

# Balance

Newsletter of International Service Organization of COSA



November/December 2023  
Volume 20, Issue 3

## The Sacred Place

Sacred place. We had a sacred place. For nearly three decades we fashioned it together; an exclusive sanctuary tailored for the two of us. The safety of the place offered opportunities to be heard and seen, to be loved and cared for, to find rest and pleasure. Our sacred place became a source of power from which we blessed our family and community.

Discovery. One day I discovered a hoard of men invading our sacred place. They looted our treasure, greedily carrying away everything I held dear. Rage coursed through my veins. In a flash I presented my weapons and began to defend the place. As I ran deeper into the fray... I saw her. My wife held open a hidden door, inviting strangers into our sacred place. She let them come and go with our treasure. I saw them everywhere. They sat in my chair, slept in my bed, and held my wife!

Tainted place! It was tainted forever. I would never enter the sacred place again. No cleansing ritual can restore it to purity. There is only fire now. The tainted place must be burned to ash.

Treachery! How? Why? The blow was too much for my legs to withstand. I fell to my knees; weapons clamoring to the ground. Never in a million years did I imagine such betrayal. My mind swirled. I felt burning in my chest. Looking down, I saw the fletching of the arrow. Glancing again to her I saw the bow at her side. Betrayed. I was undone.

Pain. The pain of betrayal and treachery pounded my mind like left and right boots stomping on my face. Everything faded to black.

Healing. I dreamed I was lying in a bed, wounds dressed, attendants coming and going. I dreamed of the contorted face of my once beautiful wife, sneering at me. I dreamed of other men ransacking the sacred place. As I woke, the troubling

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### From the Balance Committee

We hope you're as pleased as we are to see the return of the *Balance*! We need your help to make sure it continues. If you have an interest in writing for the *Balance*, please email us at [balance@cosa-recovery.org](mailto:balance@cosa-recovery.org). Let us know if you have a particular topic, Step, or Tradition on which you'd like to write, or if you're open to accepting writing assignments. We look forward to hearing from you!

Please click [here](#) for COSA's Writing Guidelines.

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memories flooded my mind. I lay paralyzed, trying to discern what was true and what was the nightmare. Eyes open, staring at the ceiling, tears flowing down my cheeks. I heard the soft voice of the attendant speak gently, "You are safe now. You didn't cause this. You can't control this. You can't cure this. Be still." In disbelief I struggled against the paralysis. I tried to sit up but the shocking pain overcame me and I passed again into unconsciousness.

Tribe. A tribe took me from the ICU. They fed and clothed me. In time I began to learn their customs and came to appreciate their ways. They taught me new skills and healthy ways to cope. They encouraged me to be tenacious and kind; to value integrity. In time I came to believe what they said. I came to believe I would survive, that I would love again. I came to believe a higher power was at work. I came to discern truth from fiction, reality from fantasy. I came to believe I could be stronger, healthier, more resilient. In time, I regained my footing. Strength came back to my legs and arms. My muscles remembered how to use my tools and I learned to rely on new ones. I began to experience their promises coming true for me.

Hope. I began to hope that life would have meaning again. I wondered if someday perhaps a new sacred place can be fashioned. A place better guarded and not so easily tainted. A safe and sacred place where true intimacy and love can be experienced. I sensed that it would be painstaking work, requiring great preparation and attention to detail. Would it be a solitary place or a place for two? That is a question for another day. For now I am content to take it one day at a time trusting that all will be revealed in time. Experiencing more of the promises; sometimes quickly, sometimes slowly.

~Steve 2



## From the COSA Board

To Our COSA Fellowship,

I pray to our HP and our fellowship to:

- Continue supporting one another in carrying the message of hope and healing
- Continue to practice leadership as trusted servants who guide, not govern
- Continue to be prudent with our money
- Make decisions via discussion with the goal of reaching a group conscience
- Strive for cooperation, self-government, and unity rather than engaging in controversy, tyranny, and discord
- Serve our COSA community as another form of contributing towards our Seventh Tradition
- ...and practice the principles of recovery through the Steps, Traditions, and Concepts in all areas of our lives

In humble service,

Eveline S.  
ISO Co-chair

# 2024 COSA Conventions

## Planning for the Virtual and In-person Conventions is in Full Swing!

Our members convene and share recovery through speakers in long-time recovery, workshop presenters on tools of the program, and panel speakers on topics near and dear to the hearts of recovering COSAs. We are currently seeking volunteers to be part of the program as speakers, panelists, workshop leaders, and behind-the-scenes Zoom room hosts. Feeling called to be of service to the COSA fellowship? Let us know if you are interested in volunteering your time and talent for this extraordinary virtual event. Please save the dates and be on the lookout for upcoming website and email announcements.



**IT TAKES  
HEART**  
WINTER 2024

VIRTUAL CONVENTION  
**FEBRUARY 24-25, 2024**

Registration Opens January 2, 2024



**IT TAKES  
HEART**  
SUMMER 2024

IN-PERSON CONVENTION  
**MAY 31-JUNE 2, 2024**

Renaissance Columbus Downtown Hotel  
Columbus, Ohio

### Volunteers Needed

If you are interested in volunteering for the  
[Virtual](#) or [In-person Convention](#), please [complete the survey](#).



### More on the Summer Convention

Same weekend as the ISO of SAA Convention in Columbus, OH

[Hotel Preview](#)

*Note:* Please make hotel reservations through our discount group code when it becomes available (not third-party travel apps) as we only get credit for booking rooms directly through the hotel. Stay tuned to the *Balance* and the *COSA In the Know* for further information regarding the convention program/registration and the hotel rates/group code. Your willingness is very much appreciated.

Your 2024 ISO of COSA Convention Chairs,  
Bobby S. / Stephanie H.

Info and Questions: [2024COSA.Convention@gmail.com](mailto:2024COSA.Convention@gmail.com)

# STEP

# 1·2·3·4·5·6·7·8·9·10·11·12

# 11

SOUGHT THROUGH PRAYER AND MEDITATION TO IMPROVE OUR CONSCIOUS CONTACT WITH GOD AS WE UNDERSTOOD GOD, PRAYING ONLY FOR KNOWLEDGE OF GOD'S WILL FOR US AND THE POWER TO CARRY THAT OUT.

## Step Eleven: Improving Conscious Contact with God

I didn't have a practice—I had phases.

### Phase: Came to Believe (Steps One and Two)

It took more than six months for me to reach this phase. I started with asking if there was a HP when I admitted my powerlessness (Step One). I said the Serenity Prayer whenever I was upset, which was often, and soon said it at every doorway as suggested by a sponsor. That helped.

I said the Serenity Prayer whenever I wanted to react, jump up, get in the car, and drive. One day as I was practicing the outer circle behavior of walking by myself, I noticed all the different trees and a variety of leaves. That caused me to believe there is an HP. But I wasn't there yet for the quintessential God and certainly not the son of God. I went back to traditional church anyway because I was seeking help and understanding of why God would let bad things happen to good people, including the addicted.

### Phase: Readings, Readings, and More Readings.

I consumed all the COSA literature, Balance newsletters, and other Twelve Step readings, practicing a daily ritual of reading in the morning and evening. Throughout the day, I would say the Serenity Prayer, or sit down in my chair and rage at the HP just to keep myself from acting out or leaving and getting in a car and driving anywhere. I joined a Bible Study (wow!) to understand why God would let bad things happen to good people, including the addicted. Although initially I didn't find the answers I sought, I took an interest in the story and the elements of history.

### Phase: Step Study

As I went through the Steps, I tried to connect with the God of my understanding, and as the months went on and the addict's constant acting out continued to impoverish me financially and spiritually, I had more need for spiritual wealth to replenish my soul. I was forced—no, I gladly submitted to my HP to save myself and find hope no matter the outcome of my marriage. Just doing the Steps for over a year with my sponsor having my back, and the God of my understanding walking ahead of me, reduced my fear and anxiety in all things. I was starting to find peace, but I started slacking off my constant contact with God.

*continued*

## Phase: Outer Circle Salvation

As I did more outer circle activities, riding a bike, going to a movie, attending as many in-person meetings as I could find, I became more at peace. When I walked into radiology for my annual mammogram, I was frightened. I had surgery in 2011 and I was very afraid. Then I read about how God walks ahead of us and I was comforted that I was not alone with the machine and the clinician behind the screen.

Finally, that moment with the thunderbolt came in church. I was asked two weeks before Sunday to join the choir. I was thrown out of Glee Club in fourth grade because I couldn't carry a tune. I practiced the hymn a few times each week and attended rehearsals, not knowing what the hell I was doing. I recorded myself and played back so I could hear where I was offkey. As I stood on the step below the altar, I sang with the choir for the first time. I knew the tune well. When I sang the words "power and glory", I closed my eyes and went into a meditative state. I felt the words, I felt the music, and that is when I gained my understanding of HP. I felt connected. I had an epiphany and when I got back to the pew, I explained it to my partner. We stayed until others had left the church. As we exited, the pastor asked if I was all right. The service had been videotaped and the moment of my spiritual encounter was visible. It was an experience.

My imperfect practice is the way I developed my conscious contact with God and now stop and pray to discover God's will for me and the power to carry it out. My pastor sermonized that day from the text about the Kingdom of Heaven and keeping the demons out. He concluded that the Kingdom of Heaven is actually within each of us, and we have to be aware and have the strength to cast out "demons." Demons are the negative thoughts that kill my soul, set me up for failure, make me want to run, or belittle or blame. Once I started checking in with my HP and sought to gain an understanding, I learned to be kind to others. I learned how to stop taking everyone else's inventory and making up stories as to why they cut me off in traffic, or cut in front of me in line, or gossiped about me, and degrading others to make myself feel better about my own inadequacies.

~ Anonymous

## Short writing on the Eleventh Step

Eleventh Step telemeetings have been a part of my life since the ISO of COSA's "Reflections of Grace" convention in Washington, DC in 2015. Though it was held at midnight on the East Coast, my roommate would call into that half hour telemeeting. I was intrigued.

Once I put alarms on my phone, one at ten before the hour and then repeating every five minutes, I became a regular. I live in the Central time zone and am usually up past midnight, so this nightly half hour call at 11 p.m. was and is a good close to my day.

The telemeeting call includes the original script from Alcoholics Anonymous with a short introduction and two minutes of sharing, a two-minute meditation, then one minute of sharing on what my Higher Power may have revealed to me. A little business and a closing, all done in just thirty minutes!

I hear regulars and newcomers alike. I get and give experience, strength and hope (ESH) through the regularity of my nearly daily involvement. I am building serenity and grace.

The Tenth Step Telemeeting half-hour is a great resource as well at 2 p.m. Central. I find it is easy to remember the number and the code since they are the same for both. The two bookend my days.

[Cosaeleventhstepmeeting.com](http://Cosaeleventhstepmeeting.com)

You are welcome to call in, too!

~Marlane in New Orleans

# STEP 1·2·3·4·5·6·7·8·9·10·11·12

HAVING HAD A SPIRITUAL AWAKENING AS THE RESULT OF THESE STEPS, WE TRIED TO CARRY THIS MESSAGE TO OTHERS, AND TO PRACTICE THESE PRINCIPLES IN ALL AREAS OF OUR LIVES.

## Step Twelve Share

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

For me, Step Twelve has three parts.

### Having Had a Spiritual Awakening as the Result of These Steps

The first part looks back at the work I did in the earlier Steps and tells me I have had a spiritual awakening as the result of working Steps One through Eleven.

I have experienced so many “coincidental, accidental moments” where my Higher Power who I choose to call God has shown me miracles both small, like an overwhelming schedule for the day somehow feeling easy, and large, like finding an apartment by walking into a totally unrelated business when I was going through my divorce. Looking for and paying attention to these miracles is an important way I can stay connected to this spiritual awakening.

### Trying to Carry this Message to Others

The only message I can carry is that I was affected by compulsive sexual behavior and that I have had a spiritual awakening as the result of these Steps. There are all kinds of outside therapies, methods, treatment centers, other spiritual communities, and ways of being that might help people who have been affected by compulsive sexual behavior (I have benefited from some of these in my own life!). Step Twelve guides me, however, that the message I carry is that I had a spiritual awakening as the result of these Steps.

I can share my story, what my spiritual awakening has looked like, how the Steps helped me, the healing I received in the COSA fellowship, how I am no longer haunted by these effects in my day-to-day life in the way that I was, and how finding a Higher Power saved my life and gave me a life worth living.

I try to carry this message through attending meetings, sponsorship, doing service, talking with people in other Twelve Step fellowships who may themselves be affected or know people who are affected by compulsive sexual behavior who are suffering and have not found COSA, and offering my availability to talk with friends and acquaintances when there are COSA-related issues. I have also Twelve-Stepped a few strangers when Higher Power called me and the circumstances warranted it, most notably a rideshare driver I had on my way home from a COSA meeting! I believe Higher Power puts me where and when I am needed.

*continued*

Some people will not want this message. They will want a message around how to keep someone sober, stop someone from acting out sexually, how to hold someone accountable, how to avoid pain or grief, how to save a specific relationship, or a quick fix for some type of cure. I can relate to this; I experienced this desperation myself and this is what I wanted when I came into COSA, too. I can't save anyone from the effects of compulsive sexual behavior, and I cannot make anyone take the message. I can only try to carry it.

I am powerless over what others choose and I can continue to try to carry the message as part of my Step Twelve work. I cannot make anyone else choose recovery. I do not know what their Higher Power has for them, only what my Higher Power has for me. Doing Step Twelve work keeps me coming back and helps me give away the recovery I do have so I can keep it.

I cannot tell you how many times the answer came to me around some unrelated problem in my life as I was carrying the message! Twelve Step work is sometimes difficult, sad, frustrating, time-consuming, and inconvenient. I find it is also much more frequently incredibly rewarding, powerful, deeply inspiring, miraculous, life-changing, fun, joyful work! I am grateful to God I have COSA recovery to share—it is an honor and a privilege and I do it imperfectly.

## **Practice These Principles in All Areas of Our Lives**

This reminds me to keep coming back to the Steps and to the principles rooted in the Steps for all situations. I ask myself questions like “What am I powerless over in this situation? What is making my life unmanageable?” (Step One) Or “Who is my Higher Power in this situation?” (Step Two) “What does it mean that I am in God's care?” (Step Three).

I do inventory, look at my fears, my resentments, my part (Step Four), share with other COSAs (Step Five), become willing to let go of my character defects and coping mechanisms (Step Six). I ask my Higher Power for help with humility (Step Seven). I look at how I may have harmed myself or others, practice forgiveness (Step Eight), and make amends to myself and others where needed (Step Nine). I keep taking my inventory (Step Ten). I keep asking my Higher Power for guidance (Step Eleven). I keep finding my way back to a spiritual awakening. I carry the message. I apply my program in my home, in my work, in my community, in my choices, in my outer circle activities, in my self-care. I keep growing and learning and I keep coming back to share this with others (Step Twelve).

~ Sarah S.



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

OUR PUBLIC RELATIONS POLICY IS BASED ON ATTRACTION RATHER THAN PROMOTION;  
WE NEED ALWAYS MAINTAIN PERSONAL ANONYMITY AT THE LEVEL OF PRESS, RADIO,  
FILMS, TELEVISION, AND OTHER PUBLIC MEDIA OF COMMUNICATION. WE NEED GUARD  
WITH SPECIAL CARE THE ANONYMITY OF ALL PROGRAM MEMBERS.

When I first came to COSA I heard the Traditions the same way I hear the boilerplate legal qualifiers for car ads. True, they usually weren't read at breakneck speed. I still didn't really hear them. The words washed over me and I paid no attention. I had enough trouble with the Serenity Prayer and the Twelve Steps and I knew those were important. The Traditions didn't seem to have anything to do with me.

Eventually I figured out that the Traditions help us keep COSA groups healthy. We can always return to this set of first principles to guide our group conscience. I slowly began to see the deep wisdom the Traditions offer. When my home group began to study the Traditions I realized they also apply beyond COSA.

The surface meaning of the Eleventh Tradition is clear: we do not use public media to promote COSA in any way that could compromise personal anonymity. We may choose to be open about our experiences in our individual lives. If we broadcast that information we risk compromising the anonymity of other COSAs without realizing it. Think about how often you realize that two of your Facebook friends are connected to each other. While our Traditions are based on those of AA, "...we need guard with special care..." does not appear in AA's Eleventh Tradition. COSAs have almost universally experienced trauma and betrayal. Anonymity is an obligation to each other as well as to ourselves. That's *special care*.

Guard with special care serves me in other ways. It means that I don't share information about someone else unless I have explicit permission to do so. I respect my friends and the members of my community and I want to be a safe person for them to confide in. That's *special care*.

Before recovery I spent a great deal of time and energy trying to impress other people. I wanted every kind of recognition I could get: titles, honors, certificates, awards, ribbons for participation. At my core I believed I was worthless and undeserving and I sought external validation to fill that hole. Now I think about attraction, not promotion. My recovery work has helped me trust my own value. When I know I have value I can trust my own work and my own voice. I don't need ribbons or certificates and I've put my diplomas in a box in the attic. My actions speak for themselves. *Attraction, not promotion*.

Now when we read the Tradition of the Month at the beginning of every meeting, I pay attention, because I know I will learn something important to my recovery—and to the rest of my life.

~ Anonymous



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

**ANONYMITY IS THE SPIRITUAL FOUNDATION OF ALL OUR TRADITIONS,  
EVER REMINDING US TO PLACE PRINCIPLES BEFORE PERSONALITIES.**

Certain words and phrases jump out at me from this Tradition: Anonymity, Spiritual Foundation, and Principles before Personalities.

First, spiritual foundation. All our traditions are spiritual and COSA is a spiritual program. The problems which brought us into the program happened on physical, emotional and mental levels. They caused great suffering and brought us to our rock bottom. These problems, however, cannot be solved on the same level where they originated. We have to go to another level. The solution is on a spiritual level.

Anonymity is at the base, the foundation of all our Traditions. The Traditions give us guidelines for healthy relationships in meetings, in the fellowship, in sober service. Outside COSA they help us in our families, our workplaces, with our friends and in our communities.

Anonymity first meant for me that I could share without saying my last name and revealing anything about my qualifier's name or job or social identity. This confidentiality was very freeing.

Later in recovery I came to understand that anonymity also meant that we were all equal. We are all spiritual beings. By not bringing into meetings any details of our outside lives—our education, profession, social status or religious affiliation—we are encouraged to see ourselves in our spiritual essence, that authentic part of us that transcends our personal or social circumstances. This is the part of us that we want to recover, the part that existed before the imprints of trauma or family and social conditioning.

This spiritual essence in all of us transcends our personalities. What has brought us together in COSA is the simple fact that we were affected by compulsive sexual behavior. The details are different but our feelings and how we've been impacted in our self-esteem and connection to our Spiritual Selves unite us. The principles of recovery are more important than our personalities. The principles are the values which guide us in our recovery path.

In my recovery work in the last months, I have been challenged in my understanding of anonymity and I have grown exponentially in this area. Tradition Twelve has led me to Freedom and Authenticity in my recovery. In my family of origin, there was no anonymity. I grew up in the fishbowl, in a glass house in the public light. Every decision was based on the criteria, "What will other people think?" My mother often said, "We don't have problems. Others do, and we help them." I was conditioned to have an outer focus, to please others. We had to be perfect! There was complete denial of the fact that one of my sisters had special needs and needed help.

In my marriage, I followed the pattern that had been set. I was in the fishbowl again because my partner had a high social profile. There was no anonymity. There was no space for me to be an individual. When there were problems in the marriage, we could not go to a therapist because "What would people say!" I was judged by public opinion about my clothes, my children's behavior, and my personality. I lived with such shame and big secrets. I thought that if others knew how our marriage really was, that I was unlovable and he preferred men sexually, I'd be rejected and despised. My self-esteem was so eroded that I thought I had to keep the "public image" and protect his secrets even though I was suffering.

*continued*

When I came to COSA, I discovered a place where I could lay down my burden and be listened to. I received support in the anonymous meeting. I learned to care for my Self and not worry about whether I was betraying my qualifier. It was very freeing and healing.

More recently, I have moved to a new community as a single woman where people do not know about my past. I struggled with the old false belief that “I have to tell all if I am being authentic”. I was surprised to discover how ingrained in me was the belief that I belong to others. This is no longer true for me in my life of recovery! I belong to my Self! I belong to my Higher Power.

With my sponsor’s guidance I have come to understand that I have the right to be anonymous. It is part of my Higher Power’s plan for me. My birthright. A gift. I do not owe anything to anyone, except to be my authentic loving self. I also have the responsibility to be true to my Spiritual Self and to set boundaries to keep myself safe. To live according to the principles of recovery.

In my relationships with a new circle of friends, I have also been guided by Tradition Twelve. I have a challenge with a person who triggers a “know-it-all” dynamic from my family of origin. I’m aware that others see something different when they look at her. They are able to accept her, warts and all. I accept that I am a recovering “know it all”. She provides the perfect mirror for me to grow in self-love. I am consciously including her rather than trying to avoid her.

When I apply the principle of anonymity, I see we are all created equal on a spiritual level. I leave her personality and mine behind and invoke the spirit of Love—for myself and for her.

I am so grateful for all the hard life lessons and for the fellowship of COSA where we continue to grow spiritually together. I finally see why Anonymity is the spiritual foundation of all our traditions. An ultimate goal on the spiritual path is developing Unconditional Love—the ability to love myself and others, the human and the divine, with all our assets and liabilities, equally.

How transformative and freeing!

Thank you COSA, COSAs, and our HP!

~Anonymous

## **Exciting Scholarship and Grant News from the ISO Outreach Committee!**

Are you planning a COSA retreat, activity, or outreach event? Are you starting a new meeting? The ISO Outreach Committee is thrilled to offer both grants and scholarships to support COSA events and their attendees.

Grants are available to help defray cost aspects of COSA events such as space rental, food, literature, or materials to be used for the COSA event. Scholarship funds are available for COSA event committees to use to support individuals attending their events.

A New Meeting Starter pack is now available for COSA members who are starting a new registered meeting online, in-person, or hybrid.

Funds are also available for COSA groups or members who want to share COSA information in person or by distributing literature.

Please visit the **Resources tab** at [cosa-recovery.org](https://cosa-recovery.org) to learn more and to find the applications.

<https://cosa-recovery.org/resources/>

<https://cosa-recovery.org/resources/outreach-scholarship-grants/>

# 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.

**Make Your Secure  
Donation Today**

## 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!

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

Fiscal Year, July 2022-June 2023

Fiscal Year, July 2023-September 2023

### Total Donations by Month, July 2022

July 2022 .....	\$ 5,099.00
August 2022 .....	\$ 2,751.00
September 2022 .....	\$ 2,712.52
October 2022 .....	\$ 3,339.85
November 2022 .....	\$ 1,806.90
December 2022 .....	\$ 2,363.00
January 2023 .....	\$ 2,969.00
February 2023 .....	\$ 1,988.28
March 2023 .....	\$ 2,426.00
April 2023 .....	\$ 2,172.20
May 2023 .....	\$ 2,078.00
June 2023 .....	\$ 1,183.00
<b>Total for fiscal year .....</b>	<b>\$ 30,888.75</b>

### July 2023

Individual Donations .....	\$ 1195.00
Individual Recurring .....	\$ 1188.00
TX-23 (Kingwood) .....	\$ 42.00
CA-23 (New Beginnings) .....	\$ 200.00
TEL-07 (COSA Recovery Tools for Emotional Sobriety) .....	\$ 60.00
ONL-50 (Adult Children of Sex Addicts) .....	\$ 200.00
Unknown .....	\$ 270.00
<b>Total .....</b>	<b>\$ 3317.00</b>

### August 2023

Individual Donations .....	\$ 309.60
Individual Recurring .....	\$ 968.00
<b>Total .....</b>	<b>\$ 1277.60</b>

### Totals Donations by Type

Recurring Donations .....	\$ 15,406.00
Group Donations .....	\$ 9,055.47
Individual Donations .....	\$ 6,134.28
Retreat Donations .....	\$ 293.00
<b>Total for fiscal year .....</b>	<b>\$ 30,888.75</b>

### September 2023

Individual Donations .....	\$ 417.00
Individual Recurring .....	\$ 818.00
CA-07 (Bay Area Intergroup) .....	\$ 1000.00
MN-06 (Sunday Night Grace) .....	\$ 136.00
ONL-05 (CZR Intergroup) .....	\$ 2000.00
TEL-08 (Intergroup) .....	\$ 1975.00
WA-02 .....	\$ 225.00
<b>Total .....</b>	<b>\$ 6571.00</b>

# 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 email your item(s) to [balance@cosa-recovery.org](mailto:balance@cosa-recovery.org), along with your first name, last initial, and phone number.

# 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.

## 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 upcoming COSA events in your area; such as retreats, workshops, speakers, etc. We also would love to hear your ideas for what you would like to see in future articles. The *Balance* is a newsletter for the membership, by the membership.

Guidelines for submitting literature: <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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