

Balance

Newsletter of International Service Organization of COSA



January/February/March/April 2022

Volume 18, Issues 4-5

Recovery in the COSA Zoom Room

I first stepped into the rooms of COSA in the fall of 2006. But in the spring of 2020, I stepped into a brand-new COSA room—the COSA Zoom Room—and my recovery has grown in ways I never imagined. When the COVID-19 pandemic closed the church where my local face-to-face meeting took place, one of our members took the initiative to move our meeting to the COSA Zoom Room and join it with another meeting that was happening at the same time in another state. I scoffed at the idea that an online meeting could ever be as impactful as a face-to-face meeting, but recovery had taught me that I don't always know best, and I tried it. That willingness to step outside of my comfort zone was one of the best nudges Higher Power has ever given me. Over the past year and a half, I have found in that online meeting a new COSA home with people I've come to know and care about. My program is stronger and more dynamic than ever, and I am once again thirsty for recovery and eager to work at it.

Getting to a meeting in the COSA Zoom Room is as quick and easy as logging in. I'm literally there in a minute! It saves me driving time, gas money, and the aggravation of navigating traffic. I arrive at the meeting calm and prepared instead of distracted by the stress of a long commute. Living in the Midwest where weather can change quickly in the winter months, I don't worry about road conditions because getting to the meeting is safe for everyone. It's never too dark, too rainy, or too snowy. The ease of attending an online meeting gives me more flexibility to fit it into my schedule, so I can get there more often!

Because there are several meetings every day of the week in the COSA Zoom Room, I can always find a meeting whenever I need one, wherever I am. The online format accommodates a variety of time zones and schedules, and meetings can be accessed from anywhere. The barriers of a single location or time slot are removed, so very little stands in the way of finding a meeting. I can also join meetings focused on specific topics like Step studies or literature studies that may not be available to me locally. Whether I'm traveling, have a change in my weekly routine, or I'm looking for topic-based support, the right meeting is always waiting for me in the Zoom Room.

One of my favorite things about online COSA meetings is the myriad of perspectives and experiences that I'm privileged to know now. There have been times when three or four countries were represented in the meeting I regularly attend. We are young and old, men and women, with and without partners, newcomers and old-timers alike. Each of us brings a unique

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story, and the online meeting allows more of us to gather than would ever be possible within the limits of a local in-person meeting. It's a big world, and some of our paths would never cross without the Zoom Room. By utilizing the technology that's at our fingertips, we can grow support networks and friendships that may last the rest of our lives.

The diversity I have found in the COSA Zoom Room has brightened my recovery and made it much richer than it's ever been before. My meeting is a safe place for me to be challenged and supported by people who have come to know me. Likewise, I have come to know and care about them. My connection to the COSA fellowship is renewed and strengthened. I feel reinvested in my program and have once again embraced the tempo of my treasured weekly meeting. At a time when life dealt a blow to in-person meetings, the COSA Zoom Room provided a place for me to "keep coming back" and I will be forever grateful.

-Nan H.

Recovery Via Zoom

As discovery unfolded for me in January and February of 2020, my life became an unmanageable mess. I was so confused and distraught. My body was a wreck from the stress, from not sleeping and clenching my teeth. I was at the point of leaving my partner when he admitted that he suffered from compulsive sexual behavior.

I went searching for information online and found COSA in mid-March, just as COVID 19 was shutting down the city. The only meeting I could find that fit with my work schedule was the 3 p.m. ET Tenth Step phone call on Friday. It was nerve-racking yet comforting that there were voices on the other end of the phone line who seemed to understand something I didn't. I heard that there had been in-person meetings, but those were shut down because of the pandemic. I thought the phone calls were it. Then about a month later, I had the courage to stay on the call after the meeting had ended to ask some questions. I learned about the sponsor meeting on Zoom. Whoa. There were meetings on Zoom, too? Somehow I had missed the whole Zoom Room schedule.

My hectic schedule didn't allow me to join too many meetings, but at some point someone mentioned the COSA Convention and a new Step study group that would be meeting on Tuesday nights at 7 p.m. ET. I finished work at 7 p.m., and since it was on Zoom and I was working from home, it would be possible to attend! I joined COSA's first virtual convention on May 23 & 24; my first Step study group session was on May 26, 2020; and then my COSA journey really began.

For the next year-and-a-half, during the worst of the pandemic, our group worked through the 12 Steps together via Zoom. Because we were such a large group, we always went into breakout rooms for shares on the homework, allowing a more intimate space to develop between us. Sometimes it could be months before I'd end up in the same breakout room with certain members of our group, and yet somehow we still built trust and safety together. I was so grateful to have found this family, who I could be honest with and who accepted and understood me. Moreover, it was such a diverse group from across the country, full of deep and creative thinkers, that I can't imagine any in-person group in NYC being as rich.

This period of time was truly an opening into understanding, compassion and connection. I was learning so much about myself, my partner, compulsive behavior and trauma. It was exhausting work, especially on top of adjusting to the new pandemic lifestyle, but definitely worth it.

I'm not sure what recovery is like in-person, but I can say that the Zoom rooms and phone calls work. Maybe it's because the work happens within us? Maybe it's because COSAs come to recovery with open hearts? Or maybe it's the universe showing us that even in the most uncertain times of our lives, we will be taken care of.

Sending much love to my co-sponsor, Step study comrades, and to the whole COSA community!

-Rachel, NYC

RECOVERY IN THE ZOOM ROOM

I never imagined that a world pandemic forcing me and the rest of the planet onto virtual platforms such as Zoom could breathe new life and enthusiasm into my recovery, expand my support network to COSAs across the globe, and add more meetings to my weekly schedule.

That is just what happened for me beginning in March of 2020.

It all began with my service on the COSA 2020 Columbus Convention Committee. The Committee met once a month on Zoom and was suddenly faced with having to abandon months of conceptualizing, creating and plugging the upcoming convention. Very quickly the gears were switched and a group of COSAs formed a Virtual Convention Committee in order to plan the first ever COSA Convention on Zoom. Instead of a year to plan, we had weeks!

Thankfully, COSA had Zoom rooms available for the Virtual Committee to work with and utilize for the convention. This was a great gift, which made it possible to offer more than one session at the same time so that we could run events parallel to each other.

There was a lot going on behind the Zoom room scenes. COSAs that stepped up to offer their time in service had to be trained, via Zoom. Room hosts were trained in the COSA Zoom rooms so they could learn the technical aspects of what that would entail. Our collective Higher Power provided the Virtual Committee with talented and willing COSAs that gave much of their time in order to figure out how to use the Zoom technology for this event and how to train others. This was a big feat! At the time, Zoom was rather mysterious, and most of us only knew a little about how to navigate on Zoom. If we did not have these talented COSAs to demystify things for us on the Zoom platform, there is no way that COSA could have offered the first ever Virtual Convention to the entire fellowship.

It was a first for many of us working collaboratively with presenters, technical support people, speakers, and planners from around the U.S. and the globe. Through my service in this convention, my recovery network grew. I met COSAs from the Midwest, the West Coast, Canada, Arizona, Hawaii and the U.K.! I am still connected with many of these recovering members today.

I also had the opportunity to attend a U.K COSA Tea, held on Zoom. What a great way to chat about recovery with COSAs from London and other places around the world. I have become regularly connected to some of the COSAs I met at this virtual event and have formed meaningful relationships with them. Had it not been for the need to move our meetings and events to Zoom, I would still be in my comfortable cocoon here on the Gulf Coast.

My local COSA group had to go virtual, as most groups did when the pandemic became official. This allowed some of our seasonal members, who normally would only attend in person when they were visiting the area in the winter, to come regularly to our group meeting via Zoom. We also gained a new member to our group from another state. She had attended the first ever COSA Virtual Convention, which happened to be her very first exposure to COSA. She met one of our group members at the Convention, asked her to be her sponsor, and has been a member of our Zoom meeting ever since!

My COSA group agreed to open our Zoom room 15 minutes before our meeting starts so that members can talk with each other. We also keep the room open after our meeting so that if anyone wants to “hang around after the meeting,” or if they need support, the room is available. We have been able to talk with newcomers after our Zoom meeting and offer them the support and kindness they need. The sharing and talks after our meetings can be powerful, but it turns out that this is exactly what one of our members needed at the time. I always look forward to that informal time with my group members on Zoom.

Annually, my local COSA group holds an anniversary celebration at a local restaurant. The format is that we ask one of our members to share their story and then have each group member present a medallion to another member representing the number of years of their COSA recovery. During the pandemic, our group conscience decided to hold a Virtual Anniversary on Zoom and commence with the medallion presentations. We each presented a “virtual

medallion” to another member. The virtual anniversary celebration was a memorable and intimate event for our group, was well-attended, and brought our members closer together.

The ability to continue my recovery on Zoom over the last two years has enriched my journey. As a Zoom subscriber, I was able to donate the use of my accounts to my local COSA group, to my Step study, to my couples group, and to two other recovery meetings I attend. This decision has kept me very engaged in my own recovery, in regular attendance at my meetings, and in tune with other virtual events and meetings that are happening. I have taken advantage of the information I learn at virtual meetings and attend other recovery Zoom events that I normally would not have known about. At these events I meet more people like me. It has been a very fulfilling and resourceful time for me, these last two years.

The Step study I attended via Zoom last year had attendees from Canada, the U.K., Florida, the Northeast, central U.S. and the Pacific Coast. Had it not been virtual, this would have been impossible. What a beautiful miracle that our HP connected all of us to work through the Steps together.

Some say they have felt more isolated and alone over the last year or two, but for me it has been the opposite. I have felt more connected and inspired. I have also been very involved in service the last two years—virtually. It has kept me very busy. I do service for my local group; I enjoy writing for COSA; and I serve on an executive committee. So, all in all, I am one busy recovering COSA, zooming from one group or meeting to another. Having the ability to communicate and meet virtually did not slow me down in the least; it actually sped things up a few notches, but in a way that energized and strengthened my personal recovery.

I now have some very meaningful, supportive COSA connections that I would never have had if not for the need to move to the Zoom virtual platform. I am truly grateful for the larger support network that my Higher Power has provided me, the recovery I have experienced over the last two years, and the COSA friendships I have gained through my willingness to participate virtually.

Grateful always,
Virtually or in-person



COSA Convention - what matters to you?

The COSA ISO Board and the Convention Committee are seeking how to best meet future convention needs for the COSA community. At this point we are purely seeking information, and we want to hear your thoughts.

Please complete the survey here:
<https://forms.gle/NNzRwp9gn8Tqo3Bm8>

Letter from the ISO of COSA Chair



Greetings fellow COSAs,

I have wondered what it would be like if Twelve Step programs were invented today. In my imagination, we'd all find out through a social media post something like this:

I'm starting up a spiritual program and network of meetings for people with really serious challenges in their lives, specifically addiction or being in relationship with someone with addiction. #sobriety #recovery Totally volunteer run. We'll start small. Just me and a few others working on our primary issue. Feel free to take this idea and start your own meeting. #service #ExperienceStrengthHope We have a budget of zero at the moment and will not be accepting outside contributions. #FullySelfSupporting It will be huge.

Honestly, I'd be worried about this person. Not only do they have a serious issue, but they are spending all of their time getting others with the same affliction together to... do what, exactly? Oh, spiritual work. How will that help? This all sounds like a recipe for disaster.

And, it probably would not work if it was just the Steps. Our Twelve Step predecessors recognized that the Steps were a great gift, but that the gift needs special care. So, they gave us even more gifts, including the Traditions and Concepts of service. It's sort of like getting a bicycle for your birthday, and also getting the tools to maintain the bicycle plus some spare parts. You can ride the bicycle right away, but the tools will keep it going year after year.

I think that's what I missed when I thought that Twelve Step programs should not work. Meetings stay healthy because we use the Traditions to keep them healthy. We make sober decisions by consulting the Traditions. We take care of our resources with the guidance of the Traditions.

The theme of this Balance Issue is "Using Traditions in Recovery," and I'm really curious about what others have to say on that topic. To be honest with you, right now, I'm more interested in reading this issue of the Balance than I am in writing for it. How are they using the Traditions? What have they learned? I'm excited to read!

Sara L.
ISO of COSA Board Chair



ISO OF COSA ANNUAL CONVENTION

MAY 27-30, 2022

WESTIN BUCKHEAD, ATLANTA, GEORGIA, USA

Theme: Unity in Diversity

Registration is OPEN! Deadline is May 6, 2022

[Register Now!](https://cosa-recovery.org/conventions/2022-convention/convention-registration/)

Registration Options: In-person (entire conference or for one day) or Virtual

Register at COSA's website: <https://cosa-recovery.org/conventions/2022-convention/convention-registration/>

The registration fee to attend the in-person convention is \$195 per person which includes a meal at the COSA speaker events (Saturday luncheon and Sunday Banquet). Be sure to register by May 6.

If you can't make it to Atlanta, register to take part in the virtual events. We will offer two virtual workshop meeting rooms to support more diverse participation and sharing from COSA's around the world. The registration fee to participate virtually is \$45.

Hotel: Book your hotel room by April 27 to receive the discounted rate

To make your reservations at the Westin Buckhead, use this link: <https://book.passkey.com/go/ATLWBACO>
Booking your hotel room as soon as you can is helpful for planning the on-the-ground events and will reserve your spot at the hotel at the discounted pricing. ONLY reservations using the link will be charged at the discounted rate of \$149.99 per night (plus taxes). **Please be aware that parking and Wi-Fi charges apply.*

What happens at convention?

Well, I am excited to know this as well! I have never physically attended a COSA convention before, so I am extremely excited this year to be able to fly over from the UK and hug all the COSAs I have met virtually over the last two years! The gift of online meetings has been such an amazing lifeline, especially during the pandemic. My COSA network has expanded beyond my wildest dreams, and I feel so grateful for the new connections I have made, and for the ones I am going to make at the convention weekend. Every time I meet a new COSA my heart feels a little bit fuller.

So, what's coming up

The in-person convention will start on Friday night with a speaker which will be recorded for broadcast to our virtual attendees later. This will help us to cover as many time zones as possible. The program committee is working hard to accommodate a full convention for COSAs worldwide.



Rise Up to Recover

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We will then have two days full of workshops and panels on a variety of different topics, such as: dating in COSA, adult children of SA, COSA teen hybrid, LGBTQIA+, being part of a Step working group, using the Twelve Steps in 15 minutes, Step One stories... and that is just a taste of what's to come!

There will be more COSA speakers sharing their recovery stories, and a variety of meetings focused on The COSA Steps and COSA Traditions. We will also have plenty of opportunities for good old fellowship and connection.

We are planning to have two workshop rooms broadcasting virtually to the world of COSA! So if you are planning on participating virtually, then look out for the up-and-coming program of what will be available to you.

Support will be in place for those that need it, as we all remember how hard it is at times. Part of the convention experience is receiving recovery support.

SERVICE OPPORTUNITIES – *we still need your help!*

If you can offer some time for service for any part of the convention, all volunteers will be gratefully received. It takes a lot of COSA cogs to make a COSA convention tick.

You can contact convention@cosa-recovery.org if you wish to be of service so that we can contact you, or if you have any problems or any questions.

This year we have a COSA merchandise store that is in the process of being set up. Please look out for a link to purchase your COSA convention goodies online! As soon as it is live, a link will be sent and provided.

We can't wait to meet you, virtually or in person!!

*Grateful to be of service to the COSA Fellowship,
Jo G., Co- Chair*

ATLANTA 2022

WORKSHOP PROPOSALS ARE STILL BEING ACCEPTED



Submit your workshop [here](#)

Delegate Video Conferences 2022



Our Annual Delegate Meeting will take place on **Friday, May 27, 2022**. All groups are encouraged to send a delegate from their meeting. We will be holding three delegate video conferences in preparation for the Annual Delegate Meeting. Each of the three video conferences will be offered at two different times with the same information covered in both sessions. Two optional refresher sessions will also be offered. All delegates must attend one mandatory voting polls test which will be available during both of the third video conferences and also in both Refresher video conferences.

Delegate Video Conference #1 of 3 (held in March)

CONTENT:

- Board / Committee updates
- Delegate Mentorship program
- Delegate Checklist and Responsibilities
- The Twelve Concepts of Service
- Literature to be voted on: Concepts 6-9

Delegate Video Conference #2 of 3

Saturday, April 9, 2022 at 9am Pacific / 10am Mountain / 11am Central / 12pm Eastern / 5pm GMT

OR Sunday, April 10, 2022 at 12pm Pacific / 1pm Mountain / 2pm Central / 3pm Eastern / 8pm GMT

CONTENT:

- Board / Committee updates
- Guidelines for participation at the Annual Delegate Meeting
- Delegate registration
- Literature to be voted on: Step Twelve, The Serenity Prayer

Delegate Video Conference #3 of 3

Saturday, April 23, 2022 at 12pm Pacific / 1pm Mountain / 2pm Central / 3pm Eastern / 8pm GMT

OR Sunday, April 24, 2022 at 9am Pacific / 10am Mountain / 11am Central / 12pm Eastern / 5pm GMT

CONTENT:

- Board / Committee updates
- The Twelve Traditions
- Delegate Meeting Rules of Order
- Literature to be voted on: Practicing Gratitude, Honesty and Celibacy
- Voting procedure
- **MANDATORY** voting polls test

Optional REFRESHER Video Conference

Saturday, May 7, 2022 9am Pacific / 10am Mountain / 11am Central / 12pm Eastern / 5pm GMT

OR Sunday, May 22, 2022 12pm Pacific / 1pm Mountain / 2pm Central / 3pm Eastern / 8pm GMT

CONTENT:

- Board / Committee updates
- Delegate Meeting Rules of Order
- Guidelines for participation at the Annual Delegate Meeting
- Voting video if requested
- **MANDATORY** voting polls test

see next page for details on joining the meeting

Meeting details
(you can join us by
video or by phone):

<https://us02web.zoom.us/j/88925303710>

Meeting ID: 889 2530 3710

Passcode: Delegate

Dial by your location

+1 669 900 6833 US (San Jose)

+1 253 215 8782 US (Tacoma)

+1 346 248 7799 US (Houston)

+1 646 876 9923 US (New York)

+1 301 715 8592 US (Washington DC)

+1 312 626 6799 US (Chicago)

Find your local number: <https://us02web.zoom.us/u/kzZA5SJB3>

If you have any questions, please email delegateliaison@cosa-recovery.org

Looking forward to seeing you.

In Service,
Jean
Delegate Liaison



NEW MEETINGS

For a full list of available meetings – local, online, or phone –
see the COSA website at cosa-recovery.org

Teen-only COSA Zoom meetings

“COSA for Teens” is a monthly online meeting for 13-18-year-olds whose lives have been affected by compulsive sexual behavior. Navigating a hyper-sexualized society, having a sex-addicted relative or friend, or maintaining a healthy dating relationship can be difficult for anyone. Giving teens a place to grow with and from each other’s experience, strength and hope, along with the gentle guidance of vetted facilitators, can be a great help! We have all seen and experienced the miracles made possible by recovery. Imagine having the comfort, guidance and community that come through recovery while growing into adulthood!

Meeting Info: Second Sunday of each month, 2:00 pm Eastern (US & Canada)

Zoom ID 937 5238 8740

contact COSA-Teen@cosa-recovery.org for the password, and for more information

Open to any 13- through 18-year-old COSA (19 and above can attend the ACSA meeting)

Meeting format will initially be the standard Zoom-Room format

Facilitated by experienced adult COSAs who have been professionally vetted

Adult Children of Sex Addicts (ACSA)

Adult Children of Sex Addicts Meeting is open to anyone affected by sexual compulsive behavior, including members of other Twelve Step programs. This meeting is especially helpful for anyone who identifies as being affected by childhood caregivers or members of your family of origin. or if you are not sure and are exploring whether you may have been affected by compulsive sexual behavior in this way.

Meeting Info: Tuesdays, 7:00 p.m. Eastern (US, CAN, Trinidad/Tobago)

Zoom ID: 566 056 0930

Contact ACSA.COSA@gmail.com for password, and for more information

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WE ADMITTED WE WERE POWERLESS OVER COMPULSIVE SEXUAL BEHAVIOR -- THAT OUR LIVES HAD BECOME UNMANAGEABLE.

I came to COSA about one year ago. It took me that length of time to heal enough to complete Step One. I came broken and in trauma over the compulsive sexual behavior of my boyfriend of several years. I knew he was a recovering alcoholic, but over time I discovered he was a member of a fellowship for recovery from sex addiction and had been suffering from sexual addiction for most of his life. After he started acting out in our relationship, we broke up. I had previously belonged to another Twelve Step program due to my ex-husband's alcohol addiction, so I felt the COSA program might be able to help me.

Most of my life I had been searching for answers to my relationship issues that I felt had ruined my life. Each path I found helped me to unravel the abuses and dysfunction I had suffered as a child and an adult. The Twelve Step COSA program allowed me to gather into one place all that I had learned so far. This was my answer to the theme of my lifelong issues. Many times I had asked myself, "Why am I learning this so late in my life?" However, I also knew that the universe reveals things when it is right, and that I am the only one who can take responsibility to heal myself. This time I had to confront the situation and heal myself with this program.

At first, I was embarrassed and very shy about sharing my issues, but hearing the group members' experiences gave me the courage to continue to get the support I needed to do the work that I knew I had to do. Gradually, I even made friends and was comfortable enough to reach out to others for help, which was very hard for me as I have always been very independent and self-reliant.

Step One allowed me to examine myself and admit to myself and others that I was powerless over the compulsive sexual behavior that had permeated my life. How could it be that I could be so successful in other areas of my life but completely powerless in this one? I could see clearly for the first time in my life my part in my relationship issues. It helped me to review my childhood and family life that had previously seemed too complex to understand completely. I studied hard and read the book from the Twelve Step recovery group for sex addiction. I realized that I had never truly understood sex addiction and all the forms it could take. Now, my rage and disgust have turned somewhat to compassion for people with this illness, and this has freed me from the prison of feeling rejected and betrayed in my relationship.

I have also been able to begin to forgive myself for not being able to see what I was doing to contribute to the insanity and to begin to dig myself out of the hole of self-pity and depression. I now am defining the things in my life that I hope will make me sane forever, one day at a time. I have boundaries for the first time. I can say NO now to situations that are not right for me. I practice more self-care than I ever have, am allowing myself time to heal, and am creating a new life. I have defined behaviors that get me into trouble, as well as those behaviors that enrich my life.

I came to this program with new hope for a better life and desperate to feel sane. For one year, I never really smiled or truly enjoyed myself and was living in constant fear and anxiety; I was just going through the motions. Slowly, I began to feel the effects of recovery. Looking back, I don't know how I made it, other than to say that I just lived hour by hour and attended one meeting each week. I could not have done it without the strength, support, and love that I experience in the COSA group. I will be forever grateful that I was allowed to be a part of this group, and that I can contribute to helping it grow to help others.

~Cynthia B

Reprinted from *Balance* Jan/Feb 2017

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CAME TO BELIEVE THAT A POWER GREATER THAN OURSELVES COULD RESTORE US TO SANITY.

I struggled with Step Two as I did with Step One. I had willingness and a desire for recovery, but I also had perfectionism and doubt. There was every possibility I would not get Step Two “right.” I doubted myself and the God of my understanding. I worked through the COSA booklet on Step Two and dutifully answered the questions. I discussed my answers with my sponsor. But in my gut, I knew I had not completed Step Two. I was not ready for Step Three even though I was keen to complete it. To get to the next Step meant I would be closer to a normal life - whatever that was.

Doing this Step, I learnt that the God of my understanding was loving and compassionate but also distant and disengaged. That was interesting. I immediately saw where I had developed that confusing and contradictory concept of God. My parents had been loving but they had also been unavailable to me when I needed them most. As an adult I had formed intimate relationships with men who were also loving but distant and often self-centred.

I “came to” an awareness of this crazy-making relationship I had with God. In a recorded COSA meeting on Step Two, I heard a member share that she needed to go somewhere quiet and have a heart-to-heart with her God about the problems in their relationship. On a walk one morning I did the same. The message came back after much contemplation and discussion with my sponsor: look for signs of a loving God in my life.

For me, those signs include what I hear at meetings, the beauty I see in nature, in gardening, in people, and in all those things that restore me to sanity.

What had been my insanity? My unmanageability? Working my first Step, I had acknowledged that I had invested in a romantic fantasy of what an intimate relationship was, that this relationship would “save” me, and that I was missing out without it. I traded love for sex. Paradoxically, I had a fearful, shame-based attitude toward sex. I pleased others to get the outcomes I wanted, or to avoid conflict which I feared. Consequently, I did not set boundaries that would protect me and nurture my sense of self. I put others, especially attractive men, above God and myself. I sought “other affirmation” and abandoned myself. I did not apply due diligence before entering an intimate relationship. I believed and reinforced that I was “less than” by my negative, critical thinking. And I continued in relationships where my partner was often abusive, dismissive, and self-centred, making me the problem. And I did all of the above over and over again, expecting a different result.

Sanity has taken on a different meaning since joining COSA and working Step Two. Sanity isn’t about a miraculous removal of all those things that sent me into fear, anxiety and an endless loop of negativity. Sanity is a feeling of peace, of groundedness, of presence even in the face of those crazy thoughts and people. It is from this place, with the support of God and the program, that I can make better decisions for my life and for all around me. I have also “come to see” how the sobriety circles relate to the Steps. Step Two is all about restoration, and my outer circle is about all the behaviours and experiences that restore me (and protect me from “the disease.”) Here are some examples of when I feel most connected, most lit up from within:

- When I am in nature
- After exercise, especially after a swim in the sea or at the local lake on a Saturday morning in summer
- Cooking at leisure especially when I can share it with friends and family
- Gardening
- Homemaking
- During and in the afterglow of connecting with friends and family
- Doing something creative or for the community

- Being in a meeting or spiritual gathering
- Connecting with animals
- Feeling good in an outfit I've put together that expresses who I am.

I now know the work of Step Two is to look for signs of God and take actions that are restorative. From that place, I will be restored to a sanity where:

- I feel worthy
- I am at peace
- I am clear about what is my responsibility, what's another's responsibility, and what is God's
- I can set boundaries when I need to, despite my fear of conflict or disappointing others
- I can develop a healthy intimate relationship and enjoy physical intimacy without fear or shame
- I am aware of my actions and thoughts and can be accountable for them
- I can hold those close to me to account if they cross my boundaries or values
- I am comforted by God's presence and love for me, being sure of his guidance and how to carry that out.

~Cecile
Australia

STEP 1·2·3·4·5·6·7·8·9·10·11·12

MADE A DECISION TO TURN OUR WILL AND OUR LIVES OVER TO THE CARE OF GOD AS WE UNDERSTOOD GOD.

When I first discovered Twelve Step recovery, I had been unknowingly living with addiction for many years. My husband sought help first. We both knew something was wrong, but we couldn't figure it out. We thought the next job, place to live, church, or financial security would be the answer. Or we thought God would simply deliver us from the suffering. My husband was a confessor, and every time he would confess an "acting out" to me, I would be devastated and depressed for days, weeks, and even months and years. It just wasn't supposed to be this way. We had both committed our lives in service to our Higher Power, whom we chose to call God, and we knew that it was God that had caused our paths to come together. We had such high ideals for our lives and our family.

I could not understand why God had seemingly abandoned me when all I ever tried to do was the right thing. I was waiting for the miracle to save me from betrayal, isolation and victimhood. I felt I had no control of my marriage or my life and yet somehow, I carried the idea that maybe I was partially to blame. For if I was not at all to blame, then what was I to do?

And, furthermore, it had been ingrained in my upbringing to believe that a "godly" marriage and family was the ultimate goal of life. There was tremendous shame connected with the betrayal in my marriage, a shame that seemed unbearable to me. Why would God allow me to experience this type of pain? It seemed so senseless and cruel. Surely there must be some redeeming grace in this, and I would soldier on until I could somehow be credited, redeemed and admired for my sacrifices — the only good things that could possibly come from it. After all, wouldn't God Himself benefit from such a story?

I eventually found a recovery program in the state where we lived at the time — about 6 months after my husband started his own recovery. At first I thought if he stayed in recovery, we would be fine. Life could be pretty amazing from what I saw happen to him in just 6 short months. But learning that he had a relapse sent me to seek help for myself. I was terrified and thought my life just might be over at that point. However, over the next couple of months, hope began to arise once again, and I believed that recovery was the answer — especially for my husband.

Soon after, this time, we abruptly relocated to a new state and I started to lose my bearings as things once again spun out of control. Our circumstances were uncertain, our finances were a mess and we were in debt — the most we had ever been in our lives. We rallied again; there was a new job and new hope... until once again cracks began to appear that eventually led to a new nightmare. The peace and comfort I had found was only temporary, since, much to my dismay, I learned that my husband seemingly gave up on committed recovery. I felt defeated.

At this point, through my own experience of powerlessness and unmanageability, I decided to call COSA, a new recovery group that started in my area only a few short months earlier. I jumped in with both feet, desperate for answers to my pain.

When a Step Study was offered, I practically begged to start the Twelve Steps because I recognized that something was wrong with me. A couple of months later I began that rigorous journey to find freedom. I thought the Third Step would be no issue for me whatsoever because I had already been practicing that my whole life. I was well into Steps 4 and 5 when I recognized that I was suffering once again from acute pain in living with sex addiction. One night, as I lay on a couch listening to music, my heart reached out to God and suddenly a thought occurred. Had I ever really surrendered this addiction and my marriage to God, to do as He wills with it? I just thought it was understood that God should heal it.

That night I experienced Step Three, by surrendering and letting go of ideas and the control of what should have been, and there I found the first taste of freedom. Freedom from myself, my inaccurate beliefs and fantasies, my husband's addiction, my marriage and the freedom to allow God's plan to emerge. Ever since then I have continued my recovery journey, many times feeling alone, but never actually being alone. Because of my own commitment in my own recovery, my marriage has benefited greatly, and I am able to see a plan that is not my own, but a beautiful one each day.

~Anonymous



Photos submitted by COSAs

To submit your photos for possible inclusion in a future *Balance*, send to balance@cosa-recovery.org

STEP 1·2·3·4·5·6·7·8·9·10·11·12

MADE A SEARCHING AND FEARLESS MORAL INVENTORY OF OURSELVES.

When I came to do my Step Four, I thought that I was finally going to be able to air all my resentments and be vindicated for all the wrongs that had happened to me. I spent nearly six months writing resentments — and I felt terrible! Recounting the past and remembering difficult things had me feeling emotional — which in turn put me off writing more Step work. I started to associate doing my Step work with feeling bad, and I got into a cycle of avoiding it.

Fortunately, I was guided by my Higher Power and somehow found myself in a Step Study. During this Step Study I was confronted with a lot of shame and guilt about some of the things in my past, and I found a lot of low self-esteem in myself, based on the belief that I was “bad” or a “bad girl.” At times, the idea of completing this Step felt insurmountable.

Thankfully, through the Step Study, we spent weeks really understanding the meaning of this Step. Through powerful readings and the help of others who had been through this Step before, I came to understand what this Step was really about — it was just a big, ole list!

I had to change my thinking. I came to understand the true meanings of “selfishness” and “self-seeking,” the other parts of this Step, and I started to see myself in a deeper way. I began to think of the ways I had caused harm to others. I got to find my part, and I got to take back control of my life, because my life had been out of control and completely unmanageable. Being able to clearly pick apart the broken pieces to see where the cracks began, and what choices I had made and why I had made them, gave me back something that I had lost — a sense of ownership. I overcame my victimhood and it felt surprisingly good!

I found reading the Step to my sponsor to be an incredibly cleansing experience. My sponsor kept reminding me that she was just a pair of spiritual ears and that she was not there to judge. I think deep down, I didn’t want to really believe that someone could hear all my secrets and life events without any judgment, but I did trust the process, and honestly, it was the biggest relief to share my Step Four with another human being. I felt so light afterwards.

I let go of my fears and handed my shame to my Higher Power and somehow navigated my way through it, one day at a time. I felt like I got reconnected with my power, which was my Higher Power, within me. Through the help of my sponsor, I realized I wanted to live a safe, kind and peaceful life, and that there was no need to carry the burden of the past pain and sorrow alone.

I have had a new lease of life since completing my Step Four, and even though the fear was high, the freedom at the end was higher.

~Anonymous COSA member

TRADITION 1 · 2 · 3 · 4 · 5 · 6 · 7 · 8 · 9 · 10 · 11 · 12

OUR COMMON WELFARE SHOULD COME FIRST; PERSONAL RECOVERY DEPENDS UPON COSA UNITY.

A few years ago, our COSA group held a group conscience—whether or not to read all Twelve Traditions during the opening of our weekly meeting. Full disclosure—I voted not to. Who wants to “waste” precious meetings on a bunch of useless rules for the group? I will gladly admit how wrong I was. After the votes were tallied, and the majority ruled that we should read all the Traditions, and (during another group conscience) discuss the Tradition of the month at the end of each month, our group is now healthier for it.

“Our common welfare should come first.” The first line of the First Tradition, and there it is—leave your selfish motivations and stubborn will outside the door of your meeting. Our collective and shared well-being must come first in order to have a healthy, effective COSA meeting. If we all brought our inflated and oversized egos into meetings, we would never be able to take in all of the amazing experience, strength, and hope that each of our members has to offer. I mean, isn’t it our “self-will run riot” that got us into this trouble in the first place? I know personally that trying to force my will onto others like my spouse, family, and colleagues has led to some serious problems and VERY often a need to make an amends.

I am never short of opinions. In the past, I gave my opinions every single chance I could get. That’s a really tough—and to be frank—very selfish way to live. People don’t always need to know my opinions. People don’t have to know whether something makes me unhappy, or whether I think a situation is unfair. Giving my opinion is really just a quick way to shut down a conversation, especially when I’m coming from the self-righteous place that I have lived in for so long. But what if I’m not always right? What if most of the time I am actually NOT right?

Also, what might be best for us as individuals may not be best for our group as a whole. In the AA book, *The 12 Steps and 12 Traditions*, it says that one learns that “...the clamor of desires and ambitions within him must be silenced whenever these could damage the group.” We must not damage the group because many of us cannot recover unless our group exists! If I was put in a position where I had to recover from the effects of my husband’s sexual addiction by myself, I would fail miserably. I know this, because I tried to do it this way for the first two years of my recovery. I felt resentful, isolated, and spiritually unwell during those two years, and it was BECAUSE I was doing it alone. Our COSA groups are often what keep us in recovery, and because of this, we must protect them as much as we’re able. This means that when we are in a COSA group setting, we must act selflessly, rather than selfishly.

“Personal recovery depends upon COSA unity” is the second part of our First Tradition. I love definitions—it’s a tool I learned in my Step study. Looking up the definition of a word that we think we already understand can be really powerful (try it sometime with the language of the Steps!). One of the definitions for unity is, “a thing forming a complex whole.” Wow, that describes my COSA group so well. We are complex, meaning that we don’t all think the same, we do not always agree, and we all come from different backgrounds and trauma. In the outside world this might make us enemies, but in our COSA group, it somehow makes us sisters and brothers. We feel an authenticity in the walls of our meeting that we don’t get anywhere else. It makes us feel “whole.”

A while back, our meeting held a group conscience that perfectly demonstrates Tradition One. After a share that used too many intimate details in a meeting, we held a group conscience that we would use the term “acting or acted out” in referring to someone else’s compulsive sexual behavior. Some felt that they should be able to discuss more freely during their shares, but there may be some in the group who may be triggered and emotionally distressed by this kind of talk. There may also be newcomers who have a deep need to feel safe and to witness healthy communication. We decided as a whole that private details would be saved for private conversations with sponsors

or other trusted COSAs rather than in the group setting. Now we can all feel safe knowing that we lovingly protect each other during our meetings. That kind of unity and respect for each other's well-being is not just important—it's essential.

We can look around the room of our meetings and know that we are all equally important, and that we are all looking out for the common welfare of our group. What a refreshing way to start practicing healthy interactions, and just like flexing a muscle, we can start exercising and strengthening that Tradition outside the walls of our meetings and bring it into our homes and workplaces.

~Anonymous

TRADITION 1 · 2 · 3 · 4 · 5 · 6 · 7 · 8 · 9 · 10 · 11 · 12

**FOR OUR GROUP PURPOSE THERE IS BUT ONE ULTIMATE AUTHORITY--
A LOVING GOD AS EXPRESSED IN OUR GROUP CONSCIENCE. OUR
LEADERS ARE BUT TRUSTED SERVANTS; THEY DO NOT GOVERN.**

What a freedom it is to know that as a member of COSA, I have found a place where every member holds the exact same status: "group member"!

There is no hierarchy in my COSA group, nor in the COSA fellowship. Ranks or titles for years of membership or experience do not exist. Each member is freely given the courtesy of being listened to, and each member gives the same courtesy back so that others can be heard.

I come from a long line of sibling rivalry, blaming, shaming and criticism—going in all directions. Tradition Two assures me that in COSA, my voice will be heard as others listen, and I will then listen as others speak. It aligns me equally with every member in my group—we are all there for one purpose, because we have been affected by compulsive sexual behavior—period. Doctors, artists, realtors, moms, business professionals, teachers, authors, etc. ... at our meeting we are all simply COSA group members and offer COSA kindness and support to one another.

Tradition Two tells me that no one person runs or controls my COSA meeting or my group's decisions, regardless of how eloquent, loud or assertive they may be (and that includes me)! When a decision is being made that will impact members of a COSA group, committee or the whole fellowship, the spiritual principles in Tradition Two are our guide. The highest and best outcome is established based upon each member's participation in the decision, which ultimately leads to the "group conscience."

Tradition Two makes clear that every COSA group has a Higher Power ("a loving God") as expressed in its group conscience. And the ultimate and only authority of a group is that "group conscience."

Tradition Two tells me that I alone cannot be in control, and for that I feel genuine relief. When a group member asks me a question that is not for me to decide, the recovering me is happy to respond, "It is up to the group con-



science." Alleluia, I no longer feel the burden that I alone must figure things out, problem solve, and run the show! Thank you Tradition Two and group conscience!

Individual members of each group are invited to participate in group conscience decisions by expressing their opinion or preference and offering their vote when one is taken. Sometimes a group will make minor decisions, such as taking an informal group conscience vote on whether they will need a time-keeper on a particular night because there may only be a few people at the meeting. Other decisions are of greater impact on a group more permanently, such as changing the night or the time of a meeting. These decisions ought to be announced a couple of weeks in advance so as many members as possible may participate in sharing their opinion with the group before a final group conscience vote occurs.

Regardless, in any circumstance where decisions are to be made that affect the whole group, no one, two or few members have the authority to independently make decisions for the entire group. (Recognizing that there are smaller COSA groups that may only have four or fewer members.) As COSA members we are all trusted servants; each of us may express our opinion and vote on matters that impact our group. This is how the group's conscience is formed. I have learned to stick around after my regular meetings, particularly when business meetings are held. This is where I can be heard formally on matters that impact my group that are important to me. This is also where I can cast my vote on important group matters.

For me, Tradition Two's main spiritual principle is that there are no defined levels of membership or ladders to climb in order to participate. By simply being a group member, I have a voice that will be listened to, and a vote when it comes to group decision making. There is a balance in how our groups operate because of the spiritual principle in this Tradition. Where the only authority in the group is a loving God, or Higher Power, as expressed in the group conscience, I am assured that no one person has control or authority over my COSA group nor any part of COSA. This also means that I will never be the COSA group president, head or manager. What a relief it is to come to my meeting KNOWING that I will never have to think about running the show.

This flawless spiritual principle of group conscience continues week after week, year after year, around the world in our COSA fellowship. The principle of group conscience hinders power struggles, sustains stability in groups and encourages member participation. Every member of my COSA group has the identical opportunity to grow and find peace through working the Twelve Steps. None of us has to figure out "who's in charge." It is great to know that the group conscience, along with our collective Higher Power, has our backs.

I found just what I needed in my COSA group: a place where I can show up, and where it is okay for me to "need," instead of feeling an obligation to be in charge, find a solution for someone else or act as the manager. I am just a "group member," actively participating in my personal recovery, and feeling grateful that I have a place I can call my recovery home.

~A grateful recovering member of the
Naples Into the Light Group

TRADITION 1·2·3·4·5·6·7·8·9·10·11·12

THE ONLY REQUIREMENT FOR COSA MEMBERSHIP IS THAT OUR LIVES HAVE BEEN AFFECTED BY COMPULSIVE SEXUAL BEHAVIOR. THE MEMBERS MAY CALL THEMSELVES A COSA GROUP, PROVIDED THAT, AS A GROUP, THEY HAVE NO OTHER AFFILIATION.

When I first began attending COSA, I internally questioned if I truly belonged in the group. Years later, after doing service for the ISO of COSA and getting to know COSAs from many different areas and walks of life, I realized that this was not an unusual way to feel. I began to believe that feeling “not a part of” or “uniquely different” is quite common in our experience as COSAs. I have tremendous gratitude for the Third Tradition, as it means that it is clear to me (and others) that we DO qualify to be in these rooms, no matter if we feel similar or different from other COSA members. As long as my life has been affected by compulsive sexual behavior, I belong.

It was a relief to realize that no one but the individual member determines if their life has been affected by compulsive sexual behavior and is, therefore, eligible to be a COSA member. I don’t need to worry that anyone is going to show me the door and tell me I don’t belong. I truly DO belong.

As I worked the Steps and studied the Traditions, it began to be revealed to me the many ways my life had been affected by compulsive sexual behavior. Although I had originally come to these rooms due to my current husband’s issues, it slowly became clear that my father had also been a sex addict. I realized I had qualified for COSA my entire life. This explained to me why I had so many people in my life (ex-husband, former boyfriends, co-workers, and others) whose compulsive sexual behavior had affected me. My journey was about healing the resulting deep wounding and my inability to have reality-based, and truly healthy, intimate relationships.

As I examined my own behavior, I grew in the understanding that I was (understandably) intimacy-disordered due to the way my life had been affected by compulsive sexual behavior. I learned to accept and love myself as I was. The fact that I felt a sense of belonging in COSA like I had never before experienced was indispensable to my learning and growth. In the process of doing my COSA Step work, my Higher Power revealed to me that I was also a recovering sex and love addict. The Third Tradition helped me to be clear that regardless of this revelation, I still belonged in COSA.

The Third Tradition allows me to appreciate and be welcoming to diverse COSA members. I have experienced how my own recovery is deepened and strengthened by the participation of COSA members of any gender and any gender identification, any sexual orientation, and any social, ethnic, or religious background. This (especially!) includes former and current sex workers. I have had to examine and turn over to my Higher Power my own subconscious resistance to welcoming those whom I perceived as “different” from me. My Higher Power has used this Tradition to help me grow in my humility and appreciation for the gifts that my fellow COSAs of all stripes bring.

I deeply believe that the path to sustaining and growing our COSA fellowship must include deepening our understanding and practice of this Tradition. Our fellowship’s inclusivity and openness — based on the Third Tradition — is a special strength and is our pathway to deepening COSA recovery for all members.

Gratefully submitted,
~Linda P. (No Cal)

Reprinted *Balance* March/April 2017

TRADITION 1·2·3·4·5·6·7·8·9·10·11·12

EACH GROUP SHOULD BE AUTONOMOUS EXCEPT IN MATTERS AFFECTING OTHER GROUPS OR COSA AS A WHOLE.

Tradition Four gives our fellowship both freedom and structure. Before joining COSA, I thought that these two qualities were mutually exclusive in organizations. I had freedom outside of work to set my own schedule, write an inane free verse (if I chose), and do it in my own time.

In COSA, we get to enjoy freedom in our groups within the structure of the whole COSA fellowship. The COSA Steps and Traditions provide the basic script for our meetings. We have the guidance of our ISO and Intergroup, as well as COSA history and COSA literature. We have guidelines that make meetings safe, such as anonymity, confidentiality and respect for others. This makes me feel safe going to any COSA meeting. This helps newcomers know what to expect after their first meeting. It assures that meetings will be sober. As a person who loves routine (you can set your watch by my hot cocoa break), when I joined COSA I took comfort from hearing the same script and readings at my meetings every week. Every other part of my life was chaotic, but my COSA meetings felt serene.

Tradition Four allows meetings to have freedom within the structure, too. This allows meetings to adapt and change according to Higher Power's will, as expressed in the meeting's group conscience. Each meeting has a Higher Power, and the meeting belongs to that Higher Power, not to any single member or group.

I have seen this work beautifully in one of the meetings I attend. This meeting started about two years ago. Originally, the meeting script had the same weekly readings and a speaker/reader every week. In the last two years, this meeting has voted to change the script at least five times based on the meeting's group conscience. Among other changes, the meeting decided to omit the weekly readings, initiate a Monthly Speaker meeting, invite newcomers to be "guests," allow others to donate on behalf of them for the Seventh Tradition collection, and adopt a "grab bag" of topics for members to speak on or read about every second and fourth week. All of these changes were made in business meetings following the COSA business meeting guidelines. Each COSA had a voice, and the group looked to its Higher Power to vote on changes. I once attended this meeting when only one other person was there. The two of us prayed for guidance from the meeting's Higher Power, and our group conscience led us to share our Step Work, and to begin the meeting script if another COSA arrives. This meeting was a wonderful opportunity to work on our Steps together.

All of the changes were individual; they applied to this meeting only, and do not affect other meetings, or COSA as a whole. I'm happy to see this meeting evolving in a sober way, keeping in mind the guidance from the ISO and the entire fellowship. This meeting has the safety of structure, and the organic nature of freedom. I look forward to seeing where Higher Power leads it in the future.

~Anonymous, Burlingame, CA

Reprinted *Balance* March/April 2017

MAKING SEVENTH TRADITION DONATIONS



COSA's
Tradition
Seven

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

There are no dues or fees for COSA membership. Our fellowship is supported entirely through our own members' voluntary contributions.

SENDING DONATIONS: *Include your Meeting Number*

When **making a donation** to the ISO of COSA, please include your meeting number so that we can record it properly and post it in the *Balance*. We thank you for your support!

[Make Your Secure Donation Today](#)

To find your meeting number:

Go to <http://www.cosa-recovery.org>,

click on the "Meetings and Events" tab, then on "Find a Local Meeting."

Search for your meeting and note the meeting number in parentheses next to your meeting name.

RECURRING DONATIONS: *Keeping Payment Information Up-to-Date*

Thank you for your donations to the International Service Organization of COSA. Currently, our system is set to automatically update your credit card when it gets a new expiration date. If you need to increase, decrease, or cancel your recurring donations, please contact the ISO of COSA at iso@cosa-recovery.org. Your support is appreciated!

Seventh Tradition: Financial Report

October 2021

Individual Donations	\$ 764.00
Individual Recurring	\$ 1431.00
TEL-11 (Eleventh Tradition)	\$ 40.00
TX-04 (Houston)	\$ 30.00
ONL-05 (CZR Intergroup)	\$ 1200.00
Total	\$ 3465.00

November 2021

Individual Donations	\$ 489.00
Individual Recurring	\$ 1456.00
ONL-39 (Doylestown PA)	\$ 100.00
Total	\$ 2045.00

December 2021

Individual Donations	\$ 1586.00
Individual Recurring	\$ 1586.00
CA-13 (Irvine)	\$ 151.00
CA-23 (Long Beach)	\$ 100.00
CA-46 (Palo Alto)	\$ 200.00
INT-19 (Vancouver)	\$ 200.00
ONL-26 (Journey to Serenity)	\$ 25.00
ONL-38 (Stepping into Recovery)	\$ 60.00
TEL-07 (Recovery Tools)	\$ 60.00
Total	\$ 3968.00



Photo submitted by a COSA

Photographs Wanted

Thank you to those who submitted photos! We continue to welcome your for photos (reminder: protect anonymity) for inclusion in future issues of *Balance*. We especially invite photos from non-US COSA residents. We would like to identify the location (city or landmark and country). Send photos to balance@cosa-recovery.org along with your first name, last initial, and email address.

COSA Authors Wanted

Writing can be a rewarding form of service. Not only does sharing our experience, strength, and hope help others in the fellowship, it enhances the writer's personal program of recovery, often bringing us to new levels of awareness and growth. COSA members may submit shares for consideration for publication in the bi-monthly newsletter, *Balance*. The Literature Committee has developed [specific guidelines](#) to help our authors keep their writing recovery-focused with consistent style and usage. Once you have reviewed the guidelines and prepared your submission, please e-mail your item(s) to balance@cosa-recovery.org, along with your first name, last initial, and phone number.

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.



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: <https://cosa-recovery.org/service/write-for-cosa/writing-guidelines-for-cosa-literature/>

Please send your articles and questions to: balance@cosa-recovery.org

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