) program calls, journaling, practicing self-care, and boundaries.

COSA 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 online), 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).

En Español: Any of the tracks in Spanish.

There are two parts to the application process: 1) The workshop proposal must be submitted no later than **October 15, 2014**, and 2) all signed documents must be submitted no later than **November 15, 2014**.

Note: We highly recommend that 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 Co-sponsors? _____

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

Continued on page 27

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

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

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

How does your workshop relate to the conference theme "**Reflections of Grace**"?

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. All handouts or presented materials must be COSA literature or your own personally created materials.

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)

May we record your workshop?

- Yes If your answer is yes, we will provide you a free copy of your workshop in mp3 format.
- No

May we teleconference your workshop so COSAs not able to attend the convention can listen in?

- Yes
- No

What type of seating do you prefer for your workshop?

- Auditorium Seating
- Tables and Chairs
- Circle of Chairs
- Other – please specify

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



2015 ISO of COSA Annual Convention

Workshop Signature Form

Mail or e-mail completed and signed form to:

Mail: ISO of COSA, 2015 Program Committee, 9219 Katy Freeway, Suite 212, Houston, TX 77024

E-mail: programcommittee@cosa-recovery.org

Deadline: November 15, 2014

There are **four** components to this signed document:

Provide the title of your workshop (if you are submitting more than one workshop, you will need to submit a separate document for each workshop).

Your Sponsor/Co-sponsor/fellow COSA's information inclusive of signature.

Your choice to have your presentation recorded and/or teleconferenced. If you agree to be recorded, please sign, date, and include name and address on the lines provided.

Your signed agreement to the *Guidelines for ISO of COSA Annual International Convention Speakers and Presenters* (we only need one for all your workshops). See page 3 of this document.

Title of workshop or session: _____

Endorsement: As a Sponsor, Co-sponsor, or fellow COSA member I have read the proposed workshop named above and I endorse this workshop.

Name _____

Signature _____

Relationship to workshop leader: ___ Sponsor ___ Co-sponsor ___ Fellow COSA

E-mail address _____

Phone number(s) _____

Permission: I hereby grant the International Service Organization of COSA (ISO of COSA) permission to record [yes no] and teleconference [yes no] my voice at any presentation for which I am scheduled as a Presenter or Speaker during the ISO of COSA Annual Convention in Washington, DC, May 22-25, 2015. 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 and for my name to be included on the Convention program that will be posted on the ISO of COSA's public website.

 Signature of presenter Date

 Print first name and last initial

 Address City State Zip

**Guidelines for ISO of COSA
Annual International Convention Speakers and Presenters**

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- putting your professional name or logo on handouts
- passing out business cards
- promoting or selling your products or services
- marketing to the COSA fellowship as a whole in any other way
- using any COSA contact information (e-mail addresses or phone numbers) from convention registration lists, attendee lists, or distribution lists for purposes of marketing outside services, events, or materials.

We ask that each presenter and/or speaker contribute only as a COSA member and pay special attention to ALL of the Twelve Traditions of COSA. We also ask that each presenter and/or speaker be mindful of our Diversity Statement, which seeks to perpetuate COSA as an inclusive fellowship and welcomes all walks of life and all genders.

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- The COSA Fellowship welcomes all genders, all varieties of relationship to the addict, all religious and spiritual preferences, all employment statuses, all economic 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, 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 upon COSA unity.

We have found that speaking from our own experience, while being alert to our own biases, is an excellent way to keep principles before personalities. Please avoid making generalizations about the COSA fellowship, such as referring to all COSAs as women or wives, and referring to all SAs as husbands.

Please contact (*insert name and contact information*), a member of the Program Committee, with any questions or concerns.

I understand and agree to abide by the above.

Signature

Date

Print Name

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

For call in numbers for each Telemeeting, check the www.cosacall.com website.

DAILY	Daily Tenth Step	Noon (PT) (1 MT, 2 CT, 3 ET)
	Daily Eleventh Step	9:00pm (PT) (10MT, 11 CT, Midnight ET)
MONDAY	Step/Tradition Study	9:00am (PT) (10MT, 11 CT, Noon ET)
	Recovery Tools	5:00pm (PT) (6 MT, 7 CT, 8 ET)
TUESDAY	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)
WEDNESDAY	COSA Tools	4:00pm (PT) (5 MT, 6 CT, 7 ET)
THURSDAY	Serenity	6:00pm (PT) (7 MT, 8 CT, 9 ET)
FRIDAY	Step/Tradition/Concept Study	6:00pm (PT) (7 MT, 8 CT, 9 ET)
SATURDAY		5:00pm (PT) (6 MT, 7 CT, 8 ET)
SUNDAY	Men's Only COSA Mtg.	10:00am (PT) (11am MT, 12pm CT, 1pm ET)
SUNDAY	Eighth/Ninth Step Mtg.	11:00am (PT) (12p, MT, 1pm CT, 2pm ET)



COSA Online & Telemeetings



COSA Literature and CD Order Form

REV 06/13

Ship to Name: _____

Date: ___/___/___

Street/Apt: _____

Evening Phone: _____

City, State & Zip: _____

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