

Balance

Newsletter of International Service Organization of COSA



COSA is a WE Fellowship



For 2025, the *Balance* will focus on the theme of COSA diversity by including COSA voices from varying experiences. Tradition Five states that “each group has one primary purpose -- to carry its message to those who still suffer. We do this by practicing the Twelve Steps ourselves.” One way of carrying the message is via the *Balance* newsletter. We share the COSA message of hope and compassion, no matter your circumstances, and that all those who suffer are welcomed.

The ISO of COSA Diversity Statement is included in each issue of the *Balance*. It was created to declare openly that we are a welcoming fellowship to anyone who is affected by compulsive sexual behavior. Our Diversity Statement is another reason that COSA is a WE fellowship and our message is one that “you are not alone.”

Throughout the year, we will include articles from several members of our fellowship that speak directly about the distinctiveness of our experiences. A welcoming, inclusive fellowship is one that encourages voices from *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*. We are an international fellowship made up of individuals with unique cultural and life experiences yet, in sharing our uniqueness, we also find our commonality. Each of us has a story about how we found COSA and how our lives have been changed with recovery. WE welcome your story.

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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.



Many Facets of COSA Diversity



I stumbled onto COSA by accident (though I later came to believe otherwise). The discovery of my husband's addiction swept everything off the table. I had no tools to hold onto and no network to confirm my perception of reality. I'd had years of counseling at the time, but suddenly I questioned my reality and my rights, and I was out of control. I felt isolated and alone. I started searching the internet for counselors with experience as to my particular situation. But as sex addiction still isn't a thing in my country, I didn't have much luck. On a hunch I started searching for literature on the subject, and COSA came up. So I immediately started attending online meetings; we don't have a COSA fellowship in my country.

My introduction to the COSA community was marked by two conflicting emotions: relief and shame. For a very long time I was locked into this push-pull. I badly wanted this solution and kept attending online meetings, and simultaneously I shied away from contact and just wanted to hide. Being met by such warmth and affection in the meetings made a huge impression on me. I cannot begin to explain how much it has impacted my life and how it got me through the most difficult time of my life.

I found a sponsor, for whom I'm grateful on a daily basis. And as we started working the First Step, it soon became obvious that shame is a big issue for me. Obviously I felt shame for the situation I had gotten myself into. And shame by proxy. But there was a deeper layer to it. I have always known that I'm gay. I remember thinking as a 6-year old that I'm going to marry a man when I grow up. It felt innocent and unproblematic. But I knew that doing so would disappoint my parents deeply. So I kept it to myself.

In my early teens I sensed my father becoming increasingly wary towards me. I was different from other boys, and he wrestled with the shame of that. Over time his hurtful remarks turned into threats to kill me if he ever found out I was gay. I became increasingly self-conscious, and fought anxiety, social phobia, and fear of men. As soon as I moved from home I joined the LGBT organization of my country. In short, I volunteered within the LGBT community for years and started feeling at ease with being openly gay.

Joining COSA I found myself having to confront the feeling of shame all over again. Somehow D-day had opened up the old wound in ways I didn't understand. In the COSA meetings I was met by acceptance and warmth. I was allowed to hide and be invisible, and I could contribute to the meetings as I began to feel more safe. My First Step was a meticulous review of my personal history, connecting old dots, and realizing that there are recurring themes I need to be aware of. As I became invested in the Step work I began to long for the proximity and connection of the in-person meetings. So I started traveling to England periodically for 10 days at a time to go to physical meetings. It was before the Coronavirus, so there were many physical meetings. Here I experienced sitting in meetings with other gay men who shared exactly the same story as my own. Men who dared to be vulnerable and who succeeded in rebuilding a good life from the pieces. I often left the meetings feeling both shaken and proud to be part of this community. It was a very powerful experience, which, together with my Step work, began to heal the old wounds and gave me the opportunity to see shame in a new light.

I have learned that the COSA solution has the power to heal on many levels, and that when I trust in my higher power, I am constantly led towards wholeness. I'm often asked how I feel about being a gay male in a predominantly female fellowship. I feel lucky. I am surrounded by amazing women for whom I have deep admiration. They are wonderful role models. I want what you have. And I strive to pass on what I have received in such abundance from you.

~Mons



Committee Announcements

2025 Virtual Convention

The Convention Committee is looking for help planning the 2025 virtual convention. The virtual convention is a key method to provide support and community while sharing ESH. Help is needed in all positions—creating a theme, creating a schedule, presenters, speakers, Zoom room monitors, tech support, communication to the fellowship, and people to lead and organize. Convention Committee is a great place to dip a toe in fellowship-wide service. Some positions are small while others are a bit bigger and there is a place for you! Several people have already said yes but there is still a need for more.

Please communicate your interest to convention@cosa-recovery.org. The contributions of your ESH, knowledge, and talent will be greatly appreciated by the fellowship and will help carry the message forward.

Attention *COSA Recovery* book study groups!

Your group is in a unique position to share your experience, strength, and hope with the Literature Committee. We're developing a companion workbook for *COSA Recovery*, and we'd appreciate your input on the questions we're developing.

If your group, or any group members, would like to participate, please email litcom@cosa-recovery.org. You'll have a part in helping us bring the most recovery value to the workbook, and help enrich the recovery of our world-wide fellowship.

Resources for Meeting: Outreach Support

Are you having trouble getting a copy of the new *COSA Recovery* book? The Outreach Committee may have a solution to help get this book to you. Please email outreachcommittee@cosa-recovery.org and let us know what your barrier is.

We're here to assist you and your meetings!

Keep Your Meeting Information Current!

[COSA Meeting Registration/Update Form](#)



Announcements continued

Highlights of the 2024 Literature Committee

“Together we can do what we could never do alone.”

-An excerpt from *I Put My Hand in Yours**

January began with a rotation of service positions. Our esteemed chair of the Literature Committee, Sara P., and chair of Literature in Development, Amy B., stepped into new positions within the Literature Committee. Sandy S. stepped in as the LitCom chair.

At the 2024 Winter Convention, it was announced that *COSA Recovery* would launch on Amazon on March 4, 2024, and we kept our word on that! By March 12, the book had become the number one best seller in the recovery category. By November 1, over 1,000 copies of *COSA Recovery* had been purchased.

Our *Balance* newsletter had new life breathed into it with vibrant layout and design, beautiful landscape photos, and photos of the *COSA Recovery* book on vacation all over the world! New features have been introduced and a COSA recovery tool will be highlighted in each issue moving forward. This issue kicks off a year-long series about Diversity in COSA, a topic near and dear to our hearts. Our team of editors is simply phenomenal and they work diligently to bring each writer's voice to the page.

You can now utilize the “Write for the Balance” [online sign-up tool](#) available on the website to select a writing opportunity that's perfect for you! This amazing upgrade is the result of collaboration between our *Balance* coordinator and the COSA webmaster over several months. Their commitment to this project has resulted in more COSAs finding their way to service through writing and sharing their ESH with the fellowship.

LitCom is a very large and active board committee and we realize it can be a challenge to keep track of what we do and how it gets done. An orientation document was developed to share with the board during the presentation of our business plan and help demystify the inner workings of LitCom. This document explains the different teams within LitCom and where to send content for publication. It will be shared with all new board members going forward.

COSA Recovery



PRINT
US\$25.00
eBOOK
US\$9.99

Get yours today!

*Over 1,000
purchased!*

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

LitCom Highlights continued

COSA's long-beloved ER was given a facelift and an overhaul! The name behind ER was changed from Expedited Review to Editorial Review to better reflect current procedures, and a new email address was established that incorporates the ER name. Based on feedback from our volunteer editors, expectations regarding turnaround times were reset. A few new editors will be joining our team after the first of the year but appeals for additional editors will continue to ensure all projects are adequately covered. Training materials for new editors were reviewed, revised, and repackaged for maximum efficiency of the onboarding process.

Early in 2024, Litcom established a collaboration with Outreach to share resources and publicize the new *COSA Recovery* book. The more brainstorming we did, the richer the partnership became, and soon we had postcards announcing the book on one side and Outreach's tools on the other. The postcards were made available at the convention for attendees to take home and distribute to their meetings. They were included in all the orders fulfilled by the central office, as well as in all New Meeting Starter Packs.

Our LitCom chair asked the COSA Zoom Room Intergroup about adding a literature tab on their website to promote the book and other literature. They graciously agreed. The *COSA Recovery* book and the *Balance* newsletter are now available on the [CZR website](#). The wonderful CZR team even added a couple of book reviews!

In addition to all of this activity, the Literature Committee is working to create a *COSA Recovery Workbook*, and reviewing and updating the website content.

*From *I Put My Hand in Yours*. Copyright 1968 by Overeaters Anonymous, Inc. Reprinted by permission of Overeaters Anonymous, Inc.



November 2024 Delegate Meeting Summary

For your reference, minutes from the November, 2024, Biannual Delegate meeting are now posted on the website. Click [here](#) to review them.



Jot Your Thought

I am loving this quote from the Boundaries chapter in ***COSA Recovery***. What a great reminder as I enter a new year.

“Boundaries are the foundation of self-care, sobriety, and serenity.”

~ Anonymous in California

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

Jot yours down and send it to: balance@cosa-recovery.org and inform us of whether you wish to remain anonymous.

2025 COSA UK RETREAT INTO SERENITY

16-18 May 2025

an In-Person Weekend
of COSA Recovery Workshops and Fellowship

St. Columba's House, Woking, GU22 8AB

PLEASE JOIN US!

The retreat will include a beautiful, intimate space for spending a recovery weekend together, COSA workshops, a COSA speaker, COSA meetings, yoga, meditation, and time to share in fellowship and fun with others.

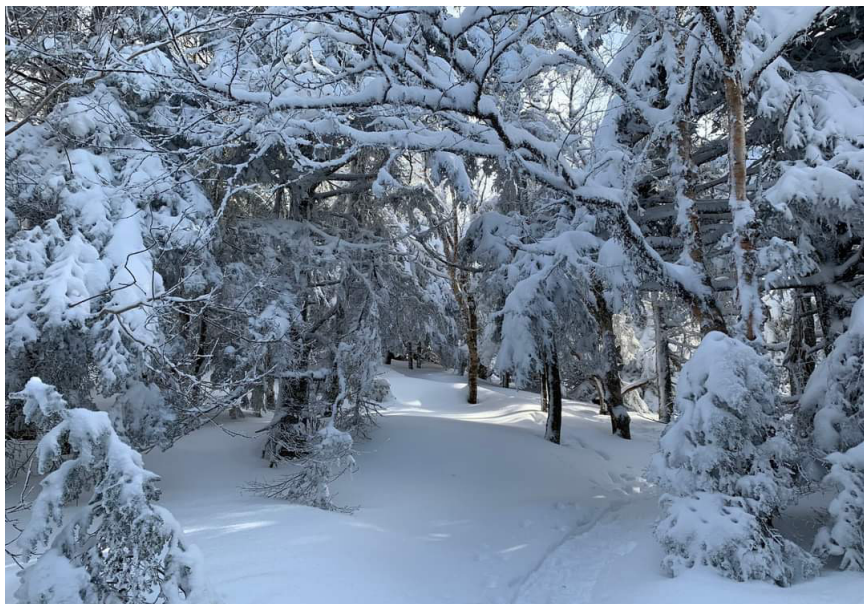
All COSA members are welcome to attend.

The total cost for the weekend is £225.00, which includes a two-night stay, six meals, and all workshops & meetings.

Room availability is limited. Please register by 31 January 2025.

[Click on this link](#) for more information and to complete the retreat registration form or send your questions to: cosaretreat2025@outlook.com

*****The DEADLINE to return the registration form with full payment is 31 January 2025.*****



Correction

The Concept Twelve article that appeared in the November-December 2024 issue was mistakenly attributed to Pat D., a grateful recovering COSA. This article was actually written by Anonymous. We humbly apologize for this error.

The Balance Team

COSA TOOLS OF RECOVERY

OUTREACH CALLS

Making outreach calls—it was one of the scariest things I had ever heard when I first joined the program. We were such a small group, and I was filled with so much resistance toward recovery. I absolutely did not want to call a bunch of strangers, especially people who didn't even talk about their husbands. So, I stayed isolated, trapped with my own thoughts, which only drove me deeper into insanity.

At the end of meetings, I would always leave my number for others to call, but I just couldn't bring myself to reach out. I felt like I was a nuisance. I thought people were too busy, they didn't want to hear what I had to say, and I believed I wasn't worthy — that people didn't like me. But when I got a sponsor, things started to change. She insisted that I call her; texting wasn't an option! I was terrified. I would hide in a quiet part of the house and whisper my problems in shame. But surprisingly, with each call, the shame began to lift, and I felt better within myself.

When people started calling me, it felt good. It pulled me out of my own head, and those negative, inward conversations stopped. If they crept back, I would simply make a call. The relief was like nothing I had ever experienced. My willingness to work the program grew, and my mindset completely shifted. I built a network of fellows to call. It was amazing—the sense of safety in these calls saved me on many occasions. Talking with others helped me gain a clearer perspective on my life, particularly how much control I thought I had. It helped me fully surrender to the program and deepen my connection with my Higher Power.

I began to enjoy daily COSA calls. I always felt better afterward, whether it was someone calling me or me calling someone else. It also gave me the opportunity to practice boundaries. I learned how to work my own program without gossiping or colluding with others, always bringing the focus back to COSA. These calls gave me a voice and helped me set boundaries around my phone time so I wouldn't harbor resentments. It also taught me to recognize that I'm not everyone's cup of tea—some people you connect with, and some you don't. And that's okay!

During my time in COSA, I've benefited from “casting a wide net”—a phrase I once read in one of the booklets, and it has stayed with me. Today, I'm grateful that my journey has connected me with COSAs internationally, giving me access to fellows 24 hours a day, seven days a week.

Now, outreach is part of my daily discipline. I make sure to set aside time each day to make and receive calls, staying connected to the fellowship. It's a way for me to reach out to a variety of people, hear a range of experiences, and continue to grow. Sometimes, I have to push myself to call new fellows, but I always learn something from those conversations. It reminds me that this is a “we” program. I cannot do this alone, and when I try to, I know I'm in trouble.

Service work has also given me opportunities to meet new COSAs. I've reached out to them while doing service, and they have become part of my call network. Thanks to Zoom and WhatsApp, international connections have become so easy. The only thing stopping me from reaching out is myself.

Outreach is not just about making calls; it's about staying connected to the heart of the program and to others. Another part of a COSA reading always reminds me why outreach is so crucial: “You are not alone anymore.”

Outreach Calls continued

Welcome to COSA, welcome home.” This phrase stays with me, reinforcing that outreach is about connection, community, and support. It helps me stay out of my own head and grounded in the recovery process.

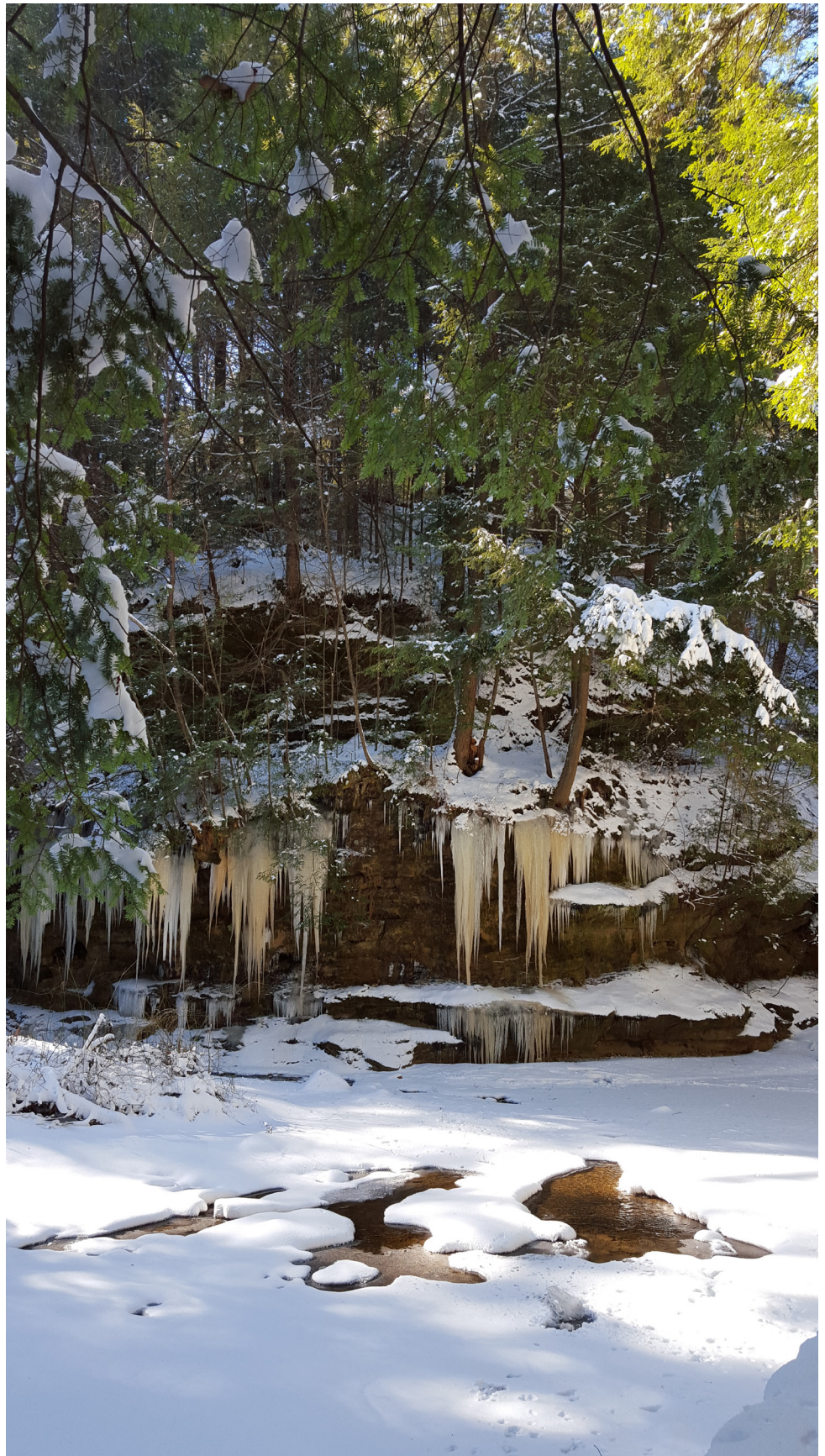
When I work the program to the best of my ability, I experience the freedom of sanity through continued connection within this fellowship. For that, I will always be grateful for the vast experience, strength, and hope I receive from fellow COSAs.

~An Anonymous UK COSA

You have a story to tell. And we want to hear it.

- Are you a member of the LGBTQIA+2 community?
- Are you a child, sibling, parent, co-parent, grandparent, or in-law of the addict?
- Do you see part of your COSA story represented in our Diversity Statement?

If you're interested in sharing your story in the 2025 *Balance* series on Diversity in COSA, or just want to know more, please email us at balance@cosa-recovery.org.



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

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

Three years into COSA recovery, I feel like I am just beginning to grasp the meaning of admitting in my process. For so long, I thought admitting meant acknowledging or confessing. My partner's disclosure of compulsive sexual behavior, along with other substance use and process disorders, blew apart my perception of my life, of our then-13-year relationship, our family, and my own life story. I could only describe my psychic state as madness. A big part of that was due to feeling that my ability to narrate my own history was hijacked.

Step One for me meant acknowledging this fracturing of my perceived reality and of my faith in my capacity to tell my own story, to say who I was and to read the signs. I kept thinking of the movies *The Usual Suspects* and *The Sixth Sense*. The power of these stories is in the realization that shocks the viewer when you learn that, like most of the characters, you did not discern all the obvious clues and interpret them properly until the very end, when a revelation causes you to flash through all the information in a radically different way. The shock of disclosure and discovery was a one-two punch: My inability to read my world properly and to know both that I was being harmed and how it happened haunted me.

I needed to begin recovery by acknowledging this disconnection from my own story. Over time, I was able to think about and even tell the story of that breakdown in my own narration without shame. I was able to integrate that seeming inability to read the facts into a new life story, one in which I have developed my capacity to read the signs. Over time I was able to incorporate my partner back into my story without feeling that I was in a maelstrom of madness or gaslight and that he was a monster. I'm grateful that both of us found recovery and have been practicing it in a sincere way, in a fearless and searching way. Admitting that I am powerless over compulsive sexual behavior has enabled me to admit things about myself and admit my partner back into my life in a vulnerable and yet safe way.

I've been working on the Steps with a sponsor and am at Step Nine now. My partner and I are beginning to work the Steps together in a separate recovery program. Through that process, I realized that I needed to revisit Step One for myself. This means re-engaging with my family of origin's influences on me. The term qualifier always seemed like a weird technical term that others used and that I never fully comprehended. I have spent the last three years focusing on my partner's behavior as the sole source of unmanageability in my life. However, I am now able to admit that my father is also a qualifier. I needed time to heal and stabilize to get to where I can admit certain realizations into my awareness. I am able to be a little less obsessed with my qualifier's behaviors. When I first learned about his addiction, I was angry and hurt and broken and betrayed, barely able to work or function, waking up in the middle of the night sobbing with fresh realizations, new disclosures that came only after dragging them out of him. I was lucky that it was early enough in the pandemic that I was still working at home. All of it consumed me. I began recovery, in addition to having an excellent therapist, and my partner and I had counseling together. He was committed to recovery, however challenging and difficult it was for him to practice at first. I moved through enough of the Steps to develop the foundation of knowledge of my Higher Power and

of myself and my dysfunctional coping mechanisms. My hyperfocus on my partner's behavior has significantly diminished over time. I think I needed to focus on him to survive the pain and terror and grief of a childhood with parents who were themselves so consumed by addiction and codependence.

I have often told the stories of my family of origin—the violence and treachery my parents unleashed on each other and on my siblings and me, and my father's open infidelity and other forms of cruelty. I told the stories without admitting the wisdom about the impact of this upbringing on myself as I am now, wisdom that I have gained over the last three years through meetings, and Step work with my sponsor, through program support and connection, and through the daily practices of recovery. Now I better understand how my mom coped by attempting to secure love through seduction alternating with control. I've told these stories to therapists, lovers, my husband, myself. Now I am able to admit that my life was unmanageable before I met my husband. I am able to acknowledge that reality with increasingly less shame, so that I can better understand how I have constructed a psyche and behaviors and personality around those threats and rewards and wounded logic. This admission is not a confession—at least not any more—but rather admitting in, letting in the truth, letting in Higher Power, letting in love and care and forgiveness. It is opening up the static story without having to shatter anything or anyone. At this point, at least, I see it as a humble recognition of my family's and my own pain and our best but misguided efforts to escape the pain. It's the first step to me being accountable and also having power—channeling power by accessing loving kindness and compassion and discerning the ethical contours of my relationships.

I admit that I am powerless. I admit the pain that is part of life. I admit the knowledge that can help me to not only survive but flourish, the wisdom that counteracts the pain through my recovery practice. The fellowship has provided community, healed isolation, and continuously demonstrates a myriad of ways of being in relationship with lovingkindness.

~Rebecca G., Central New York/Onondaga & Oneida ancestral land



STEP 1·2·3·4·5·6·7·8·9·10·11·12

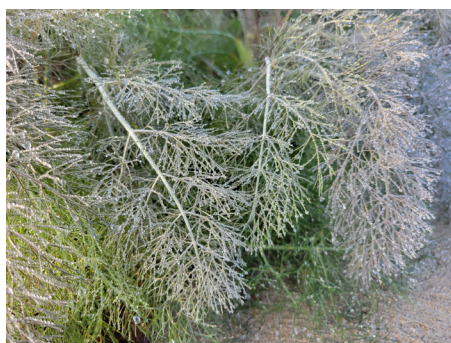
CAME TO BELIEVE THAT A POWER GREATER THAN OURSELVES COULD RESTORE US TO SANITY.

Now that Step One is complete, I feel relieved every time I come back through the Steps to Step Two. It answers all my questions. How am I gonna fix my unmanageability? The answer is that I'm not. Something much bigger and greater than me is going to: my Higher Power.

I admit that on my first go round with the Steps almost 10 years ago I was very skeptical of my Higher Power being able to do the undoable. Though somehow each day and in different situations, especially with my spouse, I have to come back to the fact that I'm not gonna fix it: my Higher Power is. When I lose focus on my OWN self-recovery, I end up trying to fix everything again by taking control of things that aren't mine to control. Then something clicks and I think, "Didn't I already try this method adamantly for years"? Yes, and to my own detriment. These days, it doesn't take long to remember that it did not work out when I did things that way, and I need to get back on track.

If I work my program by attending meetings and applying the Steps to everyday situations, I can focus on my own well-being and let my Higher Power do his work on the addict and everyone else in my life. If I reach out to fellow COSAs and keep a keen eye on my tendency to control, I can see and feel that belief in action. So I have to trust in what it says in The Promises about my Higher Power doing for me what I could never do for myself. In the beginning, I did find that quite extravagant! Today, with a firm grasp of my Higher Power's love for me and my own self worth, I can feel that promise and belief by living it out and letting go of the things I once "needed" to control. My life has become manageable because I have let go of control by working the Steps and allowing myself to believe that my Higher Power will restore me to sanity. I am truly grateful for that.

~Amanda



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

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

I was told in recovery not to 'should' myself, but in this Tradition, I don't mind that word being used! Previously, I have had a difficult time separating myself from any group, affiliation, or coupleship. I often suppressed my true feelings and 'went along to get along.' It was as much a habit as it was an expectation. In COSA, I have worked (hard) on my authenticity. If I choose to communicate in a group conscience, I feel heard even if I am in the minority. I know others are not required to agree with me. I am not required to have my way. It is as much a 'service' to speak my personal truth as it is to hear another.

I am trying to grow away from lumping others' opinions with mine. For example, I can have an issue with meetings starting on time. I am free to raise this issue during a business meeting or group conscience as long as it is my concern. What I refrain from doing is saying, "I am concerned, and so are a lot of other COSAs," because I would be speaking for others. I have learned that others have a voice and it is their choice to use it or not. Working against their HP is not unifying. By speaking for someone else, I diminish our fellowship. HP allows others to do what they need, in their own time and in their own way, and keeps the fellowship unified. In COSA, using my own voice, even if others don't agree with me, is more unifying than me speaking for others or trying to manipulate the outcome.

Following all of the Traditions as best we are able in recovery meetings, Intergroup meetings, delegate meetings, committee and planning meetings is a way to ensure COSA unity. Stepping outside of the Traditions deliberately erodes our unity. Unity is a lifeboat for COSAs. Unity can provide safety, something COSAs may not even be able to recognize in early recovery. I remember my husband saying, "I am trying all these ways to show you how much I love you. What else can I do?" I replied, "I don't need more love. I need more safety." Today, we are unified in our belief that there is plenty of love between us. We are also now more unified on what is safe. It has helped our relationship and it has also impacted us individually for me to use my voice when it comes to feeling safe, and for him to consider safety with love.

Unity implies that we are of one spirit. This spirit need not be splintered by the wavering feelings of day-to-day situations. This Tradition is the foundation for each interaction I have with others. I am being guided by HP within this spiritual program called COSA. The unity in this remains as healthy as I am able to participate as an individual. I am one of many, who all work through HP as one. I am best when I serve, attend, and behave as part of this unified spirit.

~JP, Ohio Zoomer

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

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

This Tradition is a good reminder for me when I am serving in COSA. Often, I think the purpose of serving is to “get it done!” Whether it is a project or there is a task put before me, I immediately begin to focus on the list of what to do and in what order. Hours of meetings to organize and plan have taken place. If I am honest, I am also thinking about the outcome and what I think success looks like. But the group purpose can, even with the best of intentions put forth, get lost in the busyness. Some things get squeezed out. When I find myself feeling rushed or pressured to make something happen or—worse!—to prevent something from happening, I realize I have squeezed my HP out.

The idea of a loving HP is new to me. I have had to change my mind about many things to begin recovering, but this change of thought has had the most profound impact on me. When I came to COSA, I believed God was an über-hateful Santa Claus type (sees me when I’m sleeping, knows when I’m awake) that only showed up in my life to punish and judge and add to the negative thoughts I had about myself. It is so important to be reminded that there is a loving HP among us. It is this HP in the individual that is expressed to the group which ultimately makes group decisions. It is not the trusted servant who makes the ultimate authorization. It is authored by a group’s collective HP.

My HP, as loving as can be, is apparently in a different time zone than me. Timing is not my favorite trait of my HP! I like to know everything now, have everything worked out ahead of time, and the results turn out how I imagine. And this could not be more accurate when I am attached to something being voted on in COSA. If I am operating out of fear or trying to control the outcome, it is very difficult to thank my HP for not surrendering the group conscience to my will! What I have also experienced in COSA is that my HP will deliver an outcome that is even better than what I wished for. This continues to happen repeatedly. (Apparently, I shoot pretty low with my human mind.) I am not saying the waiting or timing has become easier, but I tend to accept it and look forward to how HP is going to surprise me with the next miracle, even if it is only a changed thought.

The Traditions take time. It takes time to take a collective conscience. There can be a human tendency to pass over the Traditions or skip following them for the sake of time and convenience. (After all, we have stuff to do!) But that is why we have the Traditions. We cannot squeeze out our HP and fool ourselves into thinking we are accomplishing anything better. I have lived without an HP and it was not a better life. I have lived without a loving God and it was also not a better life.

Leaders, trusted servants, my fellow COSAs, slow down. We will be all right. We do not have a lack. Consider our loving HP’s conscience expressed in the group. Get ready for the next miracle.

~JP in OH

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

October 2024

Individual Donations	\$ 395.00
Individual Recurring.....	\$ 1,134.59
CA-07 N CA Intergroup.....	\$ 5,436.47
TEL-07 COSA Recovery Tools for Emotional Sobriety.....	\$ 240.00
Total	\$ 7,206.06.00

November 2024

Individual Donations	\$ 20.00
Individual Recurring.....	\$ 1,575.00
ONL-26 Journey to Serenity.....	\$ 10.00
Total	\$ 1,605.25

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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