

# news



# gram

Volume 29 No. 1 C.A. World Service Office, 21720 S. Wilmington Ave., Ste. 304, Long Beach, CA 90810-1641 1st Quarter 2012

## A PRISON WORKSHOP

By: Terry M.  
Gilbert, Arizona, USA

It was a Saturday morning unlike any other at the Arizona State Prison Complex in Florence, Arizona. The prison was a huge complex of drab gray buildings that circled a massive dirt prison yard. The walls, fences and rows of barbed wire absorbed and intensified the summer heat. Walking through the midst of this sea of prison orange came three men carrying see-through backpacks loaded with big books and Cocaine Anonymous literature. These men of Cocaine Anonymous carried more than books and literature, they carried hope. 8:00 a.m. on Saturday, June 25, 2011 and the temperature was already in the low 100's heading towards a scorching 113 degrees. The inmates and prison staff were all abuzz about the first ever Cocaine Anonymous 12 Step Workshop at Arizona's largest prison that was to take place that day.

The C.A. volunteers were Doug G., 26 years, Kelly S, 22 years, and Terry M. the newcomer of the group with 20 years of sobriety in C.A. We all gathered in the chow hall, as there is no lunch meal at the prison so we had a six-hour window to share the Steps and our love with the inmates. We sat on stainless steel stools bolted to the cold steel tables surrounded by concrete bars as steel. We handed out Big Books, paper and pen, and everyone settled in. We acknowledged the courage of the men who broke from the ranks of the hopeless to attend the workshop. The men are members of the "Freedom from Behind the Walls Group" of Cocaine Anonymous. A group that recently celebrated its one-year anniversary! To get a pass to volunteer at the State Penitentiary in Florence takes a major effort that takes more than one year from beginning to end of the application process. Once you get approved you get the blessing of driving the nearly

three hour round trip to carry the message of C.A. to the inmates. The payment the volunteers receive for making this long trek into the desert to be of service is the precious gift of continued sobriety. We have two C.A. meetings at the sprawling prison complex where thousands of men are housed. One of the meetings, "The Freedom From Bondage Group" started by Scott K. has been going for over four years. All of the men who have served at the prison have stayed sober! Howard P. a longtime sober member and great friend of C.A. said it's a statistical fact that men coming out of prison have the lowest rate of sobriety but those who take the meetings into those prisons have the highest. The idea of doing 12 Step workshops on top of our regular meetings is an attempt to improve the chances of inmates to find long-term sobriety. We all know that the 12 Steps are the key to sobriety. The prison environment makes doing the Steps very challenging. What made this day even more special was the fact that all of the inmates on this entire prison yard were being transferred within two weeks to various prison complexes across the Arizona Department of Corrections system. The prison administration gave us permission to take these men through the 12 Steps as a reward for their collective good behavior. The C.A. members on the inside have been practicing the principles in all their affairs, and the prison recognized that these men were not causing problems for the prison staff or the other inmates. In H&I work, sometimes it's easy to overlook everything a prison, jail or hospital has to do to help facilitate our meetings behind the scenes. That is why it's so important to always say Thank You, and share any positive feedback with the prison staff and we encourage the inmates to do so the same.

## THE NEWSGRAM IS LOOKING FOR YOU!!!

### WOULD YOU LIKE TO BE PUBLISHED??? DO YOU HAVE SOMETHING TO SAY???

The NewsGram is looking for your article, recovery jokes, recovery poem, suggestions, ideas, recovery drawing, or spiritual thoughts. This is YOUR publication!! We're looking for small items of 1 or 2 lines up to articles anywhere from 300 to 1000 words. If you write an item, please go to page 8 of this issue and fill out the Release Form or to [www.CA.org](http://www.CA.org) and print out the Release Form and submit along with your item to:

**NewsGram,  
c/o CAWSO,  
21720 S. Wilmington Ave., Ste. 304,  
Long Beach, CA 90810;**

**Articles or suggestions to:  
[Newsgram@ca.org](mailto:Newsgram@ca.org).**

#### CAWS Board of Trustees:

- ♦ *Atlantic North Region:* Robert L., Pawtucket, Rhode Island, USA
- ♦ *Atlantic South Region:* Kenny W., Memphis, Tennessee, USA
- ♦ *European Region:* Russell S., London, England, UK (WSBT Secretary)
- ♦ *Midwest Region:* Brian T., Skokie, IL, USA
- ♦ *Pacific North Region:* Terry M., Salt Lake City, Utah, USA
- ♦ *Pacific South Region:* Joy H., Fontana, California, USA (WSBT Vice Chair)
- ♦ *Southwest Region:* Randy G., Chandler, Arizona, USA (WSBT Chair)
- ♦ *Trustee at Large #1:* Richard S., Colorado Springs, Colorado, USA
- ♦ *World Service Office Trustee:* Richard L., Culver City, California, USA
- ♦ *World Service Trustee:* Peter D., San Diego, California, USA

#### CAWSO Board of Directors:

- ♦ Teresa N., WSOB Chair, Dana Point, California, USA
- ♦ Elizabeth S., WSOB Vice Chair, San Marino, California, USA
- ♦ Barry J., WSOB Treasurer, San Pedro, California, USA
- ♦ Susan D., WSOB Secretary, Irvine, California, USA
- ♦ Linda F., Paid Director of Operations, North Hollywood, California, USA
- ♦ Peter D., WS Trustee, San Diego, California, USA
- ♦ Richard L., WSO Trustee, Los Angeles, California, USA
- ♦ Robert C.; Director-at-Large; Los Angeles, California, USA
- ♦ Janice C.; Director-at-Large; Hawthorne, California, USA

#### CAWSO Personnel:

Linda Francisco, Director of Operations  
Sheila Spurlock, Customer & Volunteer Relations  
Andrew Wellbaum, Shipping & Fulfillment

#### NewsGram Editor:

Heidi J., Gresham, Oregon, USA

#### Web Servant:

Ryan E., Glendale, California, USA

*The NewsGram is a quarterly publication of the World Service Office of Cocaine Anonymous. This publication and all its contents are copyrighted by Cocaine Anonymous. Any unauthorized duplication or publication is prohibited. Send all requests to: NewsGram, c/o CAWSO, 21720 S. Wilmington Ave., Ste. 304, Long Beach, CA 90810-1641, by e-mail to [newsgram@ca.org](mailto:newsgram@ca.org), or by fax to 310-559-2554, Attn: NewsGram. You can call the WSO at 310-559-5833.*

• Inside This Edition	Page(s)
A Few Words on Recovery	9 & 11
C.A. Trusted Servants	2
C.A. Calendar of Events	17-18
Looking at My Recovery	9
My Experiences with Women in Recovery	13
A New High from H&I	19
A Prison Workshop	1 & 3
A C.A. Publication Release Form	8
Recovery	11
R-E-C-O-V-E-R-Y	15
Search-A-Word	16
70/30 Plan Revisited	13
7 <sup>th</sup> Tradition Donations	20
Thoughts on the 3 <sup>rd</sup> Step	14
Trustee Corner	4 & 6
25 Years Sober	5
Unity Corner	19
A Unity Reading	7
World Contribution Plan Form	10

(Cont. from Page 1)

## A PRISON WORKSHOP

So here we have a chow hall full of inmates ready to begin the Steps. It was fire season and Arizona had a huge wildfire burning out of control. What made the fire grow so quickly was that sparks were scattered by the winds causing the fire to jump fire lines and spread like crazy. We related the story of the fire to the inmates and explained to them that they were being armed with some facts about themselves through the 12 Steps that when completed would elevate their lives and give them the ability to help others find and maintain recovery. They were about to be scattered to various prisons around the state and we encouraged the men start a wildfire of recovery in every prison yard in the state.

Doug G. made the program come alive. He facilitated the "Back to Basics 12 Step Workshop" during the CAWS Convention in Phoenix. The hours rolled by, like minutes! When we read page 100 "You will soon live in a new and wonderful world no matter what your present circumstances" you could feel the hope and the presence of a Higher Power. The feeling was so strong tears filled our eyes. Men and women can and do find God and peace in prison with the helping hand of Cocaine Anonymous. One of the most profound parts of the experience was the respect and reverence the inmates showed one another and us. They helped each other with the step work, and heard each other's fifth steps. This is prison where racial divide is the norm, but we had black, white, Hispanic, Asian, gay and straight all working together. In C.A. we are all joined by the Fellowship of the Spirit. There is only one race in Cocaine Anonymous, and that's the human race. As the late afternoon sun roared outside a spirit of love roared on the inside. Six hours had passed, along with all 12

Steps, and we circled up to pray the "We" version of the Serenity Prayer then said our goodbyes.

In the parking lot we reflected on how the inmates had given their undivided attention for the past six hours. We believe the reason the inmates had paid such close attention was because they had already paid such a high price to attend this workshop. The inmates seemed to know what was at stake, for them, it was their lives. Many had lost their families and all had lost their freedom, but only in a physical sense because C.A. and the 12 Steps have given them back their freedom in a spiritual sense. The inmates only have one meeting a week to attend. We wondered how closely we would listen, if we were in a prison, surrounded by the disease, and only had one meeting a week to attend? We realized how much we take for granted in our recoveries. We began the long drive home filled with a sense of purpose and hearts filled with joy. We held our heads a little higher and the stifling heat didn't seem as harsh. Randy G., our SW Regional Trustee commented, "The inmates are holding their heads a little higher today too-they've shed some pain and resentment and on top of that they have been shown how they can help others as well"

The message of inclusion, beautifully explained in our *Who is a C.A. Member?* reading and our focus on the solution makes C.A. a perfect fit for correctional facilities. So reach out to your local H&I Committee and find out how you can participate in a jail or prison meeting and help spread the word about the Hope, Faith, and Courage and the freedom that can be found in Cocaine Anonymous. Who knows, the life you save may be your own. See you on the front lines!!

\* \* \*

## ***We need submissions NOW!***

### ***Share your experience, strength and hope for the first C.A. Meditation Book***

**Wouldn't it be great to have a C.A. Meditation Book to read each day?** We need *YOU* to help make this book a reality!

In keeping with the 11th Tradition, submissions will be reviewed anonymously and the authors of meditations ultimately selected for the book will be asked to maintain their anonymity. Replies will be sent when the selection process is complete.

Online submissions are preferred. **Each submission also requires a properly executed release** (please use the online submission form available at [www.ca.org](http://www.ca.org), or page 8 of this issue). If you are unable to use the online form, you may send your submission(s) and release via e-mail to [submissions@ca.org](mailto:submissions@ca.org) or by regular mail to: CAWSO, Inc., Attention: LCF Committee, 21720 S. Wilmington Ave., Ste. 304, Long Beach, CA 90810-1641. For more information, please call 310-559-5833.

### **Recovery**

By: Randy G.  
Southwest Regional Trustee  
WSBT Chair

Hi family – When approached with the theme of “Recovery” for this Newsgram, I considered all of the potential threads and options that the word “recovery” has meant to me in my sobriety. Coming from a place of hopelessness and despair, I have regained hope and peace in my life. From the physical allergy and mental obsession, I have recovered from a seemingly hopeless state of mind and body. From a feeling of worthlessness, I now understand that I have a purpose in my life and can be of real help to others. From an inability to coexist in a world that just didn’t understand, I have found that I can be a productive member in society. From being incapable of leaving the pipe to attend a family holiday, I have been blessed with cherished relationships with my family. From being alone, I am now surrounded by a circle of friends.

Wow – recovery is truly awesome. But even more incredible was the path to it. As I crawled into the rooms of C.A. in 1993, there was a light in people’s eyes. They definitely had something that I didn’t. A secret maybe – a better dealer maybe – but whatever it was, I surely didn’t have it. And it didn’t take very long sitting in the rooms as a newcomer to hear what they had. I was fortunate enough to get sober in a C.A. fellowship that was clear in their message. They told me that they had found a solution to their problem from the connection to a higher power that occurred as the result of working the 12 Steps of recovery. They didn’t mince words or speak around it. They had worked the 12 Steps, had a spiritual experience as the result and kept growing by sharing that experience with others by taking others through those same steps.

Sure there was talk and genuine gestures of “loving me until I can love myself”, of getting involved with the joy and laughter of the fellowship, of being of service to my home group, H&I, etc. But the message that shined time and

time again was those gifts and the many other gifts I was to experience in my life, could only be permanent through the completion of the 12 Step process with a sponsor.

So as I reflect on my recovery today and the thousands of gifts I have received along the way, it still always comes back to the baseline of the origin – the effective sponsorship I received as I was taken through the Steps. Even today, with a few 24 hours behind me, I’m blessed with active sponsorship, both being sponsored and sponsoring others. I am and hopefully will always be forever grateful for the man who sponsors me and the men that allow me to sponsor them.

While my life has expanded to children and grandchildren, to an employment career, to positions of service, both charitable and recovery related – maybe the baseline to those efforts is the same as the beginning – the effective sponsorship I received as I was taken through the steps.

So maybe – C.A.’s future and over all health lie there as well.

I had no idea of financial responsibility when I crawled into the rooms, but was sponsored and taught about the responsibility that I have to the fellowship that saved my life. That my home group and the home group members are responsible to the financial health of our group. That our groups are responsible to the financial health of our Area. That our Areas are responsible to the financial health of our World Services. That our World Services were responsible to the financial decisions of whatever amount they were asked to work with. My sponsor didn’t shy away from the direction as to how much I was to give and I watch effective sponsorship take place regarding finances in those groups and  
(Cont. Page 6)

## **25 Years Sober**

By: Jeanne Ann P.  
San Jose, California, USA

Something happened for me that I never would have believed possible. I have not used cocaine, or any other drug in over 25 years.

I remember vividly the physical and mental obsession that was my life before I found recovery in C.A. Using cocaine was the single most important thing to me from 1975 until 1986. I eagerly discarded family, friends and jobs that got in the way of my using.

Through a series of events no longer important...I found my chair in the young program of C.A. I was in the Bay Area in Northern C.A. and the program was just starting to take off. We grew wings and roots at the same time, one meeting at a time.

I went to a C.A. meeting every night for the first two years of my recovery. It was the process of learning to live. I had not done one thing clean and sober and that meant everything had to be relearned. I learned the luxury of long showers and going to a movie. I learned to sit and talk with friends with coffee as the only shared substance on the table. I learned how to go to work on time, spend my whole day working on what I was supposed to. I learned that I was not an authority on everything and I had much to learn and explore.

My head and my heart both learned to behave differently. Although those lessons are not as earth shattering brand new information today, as they were then....I am happy to say they still occur. I do my best to remain open and willing. There are always new ways to apply the spiritual principles to my daily life.

I met my husband in my first week. Most people do not recommend this. I neither

recommend or discourage.....everyone has their path and ours came together early. We went to some meetings together and quite a few separately. He went into service for C.A. and I became intrigued with the service structure of our young fellowship. Iron bonds were formed during hours of committee work, conventions being organized, and meetings, meetings and meetings.

Monthly chips changed into the glorious annual metal chips.

The single most important choice I have ever made was to accept the gift of recovery. I have had heartache and disappointment, loss and melancholy. The flip side is, I have had joys that still surprise me and years of contentment. Not complacency, but contentment. I am happy with the way I lived my life. Even the time before recovery has become important and valuable to me. The contrast is always there....if I need a reality check.

I have been married to that man I met my first week for many years now. Our lives have had all the learning curves and ups and downs that come with real living together. But I know I am loved deeply by him and I know he can feel the same from me. His three sons were four, five and six when I met them. They are my step-sons but their kids are MY Grandkids. I am a gray haired grandma that used to do too much cocaine.

Next May we will be in England for the World Services Convention. I have something special planned for someone there....maybe you could join us.

\* \* \*



## Trustee Corner:

### Recovery

areas that are financially healthy today.

I love the efforts of our fellowship to bring the newcomer to the solution through H&I, PI, LCF and all of the other avenues used to spread the word. But I've seen the fellowships only grow where the quantity of willing men and women exist – available and committed – to sponsor the newcomers through our 12 Steps. I was taught that service work was essential to my recovery and have found my niche to be in H&I. But I was also taught that no matter what avenue of service I chose, that service was not meant to replace the Twelfth Step – but to enhance it. That I needed – in fact, my life depends on it – to actively sponsor men in this fellowship. I've experienced that our growth in C.A. is not dependent on how many come to the fellowship, but on the quantity of those that stay!

So - As I turn the page on 2011 and usher in a brand new year. As my personal life will bless me with new challenges and even some old ones. As C.A. will move forward to gather in England, spread the word and bring addicts to recovery all over the world. Maybe the quality of 2012 lies right where it always has – the effective sponsorship of our members through the 12 Steps of Cocaine Anonymous. Wishing everyone a fantastic journey of recovery in 2012 –

\* \* \*

## IN THE OLD DAYS IT WAS HIP TO BE SQUARE!

The World Service Conference Archive Committee is pleased to offer the 1<sup>st</sup> in a series of 8 commemorative, fundraising chips.



Front



Back

Circa 1985 – 1987

Comes with a keychain & protective cover

**Limited Edition - Only 1000 Printed**

All proceeds benefit CAWSO

**\$10.00 each**

Order your piece of C.A. History  
**NOW...**

**HERE'S HOW:** Go to the C.A. online store at [www.CA.org](http://www.CA.org) – click on “literature” at the top left of the page; click “order books, chips and literature.” From here, you may either print off the printable order form or click on “click here to enter store” and then proceed to “miscellaneous items.” **Questions?** E-mail [cawso@cawso.org](mailto:cawso@cawso.org). If using the printable form, either fax to (310) 559-2554 or mail to CAWSO, 21720 S. Wilmington Avenue, Suite 304, Long Beach, CA 90810-1641, USA.

- Make checks payable to CAWSO
- Shipping & Handling fees apply
- No discounts on bulk orders

### Search-a-Word Answers (from Page 16)

Y E + + + + + S + + + + +  
R T N + + + + + N + + + + +  
+ E I I + + + + + O + + + + +  
+ + C L A + + + I + + + + +  
+ + + O A C + S T P E C N O C  
+ + + + V U O + I + + + + + S  
+ + + + + E T C D + + + + + U +  
+ + + + + R I A + + + O W W  
+ + + + + Y R + + M + E E  
T H E S T E P S T I Y + R R V  
+ + + + + + + N P E + E L  
+ + + + + + + O + F S + H E  
+ + + + + + N + R + + E W  
+ + + + + A + E + + + R T  
+ + + + + E + + + + + E +

The following is the Unity Reading that was approved at a World Service Conference. Feel free to read this at your Meetings, Districts, Areas and/or local Conventions.

## **UNITY READING**

Unity is a common bond that transcends all differences. We've discovered no matter how different our circumstances or the paths that brought us here, we all suffer from the same disease: addiction.

We admitted our lack of power and accepted that we could not recover alone. The strength and direction of our recovery is found in our unity.

We are people who might never have mixed. Addiction and recovery are the threads that bind us. We relate to such feelings as grandiosity, insecurity, jealousy, and false pride and are reminded we are all alike. By sharing our experience with other addicts and working the Twelve Steps of C.A., we come to know humility, security, acceptance, and self-worth.

Through applying the Twelve Steps and the Twelve Traditions, we grow in love, tolerance, and respect for each other. This spiritual growth allows us to rise above prejudice, regardless of religion, ethnicity, economic status, age, gender, or sexual orientation, to carry the C.A. message. Though we are different, we are the same. Regardless of the author, we share the same story.

Recovery is possible — together.

Unity preserves our C.A. fellowship.

Unity preserves our legacy of Hope, Faith, and Courage.

Unity preserves our personal recovery, our reunited families, and our rediscovered dreams.

**TRANSFER AND ASSIGNMENT OF ALL RIGHTS,  
TITLE AND INTEREST IN ORIGINAL LITERARY WORK  
AND ACKNOWLEDGEMENT OF ORIGINALITY**

**(This form is intended for original material submitted to Cocaine Anonymous World Services, Inc. and Cocaine Anonymous World Service Office, Inc., and must accompany all submissions in order for such material to be published. All materials submitted become the property of Cocaine Anonymous World Services, Inc. and Cocaine Anonymous World Service Office, Inc.)**

With this document, I, the undersigned Cocaine Anonymous (hereinafter referred to as "C.A.") member, hereby grant permission to COCAINE ANONYMOUS WORLD SERVICES, INC., a California corporation (hereafter referred to as "CAWS") and COCAINE ANONYMOUS WORLD SERVICE OFFICE, INC., a California corporation (hereafter referred to as "CAWSO"), their successors, assigns, and those acting on their authority, to publish the attached material entitled or described as follows:

---

I further acknowledge and agree that:

1. I possess full legal capacity to exercise this authorization and hereby release CAWS and CAWSO from any claims by myself, my successors, and/or my assigns regarding the attached material.
2. This transfer includes the assignment and transfer of any and all claims I may have to United States and foreign copyrights, claims of authorship or origination.
3. I am the author of this work, i.e. this work is completely original and I have not used any third party source(s), in part or in whole, to create this work unless said third party source or sources are given full credit within the body of this work and further that said third party or parties have given written permission for said use, copies of which are attached hereto.
4. CAWS and/or CAWSO may change, modify or revise this work to whatever extent either or both deem necessary. I understand that, if selected for publication, this material will be edited in keeping with C.A.'s understanding of the Twelve Steps and Twelve Traditions. Submissions will also be copyedited to ensure ease of comprehension and adherence to standard rules of grammar and punctuation as well as current CAWS and CAWSO style guidelines. In addition, editorial staff may also substitute different words and/or revise sentence structure for clarification. I further understand that this material may be retitled and/or reprinted in more than one CAWS or CAWSO publication.

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

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

Name (please print): \_\_\_\_\_

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

Phone number: \_\_\_\_\_

E-mail address: \_\_\_\_\_

This Release form can be used for Newsgram, or Meditation Book Submissions



## **Looking at My Recovery**

By: Janice W.

World Service Office, Director at Large  
Hawthorne, California, USA

I looked up the word “recovery”, and the definitions I liked the best were: a) a gradual healing after sickness or injury, b) the act of regaining or saving something lost, c) restoration to a former or better condition. All of those accurately describe phases of the last 9 plus years of my life as sober member of Cocaine Anonymous and a recovered woman.

I don’t know about anyone else, but drugs and alcohol brought me to my knees! All of my adult life, and most of my teenage years, revolved around getting and staying loaded, medicated from my feelings. What started out as fun and rebellion and what I thought was independence, turned out to be a prison of my own making, seemingly inescapable. Life was unbearable, and I couldn’t make it stop. The ‘sick and injured’ in the first definition fit me perfectly, and I needed healing! Enter the treatment facility that led me to the rooms of recovery and a seat in C.A., and I thank God for both. Treatment wasn’t recovery, but it was a place to rest, to gradually let my body heal from all the abuse I had inflicted upon it, to learn how to eat and sleep regularly again, and to be exposed to some people who could guide me to a solution. These people would come in, on H&I panels, with commitments in the open meetings, as speakers, as former clients who felt compelled to show us that it could work for us – these people were indispensable for me! I never knew anyone had thought or felt like me, yet here they were, the truth resonating in their whole demeanor, a bright and undeniable light in the dark! I got a sponsor, and my journey began.

Just being sober was a beginning, but I saw that “just sober” would never be enough. So much had been lost – my dignity, my dreams, my self-respect, my relationships with family – it didn’t seem possible to regain any of it. But slowly, sometimes painfully, practicing the 12 Steps and seeking a relationship with a Power greater than myself through them, the restoration of the authentic me began to take place, not to my former condition, but to a better one.

I could talk all day about the Steps, my personal adventure to life as I’ve never imagined it, but that’s for another day. What I can share now is that doing unity, service and recovery is how I have continued to

show God my willingness to have Him enter my life and heart, to do for me what I could never do for myself. I’ve had the opportunity to be of service at the group, district, area and world levels, and now God has opened up the chance to serve as a Director-at-Large on your World Service Office Board. I thank you for that chance, and pray that I serve the Fellowship that saved my life well. I have a great relationship with the family I thought I’d lost forever, and at a point in my life when I’d started thinking about retirement in a decade, God sent me a wonderful husband! Between us, we have seven grandchildren, and we delight in making room on couches and blow-up beds for them in our home. And I have the honor to work with some women, to sit across the table from them and watch the light go on, to be the light that others were for me – that’s the greatest and most amazing gift of all! I, who had no purpose or direction, have found the reason God placed me on the planet. I always wished I could leave a positive mark on the world, that someone would remember me and be happy I had been here. Recovery gave me that – the knowledge that my experiences will benefit others. I pray that all who desire more find their way to this path of recovery!

\* \* \*

## **A Few Words on Recovery**

By: Alan D.

Bournemouth, UK

Almost nine years ago I stumbled into recovery battered and beaten after a lifetime of drug and alcohol abuse. I didn’t know much about what recovery was back then, the best I could work out was it amounted to something close to a drug free life. Probably miserable, probably uncomfortable but hopefully drug free. That was good enough. It’s funny how my outlook and perception of recovery has changed over the years, a change I’ve hardly noticed when it was happening, though I do now

I guess the beginning was when I gave myself (as best I could at the time) to the Twelve Steps of Cocaine Anonymous. This, it turned out, involved a bit more effort than first thought. Simply putting down the various substances I had relied on for years was not enough, I had to do some stuff, and thankfully I had a sponsor who was able to tell me in a way I could understand. Bit of a miserable git he was, and still is, nevertheless I followed his guidance, worked the Twelve Steps and things got different.

*(Cont. Page 11)*

# 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. Plus, 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 below, 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  
21720 S. Wilmington Ave., Ste. 304  
Long Beach, CA 90810-1641  
(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:

Type of Account: ☐ Credit Card ☐ Debit Card ☐ Savings

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

Card Number: \_\_\_\_\_ Expiration Date: \_\_\_\_\_

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

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

If using a savings account, please include a deposit slip.

### PAYMENT DETAILS:

Amount in U.S. Dollars: \$ \_\_\_\_\_ Date of first payment: ☐ 1<sup>st</sup> of month ☐ 15<sup>th</sup> of month

### 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))

*(Cont. From Page 9)*

### **A Few Words on Recovery**

It was the areas I didn't expect to be affected that really underlined what recovery is for me. I found myself feeling bad if I lied, I started turning up on time, even getting a job. For someone who had barely drew an honest breath and for sure never did an honest days work in his life, this was a big deal. A big deal and I've got to say, not what I expected recovery to be.

So, as I have continued to trudge this happy little road my experience of what recovery is, at least for me, has continued to change. It's like it starts to leak out, to touch areas in my life I never expected it would. Drugs and alcohol have been gone from my life for a long time now, that's one of the gifts my recovery has given me, but there is so much more. Recovery has touched so many more areas of my life. Recovery through the Twelve Steps of Cocaine Anonymous.

I have a consideration for others I never knew before, I find myself being honest despite myself, reliable, dependable and willing to go just a little bit further without any apparent reward. I have the ability to mess up and get over myself in record time, to not take myself too seriously, to make mistakes and actually learn from them. This is so far away from my old life long default setting. The selfish self-centered totally inconsiderate drug addict that sat at my very core for so many years has been replaced - replaced with recovery.

So there you have it, Recovery. A life of so much more than just abstinence from drugs. A life and a way of living that have given me a purpose, an inner contentment, a reason for being

Even on the tough days I find the gifts given to me in my recovery a blessing. I find hope in recovery, peace in recovery and a way of living that has touched every area of my life. If you're walking this path, you'll know. If you haven't, why not have a go, it might just surprise you.

\* \* \*

### **RECOVERY**

By: Roger Mc.

Muirhead, Glasgow Scotland, UK

Getting slowly better! One day at a time.

Recovery comes in many forms to me daily, it can be a harsh reality check which usually starts with something I have done or having a huge grin on my face for no reason whatsoever.

My recovery started with surrender to the fact that I was in a real mess and life was just a series of drug booze fuelled days with no happy or contented endings. I felt my life was on hold, good times were passing me by and frustration and anger was a constant thought throughout the day, and when these thoughts became too much to handle, I turned to my solution for these problems, more drink and more cocaine. I knew nothing of spiritual malady or obsession or powerlessness, I just knew I was in a bad place, all alone and scared. But I wasn't an addict.

When someone in the fellowship took me to my first meeting everyone there welcomed me and told me to stay a while and to keep coming back. For some reason I listened to what was talked about for the first time in many years and I found out and finally accepted that I was an addict. I identified with people sharing their experiences and feelings during the meetings. I felt bad about myself; ashamed I had become something or someone I never thought could happen to me.

Slowly I began to feel better and I got a day clean, then two, then a week, then a month, and here I am now some years later writing this small story of my journey in recovery.

I strongly believe that I have recovered from a hopeless state of mind and body and that the illness I suffer is very cunning and comes from within my head! My thoughts about life and my part in it can sometimes become distorted and leave me feeling angry and frustrated with everything I come into contact with, but recovery teaches me to take action to help get over these bad feelings and I have to sometimes swallow my pride and speak with another addict about all my fears and frustrations, together we usually sort things out, and I always feel better having spoken to someone who thinks just like me.

Recovery is on going in my life both inside meetings and outside in my work and home life, and dealing with what life throws at me is sometimes hard or annoying but I can get results I never got before I got clean and sober. I hate delving into my past actions or being reminded by others..." oh I remember that time.....You weren't well were you?!" but I need to never forget what I was , what I am, and the better person I am today. Without the recovery offered in all C.A. meetings I wouldn't be here today enjoying the freedom from the dark place my life had become. Recovery is possible.....don't do it alone! Fantastic!

\* \* \*



## How is being of Service for CAWS2012 Memorabilia is Helping Me Stay Clean and Sober?

By: James W  
CAWS2012 Memorabilia Chair  
United Kingdom

Service has been a critical part of my recovery since I made it in to the rooms of Cocaine Anonymous nearly three years ago. From greeting at the door and making teas and coffees to GSR and convention commitments, I feel all aspects are of the same importance and relevance to Tradition 5 and Step 12. I felt like a target the amount of times I have been fired! By the grace of God I have managed to keep my employment for a while now, It is Gods job. I am but a trusted servant to carry out his work and provide for my family, if I were to use again he would take that away from me. I am in sales; I can see how my experience is helping others in this commitment. The service commitment of Memorabilia chair has helped me to grow my buying skills, negotiating skills and sales skills. It has helped me to build love and tolerance around customers and suppliers and humbled me around the power of group guidance and authority. I am growing in confidence and handling situations which used to baffle me as I learn to speak in front of more and more people from sharing in a meeting to presenting at convention meetings, I love this commitment. I am pain staking about this phase of my development and am amazed before we have even held the convention! I have thrown myself head first in to this commitment, I feel like the newcomer again as I desperately want to make this commitment work so much, but I now realize that god is doing for me what I could not do for myself. The sense of unity within the CAWS2012 committee is over whelming and I encourage you to unite and be part of this exciting journey. Did I need any other compelling reason to take on this commitment other than first digs at the memorabilia? Probably not! Selfishness and self-centeredness always has been the root of my problems!!

## Subscribe to the NewsGram

**For the low price of \$10 U.S. per year, you can receive 10 copies of the NewsGram** to share with your friends or your group. Complete this form and include your credit card information, or enclose a \$10 check or money order (U.S. dollars only) and send to: NewsGram, c/o CAWSO, 21720 S. Wilmington Ave., Ste. 304, Long Beach, CA 90810-1641. A subscription form is also available for download at [www.ca.org](http://www.ca.org).

☐ I have enclosed a check/money order payable to CAWSO

☐ Visa/MasterCard/Discover/American Express # \_\_\_\_\_

Signature: \_\_\_\_\_ Expiration date: \_\_\_\_\_

Name: \_\_\_\_\_

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

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

Zip/Postal Code: \_\_\_\_\_ Telephone Number: (\_\_\_\_) \_\_\_\_\_

## My Service Experience with Women in Recovery

By: Laura F.  
Salt Lake City, Utah, USA

I never thought that I would be sitting in a Women and Children's Center telling my story. I used to think that being of service wasn't about me, but what I could do for others in recovery. Since May 2011, I have been part of the C.A. H&I Lifeline committee. Me and another fellow woman C.A. member were asked to contact the detox center and ask permission to take a weekly C.A. meeting to the women there. We were granted permission and it has been the best experience in my recovery.

Every Monday at 7:00 p.m., my Sister C.A. members and I "get to" spend our time with women from all walks of life. Our meetings have evolved in the short four months we have been there; we started out with the traditional C.A. meeting outline, with a speaker meeting once a month. Then some of the women wanted to know about the Steps, so we focused on the steps for a bit. Now we are having speaker meetings each week, the women expressed to us that listening to other women share their Experience, Strength and Hope, gives them hope. Hope for today and hope for the future.

The women come and go, but there are a few who are there for a while and are beginning to trust, to relax and enjoy the C.A. experience, as a result, the new women we see each week seem to be more relaxed as well. We try to bring laughter, love and respect to them. Along with Hope, Strength, and Courage and instead of focusing on the problem, we talk about the solution. The weekly meeting isn't mandatory in the center but we have grown from 6-8 in attendance to 10-12 attending on a consistent basis. We even had 19 women join us one week!!

Chapter 7 of *The Big Book of Alcoholics Anonymous*, "Working with Others" tells us: "Life will take on new meaning. To watch people recover, to see them help others, to watch loneliness vanish, to see a fellowship grow up about you, to have a host of friends — this is an experience you must not miss. We know you will not want to miss it. Frequent contact with newcomers and with each other is the bright spot of our lives."

What I know for sure is that each week, I walk away with a better understanding of my recovery and myself. I learn new ways of communicating with other women, which helps me in my everyday life with others. I'm sure that I get far more out of my service experience than I give.

It truly is one of the bright spots of my life.

\* \* \*

### 70/30 Plan Revisited

In the CA Literature piece entitled *The 7<sup>th</sup> Tradition* there is a section header that says, *So what happens to the rest of the money?* It describes the 70/30 plan. After a meeting has met all of their expenses, they should use the 70/30 Plan. This is where the remaining money gets split, 70% to the Area, and 30% to the World Service Office. So, you might say to yourself, "my meeting doesn't have that much money left over, we'd only be sending a couple of dollars". Here is what a couple of dollars would cover at the World Service Office. These couple of dollars could send a starter kit to a potential new Area or for \$5.00; they could send a C.A. book to someone who is incarcerated.

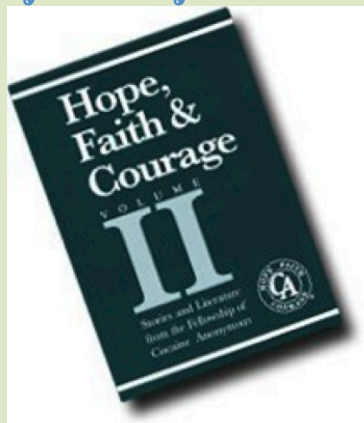
Moving your money on to the Area and World Service Office allows the message of C.A. to be spread to the still suffering addict. It also allows your Area and World Service Office to get the message of recovery out to recovery centers, judicial systems, and hospitals or other institutions. It is important to remember that our primary purpose is to send the message to the still suffering addict.

The 70/30 Plan is a spiritual journey for our meetings monies. *The Twelve Steps and Twelve Traditions* talks about how the 7<sup>th</sup> Tradition is a spiritual principle. Unlike other non-profit organizations, because of our Traditions, we do not solicit monies from outside contributors. Therefore, the WSO relies on your Meetings, Districts, Areas, Conventions, and Events to support it. Please remember to support the World Service Office because we as members are the only supporters of our Fellowship.

\* \* \*

# *HFC II* is on SALE!

**Buy one for your meeting!**



**Buy one for a Newcomer!!**

**The price of *Hope, Faith, and Courage II* has been reduced to \$4.75 for soft cover and \$8.75 for hard cover.** Spread the word! At these prices, every group should be able to purchase at least two books, and some members may also be able to buy one for a newcomer!

**This is a temporary offer** so place your order online at <http://www.ca.org/purchase.html> or contact the World Service Office (310-559-5833/fax 310-559-2554) to reserve your copy today!!

\*\*\*Copyright protections require copies of *HFC II* sold internationally include adhesive stickers with a disclaimer regarding *How It Works*. Domestic sales are exempt per the actions of the WSBT and WSOB on 12/4/10.

## **Thoughts on the 3<sup>rd</sup> Step** By: Dianne C. Los Angeles, California, USA

**Made a decision to turn our will and our life over to the care of God as we understood him.**

The *Twelve Steps and Twelve Traditions* says that the effectiveness of our whole A.A. program will rest upon how well and earnestly we have tried to work Step 3.

That is a lot of weight to put on a single Step.

So then, what is the most effective thing I can bring to this Step that will help me work it earnestly and well?

Faith? Or a Leap of Faith?

I once heard someone say in a meeting: "I have a deep and abiding faith that comes and goes."

Seriously, is Faith the single, best, necessary ingredient to work Step 3 effectively?

Apparently not.

We read on page 34 in the *Twelve Steps and Twelve Traditions* that, "Faith, to be sure, is necessary, but faith alone can avail nothing. We can have faith, yet keep God out of our lives." Which is an interesting thought really. And as it turns out, it is totally true.

The program instructs me to couple faith with willingness. The willingness to beat down self will, one more time, in favor of God's will.

My natural state is fearful running. Decades of sobriety have not changed that - for me anyway.

So the willingness to beat down self will and turn to God's will is most often born from fear and desperation.

I mean, you can either let go or be dragged.

Trust in God does grow over time. But after all the experience I have had, I still sometimes forget that God has my best interests at heart. I am reminded of that old saying, "Anxiety is really just low-grade atheism."

Two perspectives, which my sponsor taught me, always help my willingness to beat down self-will: The first is that as amazing as it sounds every time I think of it... things are not necessarily going wrong because they are not going my way. And, that the Steps are not going to change **what** I go through, they will change **how** I go through it.

I work Step 3 effectively when I realize that I am releasing the results.

Please join me in the 3<sup>rd</sup> step prayer

"God, I offer myself to Thee-to build with me and to do with me as Thou wilt. Relieve me of the bondage of self, that I may better do Thy will. Take away my difficulties, that victory over them may bear witness to those I would help of Thy Power, Thy Love, and Thy Way of life. May I do Thy will always."

\* \* \*



# R-E-C-O-V-E-R-Y

By: Paul M.  
Einfield, Middlesex, UK

**R is for Reason:** The reason I came to C.A. was because a couple of good people from A.A. sent me here. They said “you keep ranting and raving about cocaine, go to C.A.” God bless those good A.A. members because I never knew C.A. existed. I came and found my spiritual home.

**E is for Everyone:** No one can be asked to leave C.A. No matter what your race or religion or lack of religion. No matter what your gender or sexual preferences. No matter what your employment or financial status. No matter what drugs you used or didn't use. C.A. is for everyone no matter what substance or substances you are addicted to.

**C is for Coming Back:** I didn't think C.A. and its 12 Step program would work for me. The truth is I had nowhere else to go. C.A. members told me keep coming back. I did and they told me to get a sponsor, I did. He helped me to get knowledge of the steps using the book Alcoholics Anonymous. He then told me to go and help others as he had helped me. I did that too.

**O is for Obsession:** I was taught how an obsession is something so powerful it will make you believe a lie. I understood this because my experience had been devastating. For years I got no pleasure out of drinking or using drugs. The good times were long gone. The obsession would tell me “just get a little half a gram” or “drink Guinness it's not even a drink it's a meal in a glass.” Due to C.A. 12 Steps, sponsorship, and service, that obsession has been removed from me. I still have the odd mad thought but it is quickly replaced by the truth. It was never a little half! It was never just a pint of Guinness. It was always oblivion and waking up full of guilt shame and remorse. Thank God the obsession has gone.

**V is for Vital:** I have had something called a vital spiritual experience as a result of following all of C.A.'s 12 Steps. It is that experience which has removed the obsession. I fully understand it is vital for me to work with newcomers to maintain my spiritual growth. Dictionary definition of “vital” required for the continuation of life!

**E is for Everything:** I wanted to say, “see above” but that would have been lazy. The truth is everything that was smashed to pieces in my drinking and using days has been built again better than it ever was before. My relationships, with my wife and kids. With my brothers and sister and father and mother. My work life I have never skived from work since I got sober. I have only missed one day of work due to ill health in the last ten years. Everything is better.

**R is for Recovery:** Which to me is all of the above and so much more.

**Y is for You:** Yes you, me and indeed anyone can enjoy peace of mind, happiness and freedom from addiction. Why? Because it's fun and it free and its available to you and me.

\* \* \*

# NEWSGRAM

## Search-a-Word

Y	E	K	Y	H	Z	I	V	S	W	P	T	A	D	K
R	T	N	O	E	F	Z	O	N	F	H	Q	K	O	D
S	E	I	I	S	L	D	X	O	T	P	E	I	W	C
D	I	C	L	A	S	O	H	I	S	E	K	G	M	B
R	C	I	O	A	C	P	S	T	P	E	C	N	O	C
U	N	X	Q	V	U	O	U	I	O	X	O	P	K	S
P	Z	W	K	U	E	T	C	D	I	O	L	N	U	U
K	N	P	O	C	Q	R	I	A	B	I	Z	O	W	W
S	S	V	A	B	N	A	Y	R	U	Y	M	P	E	E
T	H	E	S	T	E	P	S	T	I	Y	C	R	R	V
A	H	U	Z	C	Y	M	E	A	N	P	E	W	E	L
P	M	R	U	U	I	W	X	O	C	F	S	H	H	E
L	F	Q	R	R	O	O	N	M	R	W	I	J	E	W
S	K	K	N	R	O	A	Y	E	A	V	I	C	R	T
O	R	Q	E	U	W	O	E	U	T	X	H	U	E	Q

ANONYMOUS  
RECOVERY  
TRADITIONS  
WEREHERE

COCAINE  
SPIRITUALITY  
TWELVE

CONCEPTS  
THESTEPS  
WEREFREE

ANSWERS ON PAGE 6

# Calendar of Events

## January 20-22, 2012

### **25th Cocaine Anonymous Quebec Area Bilingual Convention**

#### ***Alive & Free/Vivant & Libre***

Quebec

#### **LOCATION:**

Holliday Inn Montreal-Midtown  
420 Sherbrooke Ouest  
Montreal, Quebec  
514-842-6111/514-842-6111

#### **CONTACTS:**

[Marie-Noelle](#), 514-513-7013

[Rand S.](#), 514-730-1932

## February 24-26, 2012

### **Illinois Area Unity Convention 12 in '12**

Illinois Area

#### **LOCATION:**

Hilton Chicago Indian Lakes Resort  
250 W Schcik Road Bloomingdale, IL

#### **CONTACTS:**

[Bill B.](#), Convention Chair 630-272-0113

[Aaron W.](#), Registration Chair 773-934-9444

## March 15-18, 2012

### **20th Annual SGPVCA Convention**

#### ***Language of the Heart***

San Gabriel/Pomona Valley CA & the  
Foothill District

#### **LOCATION:**

Town & Country Resort Hotel  
500 Hotel Circle  
North San Diego, CA  
800-722-8527

#### **CONTACTS:**

[Tom S.](#), Convention Chair 818-447-2505

[Phil E.](#), Registration Chair 626-975-6278

## April 13-15, 2012

### **22nd Annual Tri-State Convention MI-OH-IN Recipe For Change**

Ohio

#### **LOCATION:**

The Holiday Inn  
1100 Crocker Rd  
Westlake, OH  
440-871-6000 or 440-871-6000

#### **CONTACTS:**

[Ramone G.](#), 216-338-9560

[Denise D.](#), 216-254-0747

[Clayton P.](#), 216-322-4316

## April 27-29, 2012

2012 Pacific North Regional Convention  
Soul Sickness to Spiritual Fitness

#### **LOCATION:**

Red Lion Canyon Springs Hotel  
1357 Blue Lakes Blvd. North  
Twin Falls, ID 800-733-5466

#### **CONTACTS:**

[Ken C.](#), Convention Chair 208-731-3010

[Rose J.](#) Hotel Liaison, 208-734-5807

Get the word out about your local event! Use the form at [www.ca.org/event\\_form.html](http://www.ca.org/event_form.html) to get your event listed both on the web and in the NewsGram, or notify us by mail to NewsGram, c/o CAWSO, 21720 S. Wilmington Ave., Ste. 304, Long Beach, CA 90810

## Calendar of Events (Continued)

**May 24-28, 2012**

### **World Class Entertainment For CAWS2012 Convention**

For your delectation we have a superb array of performers. From the local UK talent to the World Famous! We have a stage show topped off with a lighting rig that will leave you feeling totally illuminated.

Here is some of what we have:

The one and only... not to be missed: "Bill W & Dr Bob" play. We have Quiz night and Karaoke, Fantastic Female vocalists, Loop the Loop Guitarist, Comedians, and you gotta have a bit of Rapp... aint ya! Singer songwriters Open Mic sessions with a coffee shop style "step up and have a go guitar sessions". You want more? Well we got more....The DJ's will get your feet moving whether you want to dance or not. The legendary CA Dance night will bring the house down... MORE? We got more we have a line up of World Famous bands to perform and entertain. We have always known how to party now were going show the world how to join in.... If you have something to bring to the party please contact Oz the Entertainment Chair at [austinfenn@yahoo.co.uk](mailto:austinfenn@yahoo.co.uk)

Come One Come All and witness The Greatest Show on Earth.....in our opinion

**"The Keys of the United Kingdom"**



**SAVE THE  
DATE!**

**CAWS  
CONVENTION  
2012**

**MAY 24<sup>TH</sup> - 28<sup>TH</sup> IN  
BIRMINGHAM, UK**

**GET YOUR  
PASSPORT  
READY!**

*United*  
**KEYS OF THE KINGDOM**

**FOR MORE INFO**

**CONTACT:**

**JACKIE S @CHAIR2012@CAUK.ORG.UK**

**Do you want to travel from the USA to the UK???**  
**You need a Passport!!**

**Go to:** <http://travel.state.gov/passport/>

**OR FOR**

**Information & Assistance call:**

**National Passport Information Center**

**1-877-487-2778**

**1-888-874-7793 (TDD/TTY)**

(US Government offices not affiliated with Cocaine Anonymous)

**A NEW HIGH FROM H & I****A Woman in Recovery**

By: Deborah G.  
Oakland, CA, USA

Being a woman in recovery has been an experience, one that had its good points and it's bad. There were many times when I felt I couldn't recover from a hopeless state of mind and body. I never believed an addict like me would ever be living a life free from cocaine and all mind altering substances. Then one day I heard my story: A woman came into the treatment center where I was a client and shared her experience, strength, and hope. Never had I heard or even dreamed that someone who had suffered some of the same, horrible consequences as I could be living such a wonderful life free from addiction. This was my first experience with H&I. That was over six and a half years ago.

H&I has become an intricate part of my life. I used to sit in the meetings at the treatment center and wish that I could one day bring meetings to encourage the still suffering addict; that there is a better way to live without using. Well today H&I and I go hand in hand. It saved my life and gave me a second chance at a first class life. In return I now dedicate my life to carrying the message to the still suffering addict. To see people walk into a meeting with that look of despair and no hope, to be there to see the light come on in their eyes, and to see them finally surrender is an humbling and gratifying thing. Just to know that something I said made in a difference in their lives, to make them want to save themselves is an awesome experience. Had it not been for H&I, I would not be here today.

Being able to go into Hospitals and Institutions, to carry the message to people who can't come to us is exciting and exhilarating. Also, being able to tell my story in a general way; what it used to be like, what happened, and what it is like now, gives people an idea of how our lives were just like theirs and how theirs can become as wonderful as ours. Today I get a New High from H&I.

\* \* \*

**UNITY CORNER****Scary but Wonderful Journey**

By: John S.  
Omaha, Nebraska, USA

Just looking back at the time I've been a part of C.A. I must say it's been a scary, but wonderful journey. I came in scared, full of fears, and with a whole lot of baggage. I had no clue I even had a problem or that the problem was actually I. And it took me a long time to realize my life was just a long series of lies.

I came to C.A. in 1999, after bouts with detox and treatment facilities, four to be totally honest. I was introduced to the Big Book of Alcoholics Anonymous in 1998, but I just wasn't ready. I have to say the pain of addiction did beat me into submission; it just took 11 more years.

Today I've learned that the process of recovery is for anyone who wants it, and that is willing to do something different.

C.A. has shown me love and tolerance. The first word of the first step says it all - **WE**. I've been with the Unity Committee for the past two years at the conference and work we do promoting Unity all around the world is the way to keep C.A. growing.

\* \* \*

7 <sup>th</sup> Tradition July - September 2011		
Location	Category or Group Name/City	Total
<b>Anonymous</b>	Anonymous	\$ 48.81

<b>Canada</b>		
<b>Alberta</b>	Calgary District	\$ 135.94
	Keep it Simple	\$ 185.84
	Friday Night Recovery	\$ 38.70
	Saturday Night Live	\$ 53.59
<b>British Columbia</b>	A New Freedom	\$ 72.00
<b>Quebec</b>	Anonymous	\$ 143.42

<b>United Kingdom</b>	C.A. London Dist.	\$ 281.28
	C.A.U.K. Area	\$ 750.00

<b>USA</b>		
Arkansas	AR Area	\$ 225.00
Arizona	SNL Group	\$ 268.47
	EVMG	\$ 133.45
	Sun Valley Intergroup	\$ 38.00
Southern & Central California	SDCA Area	\$ 1,200.00
	CALA Area	\$ 1,000.00
	Inland Empire Area SC	\$ 125.00
	Anonymous	\$ 183.00
	CALA Longbeach/Compton Dist.	\$ 142.80
	WSOB	\$ 84.00
	Men on a Mission	\$ 7.63
	HFC Online	\$ 34.83
	WIECA	\$ 250.00
	Friday Night Discussion	\$ 66.00
	Central Cal. C.A.	\$ 225.00
	CA Friday Night	\$ 105.00
	SFVCA	\$ 1,000.00
	CALA WS/H	\$ 60.00
Northern Calif.	C.A.Northbay Serv. Grp	\$ 60.00
Colorado	Hope not Dope	\$ 30.00
	CA of Colorado	\$ 450.00
	Promises	\$ 80.00
	Meeting #4	\$ 44.26
	Dark side of the Spoon	\$ 163.98
DC-MD-VA	Positive Attitude	\$ 25.00
	New Way of C.A.	\$ 25.00
Florida	District of Fort Myers	\$ 60.00

7 <sup>th</sup> Tradition July - September 2011		
Location	Category or Group Name/City	Total
Georgia	Anonymous	\$ 47.91
	Spiritual Awakening	\$ 315.50
	Old Log Cabin	\$ 11.92
	One Puff, Too Tuff	\$ 500.00
Illinois	NW Suburban District	\$ 295.82
	Southwest District	\$ 614.93
	IACA	\$ 1,200.00
	Friday HFC	\$ 30.00
Michigan	Saturday Morning Alive	\$ 10.00
Missouri	Fried Pipers & Coconuts	\$ 35.00
	Serenity on Saturday	\$ 10.00
Minnesota	Sunday C.A.	\$ 25.00
North Carolina	Friday PayCheck	\$ 100.00
Nebraska	Monday Miracles	\$ 100.00
New York	CA Big Book Experience	\$ 61.00
	Westside Story	\$ 120.00
Ohio	A.M. Sunday C.A.	\$ 50.00
Oklahoma	Oklahoma District	\$ 300.00
	Oklahoma Area	\$ 2,857.00
Ore & SW Wash	CA of Ore & SW Wash.	\$ 2,077.00
PA/NJ/DEL	Cocaine Anonymous	\$ 900.00
	A Moment of Clarity	\$ 9.00
	We Can Recover	\$ 18.30
South Carolina	There is a Solution	\$ 100.00
Texas	Anonymous	\$ 150.00
	Austin CA H&I	\$ 252.00
	XYZ-32	\$ 60.00
Washington	Blade Runner	\$ 26.40
Wisconsin	Un-Cola's	\$ 30.00
	Lets Stay Together	\$ 50.00

	Birthday Envelopes	\$ 181.00
--	--------------------	-----------

	Gratitude Can	\$ 2,085.84
--	---------------	-------------

<b>World Contribution</b>	(See form on page 5)	\$ 3,829.00
---------------------------	----------------------	-------------

<b>Total</b>	<b>\$ 24,246.62</b>	
--------------	---------------------	--