

Concept 1 Workbook Chapter

Final responsibility and ultimate authority for COSA world service should always reside in the collective conscience of our whole Fellowship.

What does community look and feel like when we retain responsibility for the care and agency of our lives without shifting it to others? What are the challenges involved in working together with others without taking on authoritative roles over them? How can individual service remain focused on a collective group conscience and still be effective? In Concept One, we learn that there are NO bosses, we are all equals. (*COSA Recovery*, ISO of COSA, 2023)

Imagine what would happen if one of our feet suddenly decided that it did not want to take any steps forward and from now on, another body part was responsible for movement. One's ultimate authority to propel themselves forward requires the *collective* cooperation of the whole body. No one part is in total control and no part can opt out. When the collective conscience of the body works together, momentum and progress can be accomplished.

Similarly, in a fellowship like COSA, we cannot operate as single agents, independent of the collective conscience if we are to operate soberly and sustainably. When it comes to serving the fellowship and carrying the message of hope, we can be most effective when every individual sees the importance of their contribution to the whole.

1. When first entering the rooms of COSA, I may not clearly recognize what healthy service looks like. What are some of the differences and similarities between the words responsibility and authority?
2. How do the principles of service in COSA carry over to other areas of my life? What are the aspects of Concept One that I can use to strengthen personal service, duties, or activities?
3. Generate a chart or list of areas of service roles personally taken on. Identify where I demonstrate balance in service and also how I may need to adjust responsibility and authority. How can I tell if I am taking on too much or too little in a group or service role?
4. In what other areas of my life is there a collective conscience that impacts the whole? Do fears or habits make it hard for me to participate fully in group decision-making?

5. Where have I taken on a responsibility that was not mine? What was the outcome? Is there a recovery tool I could apply in future situations to help me navigate service responsibility more healthily?
6. How have I avoided or declined to take action or responsibility in service whether with COSA or in other areas of my life? What tools or slogans might assist me in taking the next steps toward participating in collective service?
7. How can I make sure my voice is heard in a group setting while respecting the voices of others?
8. When I collaborate with others in a collective conscience, there is an element of trust that is required: trust in ourselves, trust in the process, and trust in Higher Power to accomplish service. What are some areas where exercising this type of trust is more challenging for me? How has participating in collective decision-making helped me grow personally or spiritually?
9. How would my service or specific roles in my life change if I fully embraced the concept of shared responsibility and trusted the process?
10. Rewrite Concept One using words or phrases that let you personalize this Concept and apply it to your life. It may help you own this activity fully to add a diagram, symbols, doodles, or images.