

# Balance

Newsletter of International Service Organization of COSA



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## AFFIRMATIONS

The Fourth and Fifth Steps allow us to uncover and air the habits and behaviors we have used to cope that are no longer serving us. I like to call them “defaults” rather than “defects;” they are habits I fell into and got stuck in, not knowing there was any other choice. In our Fourth Step, we also inventory our assets: the talents, habits and skills within us that are wholesome and helpful, qualities we want not only to keep but to foster.

The language of the Sixth and Seventh Steps designates the removal of shortcomings and defects of character, but as I was becoming willing and asking Higher Power for these troublesome qualities to be removed, I had to wonder what character traits would fill the gap left behind. I wondered, “What messages would I rather carry now?”

Writing affirmations became a way to both remind myself of what I wanted to be released from, but also a way to bolster my assets and my aspirations for a saner and more serene life. They help me to notice, in real time, which attitudes and behaviors create more problems and which ones make my life easier. Once I notice, I have a choice. If I engage in the behaviors that stabilize and support me, everything goes better. And that IS God removing my shortcomings.

I wrote this list of affirmations to bolster my own healing and transformation. I read them frequently, especially when I’m having a hard day or week. I hope they may be useful for other COSAs.

- For all the ways I have been hurt by others’ misuse of their sexuality or my own misuse, I am healing little by little, day by day.
- When angry, obsessive thoughts arise, it is now easier to sink down into the energy and emotions underneath and tend to their healing.
- I am not alone. I can unburden myself from my “secrets” and reach out for support, sharing with program friends and others who are safe to confide in.
- I can identify and ask directly for what I need or want, rather than dumping feelings on others or expecting emotional care I haven’t asked for.
- I am committed to training my mind through meditation, and I enjoy meditation more and more. I look forward to it.

## IN THIS ISSUE

### Articles and Submissions

<i>Affirmations</i> (Kitty C) .....	1
<i>I am a Warrior</i> (Anonymous) .....	3

<b>COSA Promises Feedback Request</b> .....	3
---	---

<b>Letter from the ISO of COSA Chair</b> .....	4
--	---

<b>Delegate Information</b> .....	5
-----------------------------------	---

<b>COSA Convention</b> .....	6
------------------------------	---



<b>Step Five</b> .....	8
------------------------	---

<b>Step Six</b> .....	9
-----------------------	---

<b>Tradition Five</b> .....	10
-----------------------------	----

<b>Tradition Six</b> .....	11
----------------------------	----

<b>Financial Report</b> .....	13
-------------------------------	----

<b>Meetings</b> .....	14
-----------------------	----



- I recognize and enjoy the benefits of preparing and eating nutritious food.
- I notice more and more the things that interfere with focus and clarity, and I desire those things less and less.
- I have more and more clarity about the actual consequences of my actions, including using intoxicating substances, and I can choose my behaviors wisely.
- When I am tempted to stop working on a task halfway through, I easily find the strength, focus and diligence to go just a little further.
- I easily recognize when I've done enough for now, and I give myself breaks as needed.
- I have a relaxed relationship with my sleep, and I trust my Higher Power to help me get the rest I need.
- I recognize more quickly when I am straining with my little, personal will and ego, and I easily open to faith and trust in a power greater than myself.
- I entrust other people to their own Higher Power, knowing it is not my job to advise or rescue.
- Having the courage and awareness to defend and protect myself and to create appropriate boundaries, I can be more open-hearted and can forgive more easily.
- I recognize when it is time to speak up or to act on others' behalf or on my own behalf, and I have the courage and wisdom to speak and act in useful, non-harming ways.
- I am naturally able to make full use of the talents, teachings and resources I have been given—for myself and on behalf of others.
- I am becoming more and more direct and therefore more authentic and trustworthy.
- I enjoy physical movement and do it in safe ways that strengthen, rejuvenate and relax me.
- Each day I grow my brain and body a bit more by engaging in activities that stretch my capacity in good ways and by avoiding activities that harm my brain and body.
- The physical and mental capabilities I have developed at other times in my life return to me easily.
- I am becoming more conscious of self-doubting and self-deprecating thoughts and these are continually being soothed and dispelled in the light of kind awareness.
- Worries about whether others like or approve of me are softening into calm self-acceptance, appropriate humility, and the ability to respond authentically to myself and others.
- More and more I feel calm and serene. These qualities are becoming a frequent and accessible way of being.
- Less and less do I allow outer events or inner fretting to steal away my serenity.
- I know I have worthwhile things to say and teachings to offer in the world, and this confident, generous self-expression is becoming easier all the time.
- I am gathering the best lessons out of all that has happened in my life, including (especially!) the injuries, and I am applying these lessons in a healing way for myself and others.
- More and more I am aware of the sensations of love when they arise within me, and I can open and soften to these feelings.
- More and more my thoughts and actions arise out of love for myself and others.

~Kitty C



# I am a Warrior

But not of land or sea  
I took the road less traveled  
I have chosen me

I can be vulnerable  
I can be wrong  
I own my power  
I am strong

I conquer my fears  
I don't regret my past  
My pain has left me a gift  
I learn my lessons fast

I have suffered many losses  
But my weapon is gratitude  
I have let my fortress walls down  
I won't be in solitude

I have a fighting spirit  
I live my life for today  
I have trust and faith in myself  
Myself, I will never betray

My rewards are from admitting my part  
My riches are from taking responsibility for me  
My wealth grows from making my amends  
My fortune from being of service to my friends

I have courage  
I appreciate all I have  
I have the strength to get up and try again  
I have love

I have wisdom  
I know peace  
I have stepped into the spirit of the sunlight  
I am free

I am a warrior  
But not of land or sea  
I am a warrior  
I have fought for me

~Anonymous



## YOUR FEEDBACK MATTERS!

### COSA Promises History & development

The Literature Committee is seeking information regarding the history of the "promises" as used in COSA. This will help with the "Gifts of COSA" chapter for the basic text.

Recently we ran an excerpt from the 2002 *Balance* in *COSAs In the Know* on the "COSA Promises" (go to the last page): [https://cosa-recovery.org/wp-content/uploads/2020/02/2002\\_BALANCE\\_09\\_10.pdf](https://cosa-recovery.org/wp-content/uploads/2020/02/2002_BALANCE_09_10.pdf)

Are you aware of the background/history on what officially happened with these COSA Promises [circa 2002] in our delegate meetings? (regarding this statement at the end of the 2002 *Balance* link):

"These promises were taken from the COSA Resource Guide, which was provisionally accepted at our Annual Meeting this year in San Francisco. COSA, as an organization, has not previously had officially adopted Promises..."

This seems to indicate that these promises were adopted (provisionally?) by the ISO delegates in 2002. However, they were not posted on the COSA website, and many of our meeting groups use the AA Promises (included in our Sustainable and Sober Meetings Guide on page 56, published in 2011): <https://cosa-recovery.org/meetings/the-cosa-meeting-guide/>

Sometime in the past 20 years, was a decision made by the delegates to discontinue the use of these promises that were approved(?) in 2002? Was a formal decision made to use the AA Promises? To use COSA "Gifts" instead of "Promises"? For meeting readings, does your group use these COSA Promises [circa 2002]? The AA promises? A different set of promises? "The Gifts of the COSA Program" (as seen in the link just below)? A different version of the "Gifts"? <https://cosa-recovery.org/meetings/phone-meetings/phone-meetings-readings/>

We welcome feedback from anyone in the fellowship that has knowledge about this and/or would like to share about the promises used in their meeting readings. Please reply to [litcom@cosa-recovery.org](mailto:litcom@cosa-recovery.org) before June 10, 2022. Thank you for your assistance!

# Letter from the ISO of COSA Chair



Greetings fellow COSAs,

I am writing this at the beginning of April, the beginning of COSA's busy season leading up to the delegate meeting and convention. This is simultaneously the most structured part of the board/committee year and the most chaotic. I am in the middle of putting together the annual report, which looks back on the last year's activities. At the same time, I am putting together the agenda for the delegate meeting and even thinking ahead to the board working weekend. The delegate meeting and the board working weekend are where we do a lot of planning and visioning for the next year.

As a result, I have been asking lots of COSA committee chairs and volunteers for lots of information, reports, agenda items, etc. I try not to use the word "bothering," but it may be accurate in this case; I will leave that judgment up to the committee chairs and volunteers. I am mindful that they are busy **DOING** the work of COSA. They just want to wrap up a project or connect to a new volunteer or cross a task off a list. They volunteered because they are invested in doing the work and here I come, interrupting them because I need them to step away from the work to report on plans for future work.

In the middle of sorting through all my notes and emails (and emails and emails), I realized that this time of year serves the same function as my weekly meeting. When I go to a meeting, I feel a reset, a sense of renewal. I go to meetings to be of service and to check in with my fellow COSAs, but I also go to check in with myself, to hear the message, and to see myself just slightly differently.

I know that after the delegate meeting, and again after the board working weekend, we will have a renewed sense of purpose, new understandings, and revised directions. New connections will be made. New energy will be released. I also know that asking committee chairs for reports is one way we get there. I know that this period of reflection and reassessing is necessary. It's hard. It feels like extra. It pulls us away from the work that feels more real and tangible.

I could skip my weekly meetings. I am sure I could find other ways to spend that time. I am sure COSA would survive if we did less planning for one year. (To be clear, I'm not suggesting that. I'm just making a point here.) But we go to meetings because they benefit us spiritually, and we go through this annual process because it helps COSA get better at carrying the message.

I am trying to think of this less like time away from the regular COSA activities, and more like time fully immersed in COSA. It's a time to focus and contemplate and be really intentional. It's a time for us to put all of the lessons of COSA to work. I am excited for it, and excited that so many COSAs are doing the work with us. I look forward to the intense next few months, and I look forward to working with many of you during that time.

Sara L.  
ISO of COSA Board Chair



# 2022 Delegate Meeting Information

**Does your group have a Delegate?** All groups are encouraged to have one. Delegates provide an invaluable link between the COSA Board and the wider COSA fellowship. If your meeting has not yet selected a Delegate for service this year, now is the time.

**The Annual Delegate Meeting will take place on Friday, May 27** from 9:00 a.m. to 5:00 p.m. Eastern Daylight Time (EDT). **Registration is open.** Here is the registration link: <https://cosa-recovery.org/conventions/annual-delegate-meeting/>

Delegates have a unique opportunity to hear directly from Board members about what's going on behind the scenes and to share that knowledge with their own meetings. Communicating with the delegates is one of the ways the Board passes along important updates to the COSA community throughout the year.

In turn, delegates represent the voices of their meetings to the Board. By participating in the Annual Delegate Meeting, delegates have an opportunity to express the views of their groups and to determine the future of COSA as a whole.

Final drafts of the Literature in Development on which we will be voting are now available on the Annual Delegate Meeting page of the website. There you'll also find the proposed slate and recovery resumes for the new and returning Board members, budget related documents, delegate meeting guide documents and a business item submitted by the Board. Here's the direct link: <https://cosa-recovery.org/conventions/annual-delegate-meeting/>

We've held a series of Delegate video conferences in preparation for the Annual Delegate Meeting. You might be interested in what was discussed. You'll find recordings and notes from those meetings by following this link: <https://cosa-recovery.org/meetings/delegate-teleconference/>

All delegates must attend one mandatory voting polls test. There is one remaining video conferences during which we will be conducting voting polls tests. This refresher video conference will be held May 22 at 12pm Eastern. Here are the log-in details:

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

Meeting ID: 889 2530 3710

Passcode: Delegate

If you have any questions, please email [delegateliaison@cosa-recovery.org](mailto:delegateliaison@cosa-recovery.org).

I hope to see you soon.

In service,

Jean  
Delegate Liaison





# ISO OF COSA ANNUAL CONVENTION

MAY 27-30, 2022

WESTIN BUCKHEAD, ATLANTA, GEORGIA, USA

*Theme: Unity in Diversity*

Registration is OPEN! Deadline is May 13

For virtual participation, May 26 [Register Now](#)

## 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/>

**IN-PERSON:** 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). For one-day (Saturday or Sunday), the cost is \$110. Be sure to register by May 13.

**VIRTUAL:** 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, and can be through May 26.

## Hotel

**Use the link even though the cut-off date has passed**  
(the hotel may honor the 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.*

Covid 19 Information: Conditions regarding the coronavirus and mandates can always change. The Westin Hotel in Atlanta GA follows CDC and State mandates. The hotel updates this information for guests at <https://whattoexpect.marriott.com/atlwb>. Although masking mandates were lifted here in March, people are encouraged to wear masks and practice social distancing. Hand sanitizers are located throughout the hotel and in meeting rooms. Meeting rooms will be set up with some seats arranged to be socially distanced from others. Guestrooms are serviced and cleaned upon request.



## CONVENTION ACTIVITIES – *what to anticipate at the Convention!*

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.

We will then have two days full of workshops and panels on a variety of different topics, including:

- Traditions Explored Creatively
- Tradition Three Panel
- Meditation sessions
- Twelve Steps in 15 minutes
- Starting a COSA Connection Meeting
- Step Nine
- Action Steps 6-7-8-9
- Unity in Diversity Panel
- Writing for Recovery
- Parent of Teens Meeting
- Adult Children of Sex Addicts
- Sexual Anorexia Meeting
- Town Hall with the Board
- LGBTQIA+
- Dating in COSA, Being Single.



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 still planning a hybrid convention so if you will be joining us for the virtual experience please look out for the up-and-coming program of what will be available to you.

Don't forget, if you can't make the full weekend we have a daily rate of \$110 per day. This price includes lunch on the Saturday or dinner on Sunday. We will be accepting walk-ins if you don't want to book ahead.

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](mailto: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.

## COSA CONVENTION MERCHANDISE – *look at what is available!*

Please visit <https://cosa-recovery.org/shop/> to get your convention goodies now!

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

*Grateful to be of service to the COSA Fellowship,  
Chris and Jo G., Co-Chairs*

# STEP 1·2·3·4·5·6·7·8·9·10·11·12

## ADMITTED TO GOD, TO OURSELVES, AND TO ANOTHER HUMAN BEING THE EXACT NATURE OF OUR WRONGS.

Sharing Step Five was difficult, not because of the person with whom I was sharing the nature of my wrongs, but because it required me to be honest with myself. I knew my sponsor was kind and gentle, maybe even too gentle at times, while I often vacillated between feeling the need for punishment or harsh chastisement and denial of my actions. After thoroughly working my Step Four, and fighting to be sober-minded, I knew my Step Five would bring this challenge to a new level. At first, I was tempted to gloss over my wrongs, admitting only my obvious defects of anger and control. I remember thinking: “Everyone struggles with control; it’s not that bad. It will be easy to be gentle with myself and my sponsor will be so proud of me.” HA! I was still prone to my deception exposed in Step Four. That desire to live in denial of the “exact nature” of my wrongs came from somewhere deep within.

Working Step Four helped me to see my side of the street and reclaim my territory. It also revealed the shame I was feeling for even having to do this recovery work. I had preconceived ideas about recovery programs, and I didn’t want to fit myself into the mold I had created. Working a recovery program was a reminder that I do not “have it all together,” despite how eloquently I had been deceiving myself. Sharing Step Five meant admitting my preconceived ideas, my deception, AND even more shamefully, that I had believed my own lies. Believing lies... Admitting I was doing and being the very thing I claimed to hate about my husband’s addiction... GULP! Wow, that hurt somewhere deep in my core!

When I shared my Step Five with my sponsor, she gave me a genuine gift of acceptance. She accepted me when I felt at my worst, most vile state. She looked at me with eyes of love when I couldn’t even look at myself. When I saw myself, I had seen wickedness and disgust for my wrong doings, but she saw hope and healing. She showed me that my God, and my recovery community, accepted me for who I am and who my Higher Power was growing me into. They were willing to embrace me when all I could do was run and hide my face. They showed me that I am lovable, even if I couldn’t love myself. Through their comfort and acceptance, I could battle the fear and denial because I was no longer battling alone. Step Five meant removing my blindfold and seeing a community ready to come alongside me if only I was willing.

Without the darkness of denial, I can now see a world of Sunlight, where nothing is ever truly shameful or disgusting like it once was in the dark. It’s a place where vileness and wickedness are transformed into love and acceptance. It is where I recognize my weaknesses, and with God’s help, use the tools of recovery to transform them into strengths. The nature of my wrongs no longer have the power to enslave, but now propel me forward into a saner, brighter life. In this light, surrounded by COSA brothers and sisters, “together, we can do what we could never do alone.”

~KD



# STEP 1·2·3·4·5· 6 ·7·8·9·10·11·12

## WERE ENTIRELY READY TO HAVE GOD REMOVE ALL THESE DEFECTS OF CHARACTER.

I didn't expect Step Six to give me much trouble after Four and Five. How hard was it to get ready? It turned out to be far more difficult than I thought. I thought I wanted to get rid of my defects. I'd been wishing them gone for years! Why would I want to keep them? That didn't make any sense. I still felt stuck. What was that about?

When I'm working a Step, I start by defining each word. There's always one word that catches me by surprise; in Step Six it was ready. I thought I'd struggle a bit with defects but it turned out that my work on Four and Five had taken the sting out of that word. I got stuck on ready. What does it mean to be ready? How would I know? And what was entirely ready?

Ready makes me think of the starting line of a race when someone calls out "ready, set, go!" My recovery journey so far had taught me that speed was not my friend. I'd spend my life rushing through things and I was learning to slow down, take my time, pay attention. "Ready, set, go" was not going to help me.

Then I thought of cooking. How do I know when food is ready? I use a thermometer to measure the temperature of meat and a wooden skewer to check my baking. The timer tells me when to start testing. It doesn't tell me when the meal is ready. After years of experience, I can smell and feel and see when the moment is right. Each piece of chicken, each chocolate cake, each baked potato is different even when I've made the same recipe countless times before. I realized that getting to Step Six was the timer going off – it was my signal to start checking if I was ready. Well, that brought me back to where I started. What is my personal version of the thermometer or wooden skewer?

My defects had been with me a long time. In some ways, they felt like part of me. I found it difficult to imagine who I would be without those patterns of thought and behavior. What would come in their place? I knew I'd have healthier relationships with other people if I could give up the need to be in control, but in order to do that, I'd have to give up control. This was making my head hurt.

*...entirely ready for God to remove...* Maybe that was the problem. I don't see God as an external force acting directly in my life. I connect to my Higher Power when I slow down, get quiet, and listen to the voice in my heart. That voice tells me the truth. When I take the time to hear it and pay attention, I know the next right thing. I see this as my best self. How was that going to remove my defects of character? The more I thought about it the further away it seemed.

There are some recovery lessons I have to keep learning over and over, and "you don't have to do it all by yourself" is one of those. I finally started listening to other COSA voices and looking for wisdom from people who have already walked this path. I read the Step Six booklet again. I listened in meetings. Lots of people had doubts. It helped to realize I wasn't the only one who struggled with this Step. I decided to go back to what worked for me before. I took some time during my daily meditation to ask for guidance.

As I focused on my breath, I heard my inner voice say trust me. I kept breathing. Trust me. Maybe "me" was my Higher Power. Maybe it was really me. I'm not sure it matters. What matters is trust.

To be entirely ready, I have to trust. I have to trust God in whatever form God appears. I have to trust the process and the Steps. Most of all I have to trust myself. I still don't know exactly what will replace my defects of character or what I'll be like at the end of this process. That's OK, because I trust myself.

~Anonymous

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

## EACH GROUP HAS BUT ONE PRIMARY PURPOSE -- TO CARRY ITS MESSAGE TO THOSE WHO STILL SUFFER. WE DO THIS BY PRACTICING THE TWELVE STEPS OURSELVES.

I love this Tradition. It is a great reminder for me that the group has one primary purpose. I am not here to fix or save anyone. The main goal is quite simply to practice the Twelve Steps myself.

Surely this is too easy?!

Before COSA I loved to over-complicate everything, so having a program that had only one primary purpose felt too easy. A simple way of living was so new to me — a way of functioning that didn't involve me being the centre of everything.

This sounds so simple, but if I am not working the Twelve Steps myself and applying the principles of the program, I have no message to carry to those that still suffer.

Without the COSA Steps, I am unmanageable, and defective thinking fills my mind. I can become critical and judgemental, and will gossip and cause harm. This is not who I want to be today. My life in COSA is much too valuable. I no longer want to make everything about me or try to be a perfect version of myself trying to live a perfect life that was never reality. This is not a message I want to carry to anybody, and it is not realistic. I am after all a human being, perfectly imperfect.

This was my old primary purpose. Today I want a new primary purpose, one that is not selfish and self-seeking; this has never served me. Today I choose to live Tradition Five — this is something that always benefits me and gives me the sobriety I crave in my life today.

By practicing the steps, I can change my old thinking behaviour. I now have new healthier thoughts and morals, which guide me to a new primary purpose, which is just — simply — to carry the message to those who still suffer. There are many ways to carry the message: in my home group serving as secretary; reading; being a sponsor; staying behind after the meeting to connect with newcomers or fellows who may be struggling; and sharing my experience, strength, and hope around working the Twelve Steps. These are some of the ways I try to practice this Tradition. This brings a lot of sanity to my life.

I will always be grateful to those who practised this Tradition when I was a newcomer, or even when I am struggling today. It's such an important reminder for me that the Steps do work, and by practicing the Steps I can live by the Traditions, which help me be part of a group. I could never quite achieve this before recovery and am so grateful that these Traditions keep me focused and on the right track of what COSA recovery is about.

At the end of my home group meetings we say, "Keep coming back; it works if you work it; so work it — you're worth it." I can't think of a better way to end the meeting: a reminder that I am worthy of a life beyond my wildest dreams if I practice the Steps daily and live by the principles of this program. That message is so powerful to me. Tradition Five reminds me that the newcomer is the most important person in the room, and that we as COSAs can also struggle at any time, too. I am grateful for every COSA who shares their ESH around working the Twelve Steps. This gives me the chance to have serenity and clarity in my life.

~Anonymous UK COSA member

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

## A COSA GROUP OUGHT NEVER ENDORSE, FINANCE, OR LEND THE COSA NAME TO ANY RELATED FACILITY OR OUTSIDE ENTERPRISE, LEST PROBLEMS OF MONEY, PROPERTY AND PRESTIGE DIVERT US FROM OUR PRIMARY PURPOSE.

Tradition Six provides clear and sound guidance to me, my COSA group, and all of COSA, in how we can continue to carry the COSA message to those that still suffer, without any diversions from our primary purpose. It safeguards the integrity of my COSA group and the entire fellowship by leaving outside issues, agendas, ambitions (whether business or personal), and matters of non-COSA finance — outside of COSA. Agreeing to affiliate or align our fellowship, including our own home groups, with outside entities, causes, or businesses, by endorsing, financing, or “joining together in alliance for a cause” with other outside concerns, would be a detrimental action and distract us from being able to “carry the message to those who still suffer.” That is why this Tradition is only one of the Twelve — it is imperative that we not be diverted from our primary purpose, as stated in Tradition Five [Each group has but one primary purpose — to carry its message to those who still suffer. We do this by practicing the Twelve Steps ourselves.].

I arrived to COSA traumatized, bewildered, hopeless, and broken for one reason — because I had been affected by compulsive sexual behavior. I received the help, understanding, hope, and loving suggestions I so desperately needed from other members because they practiced as a group and as individuals — carrying the message and working the Twelve Steps themselves. I did not attend my first COSA meeting to align myself with any outside business, charity, or event, nor did I wish to contribute financially to any causes. That was the last thing on my mind! My ONLY focus and purpose in attending COSA meetings was — and still is — to receive the support, understanding, kindness and guidance I need to grow through the study and practice of the Twelve Steps. And I can add to that: I am now able to carry the message to those that still suffer.

Tradition Six establishes an invisible partition for our entire fellowship so that COSA is not drawn into personal or business ambitions, political or social views, financial goals, personal affiliations or agendas. This partition keeps our meetings, committees, and conventions healthy, effective, and focused on carrying the COSA message as we practice the Twelve Steps. It protects every group and every member from the distractions of “outside” issues not directly related to our primary purpose in carrying our message. It grounds and supports our strong commitment to share our recovery experience of practicing the Twelve Steps, by expressing the importance of not having any commitment to outside entanglements. Group conscience discussions, sharing, and decisions are all activities that benefit from this Tradition. When a member wishes to introduce an outside issue or proposal, it is Traditions Six and Ten [COSA has no opinion on outside issues; hence the COSA name ought never be drawn into public controversy.], which impart the guidance that will preserve our singleness of purpose by not diverting us from our primary purpose.

Our COSA meetings, committees, and conventions are safeguarded through our members’ practice of Traditions Six and Ten. Our groups, committees, and conventions leave financial appeals, charities, ventures, public interest campaigns, agendas, and endorsements outside of COSA. This is at the heart of Tradition Six.

By practicing the simple guidance provided in Tradition Six, my COSA group is shielded from a host of potential controversies, including financial breakdown as well as confusion. We are able to continue to focus on carrying the

message to those who still suffer as we study and practice the Twelve Steps ourselves, as well as practice and share other tools of the program. This Tradition lovingly protects my local group's precious yet small Seventh Tradition resources, as well as the collective energy of our membership, ensuring that all resources are directed back to the Fifth Tradition: carrying the message! I love how this works, and when I think about it, I can see the bigger picture, how this is amazingly working for our entire fellowship worldwide!

I am extremely grateful that there is no other agenda, focus, ambition, alignment, or interference when attending my COSA meetings, events or committee meetings. With each group embracing the intentions of Tradition Six, I know I can attend a COSA meeting anywhere in the world, and I will hear a message of recovery as well as have new opportunities to grow and heal. I will not be invited to focus on anything outside of our primary purpose, no matter where I attend a COSA meeting.

This Tradition in practice has many times provided me with a sense of safety, clarity, direction, and confidence. I am thankful for the reassuring and enduring results that have been the outcome of putting this Tradition into practice.

Our diverse membership is comprised of a tapestry of people from around the world, each one bringing their own personal life experiences. In our private lives, outside of our meetings and other COSA functions, many of us may support or oppose various causes or charities, financially, in action, or both. Some of our members are more passionate than others about what they believe, and as private citizens may take concrete actions to strongly support or oppose something that is important to them, whether globally or locally. Many of our members exercise their right to their opinion in many different ways, in their private lives.

There are thousands of attractive and worthy causes, charities, and even alliances that would benefit from COSA finances or our members' public collective energies. But it is imperative that all outgoing and incoming COSA support, whether financial or otherwise, be directed and applied to our own cause, which is to continue to carry the message. Otherwise, as a fellowship, we would become bogged down in a myriad of outside causes and events. COSA's energy and resources would become stretched by going in many directions for the success of things outside of our primary purpose. As an international fellowship, we could begin to forget why we even exist, and lose our effectiveness and unity in carrying our message, as we would lose our long-standing commitment to our primary purpose. Wow — thank you Tradition Six, for safeguarding this wonderful COSA fellowship and program of recovery.

Continuing to carry the message and practice the Steps and Traditions,  
~A Grateful COSA



# MAKING SEVENTH TRADITION DONATIONS



COSA's  
Tradition  
Seven

**E**very 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](mailto:iso@cosa-recovery.org). Your support is appreciated!

## Seventh Tradition: Financial Report

### January 2022

Individual Donations .....	\$ 1117.00
Individual Recurring .....	\$ 1386.00
MN-01 (Mankato).....	\$ 175.00
<b>Total .....</b>	<b>\$ 2678.00</b>

### February 2022

Individual Donations .....	\$ 606.00
Individual Recurring .....	\$ 1538.00
CA-02 (Alamo).....	\$ 164.25
CA-07 (Northern CA Intergroup).....	\$ 500.00
NC-06 (Durham).....	\$ 320.00
ONL-34 (Common Solution).....	\$ 25.00
TEL-07 (Recovery Tools for Emotional Healing) ..	\$ 100.00
<b>Total .....</b>	<b>\$ 3183.25</b>







## NEW MEETINGS

For a full list of available meetings – local, online, or phone – see the COSA website at [cosa-recovery.org](http://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](mailto: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](mailto:ACSA.COSA@gmail.com) for password, and for more information



### 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.





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](mailto: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](mailto: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](mailto:balance@cosa-recovery.org)

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