

# NEWS GRAM

Volume 25 No. 2 C.A. World Service Office, 3740 Overland Avenue, Suite C, Los Angeles, CA 90034 Second Quarter 2008

## PI Corner: Keeping It Current

By Ruby L.  
WSC Public Information Committee Chairperson  
Roy, Utah, USA

Making sure the contact information we provide to the public is correct and up to date is a very basic thing that can be easily overlooked and/or allowed to fall through the cracks. Recently, while gathering contact information for use in outreaching an upcoming convention, I visited many C.A. Area web sites looking for contact information. It was a very educational experience. The most common problems I encountered were:

- Telephone numbers that were no longer in service.
- Telephone numbers for people who told me they were no longer in C.A. (or whose family members told me the person was no longer in C.A.).
- Links to e-mail addresses that were no longer active.

Keeping contact information current seems to be a widespread and ongoing challenge. From speaking with C.A. members in various Areas and e-mailing various webmasters, it appears that many times the person whose service work job it is to maintain the meeting schedule, hotline recording, or website is not necessarily asked to also check from time to time to verify that everything shown is current and correct. Their job is generally to maintain ready access to these items and they make corrections/updates only when information is provided to them. They have either been told or they assume it is someone else's job to keep them informed of necessary changes. Sometimes, others tend to think the person who is maintaining the meeting schedule, hotline recording, or website is also the person keeping it up to date. This is not always the case. It is minor differences in perceived job duties, such as those described above, which help allow small details to fall through the cracks.

I did encounter one web site which had no contact information listed at all, just the days/times/locations of the various C.A. meetings. I thought this was rather odd. I

thought to myself, "What if a local organization wanted to get some hard-copy meeting schedules to have available for their clients/members? What if that organization was interested in having someone in C.A. present some information to its clients? What if a non-addict was trying to find out exactly what Cocaine Anonymous was, but didn't think non-addicts could attend meetings? What about the still-suffering addict who wanted just a small bit of reassurance they would be welcome in a C.A. meeting even though they never did cocaine?" There are any number of reasons why the public may need to contact Cocaine Anonymous, and attending a meeting may not be an option for them. It is for those unknown reasons that a local C.A. Area would want to consider having multiple contact options available to the public. *[continued on page 2]*

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**PI Corner (continued from page 1):**

After visiting one C.A. website, I called the hotline number provided. The person who had recorded the outgoing message was speaking so fast there was no way to write down the names and phone numbers given. I called the hotline number four or five times and still only managed to write down two of the many numbers provided in the recording (and, of course, one of those numbers was no longer in service). Remember, not everyone calling the hotline is going to be of stable hand and sound mind. Here are some things to do before you actually record the hotline message:

1. Find out exactly how long your recording time is. This can be done by reading something you are very familiar with (such as "We Can Recover" or the "Twelve Traditions") into the phone while timing yourself. This will let you know exactly how long you can talk before the recorder cuts you off.

2. Have your entire hotline script written out before you do the recording. This will help you speak at a consistent speed as well as help eliminate any unnecessary pauses, stuttering, or redundant information which can eat up precious recording time.

3. If you really have too much information to be recorded in the timeframe provided, get input from other committee members on what they consider the most essential information. As long as you list several contact names and phone numbers, it is possible to not provide individual meeting information. Once the caller gets with a contact person, the contact person can provide the meeting information.

4. Call other C.A. Area hotlines to hear how their recording sounds or to get more information on how they handle their incoming hotline calls. Is it a recording, do they use an answering service, or does the call go directly to a 'live' C.A. member? Experiencing other hotlines will help your P.I. Committee determine the best way to handle your local C.A. hotline.

When was the last time you visited your local C.A. website? Do you even know what the website address is or what the hotline phone number is if someone were to ask you for that information? When you have a moment, why don't you call the hotline or visit the website? If you notice information needs to be updated or you'd like to suggest something be done differently, let people in your Area/District know. I'm sure they will welcome the feedback.

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Log on to the CAWS Public Information web page at [www.ca.org/service/wscpi.htm](http://www.ca.org/service/wscpi.htm) and scroll down for the following:

- PI Fact File containing results from the 2007 Member Survey;
- Business card template for local/Area/District PI use;
- Two different PI Posters, one of which is available in five languages.

## Note from the WSO:

# Changes at the Word Service Office

By John B.  
WSOB Chair

Los Angeles, California, USA

You may be interested in several recent changes in the staff and management of YOUR World Service Office. As is often the case with changes, something needed to be replaced. In 2008, it was necessary that our Office Manager, Robin Long, step away from her duties and responsibilities to address personal matters out of town. Robin's contributions were many and so very valuable. We will miss having her as a part of our organization. Her commitment to the Office and love of our Fellowship is, and was always, deeply appreciated. Robin, our prayers and best wishes are with you always.

The need to fill the Office Manager and other WSO positions was addressed in the first quarter of this year and I felt you would appreciate knowing about our new team.

It has been a distinct pleasure for me to work closely with everyone at the WSO. Our friendly and professional staff is definitely a source of pride as CAWSO continues to grow and evolve. To that end, we are very pleased to announce that after an exhaustive search, we have added Ms. Taffy Wallace as our new Office Manager. Taffy comes to our organization after spending five years as director of Growth and Ministries for The United Centers for Spiritual Living in Los Angeles, California, where she worked to help to create vision and direction within the organization. She is a licensed Spiritual Coach and founder of her own organization dedicated to "Living Life Fulfilled." Taffy fits our organization very well and understands the concept of a spiritually guided organization while drawing on tried and true professional business acumen.

We would also like to welcome Tony Vieth to our team. Tony will take on the shipping and fulfillment for CAWS and has already demonstrated a tremendous ability in understanding the needs of our business and of our customers. Welcome aboard, Tony.

For those of you who were concerned that we would ever experience a day without "sunshine," never fear—our office staff still includes Susan Dannhauser in Customer Service. Susan is a

tremendously valuable member of our team and coincidentally brightens everyone's day with an ever "sunny" disposition and dedication to her work. When you call the World Service Office, you'll probably speak with Susan first, and your day will always be better for it! In addition to her regular duties and supporting Taffy, Susan is working with Patty Flanagan in coordinating new products for our CAWSO table at this year's World Service Conference. If you have a new product idea, please email us at [cawso@ca.org](mailto:cawso@ca.org).

Rocco Grillo will continue to work with us part-time performing bookkeeping and other administrative tasks, as well as serving as a direct liaison to the World Service Conference Committee.

Perhaps the most dynamic change to the WSO makeup is the opportunity to build our business through new project and resource development with Patty Flanagan taking the lead in this area. For years as a Director, Patty has helped to build the WSO to its present state. Now, she will lead all new project and resource development in an effort to establish new growth and fundraising as well as public awareness of Cocaine Anonymous in the professional and civic arenas. Patty's personal dedication and commitment to CAWS is truly amazing and uniquely qualifies her to understand the foundation upon which we will continue to build our global outreach and business strategies.

This is an exciting time to be involved with Cocaine Anonymous World Services. You can be a part of giving the solution back to the addict that still suffers today. Your ongoing support at meetings and through the 7<sup>th</sup> Tradition is deeply appreciated. There is even a more direct way to help us grow globally: see the Contribution Program information at [www.ca.org](http://www.ca.org) or later in this publication to learn more about how you can help (see page 12).

Again, much love and many thanks to all of you who find ways to support all of us at CAWSO throughout the year.

## Trustee Corner:

# Being a Trustee

By Kim S.  
Midwest Regional Trustee  
Des Plaines, Illinois, USA

I often refer to my son as “the most precious joy in my heart, yet the greatest pain in my ass.” Raising my son as a sober individual has been a tremendous growing experience for me. I have learned to listen, understand, anticipate his needs, help when needed, and “be there” when asked. These experiences as a parent have helped me in serving my Fellowship.

Over the years, I have held many service positions, and God has provided me with many opportunities for spiritual growth. What a beautiful way to be a part of something. What a beautiful way to give back to the Fellowship that had always been there for me. I was told that service work would help my personal program grow, and it truly has. All I had to do was show up, participate, and keep an open mind. My service work started at five months of sobriety as a GSR at the group level, and now I’m a Trustee. I am extremely honored by the privilege to serve C.A. as the Midwest Regional Trustee. Service work—a wild ride! My past service experiences along with my life experiences have been extremely useful in preparing me for this position.

It has been an awesome seven months since I was elected as Trustee. I can’t begin to list all the great experiences I have had. Of course, it is a lot of work—thinking, writing, and preparing. I have loved getting to know the other members of the Board. Everyone has been very helpful, and they remain a “bank” of knowledge as to the beginning and present of C.A. I am grateful for the assistance of each and every one of them on this journey. There have been discussions, tears, hugs, and great joys as we attend to the business of C.A. We have shared several experiences, including a meal or two together at the Palm Court Grill! Collectively we came together to choose a Director of Operations. The Board is lovingly and attentively looking to the continuous growth of the European Region, as well as the other regions. We anticipate the flavor that each Area will bring to their “hosting” of future CAWS Conventions. We remain ever proud of our Fellowship’s contributions to *Hope, Faith, and Courage Volume II* and are hopeful that it will have great success. We look forward to the decisions of the TEC choosing the new Trustees that will serve C.A.

Some of the most wonderful “precious joy in my heart” experiences I have had involve serving the Midwest Region. I have spoken to so many members over the months, each with their own concerns about their Area and C.A. in general. It has been great chatting with each and every one of them. It was wonderful to have so many Areas at the Assembly in March. The energy in the room

was inspiring, and there was a healthy exchange of information and discussion.

One of my most rewarding experiences so far has been my one-day trip to Minnesota. I call it my “nine hours of love and service.” I accepted an invitation from their delegate, Bob N., to meet several members of their board and attend an “Information Forum.” It was a pleasure to meet Milton, David, Jerry, and Wanda. Chatting with them and Bob, I learned a great deal about the Fellowship in Minnesota, and I appreciate the work that they are doing to keep C.A. alive there. I had an opportunity to speak to those attending the Forum, share my experience with service work, and make suggestions about how they can build on their core service structure and make it stronger. I challenged them to reach out to every member in their recovery community to get involved. I was very honored and humbled to be a part of the experience that the day provided.

I would like to think this exchange and others like it that the other Trustees are having in their regions are making a difference in C.A. and its continued growth. However, let it be said that not every experience is equal. I have had several uncomfortable challenges during this short journey. I have experienced the “greatest pain in my ass” and thus, the continued opportunity to grow and change. I must practice what I have learned from my previous service work, and from my life experiences, to assist those around me as we “raise” each other. I have applied the arts of listening, understanding, and anticipating. I help when needed, and I can “be there” when asked. Additionally, I continue to show up, participate, and keep an open mind. These are the basics that I learned throughout my sober journey.

I know that I always feel good when I am working for my Fellowship. My gratitude for this program and its members is tremendous. I am overwhelmed with emotion. I smile a lot, and yes, I cry sometimes. Each experience brings further growth. I continue to rely on my Higher Power, my sponsor, the Board of Trustees, my support system, and the awesome Fellowship of C.A. Thank you for the opportunity to serve this Fellowship that I truly love.

***Have questions about how to handle your group’s 7th Tradition? See the 7<sup>th</sup> Tradition pamphlet and the Financial Guidelines for Groups, Districts and Areas (both of which are available at [www.ca.org](http://www.ca.org)), or contact your Regional Trustee.***

# “Yes, There Is a Substitute and It Is Vastly More Than That”\*

By David J.  
Dorset, UK

Toward the end of my using, my overwhelming emotion was one of loneliness, based on innumerable self-centred fears. The fear of rejection, fear of what people thought of me, fear of being found out, and of course fear of not having enough drugs. That last fear never left, as I never had enough to overcome the craving of my addiction. I had no one close; they had all been pushed aside by my drug use. I was separated from my loved ones and I belonged nowhere. I was bewildered by the inability to stop using and almost resigned to the isolated life of addiction.

Today things are so different. Having surrendered to the programme of Cocaine Anonymous and allowed my sponsor to guide me into good habits, I have a new life. I had to get honest with that man and tell him I knew nothing about staying clean and sober. I behaved like a newcomer. I listened and I did what he suggested. After all, I chose him as a sponsor because he had recovered from the disease I had no power over. He started by giving me simple daily suggestions that I could start immediately. He encouraged me to pray and read the literature, to contact newcomers and to keep in touch with him. He also suggested I become grateful for all that I had. I do these things daily. He also told me to commit to a home group—a strong home group, where I should turn up early, greet everyone and help with service. My home group is now one of the central principles in my recovery. It’s the place where I humbly practice “we and not I.” It is where I have learnt all I know of service, where I have practiced carrying the message and where I continue to grow.

Under my sponsor’s guidance, I have taken the Twelve Steps and now experience a

freedom I never felt possible. I am surrounded by a bunch of real friends in my home group and know what belonging means. I do not need to use drugs, and I have a spiritual centre to my life. I need to say that many of my friends in C.A. are perhaps people I would never have mixed with; I thought of myself as so different, even special. But I discovered a shared past in my similarity to other addicts and I work the same solution for recovery. Today I think myself privileged to have a changed attitude allowing me a whole host of new friends. I have experienced a spiritual awakening and continue to make progress in my recovery. I experience that sense of ease and comfort that I looked for in drugs when I work my programme with commitment and diligence.

I am an active member of Cocaine Anonymous and I am committed to continuing to grow within the Fellowship. When I think less of myself and more of others, I find the humility that frees me from the bondage of self.

*\*Big Book, page 152.*

## **WORLD SERVICE OFFICE ARCHIVES NEEDS YOUR HELP!**

Do you or someone you know have items from the early days of C.A.? The WSO Archives Committee is looking for World Service items such as Conference materials & Convention memorabilia. We are also looking for local items such as local charters, by-laws or memorabilia for donation. If you have any of these items and would like to help preserve the Fellowship’s history, please let us know. Send an e-mail to [WSOARCHIVES@ca.org](mailto:WSOARCHIVES@ca.org) or call the WSO at 310-559-5833.

## Unity Corner:

### Unity Lunch

By Waheedah M.

Chair, WSC Unity Committee  
Los Angeles, California, USA

*Unity: To enhance our communication and international outreach among the diverse elements within the Fellowship in the interest of carrying the C.A. message and to promote C.A. unity.*

As the WSC Unity Chair, I am delighted and excited to be of service to C.A. It is always a pleasure to share my experience, strength, and hope with the members of this Fellowship.

The committee is off to a good start with the Unity Luncheon to be held Friday at the Conference. There is a flyer out requesting pre-orders by August 10<sup>th</sup> (tickets will also be available at the Conference). Check your delegate mailings or [ca.org](http://ca.org) for your order form.

The committee and I are looking forward to the Conference in August and to fellowshipping with other C.A. members from all over the world. Join us for an afternoon of fellowship, food, and fun!

### Celebrate Around the World

By Rose J.

CATW Chair, WSC Unity Committee  
Twin Falls, Idaho, USA

Hey family! The 2009 World Service Convention Committee has selected a theme for the convention to be held in Denver Colorado: "One With the Spirit of Recovery." Please show your talent and submit your artwork ideas for Celebrate Around the World in 2009. Submissions must be received by August 1, 2008 so that we can take them to the World Service Conference. Art must be submitted in either jpeg or jpg format, and artists must release all rights to their artwork to CAWS and CAWSO, Inc. (see the release form on page 7). For more info or to submit your artwork, please contact [catw@ca.org](mailto:catw@ca.org) or see the flyer available at [www.ca.org](http://www.ca.org).

Unity isn't always easy or comfortable. It is doing what is right, even though I don't want to; living the steps and practicing principles before personalities; letting God do for me what I can't do for myself. This has helped me be of service to God and to my fellows.

## **HELP US CARRY THE MESSAGE!**

**The NewsGram is always looking for material that communicates a message of hope, faith and courage. We welcome original articles from our members sharing their experience with recovery, unity and service in C.A. If you have such an article (or perhaps an idea, cartoon, poem, story or other material related to recovery in C.A.) that you would like considered for publication in a future issue of the NewsGram, please send it and the completed release form on the next page to: NewsGram Editor, c/o CAWSO, 3740 Overland Ave., Suite C, Los Angeles CA 90034, or via e-mail to [newsgram@ca.org](mailto:newsgram@ca.org). E-mail submissions are preferred. If you e-mail your submission, the form can be scanned and attached as a pdf or faxed to the WSO at 310-559-2554, Attn: NewsGram. This release form can also be used to submit material for literature projects and artwork for Celebrate Around the World.**

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# The Essentials of Recovery: Honesty, Open-Mindedness and Willingness

## Part 1: Honesty

By Daniel M.  
Dorset, UK

It is often said that the principles of honesty, open-mindedness and willingness exemplify the first three Steps. Let's have a look at honesty.

People seem to have varying ideas about honesty, and indeed the amount of it they might need to get by in life. For me, an addict of the hopeless variety, nothing less than 'rigorous honesty' will do. Many addicts seem to get away with far less honesty than I have learnt to live by. Never having been in their shoes, it would be presumptuous and arrogant to assume their lives might not have the same quality of emotional sobriety or stability that I, or anyone else who lives this programme, might have. Yet it is only too clear, when speaking with those that do not practice rigorous honesty, that they have many problems and little peace of mind. I say this not standing in judgement, for I know full well that I would be the same were I not fortunate enough to be able to surrender completely to this programme.

Our first step toward recovery requires honesty—honesty with ourselves. Can we admit defeat? Can we accept defeat? How many people I have seen admit their powerlessness, only to resume the pursuit of the tired old lie, the insistent yearning to enjoy life as we once did, and the heartbreaking obsession that some new miracle of control would enable us to do it.

I have heard it well said that honesty relieves obsession. Honesty is essential if we really want to begin to recover; moreover, it remains essential to ongoing sobriety and peace of mind.

Many an old-timer has fallen by the wayside, unable to admit how they really feel, thinking they must preserve a certain image and "wellness" when around Fellowship people. That can be fine, maintaining a certain posture, but we must have at least one person with whom we feel we can be completely honest. On the other hand, we must be careful to not be too honest at the expense of others, as in making amends for ill feelings towards people who are unaware. This is hardly spiritual practice, more a selfish release of our guilt. Also, life calls for self-restraint and there is enormous growth to be had in the practice of not showing that your feelings are

hurt. Of course, a sponsor is the ideal candidate with whom we should talk, and hopefully we have received the kind of sponsorship that has encouraged us into good habits from the beginning, so that we may never find ourselves in too much trouble—at least, so far as we are able to not let self-will run the show.

Honesty, therefore, also dispels the resurging ego, which is constantly fighting against our initial surrender. The investment in honesty, then, can be likened to our commitment to daily surrender.

When we begin to practice honesty, it may seem alien, and we may feel we are falling short on "absolute honesty." We should not be discouraged, and be mindful of what is said on page 60 of the *Big Book*: "No one among us has been able to maintain anything like perfect adherence to these principles. We are not saints. The point is, that we are willing to grow along spiritual lines. The principles we have set down are guides to progress. We claim spiritual progress rather than spiritual perfection."

We should simply try as best we can, while carefully being aware not to read this passage as an excuse for resting on our laurels and allowing ourselves to justify and rationalise conduct we know is wrong.

When new, we are very susceptible to making decisions that will likely cause us to incur difficulties. This, of course, is where the benefit of checking out our thinking with our sponsors can help us avoid making needless mistakes—mistakes that could lead to severe consequences.

Therefore, we can see the necessity to 'fess up before we have acted on our own will, and though we'll make mistakes, we must learn to do this, or we might as well sponsor ourselves.

When we practice honesty, we can begin to look the world in the eye and rest in good conscience.

It follows that once we have sincerely understood and taken Step 1, open-mindedness will come naturally. "Faced with alcoholic destruction, we soon became as open minded on spiritual matters as we had tried to be on other questions." (*Big Book*, page 48.)



# Step One

By Geoff P.  
Cornwall, UK

For me, Step One was easy at first. I could stand in front of anyone and say that I was powerless over cocaine and not really mean or understand what I was saying. I would say I was powerless often in jest.

It was not until I had been to a C.A. meeting, gotten a sponsor and started following his suggestions for a few weeks that it really dawned on me what I actually had to admit in Step 1. I had to concede to my innermost self that I, the great Geoff who was good at everything and needed no help, thank you very much, was beaten and did not have the power to stop using drugs. That was a big deal for someone like me.

The *Big Book* told me that lack of power was my dilemma and it talked of conceding to my innermost self. I always need to keep Step One as a strong foundation of my program, for without Step One the rest of the steps would mean nothing to me.

As to the second part of Step One, was my life unmanageable? I was kind of working, here and there, just enough to get by and get high. I was in and out of relationships. I had associates who came by now and then, but no real friendships. I got out a lot, to pubs, clubs, parties. I had a flat, used to have a house, and used to be married. I saw my kids when I could. I was selling drugs so I had free drugs ... Hmm. My life was all over the place and I could not see it.

The first C.A. meeting I went to I got a sponsor and bit by bit I have handed my thinking over to my sponsor. I take my problems to my sponsor and my solution to our meetings.

Bit by bit after working the steps and staying committed to this way of life, I have handed my life over to God, as I understand God.

I awake each day and the first thing I do is ask God for a sober day. I know what I might want to be doing today, but if God's will is different, I will be doing something else. I ask that Gods will, not mine, be done.

I show God by my actions that I am willing to live this life, not by my words. For me that means having a home group and doing service, praying in the morning, praying at night, writing a gratitude list, phoning newcomers, praying for people's health and happiness when they annoy me, and reading literature. I am always alert to what I am doing. I am here and now, aware of what's happening right now—not yesterday, next week, what he said to him, or why she did that, like I used to be.

I stay vigilant, watchful that I am doing the right things. I spend time at night, or whenever needed, to look at where I have been selfish or self-centered, dishonest or arrogant—because believe me, there is not a day that goes by where I could not have done better or I that I have not been selfish in some way or another. I know it's okay to make mistakes, as long as I learn from them. I am not responsible for what I think, but I am responsible for how long I think it. I'm trying to practice the principles of the program in every aspect of my life, not just in my meetings.

I am by far from perfect at this; ask my sponsor. But I try.

All this may seem like a tall order, but it really is not. It is very simple.

Give it a go, it can start today. A wonderful life is available here.

**DID YOU KNOW?** If you'd like to learn more about the 12 Traditions, C.A. has a Traditions Group Inventory, which you can order with your chips and literature or download from <http://www.ca.org/pdf/Formats/groupinventory.pdf>. It is an excellent tool for helping your group, district or area deal with unity issues, for studying the Traditions with your sponsor or sponsees, or just learning more about the Traditions yourself. If you have Traditions questions or would like suggestions on how to conduct an effective group inventory, contact your Regional Trustee. If you don't already know how to reach him or her, contact the World Service Office at 310-559-5833 or [cawso@ca.org](mailto:cawso@ca.org).

## **“IT” Is My Disease – Step One**

**By Ron White**

**Vista, California, USA**

*It began with some drinking, New Year’s Eve in sixty-nine  
And the warm fuzzy feeling from that strawberry wine.*

*When I recall the ninth grade back in seventy-two  
I’d been hearing about weed and all that it would do.*

*Still remember quite clearly the first time I got high  
I was feeling so enlightened that I thought I could fly.*

*My next stop was speed and this one I did love  
My problems, while on it, I could rise above.*

*Cocaine left me wanting, there was never enough  
And to function on downers was just way too rough.*

*With LSD, I went places my mind had not been  
Thinking all the world’s problems, I could solve from within.*

*Never thought “IT” a problem but in spring eighty-five  
I started going to meetings to keep a marriage alive.*

*For eighteen months I got clean, though my wife didn’t stay  
Then I celebrated with tequila at eighteen months and a day.*

*Off again I went speeding, five more years on a run  
Till that night I got busted back in March ninety-one.*

*Fear of prison and cages did well keeping me straight  
Then pain pills led me out just before I turned eight.*

*For the next seven years I bounced in and back out  
I was beginning to see what this disease was about.*

*‘Cause “IT” was never happy, all “IT” wanted was more  
So I fed “IT” as I watched wife two walk out the door.*

*I had already given “IT” three disks in my neck  
So when “IT” asked for a hip I said sure, what the heck.*

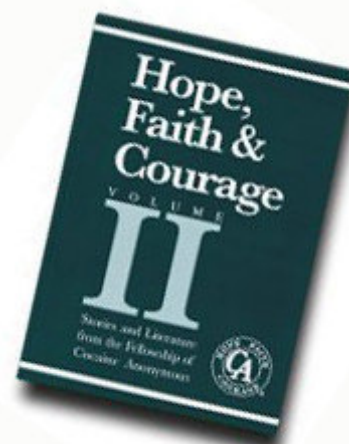
*“IT” kept taking my teeth till “IT” left me so few  
I was embarrassed to smile and I sure couldn’t chew.*

*I finally started to see life was out of control  
“IT” had taken my morals and most of my soul.*

*So when that pitiful bottom at last I did hit  
That I was an addict, I could finally admit.*

*It was ME screaming out from my heart, “I AM DONE!”  
And after all of those years I did an HONEST STEP ONE.*

## **HFC II Now in Hard Cover!**



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7 <sup>th</sup> Tradition January-March 2008		
Category or Location	Donor Name/City	Total
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<b>Alberta</b>	Northern Alberta Area	\$1,000.00
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<b>Newfoundland</b>	Anonymous	\$1.00
<b>Ontario</b>	C.A. Southern Ontario Area	\$1,000.00
	Anonymous	\$171.47
<b>UK</b>	CAUK	\$1,000.00
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<b>UNITED STATES</b>		
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<b>North Carolina</b>	Monroe Solution Group of C.A.	\$20.00
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	Bonnie Brae Group	\$97.00
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	South Central Texas Area	\$200.00
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	Blade Runners	\$120.00
<b>Wisconsin</b>	Fri Nite Uncolas	\$155.50
	Razor's Edge	\$170.00
<b>World Service Contribution Program (see page 12)</b>	Anonymous	\$4,965.00
<b>Total</b>		<b>\$29,109.40</b>

# World Service Contribution Program

Cocaine Anonymous World Services depends on the financial support provided by individual members, groups, committees, Districts and Areas. We use your contributions as efficiently as possible, to maximize the services we are able to provide to addicts throughout the world. When you participate in the World Service Contribution Program, you ensure that we are able to serve the needs of those in our Fellowship, and reach even more with our message of Hope, Faith and Courage. And because your Contribution Program gifts are conveniently transferred by your bank from your checking account, savings account, debit card, or credit card account directly to the World Service Office, your contributions go farther than ever before. The C.A. World Service Contribution Program is safe, secure and confidential. You have complete control of the process, because you specify the amount of your contributions, and when they are made. You can always increase, decrease or suspend your participation at any time by writing the World Service Office. And your contributions may be tax deductible (consult your tax advisor). To help the C.A. World Service Office meet the needs of members, groups, areas and addicts still suffering, please fill out the authorization form on the next page, attach a voided check or deposit slip (if necessary), and mail everything to the address shown. Thank you for your support.

## AUTHORIZATION FOR DIRECT PAYMENT (ACH DEBITS)

YES! As a member of C.A., I want to participate in the C.A. World Service Contribution Program to help keep C.A. World Services going strong!

Cocaine Anonymous World Service Office  
3740 Overland Avenue, Suite C  
Los Angeles, CA 90034  
(310) 559-5833  
cawso@ca.org

As part of my 7th Tradition contributions to Cocaine Anonymous World Service Office, I authorize Cocaine Anonymous World Service Office (CAWSO), to initiate variable entries to my account described below:

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Credit Card or Debit Card Name: \_\_\_\_\_

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Financial Institution's Name: \_\_\_\_\_

Financial Institution's Address/Branch: \_\_\_\_\_

If using a checking account, please include a voided check; if using a savings account, please include a deposit slip.

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### PAYMENT FREQUENCY:

Monthly  Annually  One-time basis Effective date: \_\_\_\_/\_\_\_\_/\_\_\_\_ (MM/DD/YYYY)

This authority is to remain in full force and effect until CAWSO has received written notification from me of its termination in such time and manner as to afford CAWSO a reasonable opportunity to act on it.

Name: \_\_\_\_\_  
(Please print name as it appears on the account)

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Address: \_\_\_\_\_

City and State/Province: \_\_\_\_\_ Country: \_\_\_\_\_

Zip/Postal Code: \_\_\_\_\_ Daytime Phone: \_\_\_\_\_ Evening Phone/Cell: \_\_\_\_\_

### **PLEASE MAKE A COPY OF THIS COMPLETED FORM FOR YOUR RECORDS**

(The complete World Service Contribution Program brochure, which includes this form, is available for download at [www.ca.org/contribute.html](http://www.ca.org/contribute.html))

# Respect for Long-Term Members

By Geoff P.  
Cornwall, UK

Wherever I go and whatever I do, there is always someone who has been there before me who can tell me about it or there is someone behind me asking about it. That is a simple fact of life that I have found to be true.

I am an electrician. In my line of work, there are people with lots of experience and people with little experience who are very keen to get onto the ladder and gain more experience to become an electrician—in this instance, to gain more knowledge to earn more money and become better at their chosen job; fair enough.

In C.A., you find there are members in the Fellowship with long-term, quality sobriety whom you look at and think, “I really want what he/she has.” You find that a lot of these long-term members are instrumental in the running of their home group. They have key service positions to keep their home group conducting itself according to the Traditions and in an orderly manner for everyone’s benefit, including their own. You will also often find that long-term members have had or do have a lot of sponsees. This is because newcomers quickly pick up on the respect given to them by other members and the manner in which the long-term member carries himself or herself in the meeting.

As stated above, with most situations you encounter in gaining sobriety, in C.A. or in life, one or another of the long-term members has experienced them before you and will have some good, solid suggestions on how to deal with them. I have found through my sobriety that my thinking can be very wrong and confusing around many issues, so discussing my problem/situation with a long-

term member has proved helpful. It has also provided me with the knowledge to pass on should anyone approach me with the same questions.

Experience can only be gained by doing—actions not words, talk the talk and walk the walk. If someone has been in C.A. for 10 years and is doing regular service, attending meetings and talking from the *Big Book*, along with doing all the suggested things, you can bet they have some good knowledge to draw from and respect.

Respect for that knowledge and that person can be shown in many ways, just as I would treat my sponsor. I listen to what the long-term member has to say and if given advice or a task by this member, I act on it. It may be vital to my sobriety or help me gain experience where I did not realise I needed to learn. With me, sometimes a little knowledge can be a hindrance. I think I understand something just by reading it and doing it once; often, though, the bigger picture comes to light and there is a lot more depth and weight to it than I first realised. This has been pointed out to me in a kind and respectful manner on many occasions by a long-term member who was willing to share his or her experience and help me understand mine a lot more. This has been vital to my recovery.

Unity is great feeling, to be part of the meeting and respect everyone in that meeting as they respect you. Knowing when you are out of your depth and are taking on something you don’t understand or have little experience in, and then being able to listen to a long-term member and take advice, is also vital.

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# Why Have a Sponsor?

By Geoff P.  
Cornwall, UK

When I heard the word “sponsor” in the first meeting I attended, I envisioned a sheet of paper listing various amounts of money for staying away from drugs. I would be wearing a t-shirt reading “Sponsored by C.A. to Stay Off Drugs.” You get the picture, I’m sure.

Everyone suggested it would be a good thing to get a sponsor. So, being as desperate as I was when I first attended C.A., I listened to this suggestion. I was told I could get a temporary sponsor from the secretary at the end of the meeting. This I did with a lot of uncertainty.

A temporary sponsor was assigned to me. Little did I realise that what I had done at that moment was reached out for help. I had asked someone else to help me kick the endless habit of addiction. I had never before asked for help, in any manner, shape or form. This was a great step towards my recovery and was to prove to be a key element in lasting and quality recovery.

My then temporary sponsor sat me down and gave me some suggestions that others before me had found to help in recovery. These seemed, at first, to be a massive chore and pain in the arse; how would I ever fit them into my oh-so-busy and hectic life? The addict still in me was trying to rebel against what was not a standard way for me. My temporary sponsor was suggesting things that went against my grain—things I had never tried to do, and, to be honest, did not want to do. Some of it was embarrassing (poor me), some of it was just plain silly, and some of it was for sure a pain in the arse. I realise now I was given these suggestions with love and care, not as orders or to be a pain, but to aid my recovery.

I followed the suggestions, one of which was to phone my sponsor daily to talk about my day, problems and such. This man was prepared to listen to me on a daily basis moan about my crap, be unwilling and try to modify the program that is a proven road to recovery, or just say nothing at all.

Each phone call was different, but each was another step in my recovery, and each call became easier. I started to listen to my now sponsor as the suggestions I was given were starting to work. My life was starting to change, and I was starting to change.

The questions I asked and problems I talked about were being solved by deferring my thinking to my sponsor. If I listened to his suggestions, things went differently than when I listened to my suggestions. My suggestions would have me using and living in the problem. I was sick and tired of that and had done it for far too long. It was time to get into the solution.

My sponsor has taken me through the 12 Steps, the program of recovery. I dragged my heels or threw a fit a number of times. My sponsor remained a solid rock of recovery throughout; he held fast to the program which he himself had been through and is still working to this day.

I sat with my sponsor and told him things I had never told anyone else, EVER. He had won my trust—an absolutely massive step for this addict. After my Step Five, which left me feeling lighter in load and more positive in thought, my sponsor told me that feeling could last for the rest of my life. It was only me, no one else, that could change the way I feel and act.

It was absolutely essential for me to find a sponsor, one who had worked the program and had a sponsor as well. My sponsor is now a vital person in my everyday life. I trust and respect him more and more. I listen to his suggestions and act upon them without question, as I now understand that he has my best interests at heart. I still phone him on a regular basis, sometimes just to say things are okay, sometimes to discuss situations and issues that have arisen in my now fuller and happier life. I hope to keep doing so for the rest of my life. My sponsor has been a guide for me in a new world I did not realise existed and had no idea was such a better place to live.

## Calendar of Events (continued on page 16)

### June 7-8, 2008

#### **Manitoba Area Annual Convention** **C.A. - In the Business of Recovery**

Manitoba Area

**LOCATION:**

Robert A Steen Community Centre  
980 Palmerston Ave.  
Winnipeg, Manitoba, Canada  
204-783-5616

Speaker - John W - San Jose, CA

**CONTACTS:**

Jamie S., Convention Chair 204-227-6219  
Rachael C., Speaker Rep 204-989-0189

### June 27-30, 2008

#### **Nevada Campvention** **Realm of the Spirit**

Northern Nevada Area

**LOCATION:**

Sugar Pine Point  
Highway 89  
Lake Tahoe, NV

The campout takes place at beautiful Lake Tahoe, and includes speakers, activities, and workshops. There is limited space available so please get your registrations in early!!!

**CONTACTS:**

Jeff M., Campground Liaison 530-543-1434  
Nick A., Area Delegate 530-318-0205  
Murphy, Committee 775-313-4325  
Dan D., Committee 775-232-5323

### July 3-6, 2008

#### **22nd Annual Arizona Area Convention** **We Are Not A Glum Lot**

Arizona Area

**LOCATION:**

Tempe Mission Palms Hotel  
60 East Fifth Street  
Tempe, AZ 85281  
480-894-1400

**CONTACTS:**

Jackson H., Convention Chair 602-299-1402  
Erica D., Vice Chair 480-228-7762  
Melissa B., Convention Secretary 602-574-1127  
Dustin C., Registration Chair 602-689-8152

### August 1-3, 2008

#### **New Mexico Area Convention** **From Rock to Recovery**

C.A. New Mexico

**LOCATION:**

TBA

We are looking for comedy acts, speakers and outreach. Please contact Patrick P.

**CONTACTS:**

Patrick P., Co-Chair 888-331-5567

### August 8-10, 2008

#### **Texas Area Service 2008 Annual Convention** **For We Are Building An Arch Through Which We Pass To Freedom At Last**

**LOCATION:**

Marriott Westchase  
9975 Briar Park Rd.  
Houston, TX  
713-978-7400

**CONTACTS:**

Kerry W., Convention Chair 713-725-9516  
Carl J., Convention Co-Chair 713-747-2328  
Roland R., Registration Chair 713-254-2260  
Regina A., Registration Co-Chair 713-874-4912

### August 21-24, 2008

#### **24th Annual CALA Convention** **A Celebration of Miracles, 12 Steps + 12 Traditions = 24 Years of Miracles**

CALA/ Long Beach/ Compton District

**LOCATION:**

Desert Springs JW Marriott Resort & Spa  
74855 Country Club Drive  
Palm Desert, CA 92660  
888-538-9459 or 800-228-9290

If you would like to receive the monthly convention newsletter please contact Duane B. Rooms are available, so please make your reservations.

**CONTACTS:**

Duane B., Public Outreach Chair 310-903-3089

### September 5-7, 2008

#### **4<sup>th</sup> Scottish Area Convention** **The Fourth Dimension**

**LOCATION:**

The Beardmore Hotel & Conference Centre  
Beardmore Avenue  
Clydebank, Glasgow Scotland  
0141 951 6000

Following the success of the Get Connected event in November 2007, we have secured the same venue at the same preferential convention rate and look forward to giving you a warm Scottish welcome.

**CONTACTS:**

Remmea M., Convention Chair +44 (0) 7805-069-478  
Paul McL., Convention Vice-Chair +44 (0) 7824-873-696  
Heidi R., Hotel Liaison +44 (0) 7706-770-303  
Steph S., Registration Chair +44 (0) 7772-909-756

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# Calendar of Events (continued from page 15)

## September 12-14, 2008

### 1st Annual BC Area Convention *Supernatural Serenity*

British Columbia Area

**LOCATION:**

Executive Plaza Hotel  
405 North Road  
Coquitlam, BC, Canada  
(888) 433-3932

**CONTACTS:**

Michael C., Convention Chair (778) 231-0007  
Rand S., Convention Vice-Chair/Outreach  
(604) 619-1920  
Kris J., Registration Chair (604) 725-5415  
Kellie F., Hotel Liaison (604) 808-8496

## September 19-21, 2008

### 2008 Florida Area Convention *Recovery Gone Wild*

**LOCATION:**

Embassy Suites  
1100 S.E. 17th Street  
Ft Lauderdale, FL 33316  
(954) 527-2700

All rooms are suites with cook to order breakfast included. Early registration ends 8/15/08

**CONTACTS:**

Randy D., Convention Chair (954) 829-5623  
Bob M., Vice-Chair (954) 649-0223  
Karen D., Program Chair (954) 270-4032  
Blake B., Hotel Liaison (772) 341-4472

## September 26-28, 2008

### 2008 Nebraska Area Convention *A Design for Living*

C.A. Nebraska

**LOCATION:**

Double Tree Hotel  
1616 Dodge St.  
Omaha, NE 68102  
(402) 346-7600

**CONTACTS:**

Lori S., Registration Chair (402) 572-9067  
Willie A., Hotel Liaison (402) 689-1722

## September 26-28, 2008

### Georgia Area 2008 Convention

**LOCATION:**

Holiday Inn Select Atlanta Capitol Conference Center  
450 Capitol Avenue  
Atlanta, GA  
800-442-6011

Great speakers, awesome workshops, plenty of fun and fellowship. Come on down and join us.

**CONTACTS:**

Mike S., Registration Chair 678-398-9098  
Todd S., Outreach Chair 404-819-2602

## October 3-5, 2008

### 2008 Washington State Area Convention *Love & Tolerance Is Our Code*

**LOCATION:**

Holiday Inn  
3105 Pine Street  
Everett, Washington  
425-339-2000

If you are interested in speaking or doing a workshop, please let us know.

**CONTACTS:**

Teresa A., Convention Chair (425) 444-9509  
Cynthia C., Registration Chair (425) 985-4808  
Scott B., Speakers/Workshops (253) 797-1491

## October 4-5, 2008

### Ohio Area 9th Annual C.A. Men's Conference *Recovery "Priceless"*

**LOCATION:**

Holiday Inn Lakeside  
1111 Lakeside Ave.  
Cleveland Ohio  
216-241-5100

Speakers, Workshops, Panels, Banquet, Spiritual Brunch

**CONTACTS:**

Mike H., Convention Co-Chair (216) 235-4793  
Al G., Convention Co-Chair (216) 240-3774  
Larry G., Convention Co-Chair (216) 231-2290  
Frank B., Convention Co-Chair (216) 526-2591

## October 10-12, 2008

### Southwest Regional Convention *La Fiesta De Recovery*

Arizona Area

**LOCATION:**

Hilton East  
7600 E. Broadway  
Tucson, AZ 85710  
(520) 721-5600

**CONTACTS:**

Mitch C., Convention Chair (520) 808-4641  
Pilar A., Convention Co-Chair (520) 358-2853  
Kevin S., Outreach (520) 250-1706

## October 10-12, 2008

### 2008 Midwest Regional Convention

*When You Reach the End...There Is a New Beginning*

Greater Missouri Area

**LOCATION:**

Westport Sheraton  
900 Westport Plaza  
St. Louis, MO  
314-878-1500

**CONTACTS:**

Joy L., Convention Chair (314) 448-2038  
Abbie R., Registration (913) 424-5515  
Allen B., Hotel Liaison (314) 578-0816