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Caretaking vs. Self-Care

Taking proper care of myself is essential for peace and serenity. There is no more being able to blame and shame others for my own tiredness and frustration. I am responsible for understanding, appreciating and loving me.

For the first six years of my relationship and for my entire life, I have been a codependent/caretaker. I accepted unacceptable behavior from my qualifier and was sad, mad, and exhausted almost all the time. I become, to this day, physically sick when I look back at how low my self-esteem was. I was a shell of a human being. Inside that shell was fear—fear that leaving would mean being alone with the scariest person of all—myself.

Once when I was six or seven years old I was at the beach. The waves were getting higher as the sun was setting and I was playing chicken with the water. The sand started moving and I went under. There was no panic. My world went dark. I could see the stars. I was in a dream state. I was so peaceful. I felt a voice telling me to raise my hand. I didn't want to. I wanted to stay. The voice said, "You have to go back." I raised my hand and immediately was yanked from the water. I felt sad and alone, but I knew there was something/someone out there--someone just for me.

In February 2014, I was lying in bed. I knew I had to confront my husband. I knew I was in trouble. I knew he was going to manipulate and blame me. I prayed. A voice told me to raise my hand. I didn't want to...I lay in bed and raised my hand up. The voice said, "I will be with you, go now."

The next few months were a living hell. My husband moved out. There was a lie detector test. There was scattered disclosure. We went to therapy and found programs for our specific needs.

I was on my own, or so I thought. Gradually I started to climb out of my sadness. I went to COSA, found a sponsor, read books, prayed, and started my new life. I really needed time to process my feelings. That began my thirty-day no-contact period. No calls, no texts, no inquiries through friends. Nada.

In those thirty days (which really ended up being forty-five because I accidentally ran into him on day fifteen and started over), I learned all about self-care. I learned to love myself. I had to first start saying nice things about myself. I wrote a letter to myself every day for thirty days—a letter for me as a child. I told myself how beautiful and special I was. I told myself, "You will never be alone, I will never abandon you, you are whole and good, God made you perfect the way you are." The next month I read my letters, and by

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Caretaking vs. Self-Care

Caretaking vs. Self-Care-cont'd.

that time I believed them.

I went to bed every night and prayed for all the people on my “I hope they die in a car crash” list. I prayed for their happiness?! I prayed that they would know that I loved them. Every morning when I woke up, I stayed in bed until I could name several things I was grateful for. I kept the things I was still struggling with in a God box. I started working the Steps and really dug deep.

In working the Steps I realized that I’m not as awesome as I thought. Wow--I could be really mean to myself and others. Lack of sleep and caretaking for grownups made me super irritable! I needed sleep. I needed to see what was going on in my own lane. I needed to save me.

I started watching what I did when I was stressed out, and started choosing contrary action. I stopped nervous eating. I started to make outreach calls instead of isolating. I noticed when I would start to check out and started to reel myself back in. I did hot yoga. If you want to stop your mind from racing, turn up the heat to a hundred and five and sweat for ninety minutes. Aside from thinking you may pass out or throw up, you don’t care what anyone else is up to.

Self-care was also why I decided to ask for the lie detector test, because otherwise I did not know what I did not know. It was for my own sanity. It was hard and humiliating but necessary. It made me feel like less of a fool and more of an active participant in truth finding and trust building.

I found a center that specialized in our problems and we both get therapy there now—for us as individuals and also as a couple. This is also a form of self-care. I need to be conscious of both sides of our recovery. It takes the guess work out.

I wrote an extensive list of boundaries, consequences, and “what to do’s” in case I didn’t uphold my boundaries. This was a major, huge, gigantic step for me--the super codependent. Saying “No” and “I’m done talking about that” just roll off my tongue now.

I gave myself a safe place—my home. My husband has his own place still. He is not allowed inside my home without my permission and is not allowed to spend the night. On occasion I will have him over for lunch or dinner. I spent years wishing I had a hideaway, a sanctuary just for me--someplace full of love that I created. Now I do.

Depression and anxiety was a huge struggle and I could not overcome it without seeking professional help. I found a psychiatrist and started a new medication--not to numb but to have a clear head. I believe that without this help my progress would have been seriously at risk. There’s nothing wrong with being able to see hope, have fun, and laugh again. Being spiritual is like breathing to me now. I practice faith and ask for help every minute. I am a vessel of strength, love, and hope. It is essential and crucial in how I feel, act, and view others. It soothes my open wounds. It is vital to let go and let my Higher Power take care of me.

Program partners have helped me tremendously. These are people in the program that are

Caretaking vs. Self-Care-cont'd.

in different stages of recovery. We check in with each other daily with our intentions and support one another's progress. This keeps me connected and uplifted. Letting trustworthy people take care of me and taking care of them in return feels good.

My old style of caretaking was, for lack of a better word, GROSS. Enmeshment was caretaking, parenting my husband was caretaking, watching my five step-kids while he was acting out was caretaking. Saying yes too much and sacrificing myself for others was caretaking.

I still do take care of others and I am proud of the way I do it now. I caretake for my son by showing him how to be independent. He is ten, old enough to make his own breakfast, warm up dinner, and take out the trash. I caretake by teaching him to be respectful of others feelings. I try to keep him well-rounded by having him in sports as well as going to the library and reading with him four times a week.

I caretake by respecting the anonymity of people in my meetings. I do not gossip or criticize them. I show my support by phone calls and texts, and by showing up.

I support my friends and loved ones. I listen to their feelings now without playing therapist to them. I let them come to their own conclusions and give advice only when asked. I do favors within reason. I pray for them.

A huge part of self-care and caretaking came when I heard that a much respected and loved man in my hometown was going to court on child molestation charges. Most people did not believe the girls with the accusations. I knew this man very well. I love/loved him very much. He was a gift in my life and my sister's. The sad part was, I knew the girls were telling the truth. He had crossed a line with my sister and me when we were very young. The girls had very similar stories to ours: He was their savior. He was their abuser. I prayed, trusted in my therapist and my sponsor, and we walked into the arena. We did not hide and hope.

With the new evidence from my sister and me, the trial was delayed. Now, though, if found guilty, he would register as a sex offender because the D.A. said he was a repeat offender. The process was draining and stressful, but it was my job as a mother to caretake for those girls, my sister, and myself.

The trial was approaching, and I was afraid--afraid to see the face of someone I loved and tell the truth. I prayed all night that he would do the right thing. The next day to our grateful surprise he pleaded guilty and now has to register as a sex offender.

I felt so proud of him. The child inside me wanted to reach out and tell him "Thank you, I love you, this is the beginning of the rest of your life," but that wasn't my place. My place was to take care of me, to deal with my own feelings, and to sort through my own thoughts of still needing love, validation, and attention from someone who was not ready and may never be. Reaching out was a good idea, but only to safe and trustworthy people. My job now is to reach within myself and say, "Thank you Jennifer, I love you, this is the beginning of the rest of your life."

~Jennifer P.,
California

Caretaking vs. Self-Care

Seventh Tradition: Financial Report

July 2014-August 2014



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

<u>Group</u>	<u>Amount</u>
CA- Irvine	\$119.00
CA-23	\$140.00
CA-26	\$25.00
Columbus Group	\$30.00
COSA NY	\$233.00
FL-11	\$25.00
Houston Serenity Sisters	\$58.00
Memphis Tues Nite	\$50.00
Mesa, AZ Sunday Group	\$100.90
Omaha Monday Night	\$15.00
San Jose Plaza Group	\$50.00
Santa Anna Group	\$10.00
Santa Rosa Group	\$108.00
South Carolina	\$30.00
St. Andrews Ocean NJ	\$50.00
Telemeetings	\$8.00
The Woodlands, TX Monday	\$29.50
Individual	\$240.00
Recurring Donations	\$1,253.00
Total	\$2,574.40



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/PDF/lit_guidelines.pdf

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

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

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

By the Fellowship - For the Fellowship

Letter from the Chair

Letter from the Chair

I got back from the Board face-to-face retreat in Northern California at midnight on Sunday the 24th of August. I was tired, but I was so happy with the decisions that we had made as a Board. We had some lively discussions on some difficult matters, but we found solutions that we could agree on- always with the substantial unanimity we have come to require.

At the face-to-face and since, I have been getting lessons from my Higher Power- on Steps Three, Seven, and Eleven. One more time, it all boils down to "Let Go and Let God." Letting go is not my forte. For example, I usually have the responsibility of picking the restaurant when my husband and I go out to dinner. On the rare occasions when I ask him to choose, our conversations often go like this:

"How about this place", he says.

"No....."

"How about this other place?"

"No...."

"Fine, you just pick it."

And I'll say, "Well, if you're going to be that way about it."

I do the same thing with my Higher Power. I will pray "Bless it or Block it," my favorite Third Step Prayer. Then something will happen (or not happen) and I'll get busy forcing solutions and trying to make it happen according to my will. That does not work so well with me. Over the past year in service, I've come to the painful awareness of just how often I tell my Higher Power that his way is just not good enough, even after a fervent Third Step prayer.

When I started as Chair, I had a lot of good ideas for COSA. Unfortunately (or fortunately for COSA) the fellowship and other Board members also had some ideas. So I had to stretch. I had to let go and let God while learning to trust the group conscience in a deeper way. I had to let go of some preconceived notions. I had to let go of some outcomes. I had to let go of some of my own will, and make room for the God of my understanding to work.

There was a lot of letting go at the Board face-to-face. The decision-making process we use helps us to drop our own agendas and try really hard to hear what HP is saying in the discussions we have. We had a lot of discussions last month where there was no "right" answer. Nothing was without risk, or downside, or a lot of unanswered questions. But as a group, and individually, we are getting better at making wise and sober decisions.

I have relationships with COSAs who have more experience than I do, and that helps me move through uncertainty. It takes a village to grow a COSA, right? My service sponsors have helped me more than once to apply the principles when I wanted to focus on personalities. I have learned I don't have to do all of this alone. When I let go and let God, there are people and resources available to carry out the will of the Higher Power I am learning to trust more and more.

Thanks for letting me share.

Hugs,
Claudia

Step Nine

Step Nine is an action step toward positive change. I heard that it promised relief and a new sense of freedom. However, I felt so intensely ashamed of myself, once I fully realized my wrongs, that I felt reluctant to face those whom I owed amends. Luckily, I had others to help me find moderation and keep me moving forward. For me, Step Nine hasn't provided instant relief, but rather a gradual awakening to a whole new way of being. It has helped me to reconcile with my past and to forgive myself and others.

Before recovery, I was mired in blame and shame. I felt victimized by people and circumstances and engaged in destructive tactics like extra-relational flirting, quiet (but insidious) judgment of others, people pleasing and strategic omissions (lying). I now recognize these behaviors as subconscious attempts to feel some sense of power, worth, and control. Of course none of it worked, but instead left me feeling empty and bad about myself. It was almost like sleep-walking, I was so out of touch with my true self. The Steps have helped me wake up and see this self-defeating system. Step Nine has helped to release me from corrosive guilt. I still have areas where I struggle, but on the whole I am much more free.

For me, the key to this Step is making "clean" amends. In some cases this means taking immediate action. Sometimes it means waiting until I am certain of my part, feeling a sense of good orderly direction, or rid of the worst of my anger toward the other person. It always means making amends succinctly, without groveling or justifying. Sometimes a few specific, honest words suffice, especially when spoken with as much sensitivity to the other person as possible. Other times, my amends are actions. Finally, one of the most valuable things I have learned in recovery is crucial in Step Nine: all I need to do is to do my part and let go of the outcome. If I am open to the mystery of the process, I am often amazed.

~Betsy H.

As seen in the September/October 2008, Fall Issue of the Balance.



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



ISO of COSA Diversity Statement

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

Step Ten

I used to think that the whole point in working the Steps was to check them off, one by one, and be done with them. I figured I'd just graduate from all that work. Then I got to Step Ten and my theory was shattered. I was invited to continue the inventory I had learned in Step Four--and keep it up.

Steps Ten through Twelve are gentle reminders to me that the Steps are meant to be a way of life, not just an exercise. I'll never get to a place where I don't need to pay attention to the way I'm living my life because I'm human. I've heard that an airplane is off course about 95% of the time. Because its equipment is constantly evaluating its position, it keeps self-correcting. This is sort of an aeronautical Tenth Step.

So I keep evaluating my behaviors and attitudes, and I keep making things right. I've found over the years that I hurt myself much more often than I hurt someone else. I've also found out that my shortcomings are getting a little more subtle these days. I've got a long way to go yet, but many of the things that used to be red lights for me are just not a problem anymore.

For me, paying attention is the spiritual principle behind the Tenth Step. When I celebrated my first year in recovery I was amazed to find out that I had gotten worse, not better. My sponsor suggested that maybe I was just a lot more aware of my actions, and she was right. I was learning to pay attention by working the Steps and listening closely, perhaps for the first time.

I used to keep a short list of my shortcomings by my bed. This was the basis of my Step Ten each night. I'd check the list and ask myself if I had been impatient or judgmental or self-righteous, if those were the things my Higher Power and I were working on. I try to spend some time congratulating myself and HP for our successes each day.

My recovery gets stalled when I forget my inventory work for very long at all. I've found that when I pay attention to Step Ten, my Higher Power seems to whisper more loudly to me and I make amazing progress. I am excited to be in a place today where I am much more able to notice when I slip, and I am much less apt to beat myself up over it. I can just think "Well, that's interesting" and I can make that correction. I'm still off course sometimes, but Step Ten helps me to get back on track. I'm grateful I haven't graduated.

~Claudia M.



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

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.

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 CD or 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:

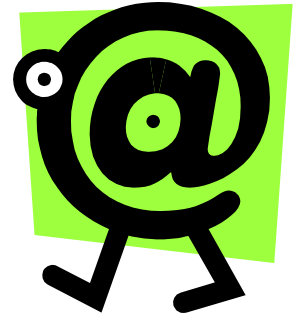
- Welcome to the Sunlight
- COSA FAQs
- COSA Tools
- Defining Co-Sex Addiction

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>



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

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

There are two parts to this Tradition. The first part mentions that COSA ought never be organized. I have had the opportunity to be in two different states in which I have attended COSA meetings. I was pleasantly surprised that the meetings were the similar in that the Twelve Steps and the Twelve Traditions, the Promises, and the Serenity Prayer were read in the meeting. I found comfort in this. However, introducing ourselves was a little different. In one group, members introduced themselves by saying "I'm ____ [name] and I'm codependent." In the other group, members said their names and what they were feeling. Another difference was the closing prayer. Tradition Nine states no organization. Groups in the same city can run their COSA meeting differently provided that they are following the Steps and Traditions. This gives the individual groups the opportunity to grow and change when needed and to apply the basic items in a different order that make up the COSA group. There is no "right" way.

Every group member is equal to one another. There is no one authority figure. We all have an equal voice in our group. In this way, no one has power over another. This provides an equality that I find refreshing. At first, this may seem very foreign to us when we first enter COSA. How can this work? This does work because there is constant rotation of roles and responsibilities that each group member might perform during his or her recovery journey. This promotes the health of the group.

The second part of Tradition Nine gives the group the choice to create service boards or committees directly responsible to those they serve. Each group will decide how much organization they might need for certain activities. The group might want to have a retreat. There are certain things that need to get accomplished such as making phone calls to see where to go for the retreat, someone might be responsible for food, another person for workshop information, and another person might be a treasurer for just this retreat. This type of organization is necessary for the retreat to go smoothly. We are also practicing self-care in that no one person is responsible for everything. We are able to enjoy the process as well as the outcome. The people who volunteer for specific service jobs for this retreat have the responsibility to report their findings to the group. This way the group as a whole will be able to make decisions based on the information presented. In this way, the group will have a successful retreat.

~Bunny

Traditions

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

As I first thought about Traditions I didn't think beyond the sentence—is there work or knowledge I could gain from further understanding each Tradition? I've worked the Steps but I haven't taken the time to understand a deeper sense of the Traditions. In looking at Tradition Ten, I also thought, why wouldn't we want public attention or the spotlight for such an important recovery program? So I decided to reach out to others for their thoughts, as well as do research about why this Tradition is important.

I looked at the COSA website, and stopped to think for a moment about our mission. *“Our Mission is to serve the fellowship of COSA by fostering the growth of individual groups and facilitating communications of COSA principles and ideals through the Twelve Steps and Twelve Traditions. Our one primary purpose of the ISO of COSA is to carry the message to those who suffer.”*

I see this as an important reminder that we are the most important focus, supporting each other in recovery: sharing our experience, strength, and hope, and being autonomous as a group. It does not say in our mission to spread the word to others outside who have not asked for help, or to seek influence, donations, or support outside our fellowship. It does not say in our mission to seek public opinion on issues, or to take a stand as group to support others' issues or agendas. Would this serve our recovery?

As I look at my own life for what Tradition Ten means—it hits home! I was a person who always stuck up for others or fought others' battles, or fought every injustice I could. It was my way of combatting injustices of my childhood. As I worked the Steps I saw that all this fighting against injustice took me away from focusing on my own mission—my personal growth. I got too involved in others and never grew where I needed to. My mission in life is not defending others, it's taking care of me. This makes me smile now, as I work so hard at not getting involved in others' matters and I have to pause a lot, and ask myself “Is this my battle?” or “Is anyone really getting harmed here?”

Tradition Ten has made me aware that our COSA goals can be similarly diverted if we are not mindful. We should remain focused on our COSA mission and not on looking for notoriety or on using our collective power for anything that could affect this. We should not put our strength, support, energy, or funds into outside issues when the greatest benefit of our work is for ourselves and helping others in need.

I now understand the differences between the Steps and the Traditions. When I work the Steps I am working my *own* recovery program as an individual; I am gaining knowledge about *my* issues and finding my own path to recovery and growth. I see that the Traditions are for us as a *group* to live by, and that binds us together as we work *our* recovery and support one another.

~Beth H.

2015 Reflections of Grace Convention

Mark your Calendars

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

REFLECTIONS OF GRACE



2015 ISO of COSA Annual Convention
Omni Shoreham Hotel
Washington, DC
Memorial Day Weekend
May 22 – 25, 2015

Additional information will be posted and updated at www.cosa-recovery.org/2015
Please email convention@cosa-recovery.org if you have any questions.

Call for Submissions and Nominations

Note the earlier deadlines!

The 2015 Convention Committee is seeking panel and workshop proposals, nominations for speakers, and proposals for an icebreaker activity or re-entry activity. There are different deadlines for speaker nominations and proposals (note below). The earlier deadlines provide time to put together a program and announce it to the fellowship well in advance of the Convention. COSAs are encouraged to share their recovery through nominating a speaker or offering a workshop. If there's an area you want to hear more experience, strength, and hope around, you can create a panel workshop and invite other COSAs to speak on it! The forms can be completed online or submitted via email, and are included in this newsletter. If you have questions or need assistance with your proposals or nominations, please email the Program Committee at programcommittee@cosa-recovery.org. The deadlines are:

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Reflections of
GRACE
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May 22-25, 2015

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May 22-25, 2015

2015 Reflections of Grace Convention-cont'd.

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May 22-25, 2015

Speaker Nominations: October 1, 2014
Workshop Proposals: October 15, 2014
Icebreaker or Re-entry Proposals: November 15, 2014

Call for Convention Volunteers

The Convention is planned and overseen entirely by volunteers. It takes a lot of us to coordinate and organize our Convention! The Convention Committee is responsible for the planning and oversight of all activities and many details of the event. We have a large committee and every position and task is important. We value each and every one of you!

Washington, DC

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GRACE
May 22-25, 2015

Be part of this fun and diverse group, while learning from and working with other COSAs from across the continent. We have many options for serving.

There are several sub-committees listed below. Each needs additional workers and some need lead positions. Several do not require you to attend the Convention, but give you some of the Convention experience by interacting with others from other cities. Please consider service in one or more of the following areas:

Outer Circle Events Committee: This committee plans and arranges social and other events at the Convention to enhance the Convention experience. Attention party planners and the socially inclined, this might be the place for you!

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Program Committee: The main responsibility of this team is to put together the conference schedule of workshops, speakers, and other offerings. Members conduct interviews with prospective workshop presenters and Convention speakers.

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

Hospitality Committee: We need a co-chair and workers to stock and staff our Hospitality Room, where COSAs come to snack, socialize and process their Convention experience.

Facilities Committee: We are looking for a Banquet Coordinator and committee to make the COSA banquet special. If you are into planning parties and decorating, this would be an opportunity to express your creativity.

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Recording Committee: We need co-chairs for this team, which is in charge of handling all audio/visual needs for the Convention, transferring recordings from mp3 players to computer and burning CDs.

Silent Auction Committee: We need a co-chair for this committee. The team requests auction item donations from COSA groups and individuals, organizes details before the Convention, and conducts the on-site auction. This event raises funds for the following year's Convention.

2015 Reflections of Grace Convention-cont'd.

Care and Support Committee: This team coordinates the Orientation Workshop, mentorship program, and temporary sponsors for the Convention. This committee also oversees the Meditation Room which needs a Meditation Coordinator who can coordinate meditations in the Meditation Room.

Outreach Committee: COSA's diversity statement is to clearly welcome all those who have been affected by sexual compulsive behavior. The Convention is a wonderful opportunity to reach out to those still suffering.

Media Committee: This team is responsible for creating the brochure, schedules, forms and other documents needed for the Convention. This committee is also responsible for submitting articles for The Balance and emails to the Fellowship.

Volunteer Committee: This committee is a great opportunity to interact with a lot of people by coordinating all the many on-site volunteers.

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

Finance Committee: The Finance Committee is responsible for keeping track of the budget, expenses, and other financial matters.

Bookstore Operations: We need a coordinator and volunteer workers for the onsite COSA bookstore.

Contact the Convention Committee

Please email the Convention Committee at convention@cosa-recovery.org to volunteer. If you would like to discuss any of these positions, mention that and include a phone number for someone to contact you.

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COSA Online & Telemeetings



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)
	Men's Only COSA Mtg.	6:00pm (PT) (7 MT, 8 CT, 9 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	Eighth/Ninth Step Mtg.	11:00am (PT) (12p, MT, 1pm CT, 2pm ET)

COSA Literature and CD Order Form

REV 06/13

Ship to Name: _____

Date: ___/___/___

Street/Apt: _____

Evening Phone: _____

City, State & Zip: _____

Email Address: _____

COSA Pamphlets

A Question of Recovery	\$0.75 x _____ = \$ _____
COSA FAQ ☐	\$0.75 x _____ = \$ _____
COSA Media Information	\$0.75 x _____ = \$ _____
COSA Tools ☐	\$0.75 x _____ = \$ _____
Defining Co-Sex Addiction/Sexual Codependency ☐	\$0.75 x _____ = \$ _____
Fact Sheet For Professionals	\$0.75 x _____ = \$ _____
Twelve Concepts for Groups	\$0.75 x _____ = \$ _____
Twelve Traditions in Action: A Checklist for COSA Groups	\$0.75 x _____ = \$ _____
Welcome to the Sunlight! ☐	\$0.75 x _____ = \$ _____

COSA Booklets

A Program of Recovery / 52 Questions	\$2.50 x _____ = \$ _____
Attraction not Promotion (New 2012!!)	\$2.50 x _____ = \$ _____
Boundaries in Recovery	\$2.50 x _____ = \$ _____
Caretaking	\$2.50 x _____ = \$ _____
COSA Parents in Recovery	\$2.50 x _____ = \$ _____
COSA Triggers (New 2012!!)	\$2.50 x _____ = \$ _____
COSA Twelve Traditions	\$2.50 x _____ = \$ _____
Healing Power of Giving (New 2013!!)	\$2.50 x _____ = \$ _____
Men in COSA (New 2013!!)	\$2.50 x _____ = \$ _____
Sobriety in COSA	\$2.50 x _____ = \$ _____
Sponsorship Guide (New 2013!!)	\$2.50 x _____ = \$ _____
Step One, w/COSA Voices and Exercises included!	\$2.50 x _____ = \$ _____
Step Two, w/COSA Voices and Questions included!	\$2.50 x _____ = \$ _____
Step Three, w/COSA Voices and Questions included!	\$2.50 x _____ = \$ _____
Step Four, w/COSA Voices and Exercises included!	\$2.50 x _____ = \$ _____
Step Five, w/COSA Voices and Questions included!	\$2.50 x _____ = \$ _____
Step Six, w/COSA Voices and Questions included! (New 2012!!)	\$2.50 x _____ = \$ _____
Step Seven, w/COSA Voices and Questions included! (New 2012!!)	\$2.50 x _____ = \$ _____
Step Eight, w/COSA Voices and Questions included! (New 2012!!)	\$2.50 x _____ = \$ _____
Step Nine, w/COSA Voices and Questions included! (New 2012!!)	\$2.50 x _____ = \$ _____
Step Ten, w/COSA Voices and Questions included! (New 2013!!)	\$2.50 x _____ = \$ _____
Step Eleven, w/COSA Voices and Questions included! (New 2013!!)	\$2.50 x _____ = \$ _____
Step Twelve, w/COSA Voices and Questions included! (New 2013!!)	\$2.50 x _____ = \$ _____
Using the Twelve Steps to Work Through any Conflict	\$2.50 x _____ = \$ _____

Collection of English COSA Literature (9 Pamphlets & 24 Booklets)	\$60.00 x _____ = \$ _____
Simple Newcomer Welcome Packet of Literature (4 Pamphlets, noted by ☐)	\$1.00 x _____ = \$ _____

COSA French Literature

COSA FAQ: Foire aux Questions (Pamphlet)	\$0.75 x _____ = \$ _____
COSA Tools: Les Outils de COSA (Pamphlet)	\$0.75 x _____ = \$ _____
Defining Co-Sex Addiction/Sexual Codependency: Identifier le Problem (Pamphlet)	\$0.75 x _____ = \$ _____
Welcome to the Sunlight: Bienvenue au grand jour (Pamphlet)	\$0.75 x _____ = \$ _____
Step One: Premiere Etape (Booklet)	\$2.50 x _____ = \$ _____

Outreach Priced Literature

100 - Defining Co-Sex Addiction/Sexual Codependency (Pamphlet) (Black/White).....	\$20.00 x _____ = \$ _____
100 - Fact Sheet For Professionals (Pamphlet) (Black/White).....	\$20.00 x _____ = \$ _____
100 - COSA Outreach Business Cards	\$10.00 x _____ = \$ _____

Additional COSA Material

COSA Stories, Volume I (book)	\$3.50 x _____ = \$ _____
COSA Stories, Volume II (book)	\$3.50 x _____ = \$ _____
A Guide To Program Calls, Pocket Meeting (Serenity Prayer, Twelve Steps, & Twelve Traditions) and Spirituality in COSA: Mutual Respect & Diversity (2 Wallet Cards and 1 Card)	\$1.00 x _____ = \$ _____
COSA Medallions (3 or 6 month, 1-25 year, blank)	\$3.00 x _____ = \$ _____
COSA Pins (Colored Cloisonne COSA Logo)	\$4.00 x _____ = \$ _____

ISO of COSA Literature is written by the members of COSA groups around the World.

COSA International Convention CDs—\$7.00 each

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

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

2013 - Summerlin

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

2012 - Vancouver

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

2011 - Houston

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

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

S&H Fees

Please mail your order with a check or money-order payable in U.S. dollars to:
International Service Organization of COSA
(or ISO of COSA)
9219 Katy Freeway, Suite 212
Houston, TX 77024 U.S.A.

.25 to \$15.00 order = \$5.00
\$15.01 to \$40.00 order = \$7.00
\$40.01 to \$70.00 order = \$11.00
\$70.01 to \$100.00 order = \$15.00
Greater than \$100.00 order = \$20.00

For S&H charges outside of the U.S., email ISO@cosa-recovery.org

Literature Total \$ _____

CD Total \$ _____

S&H \$ _____

DONATION: _____ Group _____ Individual

GRAND TOTAL \$ _____