

Balance

Newsletter of International Service Organization of COSA



**IT TAKES
HEART**
SUMMER 2024

2024 Summer In-Person Convention

MAY 31-JUNE 2, 2024

Renaissance Columbus Downtown Hotel, Columbus, Ohio

- ♥ Hands-on/Creative/Interactive Workshops and MORE!
- ♥ Featured Speakers
- ♥ Friday evening through Sunday 1pm
- ♥ Local Touring
- ♥ Beautiful Hotel (amazingly inexpensive)
- ♥ Schedule of Events on page 2 or see cosa-recovery.org

This event is an exceptional opportunity to learn, network, and contribute to the ever-evolving world of the International Service Organization of COSA fellowship.

REGISTER NOW!

See <https://cosa-recovery.org/conventions/2024-convention/>

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DELEGATE DISPATCH

Save the Date! **June 29, 2024**

The summer virtual Delegate Meeting will be held on **June 29, 2024**. Delegates, mark your calendars!

NOW AVAILABLE!

COSA Recovery

Order your copy of *COSA Recovery*, the highly-anticipated book on COSA's Twelve Steps, Twelve Traditions, Twelve Concepts, and recovery tools!

Introductory prices

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US\$20.00

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eBOOK

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**IT TAKES
HEART**
SUMMER 2024

2024 ISO of COSA Convention

Friday, May 31 – Sunday, June 2

Columbus, Ohio

The convention will commence on Friday with an opening session at 7:30 p.m. and will conclude on Sunday at 1:00 p.m. We've worked tirelessly to create a rich and diverse program that will cater to a wide range of interests and personal recovery needs. Registration remains open and includes Saturday Lunch Buffet.

SCHEDULE OF EVENTS

Most sessions will be recorded and available for purchase as an Mp3 download from the COSA Store later this summer. In addition to the scheduled events, there is a hospitality suite for open fellowship.

FRIDAY, MAY 31

Welcome and Ice Breaker—Bobby and Audrey
Opening Speaker—Sara L.
Fellowship Meditation
Open Fellowship in Hospitality Suite

SATURDAY, JUNE 1

Twelve Step Meeting (8:45-10:00 AM)
Sessions (10:15-11:30 AM)
Option A: Recovery in the First Five Years: Time to Connect and Converse Workshop
Option B: Mindfulness for Recovery Healing and Growth Workshop
Luncheon Banquet (Noon-2:00 PM)
COSA Speaker—Eveline S.
SAA Speaker—Ingrid P.
Sessions (3:15-4:30 PM)
Option A: Adult Children of Sex Addicts (ACSA) Panel
Option B: Creative Communication Interactive Workshop
SAA Banquet (includes a COSA speaker) begins at 6:30 PM and speakers scheduled for 7:30 PM
Game Night & Fellowship (8:30-9:30 PM)
Open Fellowship in Hospitality Suite

SUNDAY, JUNE 2

Sessions (8:45-10:00 AM)
Option A: TBA (possibly Step Three Panel or Healthy Intimate Relationships Panel)
Option B: TBA (possibly Writing and Journaling or on a Step, Tradition, or Program Tool)
COSA Voices Panel or Affirmation Activity (10:15-11:30 AM)
Closing Speaker—Julie P. (11:30 AM-1:00 PM)



**IT TAKES
HEART**
WINTER 2024

REFLECTION

I've been studying my notes from the winter retreat for a couple weeks and I just keep finding myself amazed. The same threads were present in every session I attended.

Take what you need and leave the rest.

- I am not alone in my experience.
- My story is unique but also amazingly similar to the stories of others.
- When I listen to others share their stories, a blanket of clarity is gently laid over my own story. I find comfort, peace, and belonging.

Gratefully,
~An old-timer from OH

POWERLESSNESS

Through my COSA recovery, I find that Step One (and all the Steps) are recurring. This is a comforting reminder for me. When I first started working the Steps, I agonized over each one because my perfectionism told me that I needed to do each Step “once and for all.”

My sponsor, thankfully, guided me to a more gentle approach. She showed me that recovery was an evolving, life-long process. Each day was a new lesson in powerlessness and unmanageability, a new believing, a new surrender.

I have also learned that Higher Power brings awareness of my problems to me gradually over time—as I become capable of dealing with them.

Almost two years into my recovery, Higher Power knew I was finally far enough along in my recovery to face another aspect of my powerlessness.

Continuing to be intimate with my active addict husband was making my life unmanageable. But I was in complete denial of how much pain it was causing me. Over the years, I knew I was becoming more and more avoidant of both emotional and physical intimacy with him, but I felt intense shame for it. I reasoned: we are both working our recovery programs, so there is no reason I should still be so avoidant; he is ready to reconnect, why should I be so hesitant?

I worried that maybe I was holding back too much. Maybe the reason we couldn't heal our relationship was because I was not willing to be more open and intimate with him.

We had planned a cruise for our anniversary. Fueled by a lot of shame and some well-intended advice from a friend, I decided to “try harder” during the cruise to be more open to physical touch and sex. I hoped it would break the ice and improve our emotional intimacy.

And so I forced myself out of my comfort zone. We had a lot more physical contact during the cruise than we had had in a long time. Now, looking back, I can see that I was completely out of touch with myself and my

feelings during this time, and in an incredible amount of denial as I powered through it.

After the cruise, I withdrew even more than before. I knew something was wrong, but for several weeks I couldn't find the words for it. I couldn't explain it to myself or my husband. All I knew was that I couldn't go on like this anymore.

By Higher Power's grace, I was guided to begin reading a book about sexual healing. This opened my eyes and my heart to admit how deeply sex had been hurting me for so long. And soon, an assurance from Higher Power grew in me that gave me the confidence I needed to desire and then request a period of abstinence from my husband.

It still took me a while to put words to what was going on, and I am still working through some of it, but what I realize now is that my experience on the cruise had finally broken through the thickness of my denial. I was finally beginning to believe on a “heart level” that no matter how much sex I had with my partner, it would never fix his addiction, our relationship, or, most importantly, me.

Before this, I hadn't been able to admit the deep sadness and emptiness that I felt every time we had sex. I wanted to ignore it because it was too painful to look at. And I rationalized that not having sex would be harder and worse. I continued for a long time to allow myself to live in the unmanageability of continuing to be sexual with my addicted husband because of my fear and denial.

I am grateful that Higher Power waited to remove my denial until I was more equipped to take the appropriate action.

Admitting that I am (still) powerless over my husband's compulsive sexual behavior and that our sex life, specifically, had become unmanageable was yet another “First Step” on my continuous recovery journey.

~Alexa
Orlando, FL & COSA Zoom Room

I Am a Warrior, Part 2

I am a warrior
I have fought the brave fight
But some days I rest
Some days I dim my light

I have found me
But I can still get lost
Life can be tough
There are burning bridges to cross

So savor the good
Grab with both hands
The bad will pass
Look after yourself til it does

Stay in the present
It is a gift
That was then
But now can be good

Live well for today
You have everything you need
The future isn't here yet
There's nothing to fear

Be grateful for serenity
You've survived hurricanes
Find peace to wash over you
Temper your brewing storms

Choose the right paths
Hold on when you make wrong turns
Remember to let go
So you can return

Surround yourself with love
It's what you deserve
Be gentle in your head
Be kind with your words

Reach out to others
Who have gone before
Shining their light
Opening their arms

And keep working
As it really does work
Keep coming back
And believe in your true worth

~UK COSA Anonymous

Editor's Note:
I am a Warrior appears in the
Balance May/June 2022 Issue



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.

From the COSA Co-chairs

INDIANA JONES AND THE LEAP OF FAITH

I thought about calling this article “Twelfth Step Service” or “To Your Own and Other’s Benefit” or maybe “We Can Do Together What We Could Not Do Alone” or “Just Do It,” but I settled on “Indiana Jones and The Leap of Faith.” There’s a scene in *Indiana Jones – The Last Crusade* where Indiana must save the day by going across a chasm, but there’s no path. He’s absolutely terrified but finally realizes that he has to take a step into the empty space anyway. Only then does the path become clear!



There are lots of things I’ve done in recovery that scared me — Do I leave an unhealthy job or relationship? Do I set a boundary that another person won’t like? Do I speak up at my first meeting? Stepping into service can feel like that, too. Like Indiana’s dad calling to him to just do it, sometimes HP nudges me. Sometimes, HP shoves me. “I don’t have enough recovery yet; I might not like it; I won’t have enough time,” I think. But the message to do it keeps coming up. So, I take the leap of faith and say yes. Maybe I’ll find out I can do it and the rewards are great. Maybe I’ll find out it’s not a good fit after all. The beauty is, I can change my mind after I’ve tried it!

Are you being called to do Twelfth Step Service, to your own and other’s benefit, because we can do together what we could not do alone? Just do it and take the leap of faith.

Peace always,
Julana S.
ISO Co-Chair



After doing an inventory of my and our shortcomings and then admitting them, I think it is time to look at what WE did right.

I am inspired by our COSA Fellowship with:

- Our new book, *COSA Recovery*, (10 years in the making) is amazing!
- Our two conventions: “It Takes Heart” Virtual was a resounding success and I am looking forward to our In-person convention.
- Two delegate meetings: One in the fall and one this upcoming spring to expand our interactions with our fellowship.
- Outreach to nontraditional COSAs (teens, adult children, families, and LGBTQ+) which meant increased diversity in our meetings.
- Improvements in our technological processes.

What aspects of our fellowship are you empowered to participate in to help us COSAs carry the message of hope and healing forward?

Your grateful co-chair,
Eveline

COSA Recovery

is now available!

PRINT

US\$20.00

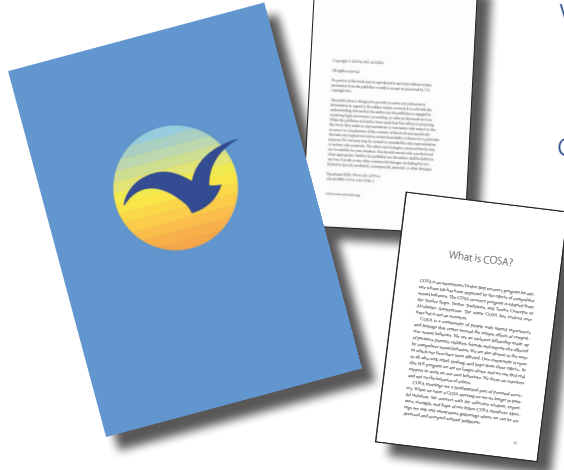
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This beautiful book features all new, conference-approved writing on the Steps, Traditions, and Concepts - PLUS chapters on more than a dozen powerful COSA tools.

Get yours today!

From COSAs on COSA Recovery

Beautifully done, easy to read, full of good experience, strength, and hope. I especially like having the slogans easily accessible all in one place! Great job to all the members who worked so hard for so many years!

~Karen M

Within a moment of holding my copy of COSA Recovery in my hands, I was struck by the reality that it is finally here! It was a long time in the making, but as I read through, it feels like it was written just for me. I feel understood, validated and comforted.

~Anonymous



WHERE IN THE WORLD ARE YOU RECOVERING?

As we grow in our recovery, we develop a new way of living that includes taking our recovery out into the world with us. Please send an anonymous photo to balance@cosa-recovery.org showing us where in the world you have taken your copy of COSA Recovery. This photo might include your favorite reading spot, a special pen you use for notes, or a sweet treat! Be sure to include the location of your COSA Recovery photo so we can see how far and wide the COSA message is being carried!



Resources for Meetings

FEATURED RESOURCE: NEW MEETING PACKETS

The COSA Outreach Committee reminds you of the many resources available to meetings and individuals (see <https://cosa-recovery.org/resources/>). In this issue we highlight the **New Meeting Starter Packs** which are available to all new registered meetings as part of the registration process (see <https://cosa-recovery.org/meetings/register-a-cosa-meeting/>). Each pack contains materials to help a brand new meeting get up and running quickly!

Some comments from new meetings

The new meeting packets were beneficial to our group as we were coming to understand the program. We really appreciated the Boundaries pamphlet and the Triggers pamphlet. For women who are starting out in betrayal these were extremely helpful in the recovery process. Our group is also raving over the new blue book. The format, the updated information is a blessing. Thank you!
—Harrisville Recovery Group

This last year, I participated in starting up a new meeting in my area—the very first COSA meeting in my city. The Outreach Committee helped answer my many questions about the process, and provided our group with a new meeting starter pack. The new meeting pack came with a sample meeting script and a great collection of beginning literature (including Step work and other foundational pamphlets and booklets). Having early access to literature helped provide our newcomers and first members with information about COSA and helped remove a great deal of the financial burden of buying literature before the start of a new meeting. As additional meeting questions and concerns have come up, the Outreach Committee has provided wonderful care and support for our meeting and to me. I feel so grateful to the Outreach Committee and all they are doing to serve COSA and our members!
—Nashville ACSA

Jot Your Thought

What's your favorite COSA recovery quote or slogan and why?



Jot yours down and share it in the next edition of the *Balance*!

Send it to: balance@cosa-recovery.org and inform us of whether you wish to remain anonymous.

Emails may be edited prior to inclusion. Thank you!

COSA TOOLS OF RECOVERY

THE SERENITY PRAYER: MY “DETANGLING TOOL”

Before I came to COSA, I thought all issues and problems were mine alone to solve, even those of other people. I was so tangled up in everyone else’s business that their problems became my problems and I believed I should fix them.

It took a while in recovery for me to figure out and accept that I was not actually in control of, nor responsible for, anyone other than myself. I found the Serenity Prayer to be a very practical tool to help me begin the detangling process.

Here’s one of the ways I use the prayer; I start with a quiet moment to pause and connect with my Higher power and get centered. If I skip this critical step, my self-will, ego, and old penchant for caretaking will try to make me the boss. That old behavior plants me stubbornly in the way of my Higher Power and I miss out on the wisdom, clarity, and options that would be in my own best interest.

Once I’m centered and have asked my Higher Power for help, I look at whether the issue at hand belongs to me or not. If it’s something I have no control over, which is almost everything outside myself, then it’s not mine. Then I ask God to help me detangle myself from it by accepting reality. Finally, I must completely surrender it so that I can have peace around it.

I wish that were the end of it, but sometimes I find myself wanting to take the issue back after I’ve turned it over to my Higher Power. Those old habits die hard! When this happens, there could be a couple of things happening. It might be an indication that I need to check my motives for wanting to take it back. I use Steps Four, Six, and Seven to sort it out and get back on track. It could also be that the acceptance I first felt was more intellectual than spiritual, so it couldn’t get from my head to my heart. So I begin again, asking Higher Power to help me focus my heart on acceptance.

Moving on to the next part of the prayer, I ask myself if the issue is something I can change, such as my behavior or actions. I ask for the courage to look inward, face what I need to see, and to take the actions that are in alignment with Higher Power’s will for me. I’ve come to think of this as my Higher Power’s invitation to continue my recovery work so I can become the best version of myself.

The last part of the prayer is actually where the miracle is for me. Before recovery I didn’t really understand there were things outside of my control. I just blindly tackled everything—and what a mess that was. Being able to ask the loving God of my understanding for the wisdom to clearly discern and untangle what’s mine and what’s not, has been life changing. The Serenity Prayer is so simple, so practical, and so powerful. I am forever grateful for this tool.

~Anonymous

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.

I gave part of my first Fifth Step in a room of six people, announcing, “I know I am the worst person here.” I prepared myself to be “less than.” I was so fearful. I began to drag out the shame-filled episodes from my past. I laid each one on the floor like a crime scene to be picked apart by the witnesses. I watched their faces. What had been so heavy and “worth-defining” to me did not appear to elicit anything but compassion and understanding from them. This was one scenario I had not imagined as I prepared for it! I seriously wondered if they had even heard me. As they each gave their own Fifth Step, I don’t remember feeling different about any of them, either. I thought they were courageous and I felt much closer to them.

The secret sauce of Step Five, for me, is this: I first “admit” to my HP before anyone else hears my Step Five, so HP is a part of every Fifth Step! When we enter “the exact nature of our wrongs” out into the universe, our HP knows what we need. I felt fear and judgment, so HP provided acceptance. I felt shame and isolation, so HP provided a community. I was convinced I should not trust anyone, so HP gave me a room full of people to trust. Later, I would have an entire fellowship all over the world I could trust. I was very early in my spiritual journey, but I know my HP was behind these well designed miracles. The gifts do multiply.

There is a good reason four Steps precede the Fifth Step. It is not a good Step to jump into without preparation. Another COSA compared her journey to riding a recovery bus. I used that idea in working the first four Steps. In Step One, I let go of my own will in order to allow HP a chance to get in and drive my recovery bus. Then I “came to believe” my HP can drive. Next, I trusted HP would safely get me to where I needed to be. Honestly, I am not always where I want to be. But now I know I often need to be right where I am. And my HP sure does prefer a longer, more leisurely ride! Timing is everything. Haste is now a red flag for me. I also admit HP does a much better job of driving without so much “help” from me.

The main coping mechanisms I used that no longer serve my HP or me were fear and self-neglect. They disguised themselves as many other things. One of my favored poor coping skills was helping, especially when I was not asked. When I was told that “helping is the sunny side of control,” I stopped what I was doing so I could absorb those words. It was hard for me to comprehend. I had never considered helping may be hurting others! Then I thought of all of the times my children asked me to stop doing something and my reply had been, “But I am only trying to help!”

I have learned in COSA that feelings are not facts. Few times have I felt courageous in this program. I am grateful for the courage I have witnessed in others when I hear a vulnerable share, a clean amends, and especially a Fifth Step.

Thank you for letting me share,
~Julie P.

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.

Am I entirely ready? If being **entirely** ready means absolutely, perfectly, not a single-doubt-ever ready, then no, I am not.

One of my defects of character is perfectionism. Something deep within my core has this false belief that if I'm not perfect, I'm unworthy. So when I read the word "entirely," I freeze. How can I do anything entirely? Doesn't that call for perfection? The step also asks me to be ready to remove all of my character defects. Every last one? Isn't that a tall, unrealistic order?

But then I remember that there's grace, kindness, and gentleness in my program. This step is only asking that I be **ready**. For that, I just need to be willing. My Higher Power will take it from there.

Am I ready to change? Change is hard for me. I keep old things. I have an attic full. Most of the stuff, treasures, ok junk, is so moldy that I can't touch it. But throw it out? How can I part with it after it's been with me for so long? A stuffed animal I had since I was four. The dress my mom wore before she died. The longer I hold onto something, the harder it is for me to part with it. But, if these things aren't serving me anymore, if they aren't sparking joy, maybe it's time to let go. And if I can toss them, maybe I can make room for things that will add positive, healthy elements to my life. In the same way, holding onto character defects that no longer serve me blocks my path to serenity, joy, fulfillment, and freedom.

It's easier to be ready and willing to give up defects that I don't like. But what about those that seem to have served a purpose for me in the past? For example, denial protected me from pain. Denial helped me ignore or reframe hurtful events. But it didn't keep my heart from breaking into a million pieces when I learned of the sexual addiction. And denial shrouded me in a shallow life. I am ready to step out of my fairytale life and into realty, which is painful as well as beautiful. For if I'm unable to experience life's lows, I can't feel extreme joy. I'm ready to open to all that my life has to offer me.

I'm coming up on 15 years in recovery. My recovery hasn't been a linear journey. There have been starts and stops, highs and lows, good days and not so good ones. But no matter what, it's always been a progression forward as long as I remember that Higher Power is in charge. I don't have to carry the weight of the world on my shoulders. I'm not in charge. I'm not in control. That can be a scary thought. For if I can't control things around me, how can I keep myself safe? My history serves as a stark reminder that as hard as I tried to control everything in my life, I could not keep myself safe. And yet I survived. That reminder helps me let go. And when I do, I find serenity, joy and freedom like never before.

I'm ready and willing to ask Higher Power to help me get closer to shedding my perfectionism and denial and to help me become as entirely ready as I'm capable of becoming. For now. The deeper I get into my recovery, the closer I get to being entirely ready. I accept that I'll never be 100% ready. But I am willing. And I trust that Higher Power accepts and loves me exactly as I am. Progress not perfection.

~Liz

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 like that Tradition Five focuses on both purpose and practice.

What is our primary purpose?

So much is written about finding a purpose in life. People are hungry for a meaningful life. The self-help sections of bookstores offer volumes on this theme. Tradition Five keeps it simple for us in COSA: our primary purpose is singular—we carry the message to those who still suffer. In our program, we don't spread ourselves thin working on ten different goals, as valuable as they might be. We don't try to solve all the world's problems. We don't focus on outside issues. We focus on carrying our message to those who still suffer—the message that your life may be affected by compulsive sexual behavior, but you still can have a meaningful, beautiful life in COSA recovery.

How do we carry the message?

Tradition Five spells out our practice. “We carry the message by practicing the Twelve Steps ourselves” in all areas of our lives. This reminds me of an old adage that children learn what they live, not what they're told. Like children, I learn more from what people do than what they say. When I was a kid, I went on a scout camping trip. The scout leaders told us to be generous and share—excellent values. During the trip there was an unexpected snow storm, and the troop retreated to a barn with one heater. The scout leaders claimed the heater for themselves. The rest of us shivered in our sleeping bags (perhaps I need to write a Fourth Step on this!). I didn't learn generosity and sharing from this experience. I learned those values from my best friend. She didn't tell me to share, she showed me. When we went to the movies, she always split her candy bar with me. I wanted to be like her. What stuck with me were not the words of the scout leaders, but the generous acts of my friend. When I practice the Twelve Steps in all areas of my life, I'm kinder, more generous and serene. I'm not perfect. I often don't want to share my candy bar! But if someone asks me how I find peace and sanity in the midst of upheaval, I get to practice Tradition Five by sharing my recovery with those who still suffer. The bonus is that in doing so, I get to keep it.

~Anonymous
Burlingame, CA

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.

In preparing to write this article on Tradition Six, I decided to first read the chapter in the new book, *COSA Recovery*. What light it sheds on this Tradition! The new writing makes this Tradition so clear and highlights its importance, for COSA groups, the fellowship, and for us COSAs in our personal lives. I will share a couple of new insights which this chapter elucidates and then share how this applies to me and my recovery.

This Tradition directs us to set boundaries to protect our recovery. We human beings can easily be distracted by matters of finance, property, and prestige. The Tradition uses the word “divert”. We need to remain focused on our primary focus, recovery. COSA is a spiritual program. Material matters can easily cause us to stray from this focus. Healthy boundaries help us in our groups and in our individual lives to remain autonomous and not become distracted by the concerns which have led us into trouble.

As this chapter points out, “we have become disconnected from ourselves and from our own needs and desires”. Tradition Six gives us guidelines to keep focused on our primary purpose in COSA. We need to prioritize our own needs and our Higher Power’s will for us. Concerns for finance, property, and prestige can get in the way. We also have the promise that our Higher Power will do for us what we could not do for ourselves. We learn to trust that things will work out for the best, if we don't get in the way.

At the beginning of my personal recovery, I was caught between domestic security versus trusting an ultimate spiritual security. I wish I had had the guidance of the new writing on Tradition Six to guide me back then. However, my sponsor wisely helped me see that I was holding onto domestic security with a sexually addicted partner. The security was illusory. Despite having a lovely home and five and a half acres of land which I loved, I was anxious, broken-hearted, and traumatized. There was also a certain prestige which I was attached to. I did not want to be a single Mom. My husband had high status in the community and I feared being isolated as a divorcee.

I gradually learned to set boundaries to protect me and my children. I learned in COSA that my deepest needs were spiritual ones. I needed to reconnect with myself. I needed to face my fears of being alone. As my spiritual connection grew, I realized that my HP did not intend for me to be in self-deprivation and shame. I had been holding myself hostage to my fears. It was time for me to leave this illusory domestic security behind, and trust.

As I learned to look to the “internal compass” within me, I saw that my ego had been running the show. One of the things I love in the new writing is this use of the image of the “internal compass” which keeps us on our course, true to ourselves, to our HP, and to our primary purpose. This is true for me and for our COSA groups. Tradition Six gives us guidance on how to do that.

~Margie Z.

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.

**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" tab, then on the appropriate sub-tab ("Local Meetings", "Online Meetings", or "Phone Meetings")
- 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

February 2024

Individual Donations	\$ 25.00
Individual Recurring	\$ 847.00
PayPal Giving	\$ 1.00
Total	\$ 873.00

Virtual Convention Donations \$ **2167.00**

Thank You to all you gave to the Virtual Convention!

March 2024

Individual Donations	\$ 830.00
Individual Recurring	\$ 825.00
CA-01 (San Francisco)	\$ 120.00
CA-23 (New Beginnings)	\$ 100.00
CA-29 (San Jose)	\$ 125.00
TEL-07 (COSA Recovery Tools for Emotional Sobriety)	\$ 120.00
FL-15 (Naples Into the Light)	\$ 100.00
Convention Donations	\$ 125.00
Seventh Tradition Fund Drive	\$ 25.00
Total	\$ 2370.00

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

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