

FUN IN RECOVERY ISSUE

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NEWS GRAM

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FUN IN RECOVERY

By: Maurice S.

Bolingbrook, Illinois, USA

My idea of fun was as warped as my mind. I recall the moments upon waking how much fun I thought I was going to have drinking in bars or getting high somewhere. Over the years the so called fun turned into pain and misery. The pursuit of happiness was now a lonely existence. My life became so bad that the only joy that I felt in life was clipping coupons out of the Sunday newspaper. Within two months of entering into recovery I went to my first C.A. convention. During meetings I kept hearing “hang with the winners” so I went to see just what the “winners” did. When I arrived, people were gathered all over the hotel and I heard something that I hadn’t heard for a long time: **laughter**. People were laughing and really enjoying themselves. I became angry. I didn’t feel that they had the right to laugh, be happy and have fun while I was feeling lost and miserable. Some part deep within me wanted some of what they had. I stayed and listened because I wanted to be like the winners. I left the convention so pumped up and full of hope that I kept coming back. The message left an impression upon me that a person can have fun in recovery.

Two of my biggest fears were that I wasn’t going to have any fun and that I wasn’t going to have any friends. Man, was I wrong! I’m sure that I wasn’t the only person to feel and think that way. The Big Book tells us of a life beyond our wildest dreams. I am experiencing real joy now that I am finally free from the misery and not trying to manufacture happiness. Initially, I wanted to get away from addicts and alcoholics but I find myself enjoying the company of recovering addicts and alcoholics all the time. There is so much to do in recovery and outside of the rooms. I attend the picnics, bowling events, luncheons, retreats

and fish fries. There is camping, 5K walks and cruises and skating parties and football gatherings and pancake breakfasts. I have regularly attended our Area convention being of service and had the pleasure of attending several World Service Conventions. The intimate bonds that I have formed developed after the meetings when the group goes for coffee, ice cream, or dinner. This is when I began to feel a part of something good that I could never find in a bar, crack house, or chasing women. I have discovered that fun also comes in the form of service. Nothing makes me feel better than helping someone who might need a listening ear or a shared experience. Heaven to me is when I go to a treatment center on a Friday night and sit among the patients and share my strength and hope and laugh with them.

I have been on the radio and at recovery fairs promoting our great fellowship and what we have to offer. I can once again enjoy gatherings with my family and friends and have fun being a part of their lives. I am going to sporting events and concerts and amusement parks again. Rather than dreading holiday gathering with family, I look forward to them. This has been such a fantastic journey and my life has never been better. I can savor the good times and the laughter. I have just touched the tip of the iceberg of recovery and I look forward to a lot of fun-filled days ahead. Life is made to be enjoyed to the fullest and working the Twelve Step program of Cocaine Anonymous to the best of my ability has made that possible for me. It can for you too.

* * *

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WE ARE NOT A GLUM LOT...

“We have been speaking to you of serious, sometimes tragic things. **But we are not a glum lot.** If newcomers could see no joy or fun in our existence, they wouldn’t want it. We absolutely insist on enjoying life. We try not to indulge in cynicism over the state of the nations, nor do we carry the world’s troubles on our shoulders. When we see a man sinking into the mire that is alcoholism, we give him first aid and place what we have at his disposal. For his sake, we do recount and almost relive the horrors of our past. But those of us who have tried to shoulder the entire burden and trouble of others find we are soon overcome by them.”

“So we think cheerfulness and laughter make for usefulness. Outsiders are sometimes shocked when we burst into merriment over a seemingly tragic experience out of the past. But, why shouldn’t we laugh? We have recovered, and have been given the power to help others.”

“The Big Book of Alcoholics Anonymous”

Pg 132.

Would your Area or Region like to host the 2015 World Service Convention?

Please contact your Regional Trustee if you are interested. Bids to be accepted at the WSC in Aug.

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MY FUN IN RECOVERY

BY: Mike P.

Mariposa, California, USA

It was August 1984 when I started my sobriety and going to meetings. Fellowshiping was how my fun started. In the Fellowship I saw people having fun and doing things that were not about using. I wanted what they had. All I needed to do was change my life and be able to be in a happier place.

Shortly after New Years of 1985 I heard of this thing called a Convention. What was a convention? From my work experience, it was a lot of people getting together and getting high for 3 days, but this was a C.A. convention in Santa Barbara, CA. I made the decision to attend. I was seven months clean so off I went on a new adventure by myself. I had no idea of what this would be like, but I had no hesitation, I just up and went.

I arrived early Friday and there were about 100 people already there, so I jumped in introducing myself and getting involved. It was meetings and fellowshiping all weekend. I attended a meeting that dealt with the Conference. I then wondered what a conference was. I learned real quick about the business Conference and again I was hooked. Believe it or not, this was the start of a lot of fun for me. If you have your own Conference experiences you may question the “fun” I had in those years.

The Convention in Santa Barbara was a start of something I made a commitment too. I promised myself I would attend every year, as long as I am clean. Well here it is almost 28 years later and I have attended every World Service Convention (WSC) to date and I will be in England this year also.

Besides every WSC in these last 28 years, there have been many other conventions, in other states and in other countries. In my line of work I traveled all around the world and visited many other countries. I have attended so many conventions I have lost count, but not the feelings I still get at every one. It is home, it is being with the people who know me and I know them.

Being able to go to meetings and workshops and also have time to visit places of interest that I would have not

been able to see has been a bonus. The New York WSC had a large group of addicts on a boat seeing the Statue of Liberty, and a Broadway play. The Wisconsin WSC included a tour of the Harley Davidson factory, during the Phoenix WSC we went to Sedona, and during the Ohio WSC we all went to Dr. Bob’s house. Each and every city was fun and full of friends. Each year is a reunion....a close group of addicts who I have looked forward to seeing each May.

In my local Area we had campouts, picnics and many other events just to have fun. There was always something going on to do and get involved in.

Fun in sobriety can be so many different things. Just going to a meeting can be whatever you want it to be. The feeling in a meeting is usually good, even when our insides are dealing with serious issues. People there can laugh at the strangest things...only another addict would find fun with. Often I hear just hear what I need to hear.

Going to conventions you see people you have not seen in a year and so many new people to relate to and what they do to have fun. Being clean is the opportunity to live life in a way we never thought could happen.

* * *

From the C.A. Pamphlet

“Having Fun in Recovery”

“How can something called work be fun? It depends on who your coworkers are. Getting involved in service, whether at your home group or perhaps on a committee planning a C.A. event, can lead to new friendships with others who are seriously committed to their recovery. In the process, we have the opportunity to learn about service structure, the 12 Traditions and everything that happens behind the scenes to keep C.A. going strong.”

RECOVERY IS FUN!

By: Richard S.
Trustee at Large
Colorado Springs, Colorado, USA

When I first arrived to our fellowship I looked around our rooms to see if this was the end... was it over? Had I missed my opportunity to have any more fun in my life? Far from it, through the laughter in our meetings I soon caught it, happiness.

Fun started with fellowshipping, the meeting before the meeting and meeting after our meeting. Sure it was another fear to walk through the first time, but like every other aspect of recovery, there was a fellow member to walk with me. Laughter, camaraderie, recovery talk, peers sharing about new paths in life, maybe this can this work for me.

Do you have a commitment? I was asked, it sounded so severe especially considering the world I had just come from, I answered "no"; "you're our meetings greeter, we need a greeter" Uh Oh! Fear came over me, I had a commitment and it sure felt like it meant something, I showed up before the meeting and started greeting, the smiles and the hugs hooked me, I belonged, I belonged to this group, I felt excited to be member of C.A. That feeling has continued with each and every commitment I am honored to accept.

As my head and heart opened up to this new recovery experience, I listened to our meeting announcements, a dance, a picnic and a convention! I wanted to go, could I? Was it ok? A friend asked, are you going to the dance? I am, I answered quickly, I committed myself to meeting my friends there and I showed up, fear left, self-judgment slipped away, it was FUN!

A picnic was soon to follow within a couple weekends, a gathering outdoors during the day and a quick flurry of thoughts including who might see me with this group? What I found after going was those thoughts are my fears that might keep me separated from my fellows. I showed up, we celebrated our recovery, had a meeting and I was one of the last to leave, I was having FUN!

I came into our rooms in Southern California just after a Palm Springs convention and the excitement that I felt and heard coming back from that convention had me certain that next year, I'm going to go to the convention. I did and it was fantastic, it felt like a weekend long great meeting filled with fellowshipping! That first convention has kept me coming back to C.A. conventions all over the world, and they continues to be a huge meeting filled with fellowshipping.

Every new event or commitment for service in recovery has brought a new experience with the opportunity to be a service to my fellows and myself. There is a common bond with us all, I continue to show up and participate and that has me with a sense of belonging, being wanted, needed and loved. Fun, Happiness and Enjoyment come from our participation and we do this together!

While a dictionary provides a definition, origin and examples for grammatical uses, Cocaine Anonymous has helped me develop my definition of fun for my life, through participation and service with Hope Faith & Courage my life in recovery continues to give me far more happiness than I ever thought possible.

* * *

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.

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RECOVERY

A POEM By: Lisa T..
Oceano, California, USA

*When I was on drugs, I thought I had some good times.
I slammed, I smoked, even sniffed a lot of lines.
Drugs were so cool to me, they were great.
Numbed all my feelings and helped me escape
Into a world full of madness with none to love.
Soon nothing else mattered except for the drug.*

*Then my life seemed to change with the blink of an eye.
I no longer had fun with my drugs getting high.
I thought I used drugs because it was fun.
Now my life is a mess and the pain has just begun.
My whole life has gone nowhere and has become one big waste.
Now I'm sitting here wondering how I got to this ugly place.
I'm not the person I'd been in reality.
Being on drugs changed my whole mentality.
It's hardened my heart and darkened my soul
Turning me bitter and out of control.
I'm ruining my life and hurting not only just me
But the people I love and called family.*

*Now all alone, I don't like how I feel
Never dreamed I'd grow up to rob, cheat, and steal.
As I look in the mirror, I don't like what I see.
My eyes full of pain, I feel so guilty.
Looking back at my life and the mess that I made
Watch all my values and my integrity fade.
feeling depressed, feeling alone
Can't blame anyone, the blame is my own.
It all happened so fast yet it took my whole life.*

*Why couldn't I stop when things kept going wrong
What would it be like to live a life without drugs
What would it be like to enjoy the things that we love
Does life end with this nightmare all cause of a lie
Tricked into the disease of addiction because I got high
I won't let it end, not like this anyway
I refuse to give up, I'll start changing today
I'm on a new road and it's all about me
I found solution in recovery.*

* * *

THE JOY OF LIVING

BY: Tom P.

Dana Point, California, USA

“But we aren’t a glum lot. If newcomers could see no joy or fun in our existence, they wouldn’t want it. We absolutely insist on enjoying life.” (Page 132, *“The Big Book of Alcoholics Anonymous”*) Last month I received a note from our Newsgram editor asking if I’d be willing to write an article related to the theme of this issue - “Having Fun in Sobriety”. Before responding, I reviewed whether I could fulfill my responsibility if I accepted the commitment. My initial thoughts were that listing the various fun-filled events and activities which have become commonplace for me in sobriety would be simple. I’d focus my writing on the different experiences I’d had since getting sober.

I would tell of the excitement I had found in attending conventions. Stories of meeting new people and making new lifelong friends would be my introduction. The various escapades of golfing fanatics in C.A. might follow. Next, I could detail adventures had while visiting other countries and participating in their C.A. activities. I could write of Area events where C.A. members had traveled together and visited beautiful museums. Beach-side Unity events, barbecues and hundreds of addicts gathered together with their friends and families for the fun would be featured in the next section.

As the piece developed, I would then begin describing the fun I’ve had bowling with members of this fellowship. Readers would relate to our efforts at competing in sober softball and volleyball games. Recollections of the memories of being sunburned, tired and full of laughter would be nice for reflection. I could write of gathering together in each other’s backyards to celebrate sobriety milestones. This would lead nicely into musing about the joy, which comes from our gatherings before and after regular meetings. Satisfied I could present ample experience with the topic, I then considered the time requirement. Since the piece wouldn’t be needed until the middle of the next month. I replied enthusiastically to our editor that I’d be happy to write the article.

After replying, my mind began to conjure up how great this would be, “I have so many fun experiences to share. This will be a great article! Everybody will be so impressed.” In the midst of this mental whirlwind of self-obsession a thought crept in. “Don’t you think you should invite your higher power into this?” I stopped and prayed simply, “God, as usual, I’m thinking about myself. Would you mind guiding me in this process?” Immediately, the sound from my phone announced that a message had been received.

The message came from a C.A. friend, Michelle in Denver. Michelle is the sister of another C.A. member who I had contacted about a month earlier with a 12th step request. Because of the many seemingly random coincidences I will first describe the circumstances that led up to the message. At the time I contacted Michelle’s sister Alissa, I was taking a break from skiing in Utah. During the morning of a beautiful ski day, I suddenly was struck with an overwhelming feeling that I should stop and sit for a while. I skied to the base and just as I took my gear off to sit and rest, my phone rang. If I was skiing I would not have taken the call, I had received many other calls which I did not hear while skiing. On the phone was a friend and a long time A.A. member who told me to call another of our friends whose niece was in very bad shape. I called Joe, also a long time A.A. member, who gave me some background on his niece. Joe knows I’m an active member of C.A. and specifically wanted to talk about C.A. He told me his niece had been a long time intravenous drug addict and had tried many times to get sober in A.A. She had been admitted to the hospital from the streets of Denver. At the hospital, doctors discovered rapid-growing bacteria in her brain, which they attributed to long-term drug use. (If I had been skiing I would not have called Joe that morning.)

He had heard me talk at a conference about identification and the need for the real addict to be able to relate to another addict. He asked if I knew of any C.A. women in the Denver area who might be able to visit her in the hospital. With one phone call, I was directed to Alissa and Michelle. Since I was friends

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(Cont. from Page 6)

with Alissa on a social network, I sent her a private message. She replied immediately and I gave her the hospital details and a brief description of Joe's niece. Joe called me later that week and told me Alissa and Michelle had visited Joe's niece that same afternoon. He was also impressed that later in the week another visit had occurred, this time with five people.

The text of that message I received from Michelle more than a month after the initial communication follows: *"Hello Tom! I just wanted to thank you for the gift that Karliegh has been in our lives. We are going to see her again tonight! Not a single person has been to see her and not had a spiritual experience there. That room has so much beautiful energy in it and it makes people cry almost upon arrival! My friend Ruben has developed stage 4 brain cancer. During the time we have been going to see Karliegh, he has been engaged in Chemo and radiation but has refused to ever miss going to see Karliegh with us. Like I said it has been a gift to so many of us, so thank you for the opportunity."*

For me, experiences such as these continue to re-define my understanding of what fun means. Today, I realize the real value in life is to be connected with others at the level of our mutual care and love for each other. *"The Twelve Steps and Twelve Traditions"* begins the 12th Step discussion by pointing out that "The joy of living" is the theme of this step. All my ordinary activities are infused with new light and new inspiration when I am engaged in C.A.'s primary purpose of carrying our message to the still-suffering addict. Today 'Fun in Sobriety' has new meaning.

Brought to gather by the common peril of addiction, we are bound by a common solution. That solution is simply to allow a power greater than us to re-create our lives while we simply ground our ideals in that power. "True ambition is not what we thought it was. True ambition is the deep desire to live usefully and walk humbly under the grace of God." (*"The Twelve Steps and Twelve Traditions"*, pp. 124-25.) So as I join other C.A. members this month when we attend a local professional baseball game, always in my consciousness is the realization that a Power is working in our lives in ways we can only imagine. And being consciously connected to that Power allows me to have fun in sobriety

* * *

IN THE OLD DAYS IT WAS HIP TO BE SQUARE!

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WHAT IS FUN IN RECOVERY?

BY: Randy G.

Southwest Regional Trustee, Chair, WSBT
Chandler, Arizona, USA

Fun in recovery? Absolutely! There may not be enough pages in this Newsgram to tell you how many ways I have fun today. But expressing how I learned what fun is might be more important.

Twenty years ago as I was on the rocket “slide” into this fellowship, I would have argued for days that it would be impossible to have any fun clean and sober. Not that the last few years of my drinking and using were fun packed times by any stretch of the imagination – but the delusion that I “needed” to use to have fun was on me and nobody could have convinced me otherwise.

It wasn’t always like that. Growing up, I was a kid that played all the sports, road dirt bikes, hung out with friends and remember fun as something we had every day. Slide in a few drinks, couple of lines and some bong hits and it was on! Dialing in to what mix of alcohol and chemicals would make anything better became the game. Acid for the movie, cocaine for the clubs, beer for the ballgame, Jack Daniels for the party – the chemist in me was in full swing and the “prescription” rarely failed to deliver. Drugs and alcohol worked for me in the beginning and seemed to put a charge in everything I did.

But it wasn’t long until the activity became secondary and what I would drink or use now became the priority. Quantities increased, the time between episodes shortened and even a sick pride in how much I could consume seemed to replace the desire for fun. How cruel it became that “more” couldn’t get me “there” any more. Being a slow learner, it was years of trying, blaming, crossing lines I swore I’d never cross, taking risks that threatened my freedom and life somehow became my new definition of fun.

Then the darkness came. The harsh reality that drugs and alcohol no longer worked for fun. In fact, they became a necessity to survive and somehow just get through another day with the guilt and shame of what I had done with my life. Fun was now only at others’ expense and the dark days of powerlessness

and depression had me in their grasp. I don’t meet many that crawl into the rooms of C.A. on a winning streak and I am no exception. The idea of fun was gone and I just didn’t want to die.

When I finally landed in the rooms of C.A., I knew my life was over, fun was forever gone and I would just have to live the remaining years of my life as the sorry soul I believed I was. Then I saw something that was as difficult to believe as the idea that I could get clean and sober – there were people smiling and laughing at the meeting! Strange and difficult to believe, they seem to do it at every meeting, every week. Could they really be having fun?

Not quite catching the “fun” fire immediately, I wondered if I was going to be the one to “miss the boat.” A member was kind enough to explain to me that there were truly some medical hurdles to get over along with the mental, physical and spiritual malady of my disease. He explained endorphins, receptors, etc. and told me that my body would take time to recover from the damage I had done to the balance and it might not be “fun” for a little bit. He told me to hang on and trust the process.

I’m so glad I did. Dreary started to turn to an occasional smile. Smiles to a giggle. Giggles to a laugh. I even started to have a desire to actually hang out with some of these strange people getting sober together. A cup of coffee with some folks after the meeting, playing games at someone’s home, just hanging out with these new found friends seem to bring a glimmer of hope that fun was being redefined for me.

The steps, the service work, the miracle of recovery are now becoming the priority of my efforts and the fun just exploded. Maybe that’s the quiet irony of it all. When I searched for fun as the priority of my life, I burned everything in my path. When I searched to walk in the way of service and recovery, fun couldn’t get out of the way!

(Cont. on Page 9)

(Cont. from Page 8)

I have in no way escaped life and it's trials in my recovery and I have felt pain. But I know what fun is today. I know where it comes from. From bungee jumping to having coffee with a friend – from playing poker with buddies late into the night to rolling up on the couch for a good movie – from a convention full of recovery to a Thanksgiving meal with my family – FUN is LIFE! I have been gifted a perspective through this recovery process that lets me experience life in all its fullness.

It has been my experience that when I'm actively participating in the fullness of my life – fun is not the reward – but a simple byproduct. So are you having fun in your life? If not, grab on to someone who is doing the deal and hold on! We insist on enjoying life so let's go have some fun!!!

* * *

From: "HFC II"

From the Story: "In Spite of Myself"
Page 174

The fellowship of Cocaine Anonymous is amazing. When I first got there and everybody was laughing and cutting up, I thought, "What the hell is so funny? If you knew where I came from, you wouldn't be laughing." I didn't know that they did know where I had just come from, that they had been there, too....

THE NEWSGRAM IS LOOKING FOR YOU!!!!

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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)

FUN IN RECOVERY

Teresa N.
World Service Office Chair
Dana Point, California, USA

Wait....I can never drink or use? There will never be any fun in my life again! That is exactly what many of us thought when we first got sober and understood that we had a progressive disease that could only be arrested through abstinence. We had forgotten that partying had ceased being "fun" anymore. We couldn't remember the last time we went to a concert or dance.... we hadn't been able to stop using long enough to go to the movies or to go out to dinner at a restaurant.

Although using became no longer fun, we couldn't see how life without drugs and alcohol would be any more enjoyable. How could there possibly be fun in recovery? When I first got here, that's what I wanted to know. I was determined that I would not live the rest of my life without fun, I began to look around me to see who was having fun in the rooms. I asked them what to do, and they told me to get involved in service - that service was fun. Not quite believing, I decided to follow their lead anyway, and I have been having fun ever since!

How can I get involved in service work that will be fun, you might be asking? Start with your Home Group. Take a coffee commitment. My first coffee commitment helped me to become more connected with my Group, and I began to be more excited each week as my meeting approached. It was so much fun seeing my friends each week. Or, take a chip commitment. It is very rewarding giving chips (and a lot of fun getting hugs each week)! There are plenty of opportunities at your District or Area level - help plan a fun event or a convention!

The longer I stayed sober, the more fun I found life to be. Not only could I now enjoy a dinner out, or a newly released movie, but I started to have the energy needed for things like skiing, or SCUBA. I

began to have the focus necessary to play the piano again. I had the freedom to watch the sun set behind the ocean, to walk my dog, and to travel! But, most of all, I got to participate in my own recovery and in the recovery of others through service. And, through service, I developed close relationships with others, who I could relate to. I have met other addicts from all over the world. I laughed a ton.

I've participated in the planning of all kinds of fun activities. I had a new purpose in life and my service work helped bring back a sense of self-worth and satisfaction. What a joy to be present today so that I can enjoy these wonderful gifts.

One of the most fun events in this year will be the C.A. World Service Convention in the UK. I am so blessed and grateful for the opportunity to participate in such an exciting event, and to fellowship with my fellow recovering addicts from around the world. I feel truly blessed to be sober today - and I now know that, not only is there fun in recovery, but there is truly rewarding joy as a result of my intentional participation.

* * *

SOLUTION TO PUZZLE ON PAGE 14

Words:

Cocaine Anonymous
Fun in Recovery
Twelve Steps
Sponsorship
Work the Steps
Twelve Traditions
Concepts
Service Work
Read the Book
Service to Others
Fun Conventions
Fun Events
Helping Others

Phrase:

We're Here and We're Free

Calendar of Events

May 24-28, 2012



CONTACT:
JACKIE S @CHAIR2012@CAUK.ORG.UK

June 22-24, 2012

2012 CA Unity Convention
United We Stand
Oklahoma

LOCATION:

Biltmore Hotel
401 S. Meridian
Oklahoma City
1-866-430-2692

CONTACTS:

[Cindy S.](#), Chair, 1-405-201-6125
[Steve H.](#), Registration 1-405-509-1300
[Dana V.](#), Outreach Chair 405-889-8353

June 24, 2012

17th Annual CANY Unity in the Park
New York

LOCATION:

Cunningham Park
196st Union Turnpike Queens, NY
917-716-8043

CONTACTS:

Ben L., Co Chair 917-337-0548
Anthony C., 917-226-3185
Bob O., 917-716-8043

July 6-8, 2012

CA-Holland District Zuid 3rd International Convention
Eternally Grateful

CA Holland

LOCATION:

Bel Air Hotel
Johan de Wittlaan 30
The Hague, Netherlands
+31 70 35 25 354

CONTACTS:

[Birgit](#), Hospitality Chair +31 61 42 66 870
Monica, EN/NL/DE Outreach +31 61 78 48 787
[Edward](#), US Outreach +31 61 70 72 453

August 3-5, 2012

Texas Area Service Convention
Rocketed Into A Fourth Dimension

Texas Area Service

LOCATION:

Mattiott Westchase
2900 Briarpark Drive
Houston, TX 77042
(713)-978-7400

CONTACTS:

[Debbie S.](#), Chair 281-543-8706
[Kerry W.](#), Registration 713-725-9516
Vanecia C, Hotel/Outreach 832-368-7129

Calendar of Events, Cont.

August 23-26, 2012

28th Annual Convention

I Love "C.A."

Cocaine Anonymous Los Angeles

LOCATION:

Hyatt Grand Champions Resort, Villas, & Spa
44600 Indian Wells Lane
Indian Wells, CA USA 92210
1-888-421-1442

CONTACTS:

Ronald Mc, Chair (310) 292-1242
Cliff H., Hotel Liaison (310) 488-7934
Duane B., Outreach (310) 903-3089
Gregory A., Outreach (562) 658-5089

August 24-26, 2012

16th Annual SOCA Convention

Faith With Works

Cocaine Anonymous of Southern Ontario

LOCATION:

Sheraton Centre Toronto Hotel
123 Queen St. West
Toronto
416-361-1000

CONTACTS:

Bob A., SOCA Chairperson 416-520-7797
Kenny S., Area Chair 416-400-7517

Get the word out about your local event! Use the form at 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

September 14-16, 2012

Arkansas Area Convention

Working the Twelve -N- Twenty Twelve

CA Arkansas

LOCATION:

Crowne Plaza Hotel
201 S. Shackelford Rd
Little Rock, AR 72211
501-223-3000

CONTACTS:

[Romonda K.](#), Chair 501-838-6482
Kim B., Co-Chair 501-716-7326
Fleetwood, Registration 501-398-9483

October 12-14, 2012

CA Rocks Convention

CA Scotland

LOCATION:

The Beardmore Hotel and Conference Centre
Beardmore Street
Glasgow, Scotland

CONTACTS:

[Stuart](#), Convention Chair 07773887078
[Ian M.](#), Webmaster 07733394084

October 26-28, 2012

2012 Southwest Regional Convention

How Much Freedom Do You Want?

New Mexico

LOCATION:

Barcelona Suites Hotel
900 Louisiana Blvd NE
Albuquerque, NM



CONTACTS:




[Anthony S.](#), Chair (505) 319-3233
[Marc G.](#), Registration (505) 453-1587
David V., Vice Chair (505) 256-3996

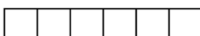

NEWSGRAM PUZZLE

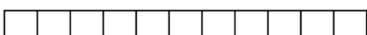
Unscramble each of the clue words.

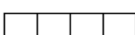


Copy the letters in the numbered cells on the lower line with the same number to unscramble a C.A. message.

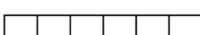
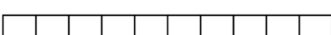
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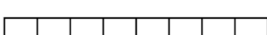
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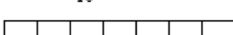

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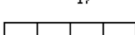
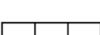
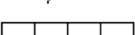
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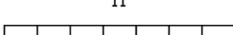

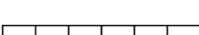
WOKR HET SEPTS  1   18

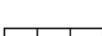
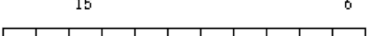
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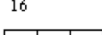
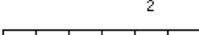
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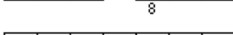
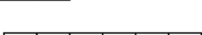
CIVSERE WOKR  17  7

DERA HET BOKO  11  

ISVECER TO TOSERH  15   6

NUF NITVENSOOCN  16  2

NFU NETSEV   8

PINGELH ROTSHE  4 

A horizontal number line starting at 1 and ending at 19. There are vertical tick marks at every integer. The numbers 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18, and 19 are written below the tick marks. There are arrows pointing to the right above the number line, indicating jumps of 2 units. The first jump starts at 1 and ends at 3. The second jump starts at 3 and ends at 5. The third jump starts at 5 and ends at 7. The fourth jump starts at 7 and ends at 9. The fifth jump starts at 9 and ends at 11. The sixth jump starts at 11 and ends at 13. The seventh jump starts at 13 and ends at 15. The eighth jump starts at 15 and ends at 17. The ninth jump starts at 17 and ends at 19.

ANSWERS ON PAGE 11

A NEW HIGH FROM H & I**A Chance of Hope**

By: Roland R.
Houston Texas, USA

I would like to thank the Cocaine Anonymous H&I panel for coming to the Treatment Facility that I was in. In Houston Texas they helped me to learn that I am the kind of addict that must be **completely** abstinent from All Other Mind Altering Substances. The H&I panel helped me to just look at the Steps and know I have worked all 12 Steps. I am now a member of H&I. I want to thank H&I for helping to save my life. I now have a Chance of Hope.

* * *

UNITY CORNER**A Diverse Group of People**

By: Eric F.
San Marcos, California, USA

We are a diverse group of people who would not normally mix. We are widely varied in our circumstances, upbringings, and perspectives of life. This could easily pull us apart. On the other hand, the various points of view present in our fellowship can provide solutions that I would never imagine.

If we keep in mind that we have a common solution, a way out upon which we can absolutely agree, the diversity in our fellowship can indeed be a source of strength for us.

* * *

***HFC II* is on SALE!**

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.

**Buy one for your
Meeting!**



**Buy one for a
Newcomer!**

7 th Tradition January-March 2012		
Location	Category or Group Name/City	Total
Anonymous	Anonymous	\$ 94.71
CANADA		
Alberta	Calgary District	\$ 89.30
	Gotta Want It	\$ 114.41
	Friday Night Recovery	\$ 114.43
	Saturday Night Live	\$ 53.42
British Columbia	A New Freedom	\$ 76.00
Manitoba	Manitoba Area	\$ 580.38
Ontario	Southern Ontario	\$ 1,903.21
Quebec	Saturday Night Life	\$ 169.00
USA		
Alabama	Everything or Nothing Birmingham	\$ 85.00
Arkansas	AR Area	\$ 225.00
Arizona	SNL Group	\$ 89.63
	EVMG	\$ 520.47
	Sun Valley Intergroup	\$ 593.00
	Arizona Area of C.A.	\$ 500.00
	WeTreat 3	\$ 315.43
Southern & Central California	Back to Basics-Orange Co.	\$ 18.18
	CALA W./Hollywood Dist.	\$ 120.00
	CALA So. Central Dist.	\$ 2,148.58
	Inland Empire Area SC	\$ 132.11
	Anonymous	\$ 258.30
	CALA So. Bay Beach Cities	\$ 600.00
	CALA Longbeach/Compton Dist.	\$ 199.20
	WSOB	\$ 126.00
	Central Cal. C.A.	\$ 300.00
	SCD H&I	\$ 2,000.00
	Boys2Men/Last House on the Block	\$ 49.00
	One Step at a Time	\$ 33.00
	Miracle of Women	\$ 300.00
	Orange County Area	\$ 135.00
	SGPVCA	\$ 783.79
	Friday Night CA	\$ 139.00
	Focus on Recovery	\$ 11.40
	What's Cracken	\$ 20.00
	SCD Convention	\$ 2,000.00
	C.A. San Diego	\$ 1,668.00
Northern Calif.	C.A.Northbay Serv. Grp	\$ 197.00
Colorado	Hope not Dope	\$ 30.00
	C.A. of Colorado	\$ 477.95
	Promises	\$ 170.00
	Meeting #1	\$ 92.00
	Nirvana	\$ 241.03
DC-MD-VA	Area	\$ 25.00
Florida	District of Fort Myers	\$ 282.00
	A Way of Life	\$ 5.00
	So. Florida Dist.	\$ 98.40
	Florida Area C.A.	\$ 57.00

7 th Tradition January-March 2012		
Location	Category or Group Name/City	Total
Georgia	Today's Hope	\$ 74.52
	Spiritual Awakening	\$ 47.99
	Old Log Cabin	\$ 150.58
	Solution Group	\$ 120.00
	Spearsheads	\$ 76.80
Illinois	NW Suburban District	\$ 188.77
	Southwest District	\$ 225.09
	IACA, Inc.	\$ 600.00
	Friday HFC	\$30.00
Indiana	Indiana Area	\$ 100.00
Louisiana	Shreveport District C.A.	\$ 5.00
Missouri	Fried Pipers & Cocanuts	\$ 35.00
	Greater St. Louis Dist.	\$ 50.00
	St. Louis H&I	\$ 50.00
	Men Meeting	\$ 84.00
	Anonymous	\$ 10.00
Michigan	Lansing Morning Alive	\$ 10.00
New Jersey	New Jersey District	\$ 150.00
New Mexico	Albuquerque Chapter of C.A.	\$ 300.00
New York	C.A. of New York	\$ 2,000.00
	Westside Story Group	\$ 50.00
	Anonymous	\$ 125.00
Nevada	NNVCA, Inc.	\$ 500.00
	Black and White	\$ 3.00
Oklahoma	Underground	\$ 7.75
Pennsylvania	Cocaine Anonymous	\$ 300.00
Rhode Island	Saturday Night Live	\$ 10.00
Texas	Anonymous	\$ 150.00
	SCTA of C.A.	\$700.00
	Conscious Contact	\$ 131.00
	A Vision For You	\$ 100.00
	Dark Side of the Spoon	\$ 150.00
	Austin Area	\$200.00
	Heart and Soul Sisters	\$ 50.00
	Bonnie Brae Group	\$ 214.23
Utah	C.A. of Utah Area	\$ 300.00
Washington	WS C.A. District #3	\$ 27.86
Wisconsin	Razors Edge	\$ 137.00
	End of the Line	\$ 39.60
	Uncola's	\$ 30.05
Birthday Envelopes		\$ 468.00
Gratitude Can		\$ 1,704.45
World Contribution		(See form on page 10) \$ 3,879.00
Total		\$ 31,825.02