



Working the Steps

When I began attending COSA meetings and heard about “working the Steps,” I had no idea what it meant. Work the Steps? The term work was loud and clear, though. It had both an element of fear and an element of daring for me. I had fear because I could sense that working the Steps was going to require honesty, courage, and change. It sparked a sense of daring in me because I had just enough anger, spite, drive, and passion to seek a needed change from being a wounded person whose 24-year marriage was ending due to sex addiction, into a healthy person in recovery.

I wanted recovery. I wanted to relate from a healthy place. I wanted the hope, serenity, and wisdom that I heard and saw in the meetings. I came to COSA knowing it was a program, not just a support group to talk about problems. I knew it was going to require that I do something in order to have meaningful change. I certainly received support and relief from my pain, anger, and shame. In those first few weeks of attending meetings, I needed a safe place to share what was going on with me. However, I wanted more; I wanted to learn how to get beyond my problems. I certainly was aware that I was powerless over compulsive sexual behavior and that my life had become unmanageable. If it had been in my power to change, control, or otherwise eradicate sex addiction from my marriage, I would have. It didn’t take long for me to want to get to “working the Steps” if that was what it would take to find recovery!

I initially thought it was a “get in, do the Steps, and get out” kind of program. I soon learned that the Steps are an ongoing rather than a one-time deal. They are the foundation of our program yet only a part of it. For instance, studying the Twelve Traditions and utilizing COSA tools were also valuable. I began working the Steps in a small group and continued with a sponsor from another city. My Higher Power then provided a wonderful setting for me to work the Steps the second time around.

I was attending a COSA meeting in a nearby city and they were beginning a Step study group with hopes that those completing would then become sponsors. I asked about this since I was not alone in my pursuit of recovery, finding a local sponsor, and working the Steps. I became a co-facilitator and in doing so, was mentored, learned more about the COSA program, and became comfortable in being a sponsor. Then last year, I started another Step study group following the same format, and just recently finished.

In this Issue

| | |
|---------------------------------------|----|
| Working the Steps | 1 |
| What I Learned..... | 3 |
| Letter from the ISO Board Chair | 4 |
| Convention Update | 5 |
| Step Eleven | 6 |
| Step Twelve..... | 7 |
| Tradition Eleven | 9 |
| Tradition Twelve..... | 10 |
| Feedback Needed..... | 11 |
| Donations | 11 |

Working the Steps

continued

We use the COSA booklets for doing our Step work. There are additional assignments to supplement the booklets. In this setting, we meet for an hour following a Step study meeting script that includes a lead share by the facilitator or guest speaker, followed by open sharing about that Step or some aspect of working the Steps.

In Step One, each person is given the opportunity to give a First Step share to the Step study group, at their Twelve Step Meeting, or to their sponsor. We then use the Defining COSA Sobriety booklet to determine inner, middle, and outer circle behaviors. Some find working Steps Two and Three to be very challenging since the issue of a Higher Power is either new to them, or unattractive.

I've learned during this process how the Steps can work me as well. Being a sponsor and a Step-study facilitator means I'm powerless over the ways that people work their Steps, the amount of time it might take them to complete a Step, and the impact the Step has on each person. I learned that my Higher Power was facilitating for me what I could not do for myself. Through these people, I furthered my own practice of letting go, staying on my own recovery path, and practicing the Twelve Step principles in all areas of my life.

The reality of working the Steps is certainly evident in Steps Four and Five. Doing inventories to help determine one's character defects is truly work. And yet, the power of being honest in looking at one's behaviors, thoughts, and history is life-changing. I've experienced it and witnessed it. For some, Step Five is just as difficult as Step Four. The recognition that the Steps are in a specific order for a specific reason becomes even clearer.

For me, Steps Six and Seven were life-changing. My Higher Power showed up in new ways. This is when the God of my understanding expanded to include acceptance and love and almost mystical ways of working. Some of those in the Step study struggle with asking God to remove their shortcomings. Yet, the willingness to pray for willingness is there.

Step Eight and Nine can often be the most challenging for some. For me, these Steps bring peace and freedom. It is very helpful to work with a sponsor to see that some of our own harms might be overlooked. It is even more revealing to see that so often the person being harmed is myself. The amends to oneself is considered one of the most difficult to do.

I work Steps Ten, Eleven, and Twelve regularly to help address my crazy-making habits. I began this practice before I was finished with Step Four. Working these Steps regularly has helped me keep my sobriety. A regular Step Ten practice helps keep me honest about my behaviors. Over a year ago, I started doing daily diligence to improve my conscious contact with God. I started there and then sought further guidance by praying only for knowledge of His will. More recently, I began asking more mindfully for the power to carry that out.

Working Step Twelve is the real joy for me. I love carrying the message, serving in this fellowship, and applying the principles in all areas of my life. I am so grateful for my spiritual awakening and that I have a program with principles that are useful, helpful, and even life-changing. This was most evident in the gratitude expressed to me by those completing the most recent Step Study which finished last week. We took just over a year to complete the Twelve Steps.

Some of their reflections brought joy to me as they worked their program and found recovery. By working the Steps the group found a healthy place of honesty. Some discovered that God's power was a driving force for them. Some only completed a few Steps in the past and found when they moved further on and reached Steps Ten, Eleven, and Twelve (doing daily inventories, making amends in a timely manner, seeking close contact with God, and sharing the message to others) they were able to take a deeper look at themselves more easily and left things in

continued on next page

Working the Steps

continued

God's hands.

It was tough for some to do an inventory, and admit to themselves, God, and others all their faults and wrongs. There was a lot of understanding from the group and patience from God as they worked through this. There was a new discovery that a "desire for perfection" is not all removed, yet they see the power that Step work brings. They've become more willing to take the action earlier, admit a wrong, and make amends--also reflecting on the positives in our daily lives and taking action to show gratitude.

I continue to hear such wonderful insight that we all hope to gain; experiencing genuine joy and peacefulness much more in our lives, as we discover and develop a relationship with the "Beautiful Soul" that we truly are.

We work it 'cause we're worth it!

- Sara P., Tucson AZ

What I Learned

I needed to learn to allow others to sit with their own pain and regret; to not be in such a hurry to get to forgiveness and having everything resolved and settled in my relationships, and to be willing to say what's not okay with me and what's difficult for me to deal with in relationship with them. I learned that I had not required a certain level of honesty and communication and this was prevalent throughout most of my relationships, not just my marriage.

I had a propensity to be the evolved one, the "spiritual" one, the one who was bigger than any pain they caused me, willing to be strong for both of us, to forgive immediately. And when I rebelled and "barked," I barked, but mostly gave in to what they wanted anyway, even while complaining about it. Now I find I bark much less, and I hold to what I want, need, or prefer. I let others evolve to meet my deepest truth in the moment, or decline to do so. Either way works for me, as I am clear and loved and loving, and they will meet me here, or they won't. If they don't, my life will be more settled and clearer without their presence.

I have also learned to trust that most people want clarity and peace; they will come back to me when I don't follow them into unclarity and craziness. I no longer try to give them what they think they want or need from me, especially if it doesn't match my deepest longings for love, joy, sex and intimacy.

International Diversity in Writing Statement

As the *Balance* receives more articles from our members from around the world, you may notice different spelling and word usage. We want to maintain the original voice of each author, so that we can benefit from COSA's beautiful diversity.



Letter from the ISO Board Chair

To Our Fellowship,

I have been having trouble figuring out what to say in this letter to you. I think it's in part because lots of our work is in progress.

Being in the middle of things is something I've struggled with for most of my life. I want things to be done, completed, and hurried along. That is not the way things work in COSA.

We decide things by group conscience. That requires meetings and scheduling. Things we write to the fellowship in an e-mail or on the website must be reviewed by editors—who work for free. They work quickly and I appreciate them dearly. Everything takes time.

That being said, right now we are working on improving the delegate experience. Our delegate liaison, Jennifer, is working closely with a board member, Beth, on a number of changes. We are bringing back a mentorship program to connect new delegates with people who have served in this role. We are encouraging delegates and mentors to connect well before the Annual Delegate Meeting in May to help with the learning curve of serving in this capacity.

We also plan to bring you more news of what the board is working on at our delegate teleconferences. The first one is in a few weeks; it will happen before this letter is published. After the September meeting, there'll be another one on Wednesday, November 16, 2016. You can find the link to the video conference, as well as the other upcoming dates, here:

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

The meetings are for those interested in what's happening in COSA, as well as delegates and people considering the service role.

Our nominating committee, which seeks out new board members, is trying something new as well. They will conduct Tradition studies with vetted candidates before they join the board to provide a greater working knowledge of the principles that guide the board. The board also conducts a monthly Concept study so that all who serve continue to grow. These candidates will also be invited to observe a board meeting and discuss the process afterward with a board mentor. We hope this will demystify the role a bit for those who are ready to serve.

Also, we are encouraging group meetings to make regular Seventh Tradition contributions to the International Service Organization of COSA. Just like your individual meetings, the ISO is fully self-supporting, declining outside contributions. The ISO is your conduit to meeting schedules, literature, and the annual convention. I hope you'll remind your group to contribute in your next business meeting.

When your treasurer sends in a contribution, please make sure they provide the name of your meeting as well as your meeting number. Your meeting number is next to your meeting name under the Meetings & Events tab at cosa-recovery.org. This ensures your contribution is properly acknowledged in the Balance.

Thanks for all you do.

In Service,
Emily G.
ISO of COSA Board Chair

Mark Your Calendars!

Step into the Sunshine! The 24th ISO of COSA Annual Convention will be May 26 through May 29, 2017, in Orlando, Florida! Mark your calendar now and start making your plans so you can be there!

Your convention committee is hard at work organizing and planning the 2017 COSA Annual Convention. This event only happens once a year as COSAs from near and far gather to give and receive experience, strength, and hope. There will be wonderful speakers, workshops on Steps and tools, opportunities to share ESH and learn from others, COSA meetings, a hospitality room, a silent auction, and informal opportunities to make connections with other COSAs.

Plus, your Outer Circle Committee is looking into some really fun activities for you! There will be incredible opportunities to grow and nourish your recovery whether you are new to COSA or have been in recovery for a long time.

The Annual Delegate Meeting will be on Friday, May 26, during the day (9 a.m.-5 p.m.). The convention will then kick off the evening of May 26 and run through late morning on Monday, May 29.

It's time to start thinking about an individual COSA you might want to nominate as a speaker or a workshop topic you might care to propose. The Speaker Nomination and Workshop Proposal forms are [available online](#). Convention registration will be available online by January 1.

Regular updates about the convention planning will be here in future issues of the Balance. You can also find information and updates on the Convention [website](#).

Hope to see you in Orlando!

Your Convention Committee



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.

For me, this step is the ultimate surrender: the way by which God restores me to sanity from my disease of codependency. It is about letting go of all control and trusting a God of my understanding to take care of me.

The key to this step, for me, was learning discernment. When I began to meditate, I could barely sit for 5 minutes without getting frustrated by all the thoughts whizzing through my head. My teacher simply reminded me to detach from the thoughts and just watch, witness them. As I did this, the period of time I could sit became longer and the silent time between the thoughts became longer. On some days, there was more silence and connection to God than mind chatter! It was in these moments of focused silence that I learned to “hear” the God of my understanding.

I believe we all “hear” God in our own, unique ways. I hear God as a voice – steady and welling up from a deep place inside me. I also hear God in my body – a knot in my stomach when I am in fear – an inexplicable urge to talk to someone – a desire to take a different way to work than I usually do. The quieter my mind, the more clearly I can hear God's will for me in my daily life.

The longer I witnessed the thoughts in my mind, the more I began to notice how many people were in there talking...Mom, Dad, my inner addict, my inner codependent, friends, etc.

Through therapy, working the steps with my sponsor, and talking about this with people in the program, I began to discern the difference between each of those voices and God's voice. I discovered that all those other voices have an urgency and intensity that is not true of the God of my understanding. By listening in the quiet, I began to discern the difference between each of these voices and the God of my understanding. Each voice has character defects that express when I act on what I hear, whereas when I act on the guidance of a God of my understanding, all falls into place with ease, grace, joy and abundance. The bigger question is “Am I willing to truly accept that my life can be full of ease, grace, joy, and abundance?”

What I notice today is that I can follow that steady, deep voice of God AND all those other voices can be protesting loudly because I know who they are and why they are talking. For example, this morning I was catching a flight to Chicago to represent COSA at a convention dedicated to healthy sexuality. I was late for the airport and was praying fervently “I am present and surrendered allowing my life to unfold with ease, grace, joy, and abundance.” I was hearing God's voice saying the timing was just perfect and remained anxious nonetheless. There were long lines at the security check-point and my flight was leaving in 30 minutes.

I became very agitated – while praying at the same me, mind you! When I got through the security checkpoint, I was delayed because I didn't have all my liquids in a quart sized bag. I had to go back to the beginning, find a baggie and go through the checkpoint again. By the time I got to the checkpoint the second time, I was in tears – my flight was posted as an on-time departure and it was past time! How could missing this plane be God's will? I kept moving forward in the line, one step at a time, expressing my discomfort and anxiety without blaming and shaming the security people or the others in line – praying all the way and still hearing “all is well.” When I finally passed the checkpoint and rounded the corner for my gate, all the seats were full...the plane had been delayed and they had not even begun boarding!

continued on next page

Step Eleven

continued

Throughout the experience, I could discern God's voice saying "all is well, keep going through the steps" and another voice saying "This is horrible! I've missed my flight! I'm scared. I'm not being cared for – see there's no God! When will I get to Chicago? This isn't fair! Everyone out of my way! Move faster! What's so wrong with carrying on liquid anyway? UGH!!!!" It was VERY challenging to keep trusting and following that still, deep voice AND acknowledging and expressing the fear – but I did, and here I am, typing this article on the flight to Chicago. I never was in control – God was – and God's timing and process was just perfect.

- Emilah D., Albuquerque, NM

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 first found COSA in October 2013 after discovering on my tenth wedding anniversary that my husband was a sex addict. Only the week before I had been telling friends that he was 'my rock.' We had been together for 23 years and it felt like a hand grenade had been thrown into my life. I was completely shell-shocked and didn't know where to turn.

Before we met, my life had been turbulent—a therapist recently suggested that my sex addict husband and I had been each other's 'best chance!' My father had been violent, domineering, and secretive, and my mother extremely submissive. I had been sexually abused during my childhood but had minimised its impact, believing my experiences to be typical for many youngsters who grew up in the 70's. Although I'd hated my father, I found myself drawn to men just like him. I had been married before—to a violent and controlling substance abuser. I recognise now that he had also been a sex addict, as had many of my previous boyfriends.

By the time my second husband came along, I had begun to recognise some of my destructive past relationship patterns, and congratulated myself on finding someone so different. Shy, kind, and adoring, he took on my three children as his own, including one who has severe learning disabilities. I thought my troubled past was behind me. However, with the benefit of hindsight, I can now see how much denial I was in. There were early signs that all was not well. He was madly jealous and drip-fed me half-truths about his bizarre sexual history, which I couldn't reconcile with the persona he presented to me.

Problems continued but I buried them, and, on the face of it, we were a united family. However, behind the scenes, there were frequent arguments and each of us was leading a double life. More of his secrets came out ten years into our relationship when we got a computer but instead of ending it then, I blamed myself, admitted my own wrongdoings, and tried to fix things.

We had some counselling – together and individually, and it was great for a while—like falling in love all over again! We started afresh, got married, and moved to a lovely home in the countryside. Once again, I thought I'd left my troubled past behind.

Ten years later, when my world came crashing down, COSA offered a lifeline in the form of hope and fellowship with others who were in the same boat. The courage and strength I saw in the other group members rubbed

continued on next page

Step Twelve

continued

off on me and it felt like my last chance to take responsibility for becoming my own 'rock.' I found a wonderful sponsor and, from that point on, I was unstoppable. My sponsor and others in the group suggested that I was very hard on myself at times but I didn't know how to be any different. However, as I gradually got in touch with my feelings, I recognised the need to approach each Step with self-compassion and gentleness. After completing Step Twelve, I was eager to give something back by becoming a sponsor myself. I couldn't wait to start--but it didn't work out as I'd planned! Two people asked me to sponsor them--one of them waited for me to finish a master's degree course I was doing as I didn't feel I could devote the necessary time and energy to sponsor while I was immersed in study--but they both drifted away. I was disappointed--but what a useful lesson in letting go and accepting that each of us has our own recovery path....

Meanwhile, there are many other ways I can choose to carry the message to those who still suffer. So far, they include writing this piece for the Balance, becoming a COSA Literature Editor, choosing and writing out a topic for discussion in a COSA Zoom group, and reaching out in various ways to other people who have been affected by someone else's compulsive sexual behaviour.

In fact, as I was writing this my phone rang. On the line was a woman I had recently met at a therapist-led workshop--she wanted my advice on how to stop her sex addict husband from watching porn! We chatted and I told her how COSA had helped me, and I passed on information about meetings. I also gave her details of another Twelve Step fellowship that my husband had been instrumental in starting up.

Working the Twelve Steps of COSA and actively taking responsibility for my own healing has transformed my life. I feel very blessed. I've had an amazing spiritual awakening and the gifts keep multiplying as I do my best to practice Twelve Step principles in all areas of my life. God is removing the most damaging character defects that I thought I was stuck with forever--self-pity, raging, and negative, self-critical thoughts are melting away! I can still have seemingly insurmountable days of reliving past hurts but they're less frequent now and I manage them by increasing my self-compassion practices and using the program tools. Since D-Day, my husband, too, has shown total commitment to recovery and, while that continues, I am choosing to stay in my marriage.

When I first discovered my husband was a sex addict, my mum gloomily predicted: "You'll never be the same again...." I'm happy to say she was right!

-Jane A. from the UK

Additional Resources on COSA's 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 |

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.

Like most people, I'm bombarded every day with billboards, junk mail, and online spam trying to sell me something. I'm grateful that COSA doesn't work this way, and yet it works very well by carrying--not pushing--our message to reach people who have been affected by compulsive sexual behavior and are suffering. I'm inspired by how people find COSA even though we don't advertise or promote our program publicly. We attract by example, not by sales pitch. We carry the message by having a detailed website plus local and online meetings and by practicing COSA principles in all areas of our lives. We welcome newcomers and let them take what they like and leave the rest. We don't badger, bargain, or beg anyone to join COSA. We work the Steps and share our experience, strength, and hope. This way a newcomer can see through our actions how the Promises really do materialize if we work for them.

When I was looking for a sponsor, another COSA suggested that I ask someone who had the recovery that I wanted. At first I was confused by this suggestion. In the past, I had sought out people based on how they looked or would make me look. Initially, I followed this old habit by looking around for a sponsor who was charismatic and would sell me on joining COSA, someone who could do an infomercial for COSA! Over time, I was led by my Higher Power to seek out someone I hadn't noticed before, whom I could see had worked the Steps and who had experienced the miracles of recovery.

Recently, I learned more about Tradition Eleven when I didn't follow it. One of the meetings I attend is small. Occasionally we have newcomers at this meeting. When this happens, I'm tempted to announce, "It's Showtime, folks!" (Imagine this in neon lights!) I want every newcomer to keep coming back and experience all the miracles of COSA. Instead of letting go and letting God, I want to make COSA a big, bright, shiny object that newcomers can't resist. Following Tradition Eleven keeps me in line. I don't shout; I don't do cartwheels. If a newcomer wants to talk, I share as little or as much as they want to know about how COSA has helped me. This has become an affirmation for my own sobriety. Every time I review the miracles that I have experienced, I feel more sober and grateful.

I am grateful that Tradition Eleven guides us to guard our members' anonymity with special care. I know that this is critical for our safety and anonymity. I saw this in action recently when a COSA friend came to speak at our meeting. This COSA had started a COSA meeting and was scheduled to speak at the upcoming COSA convention. I admire this COSA and her recovery and sense of humor, so I can be quite the warm-up act. The week before she spoke at our meeting, I shared with the meeting that she is "amazing", had started a fantastic meeting that thrived, and that she would be speaking at the convention. I was like a Super Bowl ad. I realized later that I had shared too much information about this COSA. I had "promoted" her, and not guarded her anonymity with special care. Since then, I have been more mindful of Tradition Eleven and the essential roles of attraction and anonymity in our Program.

-Elisa, San Francisco

Tradition Twelve

Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.

When I first started attending COSA, anonymity didn't mean to me then what it does now. In the beginning, I was so angry at my qualifier that I didn't care if people knew who he was and what he did. By ruining his reputation and exposing him for who he really was, I felt I was "righting the wrong." I wanted him to suffer humiliation. I hoped it would make him choose to live with honesty and integrity. You can probably guess that not only did that jeopardize my own honesty and integrity, it also increased his level of shame, hiding, and acting out. It took much longer than I would have preferred, but I eventually learned that anonymity isn't just about allowing privacy and confidentiality; it is also a vital piece of both his and my recovery.

As a codependent, one of my greatest strengths (and biggest weaknesses) is the ability to withhold my true feelings so I can become what someone else needs me to be. The result, I have thought, was a feeling of importance, approval, and love. As I began working my Steps, however, I slowly peeled many layers of myself back and got to know a very judgmental, angry, lonely, insecure, and hypervigilant control freak. Subconsciously, for over three decades, this had been the key to my survival. Little did I know it was actually the barrier to healing myself and my marriage.

The key phrase in Tradition Twelve is "plac[ing] principles before personalities" and the main idea as I have come to understand it, is that we have to be tolerant and have compassion for and patience toward everyone. To me, this means that even if someone in the group says something that I may not agree with, or acts in a way that seems off to me, the principles still stand that all of us are equal. Fortunately, that gives me the freedom to say what I am really feeling as well, and to be who I truly am (even at the risk of sounding like a nut). After practicing this for a while, I realized that I actually wasn't a nut at all. What I was going through and what I was thinking was shared by all. What I was seeking (recovery and healing) was also exactly what everyone else was seeking.

The blessings of being able to feel accepted and tolerated and of experiencing the patience and compassion my group had for me, have opened the door to my recovery. This has also opened my eyes to see how I treat my qualifier. Principles before personalities can extend to anyone. My qualifier is human. He too, deserves the compassion and patience that my group has extended to me. We don't have to agree with anyone, and we don't have to approve of their behavior, but we do have to accept the fact that we are all equal. Equally human--no better, no worse.

Many people, including myself, have confused "anonymity" with "hiding a part of ourselves" or "withholding information" about who we are. Anonymity, in a spiritual sense, is not withholding any part of ourselves, but allowing only the relevant to take the spotlight, and the relevant is the fact that we are all one and the same. We all struggle in different ways, but we all are just looking for that feeling of peace, security, and happiness. By keeping the focus on that truth we are able to truly begin to heal.

Feedback Needed on Chapter Five and COSA Welcome

We need your feedback on our newest chapter of the COSA basic text, and our revised “Welcome” reading for “The COSA Meeting Guide.”

Feedback Guidelines

- Feedback can be submitted to cosacopy@yahoo.com
- Please submit your feedback by **February 5, 2017**.
- Please communicate your thoughts in a respectful manner.
- Please reference a line number for each piece of feedback.
- Please do not insert comments or suggestions into the document.
- Please do not submit a rewritten document.
- Please explain any changes you are suggesting. For example, “In line 64 I would like abc changed because xyz.” We want to ensure that when a change is made, it will produce the desired result.
- Types of feedback include grammar (misspelling, punctuation, sentence structure, verb tense, etc.), content (principles and presentation of the Step, paragraph structure and placement, flow, etc.), and overall opinion.
- Click [here](#) to access the Step Five draft.pdf
- Click [here](#) to access the Proposed Welcome.pdf

Thank you in advance,

Your COSA Literature Committee

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

Seventh Tradition: Financial Report July/August 2016

| | |
|-------------------------------|-------------------|
| Walnut Creek, CA (CA-02)..... | \$ 133.34 |
| Columbus, OH (OH-06) | \$ 20.00 |
| Duluth, MN (MN-19)..... | \$ 60.00 |
| Eau Claire, WI (WI-04)..... | \$ 50.00 |
| Irvine, CA (CA-13)..... | \$ 192.60 |
| Long Beach, CA (CA-23) | \$ 100.00 |
| Memphis, TN (TN-03)..... | \$ 100.00 |
| Mesa, AZ (AZ-02) | \$ 57.00 |
| Oakland, CA (CA-09)..... | \$ 209.40 |
| San Jose, CA (CA-29) | \$ 75.00 |
| Santa Rosa, CA (CA-27)..... | \$ 127.00 |
| Winter Park, FL (FL-12)..... | \$ 40.00 |
| Individual Donations | \$ 323.00 |
| Authorize.net | \$ 1,010.00 |
| PayPal | \$ 1,351.00 |
| Total | \$ 3848.34 |

When sending donations to the ISO of COSA, please include your meeting number so we can record it properly and post it in the Balance. We thank you for all your donations!

To find your meeting number:

- Go to www.cosa-recovery.org, click on the Meetings and Events tab, and then on Find a Local Meeting; or [click here](#).
- Search for your meeting and note the meeting number in parentheses next to your meeting name.



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://cosa-recovery.org/PDF/lit_guidelines.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

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.

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.