



Winter Issue

Nov/Dec 2015

Lead Article – Anonymity

“Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles above personalities.” So says COSA’s Twelfth Tradition, and I have puzzled over that for a long time. The principle of anonymity that keeps me from telling my husband some juicy little morsel I heard at my COSA meeting keeps me and others safe. The personal anonymity in “press, radio, films, television, and other public media of communication” suggested in Tradition Eleven, keeps our fellowship safe from those who might be seen as the COSA poster child before they act out publicly or speak as if they were a COSA authority. But I knew there had to be more than that, if our founders called anonymity our “spiritual foundation.”

My study of the Traditions opened the door to the mysteries of Anonymity for me. A few different ideas especially helped me to understand the importance of anonymity. I looked at the Fifth Tradition: “Each group has but one primary purpose -- to carry its message to those who still suffer. We do this by practicing the Twelve Steps ourselves.” I figured our primary purpose surely must be related to our spiritual foundation.

A trip to the dictionary helped even more. One definition used the words “without distinctive character.” I thought about that. Distinctive to me meant different, or one of a kind. People in my meetings certainly were unique, but our similarities are so much more important than our differences. When I came into COSA I looked for the differences. I saw that your husband acted out differently than my boyfriend; you drove a nicer car; you were gay and I was straight, and so on. But when I focused on our similarities magic happened. I was able to listen to you with an open heart and I began to learn.

It also helped when you honored the principle of anonymity by not talking about your profession, or your financial or social standing. You came and you talked about being affected by compulsive sexual behavior and how you were recovering from that, and I related. Anonymity helped me understand that we were all equals. In COSA there is no hierarchy. There are no experts. There is no CEO. When I listen in meetings, my Higher Power speaks through everyone.

A friend of mine tells me that God sends his angels all the time, but he doesn’t know what those angels look like, so he has to listen to everyone. That’s the spirit of anonymity for me. The second part of the Twelfth Tradition says that anonymity reminds us to “place principles above personalities.” Oh, I finally got it! Anonymity is all about that spiritual principle that shows up in all the Steps and Traditions: humility. When I walk into a meeting, I see what I have in common with all the other members. COSA works because we have all been affected by compulsive sexual behavior. We’re not all the same, but we have all had similar emotions and experiences as we recovered from sexual addiction. In meetings, we are bank presidents, but first we are COSA. We are in poverty, but first we are COSA. We speak from a common experience, in that sense; we are not distinctive from one another.

I ran into problems with anonymity when I sponsored. At first I arrogantly assumed I had the answers, and I insisted my sponsees do it my way. When I saw the value of each COSA, and honored principles above personalities, I could let each sponsee find out the best way to find recovery from codependence and co-addiction. I was just there to share my experience, strength, and hope, and to offer tools they could use. Today my sponsees are my equals. They are my allies in recovery. I learn as much from them as they do from me.

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When I started getting a handle on what anonymity was, with the help of my sponsor, my sponsees, and my group, my whole world opened up. Before COSA and the practice of anonymity, I was always better than you or less than you. It was so important to know where I stood so I could know how to act. That comparison showed up everywhere in my life. I was always trying to figure out “where I stood” in my relationship with the man who became my husband shortly after I started attending COSA meetings.

My boyfriend and I did not have equality in our relationship. A friend defined equality as the absence of power struggles. When we heard that, equality became something we strived for. It’s awfully lonely at the top- or the bottom. Anonymity places me squarely in the crowd of people who have the same great value as me. The last place I learned to apply anonymity was in my marriage.

Surely this boyfriend, who struggled with addiction, stood on a lower rung in the scheme of things than I, the self-righteous and martyred COSA. And the things I heard from other newcomers proved my point. But I started listening to those who had been around a little while. They described all their relationships in a way that intrigued and disturbed me. Maybe I, too, could be free of being so lonely and smug. With your help, I was able to step into the circle of a fellowship of equals. And after some time, I was able to see even my husband as equal, and I was no longer lonely in my marriage. I was no longer constantly seeing him as better or worse. He was different, sure. But we were equals. That changed our relationship.

Today my husband and I are allies. Thanks to anonymity, there is humility and equality in our relationship. We are learning what love is in a deeper and more profound way. Control is starting to disappear. One of my inner circle behaviors today is “trying to control or manipulate my husband.” When I first added that to my inner circle, I often had to report that I had violated my sobriety contract. Today months can go by sober from that bottom line behavior. Anonymity helps me as I strive for freedom from that destructive habit. When I don’t think I’m better, I don’t think I know better. And there is more peace in our house.

My husband has been sick this past year. I have been his caregiver. At times, I have gotten into fear when I thought he was not following the doctor’s suggestions, and I tried to force solution by trying to control his behavior. That drove us apart, and there was animosity in our house. I have the “I know best” disease. When I forget the principle of anonymity, that disease runs rampant. I had to see my behavior for what it was- a power struggle- and give my husband the dignity to make his own decisions. I could talk about how I felt, but most often I found that he didn’t need my “direction.” I learned to make a suggestion once, and let go of the outcome.

“Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles above personalities.” I do not fully understand the Twelfth Tradition, but I am learning that it is so much more than “What’s said here, stays here.” Anonymity reminds me that I have the duty and the privilege to help keep safety alive in the rooms of COSA by keeping confidence. It tells me that humility is the foundation of all good relationships. It reminds me to quit comparing my insides to your outsides. Above all, it tells me that there is “but one authority” and it’s not me.

Claudia M
Mesa, Arizona

LETTER FROM THE CHAIR

To Our Fellowship:

My Higher Power can't send me an e-mail but you can.

Do you read this? If you do, could you send me an e-mail at chair@cosa-recovery.org to let me know you're out there?

I ask because writing these letters to the fellowship sometimes feels like sending a note into the dark. I guess that's a bit how I feel about faith in my Higher Power in more challenging moments.

Letter from the Chair – continued

When I don't know what I'm supposed to be doing, I ask my Higher Power to show me the next right thing and I do that. Sometimes, even that feels like leaping onto a precarious, dime-sized stepping stone high in the sky.

When I get to a larger pillow-top king-size resting place, my faith is a little easier to feel. When I'm in a tough spot, I can ask my Higher Power to show up for me. And the more I make conscious contact, the more I see evidence of my HP.

I can see my Higher Power's hand in the assembling of the trusted servants on the International Service Organization of COSA board, and those leading our committees. One of us knows about insurance, another of us has experience with property management, and another is an expert at event planning. There's one who is super detail-oriented and a great writer. We have someone with lots of leadership experience and a can-do attitude. There's a technology whiz. I have to trust we have everything we need to accomplish what we are supposed to be doing at this particular point in time.

Could we use more hands? Yes. But this is not a pitch for service. Its just encouragement to think about what assets you might bring to the fold. Whatever they are, I hope it brings you joy to remember that you, in particular, have something to give to this world, if not to COSA...

The thing about service is that it puts me in a constant state of discovery about what my gifts are, and what is being strengthened.

One thing I've been told being the Board Chair is that I have a relaxed leadership style. I don't remember ever hearing that before. That's probably mostly because before recovery I wasn't relaxed and I avoided leading.

I can't wait to see what else I learn about my assets.

In Service,

Emily G.
Board Chair
International Service Organization of COSA

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

I landed on this Step this time during a slow but challenging time in my life. I found myself in new surroundings. I had just moved into a new house. I had remodeling going on around me – a crew was installing a new roof on my house. There were questions I hadn't anticipated having to answer about paint colors for the fascia, the type of gutters I wanted, what kind of shingles, and how many fans I would like. I didn't even know roofs had fans. Go figure.

At the same time, I was surrounded by boxes I didn't want to unpack, a beautiful new garden I didn't know how to care for, a general feeling of depression and what seemed like endless time I had no energy to fill.

What led me back to serenity, in part, was meditation and using a God box. Meditation is something I have practiced sporadically in the last several years. I found 10 or even 5 minutes allowed me seek guidance for the next right thing.

I didn't always act on what I heard. But I always heard something. At a certain point, I remember hearing that I should care for my garden. At the moment I heard it, I couldn't see how that might bring me joy. It felt like an unsolvable monochromatic puzzle. I heard it but stored it away, not acting on this voice I perceived to be sorely mistaken.

But in the weeks that followed I found myself in my yard, first clearing out leaves on this side and then trimming flowers on the other. I discovered plants that the previous owner had left behind and moved them where I could see them. I watered vines I had been ignoring. I got interested.

Step Eleven – Continued

As we continually hear over and over in our meetings, we cannot control others. We must let go of the outcome. But as I got more ambitious, I found myself outside with a newly discovered tool (a lopper! It's great!). I started trimming my own trees. It never occurred to me that I might gain a sense of power from these chores I had seen my parents pay people to do for them. I decide which branch stays and which goes. No one but me. The plants don't argue back. They don't ask me for an explanation. As I take ownership of the space, I feel challenged and intrigued by it. And I now understand why God told me to go to the garden.

During my most difficult days, I would start by writing down the challenges ahead and putting them in a God box. It surprised me how God would answer. I remember seeking help in my relationship as my partner was struggling to feel equal in our relationship. I didn't see how the situation could change. Soon after, my partner discovered a way to contribute that would work for him. It came out of nowhere. A bartering situation in which he could trade some of his work to get our house painted.

It ended up not working out. But the possibility shook me out of hopelessness. And it kicked me to watch more carefully for God's solutions.

Emily G.

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

I've heard that Step Twelve cannot be done until you have something to give away. That's true. But I had something to give to the newcomer who walked in the door at my second meeting: I had survived my first and I had learned that COSA was going to be helpful to me. All I had to say was "I've been through what you've been through, I'm here now, and I have hope I didn't have." That's part of the message of COSA for people who have been affected by someone else's compulsive sexual behavior.

I was pretty lost when I came the first time. I didn't know what I was in for, and I really thought if he got his act together everything would be okay. And it was being twelve-stepped by two COSAs, and the rest of the people in my group, that made me feel that hope that things were going to be okay; that I was going to be okay, that maybe even we were going to be okay.

And I kept getting gifts, and learning lessons. I had a spiritual awakening, and it was built of so many spiritual experiences. It was those lessons, those experiences, that awakening, that I had to share with others. I had to!

One of the gifts of attending COSA was that we were not all nuts in the same way on the same day. The woman who was deeply grieving the loss of her marriage might have something to give to the man who didn't know how to set a boundary in his relationship.

So I learned that I could give, and suddenly I had purpose. It was that purpose that lifted me up out of the hopelessness and despair. In my COSA group, and on the phone, member to member, I had something to give, for the first time in a long time.

I've also heard that when I walk in, I can work any Step that starts with a "1." I can work Steps One, Ten, Eleven, and Twelve.

I got into trouble early on working my Step Twelve. I gave away what I had no right to give: my advice. I carried not the message of COSA, and not my own experience, but my thoughts on what would be right for you. After all, when I was focused on your problems I didn't have to look at mine.

So I learned, with the help of COSAs who understood Step Twelve a little better than I did, that I had plenty to give away. I had my experience, feelings, and insights. I could work Step Twelve by offering these- when they were asked for, within the safety of my COSA meeting.

Anonymous

Reprinted from the Nov/Dec 2012 Balance issue

WINDS of CHANGE

2016 ISO of COSA Annual Convention
Chicago Hyatt McCormick Place
Chicago, IL
Memorial Day Weekend
May 27–30, 2016



COSA's 23rd Annual Convention will be held at the Hyatt McCormick Place in Chicago, IL from May 27-30. You are invited to attend and to expand your recovery through participating in the many events and opportunities available. Workshops, speakers, meetings and informal gatherings allow members from many regions to share experience, strength, and hope with each other.

This year we have some exciting things planned, including an opening reception to be held after the Delegate Meeting and prior to Friday night's speaker. On Saturday and Sunday we will have workshops and panels. Saturday's luncheon will include a buffet and speaker. Sunday evening we will gather for a special banquet followed by two speakers – a COSA and a guest sharing recovery from sex addiction. On Monday we will be focusing on re-entry with activities to help with the transition to daily life, which will include tools to take with you.

Additional information will be posted and updated at **www.cosa-recovery.org/2016**
Please email convention@cosa-recovery.org if you have any questions.

Seventh Tradition: Financial Report

July – August 2015

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

Group	Amount
Benton ARK	\$45.00
Columbus Ohio	\$25.00
Connecticut Love and Hope	\$50.00
COSA Parents	\$25.00
East Bay COSA	\$87.00
Elkhart, IN	\$50.00
FL-11	\$50.00
FL-14	\$100.00
Houston St Johns 10 AM	\$13.00
Long Beach, CA	\$100.00
Mankato, MN	\$60.00
Mesa AZ Sunday	\$100.00
San Luis Obispo COSA	\$216.00
Stillwaters COSA Phoenix, AZ	\$25.00
Telemeetings	\$52.00
The Woodlands, TX	\$26.00
Recurring	\$1,063.00
Individual	\$415.00
Individual Matching	\$1,000.00
Paypal	\$1,993.00
Total	\$5,495.00

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.

FUNDRAISING – DON'T FORGET COSA

To our Fellowship,

I am asking that you **remember the relief, the recovery, and the friendship that COSA has brought into your life** as you're making decisions about where to make your tax-deductible donations.

The International Service Organization of COSA is the non-profit that does all of this and more:

- It supports the local meeting you found as a newcomer.
- It maintains the website where you found the schedule and call-in information for your favorite telemeeting.
- It's the group that supports the publication of new literature you read, including the COSA book that's being written now.
- It's the group that puts on an annual convention, bringing COSAs from far and wide together in one place.

If you have been helped, I ask you to consider giving back with a tax-deductible donation to the International Service Organization of COSA.

For those of you who can't commit to a service position at this time, let your money go where you can't go. Support the efforts we have made to sustain a healthier, more sober COSA. Help keep the board more diverse with your contributions that make board travel expense reimbursements possible. Chip in to cover the rent for our office, where the business of COSA is done.

Be a part of the solution. **If you'd like to turn your gratitude into action, you can donate here:**

<http://cosa-recovery.org/donations.html> – scroll down to the gray donate button to make a one-time donation with your credit card.

Or you can send a check to:

ISO of COSA • 9219 Katy Freeway, Suite 212 • Houston TX 77024

Thanks for your consideration.

Emily G.
Board Chair
International Service Organization of COSA

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

I feel as if I've had a course in Tradition Eleven since I started a new local COSA meeting eight months ago. I often had questions about attraction vs. promotion—how to let people know about the meeting without pushing them—and how to maintain my own and others' anonymity.

I know there's a need for COSA in my area. Being a double winner, I sometimes fielded the question "What is COSA?" from those dealing with their own compulsive sexual behavior. I just quoted Tradition Three: "The only requirement for COSA membership is that our lives have been affected by compulsive sexual behavior." I didn't say "And you (and those you are and have been in relationship with) probably all qualify for COSA, too!" even though that's my opinion. Each person gets to make their own decision about that.

Tradition Eleven – continued

Putting our meeting information on the COSA website was a no-brainer. That's attraction: someone looking for help would only find it if they actively looked on our website. Many people learned of our meeting that way. Some came once to see what it was about, and never came back. A few people came several times. I just have to be okay with whatever is. Everyone is free to make his or her own decision about whether to come to the meeting, one day and one week at a time. I can only say how, and how much, I feel COSA has helped me.

I gave out flyers at a few Twelve Step meetings, but none of those people showed up at the new COSA meeting. However, the contact person for the local sex addiction recovery meetings kindly announced our meeting and distributed flyers, and several people came as a result.

A couple people from our meeting brought a flyer to their therapist who then referred others to our meeting.

Being able to read from our COSA literature at our meetings helped attract people to the meeting. Some even bought literature.

Sometimes people come and it looks like they're going to keep coming back, and then they disappear. Usually I know their contact information from our contact list. Should I contact them and ask if they're okay? So far I have not—it seems like that would be promotion—trying to convince them to stay. I've had many discussions with COSA friends about what to do in these and other situations.

At times when no one else showed up to the meeting, I worried that I wasn't doing enough to attract people or that I was scaring them away. Often while I waited, I read the COSA pamphlet "Attraction Not Promotion," which helped reassure me that I had done what I could to let people know about the meeting, and it was their decision whether to come or not.

Getting a meeting sponsor was also very supportive for me. I could email and talk with her about all sorts of questions and doubts I had. My meeting sponsor offered me lots of experience, strength, and hope from her own experience of starting a meeting about a year earlier.

I still don't know whether the meeting I started will survive. But I'm doing what I can to maintain it, let people know it's here, and show them what COSA offers. I'm still learning about just doing the next right thing and trusting my Higher Power with the outcome. I'm grateful for all I've learned especially about Tradition Eleven in this experience of growing a new COSA meeting.

Ruth G.

TRADITION TWELVE : Anonymity is the spiritual foundation of all our traditions, every reminding us to place principles before personalities.

I used to "disappear" in plain sight; I didn't realize I was doing this. I kept my thoughts and feelings tightly packed deep down inside of me, in a place that was almost inaccessible, even to me. I kept a lot of secrets. I wanted to connect with people, but I was afraid to show who I really was. This made it nearly impossible for me to get close to anyone, even myself. When I got involved with a sex addict, my fear and shame pushed me even deeper into this shivering, far-away place.

Coming into recovery meetings where I actually talked about what was going on with me, and people actually listened, was a stretch well beyond my comfort zone. It felt scary to come out into the light, but it was here that I found healing.

Tradition Twelve – continued

The only way I could make this leap of faith was to do so anonymously. I didn't have to sign up, I didn't need to provide identification or my zip code. I didn't have to announce to the world that I was attending COSA meetings. I could just quietly go and grow. It was also a relief to identify by my first name only. This semi-incognito approach helped me feel safe enough to open up a little bit at a time.

I learned that I could trust COSAs to honor my anonymity and keep what I shared in confidence. I grew up in a house with few boundaries and no sense of privacy, so it took time to build this trust in others and in myself. Yet, I did build it. The rewards have been great. In finding a safe haven in which to share my thoughts and feelings, I began to face my circumstances more directly. This helped me see my situation more clearly. I began to realize where I could make healthy changes, and I started to let my true self show. Anonymity provided the ideal conditions for the garden of my recovery to bloom.

The longer I am in COSA, the more I realize that anonymity has many faces that I didn't recognize at first. When I attend my meeting or interact with individual COSAs, I can shed the labels and expectations that define me in other areas of my life, and I can simply be. The Traditions and the principle of anonymity remind me that I don't need to suffer in the extremes of feeling better than or less than; we are a fellowship of equals. Anonymity helps make it so.

Anonymity, to me, also means clean communication: no triangulating or gossiping. If I respect the anonymity of others in the program, which I do, then I do not discuss their personal matters with anyone else, unless I am absolutely certain they would be okay with it. I am cautious, even when I have the best of intentions, not to overstep and share about something that is not mine to share.

In our area, the COSA meetings are few and our community is fairly small. One aspect of anonymity that has worked well for us has been maintaining the anonymity of whom we sponsor and who our sponsors are. We also refer to "spending time with another COSA" instead of mentioning a specific person by name. These practices may seem overly careful or awkward, but it does help us avoid issues of favoritism, cliques, or gossiping. It helps us be inclusive, and to keep things simple.

Anonymity also applies to service positions. The Traditions remind me that we are non-professional. We have no experts and no longstanding COSA gurus. Through the COSA service I have done, I have learned to let go of the need to feel needed, and the need to feel important and right. I have learned the joy of giving without expecting anything; it feels much better. When I was new, I struggled with this and occasionally I still do. But now I know the freedom of giving with no strings attached. It feels clean and healthy, and it is something I strive for in all areas of my life. If I can't give something out of simple willingness and generosity, then I can't afford to give it, whatever it is; the cost is too great for everyone. Anonymity taught me this, and reminds me to be humble and clean in my giving.

"Principles before personalities" is a phrase I have heard for many years. I wasn't sure what it meant at first, but I have come to understand its wisdom. It is a sanity-saver for me in every instance. Whenever I catch myself resisting someone, or trying to control, convince, or cajole (whether it's in a recovery situation or not), I realize I am forgetting our spiritual principles. Instead, I have slipped into favoring my own agenda and have set aside my faith in a Higher Power (who takes care of outcomes much better than I can). Remembering principles before personalities helps me stay "right-sized". I am not superior or inferior; I am one voice of many. I can have faith in the group's conscience, and I can use the Traditions as a sturdy ladder to climb out of most any troublesome situation. When I feel myself internally clinging to my own way, I can take a deep breath and reinvest my trust in the Steps and Traditions. The principles remind me to share my truth honestly and let go. It is not my job to be the ultimate authority. I can keep my ego out of the equation, and live and let live.

To say that anonymity is the spiritual foundation of all the Traditions is to say also that it is of the utmost value. In looking at all the ways that anonymity touches my life, I can see this value clearly. Even after some time in the program, I don't work the Steps and Traditions perfectly, but I do make progress. I have learned little by little, to have healthier boundaries and a levelheaded, right-sized perception of myself within the bigger scheme of things. My well-being and the well-being of the fellowship are closely related. Without the program I wouldn't have gained the tools or serenity I have today. It is with gratitude and a joyful heart that I uphold the Twelfth Tradition to the very best of my ability.

Anonymous

Reprinted from the Nov/Dec 2011 Balance issue

COSA Literature in Development - Update

Dear fellow COSA members,

Warmest greetings to you from your COSA Literature in Development Committee! We are excited to serve our fellowship and passionate about sharing the COSA message of hope.

Allow me to introduce myself. My name is Larissa, and I have recently joined the Literature in Development Committee and volunteered to fill the Fellowship Liaison position. This is a new position our committee has created to help inform the fellowship about all the exciting things happening on the development of the COSA basic text! We plan to update the fellowship through email, posting on the COSA website, in the Balance, and at delegate meetings.

We have many exciting things to share with you! As you may have heard, the first sections of the book and Steps One through Four were posted on the website last fall for members to read and offer feedback. We were pleased that many members and groups did respond, and now we are tasked with carefully applying the feedback we received to each section of the draft. It has been a unique opportunity and a challenge, and we are learning a lot. Some of the challenges we have encountered include organizing the feedback in a way we could work with as a team, using and interpreting feedback that was submitted in various forms, and matching feedback with the appropriate sections of the book. We are making progress and plan to implement several strategies going forward that will help us streamline the process and apply future feedback more easily. We want to thank all who took the time to review the draft and submit their ideas!

The Literature in Development Committee has also been discussing how to get more fellowship involvement in the writing of the basic text. How can you help? One new idea has come to the forefront, and we would love to hear from you! We are planning to gather COSA members' experience, strength, and hope (ESH) on the Steps *before* writing them, and we will be testing this approach on Step Five. There will be a link on the Literature in Development web page for members to share their ESH on this Step. The more ESH we receive from the fellowship, the more our writers can represent the diversity and depth of our various experiences. We can't wait to hear from you! Check back regularly for more details, and watch for the link on our web page!

It is a pleasure to serve each of you and our fellowship. What a blessing to work through the power of language and express the immense gift of recovery. May our message continue to reach those who still suffer and support each of us as we walk this spiritual path together.

Passionately in service,

Larissa and the Literature in Development Committee

Additional Resources on our website:

NEWCOMER INFO: <http://cosa-recovery.org/newcomers.html>
MEETING GUIDE: http://www.cosa-recovery.org/PDF/The_COSA_Meeting_Guide.pdf
ONLINE STORE <http://cosa-store.myshopify.com/>
FREE DOWNLOADS: <http://www.cosa-recovery.org/freedownloads.html>
WRITING FOR COSA: <http://www.cosa-recovery.org/submissions.html>

By the Fellowship - For the Fellowship

We encourage every group, intergroup and member to submit articles that **share your ESH (experience, strength, and hope)**. Also, articles and announcements that share up-coming 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 mail to:

ISO of COSA

Central Office

9219 Katy Freeway, Suite 212

Houston, TX 77024 U.S.A.

ISO of COSA

Phone: 866-899-2672

E-mail: info@cosa-recovery.org

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