

News Gram

Step Four: Searching and Fearless

ANNE B.
TUCSON, AZ

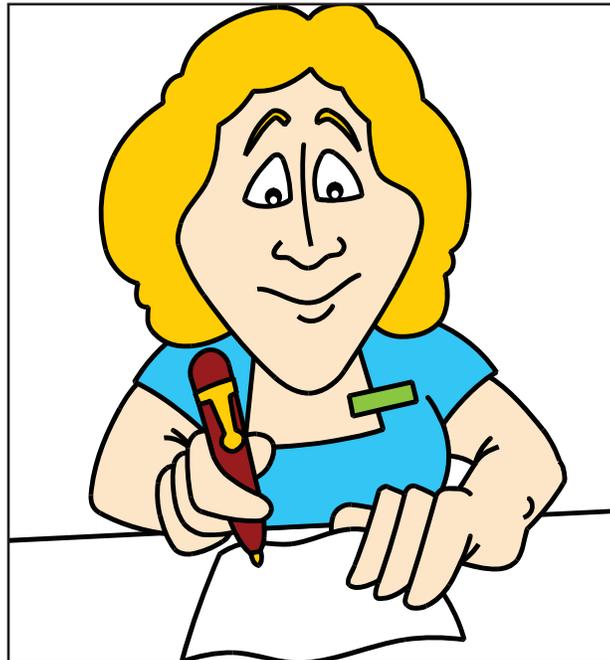
Made a searching and fearless moral inventory of ourselves.

It's fall in Tucson. That means one thing for me, time for the 4th Step Camp out! It is one of my favorite functions all year, and one that I look forward to attending. Not only does it give me the opportunity to complete my yearly Fourth Step, but it provides proof to me time and time again that this program works!

My first Fourth Step was in the fall also. I was newly sober and my sponsor took me out to this little trailer in the middle of nowhere. It was Labor Day, and I had nothing. I remember the first set of columns she gave me to work on. A list of good things. Columns such as "The good I see in others" and "My Successes" and "Future Gifts from God" and "Promises to God about my program." There were nine columns in all. I filled in the columns the best I could and I was feeling

pretty good about myself. I went through them with my sponsor.

The next day she told me to get my notebook and draw columns down the sheets of paper. Four columns in all. I only did a few pages,



thinking naively that I only had a "few" resentments; maybe nine or ten. I sat down to write and I wrote and I wrote and I wrote. I think I counted over a hundred on that first one. Every horrible thing I thought

anyone had ever done to me came spewing out. Yuck!

The next day my sponsor handed me some papers and told me to start writing about my fears. I wrote, and I wrote, and I wrote. I was afraid of the dentist because I hadn't been to one in 13 years. I was afraid of the doctor because I hadn't been to one in seven years. I was afraid of a relationship, I was afraid of not having a relationship. I was afraid of failure, afraid of success, afraid of being too fat, too thin, too smart, too dumb. I had been living my life in fear and didn't even know it.

I then sat down to write my sexual inventory, noticing my behavior as a pattern began to emerge. Three days of writing, and so much revealed. Patterns began to emerge that I never knew existed. My defects become blazingly apparent. I came back to town mad at the world and everyone in it. I heard a wise woman in this program once say, "You live in the Step

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Notes from the WSO

Once again we're past the World Service Convention and the World Service Conference. Both are a lot of work but worth it. Of course, much of this would never see the light of day without the support of the wonderful office staff at WSO, especially Patty F. as well as the work by the WSOB. I'm most honored to work with such a great bunch of dedicated people.

If you weren't able to attend the Convention, you missed a great time in Memphis. Who could ask for more, the hotel was sold out and the Convention went very well for the attendees. Thank you C.A. in Memphis and especially the Memphis 2005 WSC Committee members.

As to the World Service Conference, personally, I look at this event in amazement. Of course, I've always been amazed at the conferences, considering how we put well more than 100 recovering addicts in one large room and manage to conduct the business of Cocaine Anonymous World Services at a such a high level of efficiency. What a miracle this is! I want to take this opportunity to thank in advance all of the members who sacrifice their personal time for such an arduous but important activity. Certainly Cocaine Anonymous at the World level could not be effective without the dedication of those wonderful addicts who unselfishly give so much of their time and resources to make sure the Conference goes forward.

I also want to thank the members who have signed up for the C.A. Contribution Program. The WSOB set up a table at the Convention and with the help of the Trustees and we doubled the amount of contributions coming into the WSOB.

In closing, I want to thank all of the fellowship for its continued financial support. If you are not sure where your area or district stands in this regard, perhaps you might take a moment and look at the page 11 of the Newsgram.

Thank you for all of your support.
Bob C.
Chair of the WSOB

The NewsGram is always looking for submissions. If you have ideas, cartoons, poems, stories or any other recovery related material send it and the release form below to: NewsGram Editor, C/O CAWSO, 3740 Overland Ave., Suite. C, Los Angeles CA. 90034. We cannot publish your submission without a release form.

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Out Of The Mouths Of Babes

RONALD A. "KARTOON"
WATTS, CALIF.

Before leaving for the 2002 SGPVCA Convention in Las Vegas, Nevada, I drove to the Los Angeles International Airport and arrived almost on time to terminal two to pick up John and Lester who had just arrived from the Washington State Area via Alaska Airlines.

These two guys have become real good friends of mine since the 2000 World Convention in Arizona.

I've had an opportunity to meet with them and share portions of my life with them as we trudge this road of happy destiny one day at a time together. Well the last time I saw John was through a jailhouse-visiting window last year when Virgil and myself stopped by to visit him after I spoke at a C.A. function in Sylvana, Washington.

It was a pleasure seeing this pair once again knowing that we were all riding together for the next five to six hours. John, Lester, my girl Kisha and I were headed for yet another convention adding more to our personal recovery and enjoying the fellowship that gave us a life.

Two white addicts plus two black addicts equaled one damn good meeting, one after another, as the car continued toward our destination. The jokes, the singing, the laughing, the camaraderie, hearing John and his raps, the next Vanilla Ice, Lester and his snoring along with the various topics engaged by those who normally would not mix was awesome. We all can agree that the progressive illness of alcoholism/addiction is a respector of no one and that's a fact.

The ride in itself was very interesting as we discussed and dissected matters within the fellowship as well as our personal lives, the good the bad and the indiffer-

ent. Remaining unbiased as one of us opened up another chapter of our lives with the remaining three. We were able to get down to the root causes and conditions of some of our own life situations.

Being on that dark highway without the added lights of the city gave us an opportunity to really observe God's creation. Far above us were countless stars shining so beautifully. Each star appeared to have its own unique twinkle. It felt as though a single star was designated for everyone in recovery. The feeling was just like recovery, a phenomenon, unexplainable.

The multitude of stars caused our conversation to shift and we began to speak of our personal Higher Powers, which enabled us to appreciate our recovery even more. Can you imagine four cocaine addicts, riding in luxury, sharing about how far down the scale we have gone, returning from the gates of Hell, being from different walks and cultures of life to being in the middle of the desert appreciating and admiring God's creation? Witnessing the Spirit of The Universe at work. Observing a Creative Intelligence holding these stars in place.

After many hours and countless of miles from Los Angeles and Washington State we made it to the hotel. The colorful lights from the casinos, the fast pace of everything along with the sound of the slot machines paying their customers reminded me of the atmosphere C.A. has brought me from. Drinks and more drinks and the desire to get loaded just wasn't there, maybe we tapped into that Power, which has given us the Power to resist even if we thought of drinking? We began to see other members of the fellowship who arrived before and after we did.

Friday was different, more and more addicts had arrived throughout

the night and more and more roaming the halls. C.A. was awake and alive. Familiar faces were noticed and the shirts, jackets and hats worn by others with the C.A. logo showed me just how many addicts I didn't know once again as well as just how many I have met during the years.

There were those who did not even attend the marathon slots that their own home groups were hosting. The tables, craps and slot machines held more power than they could have imagined. Just one more is all they were craving. Looking at them from a vantage point reminded me of Step One; for they could not admit that they were powerless. They could not muster up any of those profound shares they deliver on a regular basis at home. At certain times the alcoholic or addict has no effective mental defense against the first one, except in a few rare cases neither he nor she can provide one, his or her defense must come from a Power Greater than themselves. What was their relationship with that Power? It's not for me to answer.

I went from marathon meetings and workshops to the arcade spending my money on two of those virtual reality games, enjoying life, putting money in the machines instead of trying to break into the coin boxes, now that's recovery for me. This time I was not diverted from my primary purpose. I went to a convention to enhance my personal recovery.

There was a two day workshop titled "Trauma In Recovery" this workshop was awesome, inspirational and informative. It started off with 144 questions we were asked to answer on a provided worksheet. These questions dealt with our past and present lives. The answers were tabulated in a certain sequence and even-



Trustee Corner

Hello everyone! It's hard to believe how fast the days have gone by since the Conference, but it's already time for our first quarterly meeting with our new Board.

We are pleased to welcome Hayward H. as our new World Service Trustee. We would also like to thank our outgoing members, John B., the former World Service Trustee, and Teri K., the former Atlantic South Regional Trustee (ASRT), for their service and dedication to C.A. The Trustee Election Committee did not elect a new ASRT this year, so the Trustee at Large, Bobbie H., will be fulfilling that role.

We are often asked what a trustee does. While each type of trustee has specific responsibilities (World Service Manual page 4.3, 1/25/05 ed.) we all work together to offer guidance to members, Groups, and service committees in matters concerning the Traditions or which affect C.A. as a whole. We do this by responding to inquiries from the Fellowship and by making and responding to Conference referrals. We also participate in the 12 Point Literature Approval Process, reviewing each piece of literature before it goes to professional editing, including all the new stories for Hope, Faith & Courage, Volume II.

Our Board communicates and does business on a day-to-day basis via several e-mail groups. We also conduct quarterly conference calls and face-to-face meetings. Provided funds are available, we typically meet in Los Angeles for one weekend in November and one weekend in February. We also meet for a few days prior to each



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Babes

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tually showed a pattern in our lives, similar to a fourth step.

All of the speakers were great, they carried a message that held me and interested me with depth and weight and it is always a pleasure when a speaker shares what they were like and not what we are like or what I better do or attempt to carry their sponsor's message.

Those who know me from going to conventions know they can usually find me in the marathon room, especially in the early morning hours when the performers have retired for the night. I have learned during the years that one is subject to hear everything in a marathon meeting, especially in the early morning hours, one has an opportunity to hear what appears to be real gut level honest sharing, as another addict finds themselves dealing with living situations.

One member started off by admitting he is a controversial speaker, I'm glad Ebbie T. wasn't controversial to Bill W. and Bill W. wasn't controversial to Dr. Bob. I exhibited patience and tolerance as I listened to him, agreeing and disagreeing while guarding and protecting my personal recovery.

It was then that John from Washington State leaned toward me

with his finger held in the air and expressed his opinion. "You know what Toon, I bet you, if that guy stopped doing the things he thinks nobody knows he's doing, when in fact God and others know what he's doing, then maybe people would stop talking about him and he might realize that nobody hates him."

I thought about that statement for a moment and told John, "you know something, out of the mouths of babes come wisdom, you just keep coming back John and I'll do the same." This unbiased observation from an out of town guest held more depth and weight for me than the performance we all had just witnessed.



THE WSO NEEDS YOU

Always contact the WSO with questions as soon as possible so that we can better serve the fellowship.

Contact the WSO at (310) 559-5833

Thank You

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Tales from a Convention Junkie

MIKE P.
SAN JOSE, CALIF.

Editor's Note: This is the final installment of a multi-part article, which will present a member's view of the conventions.

The 15th Convention was in Milwaukee and its theme was Greater Than Ourselves. This brought us back to Step Two and shows me again we can not do it alone. It takes a committee to bring sanity to a convention ...or at times the other way around! This is the home of the American Motorcycle. Tickets were sold for a year on an "opportunity drawing" to win one. We took a tour of the factory and most good addicts really wanted a new Harley or more Harleys.

The year 2000 took us back to Phoenix ten years from the last convention there. Coming of Age was the theme for that one. The committee tried to book at the Biltmore again, but it was not to be. We were at a beautiful resort in Scottsdale. The days were never under 100 degrees. Several of us went back to the Biltmore and it had been remodeled. We still reminisced about the first convention and all the changes that can happen in ten years. The group of us who had known each other for a long time now all had been clean and sober for quite awhile. We talked about still going to lots

of meetings and missing those who didn't go to meetings anymore. The convention always brings renewed enthusiasm about recovery and the importance of keeping C.A. alive and growing.

The following year: 2001 New York hosted their second World Service Convention, with a theme of A Grace Odyssey. Some of us wore our Steps To Freedom T-shirts from the first New York Convention. We were a little older but still acted

of the raindrop falling from a fern leaf... like one drop at a time, one life at a time is changed.

Then in 2003 it was Chicago's turn to host their second World Service Convention. Number 19 and the theme was Miracle Mile. It was a miracle I made it. My son was graduating from college the Saturday of the convention. We went to the graduation in northern California and went straight to the airport, arriving in Chicago in time for the last two days. We still saw a lot of Chicago, went to some great meetings and saw lots of friends.

The 2004 World Service Convention, the 20th, was held in Universal City, Calif. and their theme was Spotlight on Recovery. One night there was a huge dinner for as many current and past Trustees that could make it. We went around the table and shared what the group and the service had meant to us. Everyone was inspiring with



like kids when we saw the Statue of Liberty at night from the deck of our tour boat. We went to a Broadway play, we had lunch at Tavern on the Green. All of these things were so out of the scope of possibility before this program. Gratitude is almost too simple to express how I feel about my recovered life.

Portland, Oregon hosted their first Convention in 2002, the 18th World Service Convention, with the theme Moment of Clarity. I loved their logo

the memories and the encouragement. Several years ago the Convention started having a dinosaur meeting. People with ten years or more put their names in a God Hat and the chosen ones are the speakers at that night's meeting. I love that some of the best messages of recovery have come from those meetings. I hope that will be one of our ongoing traditions.



Higher Power, with a capital "HP"

SHERRI H.
VANCOUVER, WA

In my first year of sobriety when I struggled with the concept of God in the Second Step, a friend of mine braved my angry front to stand toe-to-toe and argue the existence of a higher power. "Not a human power," he yelled back at me. "A Higher Power." With a capital "HP." My first sponsor had just relapsed and I was flailing around, questioning everything I had learned or been told in my newly acquired 50 days sober. When I argued that I couldn't find written proof, even in his precious Big Book, my friend ripped a page from a spiral notebook and wrote "There Is A God" and taped it to the refrigerator. "There," he said. "Written proof." Whatever it takes. That was more than 10 years ago.

Last week, my beloved husband and I packed up our VW van with camping gear and all the kids and drove 1000 miles to Wyoming. Then we packed it all, gear and kids, into two canoes and paddled up a river along with five of my siblings, their

families and my parents in a total of seven canoes, unloaded, hauled everything across a land bridge, reloaded and paddled to the far side of a lake to a pair of wilderness campsites where we were guests to the bear, elk, deer and moose that are the real residents of the lake.

Leigh Lake is a clear, mountain lake scooped out of the bedrock by an ancient glacier at the roots of Mount Moran in the Grand Teton range. White, black and pink quartz sand beaches line the shores in the shadows of a deep pine forest that creeps upward, thinning to where the bare rock thrusts upward over 6000 feet above the valley floor.

One night after our air mattress failed and my husband and I lay on the ground in our tent, awake at 2 a.m. listening to the whistling elk and wailing coyotes, there came echoes of thunder and a flash of lightening visible through even our closed eyelids. As the grumbling edged closer, we dressed, woke the kids to avoid a crisis of having to pee in the woods during the imminent storm, and secured

the camp. That accomplished, we gathered at the shore of the lake and sat on a fallen log at the edge where the waves lapped up on the sand and licked at the canoes in the calm that hovers before a storm like a sharp intake of breath.

Across the lake and beyond the vaulting peaks, lightening flashed in horizontal jags, backlighting the majestic rise of rock in brilliant light, the thunder quickening, rolling into deepening repercussions. Above us, the moonless sky was thick with stars - blue, gold, silver, red and green, fractals of glittering lights and worlds beyond worlds.

I sat on the beach in the night, awestruck, with my three daughters, the same daughters I had abandoned at the height of my using, those same daughters, for whom I had lost custody as a result of my addiction. Sat with my darling husband of 8 years, years of recovery in a drug-free, violence-free marriage. Down the beach from my parents who had at one time been

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Spotlight on Unity

RICK D.
MILWAUKEE, WISC.

"It becomes plain that the group must survive or the individual will not." Twelve and Twelve, page 130.

In my Area we have no districts, only one Area. We have a Unity Committee, which has recently put on a workshop for Group Service Representatives.

In that workshop there was a mock Area Service Committee meeting, which went well. The mock meeting showed new GSRs and other members interested in service how an Area Service Committee Meeting is structured.

Other events that our Unity Committee organizes throughout the year are Steps and Traditions workshops and road trips to offer unity support to outlying meetings and a Unity Day of Enhancement for the Area.

We held our Eighth Annual Area Convention in February 2004, which I've seen during the years

as a wonderful event to encourage unity in our Area amongst the groups. Newcomers and old-timers from various groups get involved in the year long planning of the convention.

One of the problems I see, like in many other Areas I've heard about, is that only a few get involved with service work at the Area level. One of my pet peeves is when members who have been around for years talk down about the Area Service Committee meeting, or state that they do not want to get involved with all the politics of the Area meeting. This reflects on the newcomer who hears such negative statements. I always try to talk newcomers into getting involved in service. If they restate what they heard about that Area is all politics, I tell them it's not politics, it's about committing to be of service to your fellowship that saved your life.



HP

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forced to change the locks on their home, add security locks to the second-story windows and balcony doors, block my calls and refuse to bail me out yet again. Down the beach from my siblings who had witnessed my addiction in all forms, my sister even searching back-alleys and abandoned train yards to look for my body one time after I had disappeared, now unafraid to leave their own small children in my care. Invited to join these people, my original family of birth from which I had been removed due to escalating violence and drug use.

As the storm lifted over the crest towards us, the jagged peaks softened with clouds and impend-

ing rain, and the sky deepened to a flat black. A low growling roar began at the crest of the far peak, crept down from the heights, gained speed across the lake, and thundered towards us in a deafening wave. We fled in the face of this manifestation of a power greater than ourselves, zipping into our tents and sleeping bags. When the roar hit our side of the lake, wind and rain shook our tents, rocking the trees overhead and crashing the lake waters onto the shores and over our tethered canoes.

As I lay there with my husband, laughing with joy at the sheer power and glory that surrounded us, I needed no written proof. It was all around me.

The power of my addiction had taken me to my knees, taken me to a place where in the end I was living in an abandoned warehouse on a mattress salvaged from a dumpster, clutching a crack pipe and a 9mm, psychosis morphing demon-rats out of the walls, driven by my addiction to prefer this place to the love of my own beautiful children, home, career, family.

Yet now I had a connection to a Power greater than me. Greater than my addiction. A Power so great it had removed the obsession and compulsion that had previously ruled my every waking thought and unconscious dream. A Power so great it had lifted me up from that

place of complete despair to a new way of living previously incomprehensible. To a life filled with happy, secure children, canoes, school, employment, marriage, meetings, life-challenges, dirty socks, a little red house at the end of a cul-de-sac, a parakeet and a blue VW van named "LeeLoo." This place of sobriety made possible by a Higher Power.

A Power manifest in the roar of a storm thundering across a dark mountain lake at the foot of towering rock peaks under an infinite sky. Truly a Higher Power. A Power accessible to us all as a result of working the 12-steps.



A Cocaine Anonymous Experience, Carolina Style

BILLY H.
NORTH CAROLINA

When that guy in the long black robe suggested that I attend 5 meetings a week back in 1998 I had absolutely no idea what a journey I was about to begin. After a few unsuccessful tries at doing recovery my way a social worker made me go to a C.A. meeting at a local treatment facility.

Two people came in there with a padlocked box and pulled out some literature and I thought to myself that it was probably a great time for a nap. After glancing over at the social worker I reconsidered and managed to stay alert enough to hear "Who is a cocaine addict?" Now, that caught my attention. It was unlike those other meetings. Afterwards, they told us about two other meetings. They just happened to be at the same place as those other meetings I was attending to get my paper signed for the social worker and the judge.

After I went to one of the outside meetings they gave me a schedule for C.A. meetings in the entire state of North Carolina. There were two in Raleigh and one in a small town a few miles away,

but the guy said he wasn't sure if that was still going on. I really couldn't understand why there were so few meetings. Heck, the dope fiends I knew myself could fill those rooms 7 days a week.

I got myself a sponsor in C.A. because he was somebody with whom I could identify with how he had used dope. More importantly, I was desperate to get clean and he was somebody that wouldn't

take all my BS. He had me chair my first meeting at 3 days clean. By the next week I was counting chips and pamphlets. He was a service junkie and he said I had to do what he did.

One of the things he suggested to me was to sign up to an online meeting called Hope, Faith and Courage. He said I still had to go to a meeting and call him every day, but maybe it could supplement my recovery. After I signed on the people in this meeting really

reached out to me and helped me through some tough times. Not only that, but they wouldn't take my BS anymore than he did.

These folks kept talking about a convention in Phoenix, Ariz. Someone asked me if I was coming and I explained it was all I could do to even get to meetings. There was no way I could ever afford a convention 2000 miles away. A week or so later I got a paid registration and

with the people from C.A. in other Areas and in the World Service Office. As it turned out there were meetings in Charlotte and another one in Chapel Hill. A member in CT. started a website for us.

We traveled to those meetings and extended the hand of fellowship. The WSO let us know about a starter kit ordered in High Point. A couple of more meetings started in Raleigh and a new H& I meeting. Pretty soon we were having quarterly Area meetings. Our Atlantic South Regional Trustee came to one of our Area meetings and gave us support and guidance. Many members of HFC offered suggestions on how to start new meetings.

Last April at the Atlantic South Regional Convention in Nashville, Tennessee a member from Houston Texas, spoke with us about their growth. She shared how they had a small fellowship in one part of her state and they called up fellow members to come in for a speaker jamboree. We took that idea and decided to give it a try in N.C. After all, we had been talking about having a cookout.

The response we got back was tremendous. Our Trustee was the first

a plane ticket in the mail from a member of HFC. I had no idea it was coming and had never met this person. They told me I'd have to find my own place to stay.

It was at that convention that I got to meet many of the members of C.A. from all over the world that welcomed me like I was their new-found best friend. I came back to N.C. on fire about our fellowship. My sponsor continued to encourage me and others to get involved and we started to communicate



Continued on next page

Carolina Recovery

Continued from page 8

to volunteer to attend at her own expense. We had folks who said they would come in and speak from Atlanta, GA. and Canada with no mention of compensation. Many others that had previous commitments promised to come and help us out in the future. We set the date in July and formed committees. We came up with a name for the event-the Addiction Lickin' Chicken Pickin'.

Three days before the event the guy that was supposed to donate the chicken went back out again. When I went to pick up our speaker from Canada his sponsee that was supposed to come along got held up at the border and never made it on the plane. People were driving in at different times of the day and the phone was ringing off the hook calling for directions. As the out of town people arrived we put them up at different members homes. We all attended the Friday Night Paycheck Group meeting and went out for dinner afterwards. The Chicken Dude showed up right before the meeting and delivered fresh cut birds for our cookout. The last carload came in at 3am. I had a total of nine people sleeping at my house that night.

On the day of the event everything went very well. We set up to record the

speakers on a kid's karaoke machine. We picked up newcomers from a homeless shelter and a treatment center. We gave out free tickets to anyone with 90 days or less for a grand prize drawing-a Hope, Faith and Courage book, a Big Book, a 12&12 and an NC Addiction Lickin' Chicken Pickin' t-shirt. Our Area Chair bought some extra books and had another drawing for the newcomers. A member's wife had gone out to get some crayons, construction paper and water balloons so we had activities for the children. There were three speakers, an open meeting and a workshop on the Traditions. At the sobriety countdown we had members from one day to thirteen years that both got a Hope, Faith and Courage book. When we ended the night with the Serenity Prayer there was an overwhelming feeling of unity in the room.

I took my friend from Canada to the airport the next day and he called me an hour later. The plane had mechanical problems and they also held him up at the gate for a combustible device-a butane cigarette lighter he had bought the day before. Maybe they figured he was taking weapons of mass destruction into a foreign country. Hopefully, the U.S.A. won't invade Canada over

it. Also, he left two pairs of shoes here so I shipped them back to him via U.S. mail. They are still holding them for an extra \$34 plus "duty and taxes". The authorities in N.C. must have tipped them off in customs about his foiled attempt earlier for "smuggling" at the airport. If he ever gets them back I think they should be bronzed

and hung on the wall. So while you are saying your prayers today, pray for my friend the Smuggler to get back his shoes. And don't forget the Chicken Dude-he still hasn't made it back to C.A. We'll still be here if he does, just like ya'll were for me-with arms wide open.



Trustee Corner

Continued from page 4

World Service Convention and Conference, in addition to being active throughout both events. Prior to every meeting, each trustee submits a written report of his or her activities during the past quarter. Those reports become part of our minutes, which are regularly published and included in the delegate mailings.

In addition, each of the 10 Conference Committee is assigned one or more trustees. The WSBT also has eleven subcommittees that are active throughout the year, descriptions of which can be found in the World Service Manual (pages. 4.1-4.2, 1/25/05 ed.).

As you can imagine, these responsibilities keep us very busy, but we are always available to respond to inquiries from the Fellowship. We are here to be of service to you. If you have a question for a particular trustee or the WSBT as a whole, please do not hesitate to contact us. The World Service Office can put you in touch with your Regional Trustee or you can e-mail the Board at WSBT@ca.org.

We would like to encourage everyone to make plans to attend the 2006 World Service Convention in Houston, Texas. It's a great opportunity for fun and fellowship, and each year we look forward to interacting with CA members from around the world. If you've never been to a CAWS convention, why not make 2006 the year you give yourself the gift of this fabulous experience and join us in Houston for our Global Awakening?

Thank you for allowing us to be of service
The World Service Board of Trustees



Step 4

Continued from page 1

you are working on.” I found that to be true for me.

When I finally sat down with my sponsor in the middle of a park some time later and read her my Fourth Step, I was amazed and relieved. She sat there listening, nodding and occasionally writing something. When I was finished she handed me what she had been writing and said, “Here are your morals and values.” Wow! I wasn’t sure I had any, but there they were.

Since that time I have been to all but one 4th Step Camp out.

It is a facilitated one-day workshop where we all get together around the campground and work on our Fourth Step. We then break off into two’s and three’s and four’s and share our Fifth Step with each other. And then come together again to do the Sixth and Seventh Steps.

At my very first camp out I brought a brand new notebook. The following year I grabbed that same notebook and headed up the mountain. After the workshop was completed I started looking at my columns. I was amazed! I noticed the previous year I had written several things in my “Future gifts from God” column. The next year when I looked they had been placed in “My Successes” column. I was rocketed! The following year again I took that same notebook. Exact same result! Things had moved from my “Future gifts from God” column to “My Successes” column.

My sponsor assured me that is because I keep up my “Promises to God about my program.” So when I write, “going to meetings, working the steps, working with others and being of service” in that column, I know that’s my part of the deal.

Within one year of my very first Fourth Step I had been blessed with nearly everything in my “Future gifts from God” column. I have been blessed with greater serenity, greater compassion and so many things I’ve sought, both materially and spiritually. So I make a new list every year.

The year I had to miss was because I closed on a house and had to move that weekend. That “Future Gift” became a “Success” the following year.



Today

By Ken A

I drove thru the hood
where I had once stood.

I had to wonder why
then and there I didn’t die.

The feelings came up, glad and sad,
about the hopelessness I once had.

What I did and how I got here,
had to lay down the pipe – put up the beer.

I want to quit, no more I said,
grateful to the program, I’m not dead

Had to go to meetings and get in the book,
do the inventory, be brave and look,
face the past and do my amends.
find a higher power, a new life begins.
stepwork and fellowshiping I continue to do,
it works for millions and me too

I continue to go, on a regular basis,
love to see the growth on new faces.
I’ve chaired and done service in various ways,
I’ve been blessed with sobriety for many days.

I miss Johnny and we’ve lost others,
I realize now we are all brothers.
How can I carry the message of hope,
share my experience of life without dope?
To see C.A. grow as others join in,
with prayer each day is how I begin.



If your area or district has an event that you would like to list in the Calendar Of Events contact the World Service Office by one of the following ways:

NewsGram, C/O CAWSO, 3740

Overland Ave., Suite C,
Los Angeles, CA. 90034.

E-Mail to: newsgram@ca.org

or by Fax to: (310) 559-2554, Attention NewsGram.

7th Tradition Donations

January - June 2005

UNITED STATES

ALABAMA	
First Freedom Group	43.84
ARIZONA	
Anonymous Individual	30.00
Anonymous, Phoenix	15.00
CA of AZ Inc	1,535.95
CA of AZ Inc - WSO Convention Donation	500.00
No More Delusions, Phoenix	120.00
Saturday Night Live	468.58
ARKANSAS	
Arkansas Area C.A.	375.00
CALIFORNIA	
4th Dimension - Los Angeles	10.00
A Solution on Monday	20.00
Anonymous - Chatsworth	50.00
Anonymous - Chula Vista	43.00
Anonymous - Glendale	15.00
Anonymous - Los Angeles	842.00
Back Benders - West LA	115.00
Bagels By the Beach - Malibu	60.00
Bring A Book	20.00
CA Inland Empire	440.50
CALA Long Beach/Compton District	1,160.94
CALA South Bay District	450.00
CALA South Central District	6,888.00
CALA Westside Hollywood District	239.95
Central Cal. C.A.	318.00
Courage to Change / Broken Pipe Marathon - San Diego	109.00
End Of The Line	45.00
Get High on Hope - La Crecsenta	49.00
Grateful in Granada	153.00
Kick Rocks Meeting	88.00
LA Eleccion Y El Cambio	30.00
Most Good Ideas Are Simple	5.00
Natural High - Los Angeles	11.00
North Bay Service Group	120.00
Orange County CA	250.00
Rancho Park Meeting - Los Angeles	115.00
San Diego Area	570.00
San Grabiell-Pomona Valley C.A.	893.61
Saturday Night Serenity - Upland	20.00
SFVCA - Celebrate Around the World	220.00
Sober Souls - Tarzana	133.00
Solana Beach Club House Group	43.50
South Bay Service District - San Jose	500.00
We Will Rock You - Inland Empire	40.00
WSOB Mtg	161.25
CONNECTICUT	
Anonymous, CT	18.42
COLORADO	
Anonymous, Colorado Springs	15.00
Anonymous, Golden	17.00
Anonymous, Vail	10.00
C.A. of Colorado Area	147.00
Coconuts	51.91
Denver District	838.64
Denver District Meeting	97.00
Nirvana	209.72
Promise	105.00
Relapse Prevention	5.00
FLORIDA	
Anonymous	100.00
CA Florida Area, Inc.	30.00
CA of The Treasure Coast	50.34
Changed Attitudes	54.11
Miami, Ft. Lauderdale & Palm Beach District	20.00

GEORGIA

CA Miracles	226.27
Cocanuts	44.00
End Of The Line	56.10
Georgia Area C.A.	5,000.00
New Life of C.A. - Columbus	50.00
Spiritual Awakenings	100.90
The Last Straw	87.00
Today's Hope - East Point	165.06
ILLINOIS	
Anonymous	70.30
C.A. Illinois Area	11,500.00
Daytime Connection	79.00
Forever Free Meeting of CA	30.00
Fresh Start - Rockford	100.00
Hope, Faith & Courage	20.00
Northwest Suburban	1,422.06
South & West District Area	813.49
INDIANA	
Anonymous	54.09
CA of Ft. Wayne	275.83
CAST	10.00
IOWA	
CA District 1	60.00
KANSAS	
CA Kansas	150.00
New Found Life CA	50.00
LOUISIANA	
Louisiana CA	100.00
MARYLAND	
Positive Attitude	25.00
MASSACHUSETTS	
CA of MA Inc.	60.00
Freedom to Choose	40.00
MICHIGAN	
Lansing District CA	100.00
Saturday Morning Alive	85.00
MINNESOTA	
CA of Minnesota	40.00
MISSOURI	
Come & Get It	160.00
Fried Pipers & Cocanuts Grp	20.00
Working with Others	180.00
NEBRASKA	
C.A. of Nebraska	384.70
NEVADA	
The Truth, The Whole, And Nothing But The Truth - LV	80.00
NEW MEXICO	
NM Area of C.A.	150.00
NEW YORK	
New Life at the Oaks	175.00
Sober Toast, Copiague	150.00
OHIO	
Anonymous	32.40
Early Morning Serenity - Canton	36.00
End of Line	50.00
New Lite in Life	64.00
NEODCCA	500.00
Tuesday Night Trust	100.00
OKLAHOMA	
End of the Line - Tulsa	105.64
Oklahoma Area Convention	390.00
Sunday Night CA	100.00
OREGON	
CA of Oregon & SW Washington	1,689.93
PENNSYLVANIA	
CA of PA/NJ/DE	575.00
Moon Friday Night	53.00
Vision for You Group - Philadelphia	25.00

SOUTH CAROLINA

The Foundation Group	83.82
TENNESSEE	
Recovery Connection	44.00
TEXAS	
Anonymous, Austin	25.00
Anonymous, League City	8.35
A Vision for You	25.00
Bonnie Brae Group	100.00
Circle & Triangle, Austin	74.25
Firing Line	100.00
Intelligent Agents	25.00
Memorial Herman Prevention and Recovery Center	75.00
Recovery Text	50.00
South Central Texas Area	2,173.86
There's Hope Without Dope	25.00
UTAH	
Utah Area - Central District	500.00
Speed Bumps	48.60
WASHINGTON	
Boulder Busters	30.00
WSCA District 3	154.34
WASHINGTON D.C.	
Keeping It Real	25.00
WISCONSIN	
CA of Wisconsin	1,600.00
Coke Busters	22.50
First Things First	30.00
Lawrence Center Wednesday	26.25
Let's Stay Together	16.00
Razor's Edge	360.00
Sunday Night Strength Candlelight Grp	50.00
Sunday Night Strength Candlelight Spaghetti Dinner	378.30
Uncolas	120.75
Vision For You - Milwaukee	108.20

INTERNATIONAL

CANADA	
NOTHERN TERRITORIES	
Hope Off the Rock - Yellowknife	20.00
WINNIPEG	
2005 Winnipeg Convention	247.00
QUEBEC	
Anonymous	60.00
UNITED KINGDOM	
CA UK	5,400.00

OTHER AREAS / INDIVIDUALS

ONLINE	
Online Service Area	380.00
SIS Online	130.88
BIRTHDAY	
Anonymous - West Hills	20.00
Anonymous - Los Angeles	20.00
Come Alive	193.00
HOSPITALS & INSTITUTIONS	
CA of Nebraska	600.00
CAWS 2007	
CA of Illinois	1,000.00
WISH LIST: WSO COMPUTERS	
Anonymous, Santa Fe	2,000.00
WORLD CONTRIBUTION PROGRAM	
Various monthly contributors from around the world	3,262.00

TOTAL 64,533.13

Calendar of Events

November 4-6, 2005

**10th Annual C.A. of Wisconsin
Area Convention**
A Design for Living
Wisconsin Area
Radisson Milwaukee Airport Hotel
6331 S. 13th Street
Milwaukee, Wisconsin 53154
1-800-303-8002
Cary S., Convention
Chair 414-430-1170
Jim R., Registration Co-
Chair, 262-370-5637
Kara B., Registration Co-
Chair, 414-489-9373

February 24-26, 2006

Illinois Area Unity Convention
Through C.A. We Found a Way
Illinois Area
Crowne Plaza - Chicago O'Hare
5440 North River Road
Rosemont, Illinois 60018
847-671-6350 / Toll Free
1-866-242-1055
Renee R., Convention
Chair 847-809-0547
Gregg G., Registration, 630-709-9428

March 10-12, 2006

**2006 Pacific North
Regional Convention**
British Columbia Area
Vancouver Marriott Pinnacle
1128 W. Hastings Street
Vancouver, BC
V6E 4R5 Canada
1-800-207-4150 / 604-684-1128
Eileen B., Convention
Chair 604-831-8623
Kellie F., Vice-Chair 604-808-8496
Randy, Registration 604-619-1920
Dionne, Outreach 604-430-0121



March 10-12, 2006

12th Annual Unity Convention
Northeastern Ohio District
Cleveland C.A. / Ohio Area
Holiday Inn Select - City
Centre Lakeshore
1111 Lakeside Avenue E
Cleveland, Ohio 44114
(216) 241-5100 / (888) 425-
3835 / (216) 241-7437
Marcus C., Convention
Chair 216-965-1838
Sonya S., Convention Co-
Chair 216-269-8241
Traci T., Registration 216-288-7562

March 23-26, 2006

14th Annual SGPVCA Convention
San Gabriel / Pomona Valley Area
Four Points by Sheraton Ventura
1050 Schooner Drive
Ventura, CA 93001
805-658-1212, press 1
Cheryl D., Convention
Chair 626-398-6686
Kenny S., Memorabilia 818-434-6605
Ray Q., Treasurer 562-695-7869

April 7-9, 2006

Keep It Simple
United Kingdom Area
The Hilton Brighton Metropole
106 Kings Road, East Sussex
Brighton, England
+44 (0) 1273 775 432
Richard K., Convention Chair
+44 (0) 7863 203 120
Gavin C., Registration +44
(0) 7802 707 364
Jack B., Program +44
(0) 7870 165 583
David P., Hotel Liaison
+44 (0) 7946 622 623
Ian Y., Outreach +44 (0) 7799 143 431



April 7-9, 2006

Atlantic South Regional Convention
Red River H.U.G.S.
Louisiana Area
Holiday Inn
5555 Financial Plaza
Shreveport, Louisiana 71129
(318) 688-3000
Sheila E., Convention
Chair 318-635-5409
Evans A., Vice Chair 225-772-2362
Ron S., Treasurer 225-954-5559
Vanessa M., Program 337-255-6900

May 25-29, 2006

**22nd Annual CA World
Service Convention**
Global Awakening
Texas Area Service Commit-
tee/Southwest Region
Hilton Americas - Houston
1600 Lamar
Houston, Texas 77010
1-800-236-2905 / (713) 739-8000
Walter J., Convention Chair
Susan C., Vice-Chair
Ivan L., Program Chair
Roy B., Hotel Liaison

