

BOARD CANDIDATE'S RECOVERY RESUME

NAME: Julie P.

LOCATION: Columbus, OH

YEARS IN COSA: 9 years

YEARS IN OTHER RECOVERY FELLOWSHIP: I also attended an S-Anon F2F meeting for about 6 months while still attending CZR meetings ***CZR = COSA Zoom Room**

PURPOSE: To continue on the ISO Board as Chair, bringing ESH to the board, working to simplify processes and coordinate committees to make service more effective for the fellowship's needs.

SPECIAL SKILLS:

Lead two Delegate Meetings, collaboration, training/instruction, writing and editing skills
Skill with MS Word, Powerpoint, Excel and former limited website editing
Google Docs, DropBox, Zoom proficiency, ISO MailChimp

PREVIOUS (& CURRENT) SERVICE EXPERIENCE:

ISO Vice-Chair 24-25, Outreach Chair 23-25, CZR Intergroup Representative (2018, 2019-2022)
Member, Former Chair; Email Administrator- Tuesday HIR & CZR Intergroup; CZR Website Editor;
Co-Treasurer

Virtual COSA Conventions Workshops Co-Presenter: 2020, 2021, 2024

Virtual Convention Planning Committee Member (2020, 2021) Zoom Host/Co-Host Coordinator

COSAs In The Know (CITK) ISO Weekly Meditation Submissions (2019-2022)

Balance Newsletter, Editing Team (2020-2022)

CZR Shepherd: Life in Balance Monday Meeting (2021-2022), Tuesday HIR Meeting (2019-2020)

CZR Step Study Group Co-Facilitator (2020, 2023)

ISO Delegate Meeting Chair, Spring 2024

How do you think that service on the COSA board could enhance your recovery? Being on the board has deepened my recovery by challenging me to use my voice, be more mindful, and work on communicating more clearly. I have also discovered the value of effective collaboration with many committees. Studying the Concepts has been deepening my recovery. That experience has helped me in serving the fellowship.

How have you been affected by compulsive sexual behavior? I thought it was my primary relationship that brought me here. After getting to know myself better through working the Steps, and through the generosity of the COSA community, I realize there is a familial thread of compulsive sexual behavior that affected me generationally. I am grateful that I can recognize this for what it is in my community, our culture, and even art and music. Once the door of awareness is opened it cannot be closed.