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NEWS



GRAM

Volume 29 No. 4 C.A. World Service Office, 21720 S. Wilmington Ave., Ste. 304, Long Beach, CA 90810-1641 4th Quarter 2012

Trustee Corner:

MEET THE NEW TRUSTEES

By Terry M., WSBT Chair, and the New Trustees

I would like to thank the World Service Board of Trustees for allowing me to be the Chair of the Board this year, and thank the Fellowship of Cocaine Anonymous for allowing me to serve as a Trustee. This year the WSBT introduces six new members, and included below is a brief bio on each to let you all get to know them. Terry M.

Pacific South Regional Trustee – Duane M. Moreno Valley CA

Hello, my name is Duane, and I am an addict. My sobriety birthday is December 30, 1986. I came into this fellowship because I was tired. I did not know what an addict was or what made a person truly an addict or alcoholic. I just needed a break from all the nightly roadwork I did to buy CRACK. I had been drinking and using for about twelve years straight. Rarely did I draw a sober breath during those years. My days almost always began with me getting high and ended with me passing out.

After a brief stint serving my country in the Air Force, my drug and alcohol consumption had reached new highs. I had passed into a region from which there would be no return unless God intervened. Of course this is hindsight, because I had no idea how dark my life had become mainly because I had become accustomed to living in darkness.

Then came December 30, 1986. I was admitted to the Care Unit. I was given enough to encourage me to continue in recovery. They said get a sponsor, do the Steps, get a home group and get commitments. I did all suggested. I picked up cigarette butts outside of meetings, I came early to help set up and stayed late to

clean up, I served coffee (still my favorite commitment). I was a secretary, treasurer, area vice chair and chair.

I became a delegate. My area also told me that I would best help them if I joined the Structure & Bylaws (S&B) committee. I have served on the WSC S & B committee for five years, the last two as their Chair. I tend to fulfill the commitments this Fellowship honors me with.

Now, I am honored with being selected as your Pacific South Regional Trustee. I only know that I will work hard, remain teachable, continue to take the Steps, and work with others. I could say that I love Cocaine Anonymous but I would rather show you. Most of all, and please know that I am eternally grateful to God and this Fellowship He chose to save my life. I will continue to attempt to repay a debt by passing it on and serving you with integrity.

South West Regional Trustee – Jay P. Phoenix, AZ

July 4th 1997, completely at a loss and defeated by drug addiction, I went to the only place that seemed like it had an answer: Cocaine Anonymous.

I was so unsure of myself, I had lost of all my confidence, self assurance and seemly having to check for solid ground with every step I took and every word I spoke. I became so afraid of the outside world that I retreated deeply inside. Completely having to relearn skills that I thought I had. How to talk to and be with people, work, be employable and even drive. It seemed as if I could not strike up a conversation or feel a part "of." Even though I knew that I had so much in common with the Fellowship.

(Cont. Pages 8 & 9)

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GOD SHOT

By: Simone T.

New York, New York, USA

It took me a long time to find the desire to stop using. I thought I had too many strikes against me – I was in debt, in default, and a convicted felon. Who was going to hire me? Who would want me? My friends in recovery said I should trust God and that God works through people but I hadn't trusted people in years. Do the next right thing, they said – take Good Orderly Direction (G.O.D.) and I could do that. So I learned how to write a resume – I was still hopeless and angry but I wrote it. The next day I was on the train and a young woman got on, sat in front of me and was greeted warmly by a man nearby, "Hey Julie what are you doing?" Julie answered, "I work for _____ and I get jobs for ex-offenders." Softly, tentatively I said, "excuse me I fit that category- could I have your card?" I did the next right thing, I called, sent a resume and a short time later was welcomed to interview for a job that became a Career.

* * *

GOD SHOT is a new NewsGram Feature.

In each upcoming issue of the NewsGram, you will find a **GOD SHOT**. These are written by members of our fellowship, and will eventually be compiled and put into a C.A. publication called **GOD SHOT**. If you are further interested, or would like to submit a **GOD SHOT** please send the NewsGram editor an e-mail at: newsgram@ca.org. A great description of God Shot is on page 10 of this issue.

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Working the Traditions in your Daily Life

BY: Teri K.

Hiram, Georgia, USA

(Cont. from Vol. 29, #3. 3rd Quarter 2012 NewsGram)

TRADITION SEVEN: “Every C.A. group ought to be fully self supporting, declining outside contributions.”

Tradition Seven is one that I adopted early, even though I didn’t realize it at the time and even before I worked Step Nine. For me this tradition says, “I am responsible for me!” This means that I pay my bills, I don’t borrow money that I don’t pay back; I don’t make charges to my credit cards if I can’t afford to make the payments. It means that I live within my means and most importantly, I live honestly, and I am fully self-supporting within my everyday life.

TRADITION EIGHT: “Cocaine Anonymous should remain forever nonprofessional, but our service centers may employ special workers.”

For me, Tradition Eight takes the first half of Step Twelve and takes it to another level. It is not just limiting to be of service to the C.A. Fellowship through sponsorship or being involved with the service structure. This also means doing volunteer work, community service in some other way. For me one way is by donating blood during regular blood drives. I should continue to do volunteer work, service work in some way or another.

TRADITION NINE: “C.A. as such ought never be organized, but we may create service boards or committees directly responsible for these they serve.”

Tradition Nine reminds me that I don’t know everything! That applies to both inside and outside of the C.A. Fellowship. The reason that we have committees, and the reason that we participate on committees is so that we can be a contributing member, to bring about change or to solve our common problems, and not try to personally control all areas of my life and the lives of others.

For instance, when I get together with my family for Thanksgiving, the menu has traditionally been planned by the entire family even when the dinner is hosted at one family members home. If my brother is cooking the

turkey, I don’t gather around in the kitchen and tell him what to do or not to do to prepare it. If my sister makes the sweet potatoes, I don’t dictate as to the right way to prepare them. Every family member (committee) is entrusted with his or her part and I stay focused on my part. As a result, we have a great meal with a harmonious atmosphere. As a contributing member, my part is to do my part; to be prepared and to be on time and to actively participate.

TRADITION TEN: “Cocaine Anonymous has no opinion on outside issues, hence the C.A. name ought never be drawn into public controversy.”

This Tradition reminds me that my opinions are my own and I don’t have the right to impose my opinions on others. I can share my opinions but before I do I should examine if they are offensive to those I am sharing with. I also am reminded, as in the Tradition Three, as human beings are diverse, so are their opinions. People do not have to agree with me but I do have to be mindful of that fact and the I have an obligation to my fellows to honor and accept their right to an opinion.

TRADITION ELEVEN: “Our public relations policy is based on attraction rather than promotion, we need always maintain personal anonymity at the level of press, radio, television or films.”

Tradition Eleven is an individual tradition, one that speaks to me as an individual. When dealing with the public, which in my life includes anyone outside of recovery, Tradition Eleven is telling me that everyone in my life doesn’t have to know I am in recovery. Although it is a great thing; personal anonymity is also for my own personal protection. The knowledge of my past experience with cocaine and other mind altering substances could affect the way people interact with me. If it isn’t necessary to disclose your recovery, you should ask yourself why you want to share that information. Perhaps your motives are not a pure as you

(Cont. Page 4)

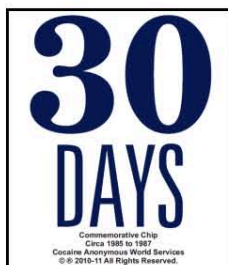
Recovery is Our History - Our History is Our Legacy

It began the first day we didn't use!

(In our early days, it was hip to be square)



We went to meetings, read the Big Book and before we knew it we had ceased using cocaine for...



The 2nd in a conference-approved series of 8 original, limited edition, square chips, circa 1985 – 1987. Protective cover and key chain included.

Another piece of history brought to you by the World Service Conference Archive Committee

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Working the Traditions in your Daily Life

(Cont. Page 3)

think. For me, it was necessary to share with my employer that I had been arrested for a DUI because of a mandatory background search which was part of the interview process. However, it wasn't necessary to tell them the sorted details of what it use to be like, what happened and what it is like today.

TRADITION TWELVE: "Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities."

In the C.A. Fellowship, this is perhaps the most manipulated tradition. Keep in mind that anonymity is just one of our principles; it is not all of them. Everyday anonymity for me means keeping a low profile; to quietly and diligently be working on me. In my life, I try to focus on doing the next right thing because it allows me walk in the sunlight of the spirit. If I'm out there doing the next right thing and also saying, "Hey world, look at me. I'm doing the next right thing!" Then where is the spirituality in that? There certainly isn't any anonymity in the mix. If I am working daily on me by practicing and applying Honesty, Hope, Faith, Courage, Integrity, Willingness, Self-Discipline, Perseverance, Awareness of God and being of service, how do I have time to be focusing on others?

* * *

QUOTE:

*Hope, Faith, Courage, Stories from
the Fellowship of Cocaine*

*Anonymous,
Page xxviii:*

It was our hope that the C.A. chips would be a unifying factor in our young Fellowship - something solid to touch, to carry with us, a reminder of our commitment. At that time, we had a hard, white, square chip with letters and numbers....

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A NEWGRAM POEM

C.A., Way!

By: Annie B.

San Francisco, California, USA

*When I came to these rooms, I was truly shocked,
As the doors to my life and heart unlocked.
And slowly, I began to be free,
Of the burden my life had come to be.
Of the pain and dysfunction, the lies, the grief.
You offered your hand, to this tormented thief.
And said, you're forgiven, for all you have done.
My journey towards the light had begun.
And something inside me said don't leave this place,
For here, my friend is your state of grace.
Here are the beacons, the tools of the trade,
Upon which enlightenment can be made.
I cried, I doubted, I started to wince,
But I knew this was it, and I've stayed ever since.
I stayed through the loss of my mother, most dear.
I stayed when my dear cat Vinnie left here.
I stayed for the good stuff and dark times, too.
I stayed all these years, because of you.
So I thank you, my friends from my heart, with a bow.
You were here for me then, and you're here for me now.
I will never forget all the gifts I receive.
In this place, where I finally came to believe*

GREETINGS FROM THE WORLD SERVICE OFFICE (WSO)

BY: Linda F.

CAWSO, Inc., Director of Operations
Long Beach, California, USA

We have all heard “Time Flies when you’re Having Fun!” I can only imagine that we are having “so much fun” as I ask, “Where did the time go!”...As we are quickly approaching the end of the calendar year and it’s time to look back at what we have accomplished in 2012, as to look forward into 2013.

In 2012 the WSO has downsized to only two full time employees and a part-time shipping/warehouse employee, which keeps the entire staff busy (and sometimes overwhelmed). We truly appreciate your business, as well as your patience and understanding as we work to pull orders, process payments and get the packages shipped in a timely manner. If you haven’t been to our online store lately, please visit it at <http://ca.org/purchase.html>. We have added new items as well as an easy way to order your usual chips and literature. We give each order our attention to detail and requests. Although, we strive to do this quickly and efficiently – I must admit we are only human and do make the occasional mistake. We appreciate your understanding when this happens and we promise to work with you to find a solution and rectify the situation as quickly as possible.

2012, so far, has been a great year in working with the Translation Committee. We have published *Hope Faith and Courage Vol. II* in French; Farsi pamphlets have been approved and we have also added Swedish chips to our inventory. We continue to translate many other documents including but not limited to the Meeting Format, the Translation Process, approved C.A. Pamphlets, and as well as some of the Committee Guidelines into at least 7 different languages. Translations has become such an important element in our effort “to reach out to the addict that still suffers” we are currently looking to add a part-time employee to focus on translations as well as publications and other Special Projects. We hope to have this person on board as quickly as possible.

In 2012 we traveled across the pond...to the CAWS 2012 Convention in Birmingham, England

(United Kingdom). We had the “new” experience of converting US dollars to Great Britain’s currency, Pounds Sterling (GBP). Found that the rental cars really did have the steering wheel on the “other side” of the car!! But most of all...had a splendid time! Thanks to the CAWS 2012 Convention Committee for a wonderful and successful convention.

We just finished our 2012 Conference and I am excited to announce Public Information (PI) Committee introduced our new Public Service Announcement (PSA) available in English, French and Spanish. This PSA is on the website at <http://ca.org/service/wscpi.html>. This was a project that has been in the works for a few years and a special thank you to the PI Committee for all the love, sweat and tears that went into this project! Well done, well done!

Thanks to all the hard work and focus from all the delegates, the committees and volunteers, the business of conference was completed and we look forward to a new year.

Looking ahead to 2013...Makes me think of Ft. Lauderdale! We (WSO and WSOB) are working with the CAWS 2013 Convention Committee and I can tell you they are planning a wonderful convention with lots of Fun in the Sun! See you in Florida in May!

* * *

QUOTE: *HFC Vol. II*, page 186

Service has been huge for me. I got a coffee pot commitment early on at my home group. It became an opportunity to get out of myself, to think about other people, and to build some self-esteem. It's a special thing to be able to give something back.

* * *



November is Gratitude Month!

Our Primary Purpose is to carry the message to the addict who still suffers, and certainly there are suffering addicts in all corners of the world.

COCAINE ANONYMOUS was founded on November 18, 1982, which is why November is Gratitude Month. During November each year, we pass the gratitude can; where the money collected goes directly to the Cocaine Anonymous World Service Office.

The Cocaine Anonymous World Service Office has a worldwide reach

It helps to carry the message in various important ways:

- Publishing and translating books, literature and chips
- Access to drug court conferences
- Sponsorship of the national hotline
- Administrative support for new Districts, Areas and Regions
- Mailing free meeting starter kits
- Providing free books and literature to inmates.

So, when the Gratitude Can comes around in November, remember your unknown brother or sister trying to find their way into the rooms of Cocaine Anonymous, and help the Cocaine Anonymous World Service Office carry the message worldwide.

**CAWSO
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USA
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Meet the New Trustees

Then a guy suggested that I go with him to an Entertainment Committee meeting. I showed up and I kept showing up. I stayed on that committee and we put on dances, bowling, volleyball and number of other events. It gave me purpose. It gave me a sense of belonging. I was climbing into the lifeboat.

Over the last 15 years I have held every position on the Entertainment Committee, most of them on the District, Area and State Convention level. I had the honor of being a Vice Chair on the 2011 World Service Convention and a Word Service Delegate and now, I am one of your Trustees. I still receive all the benefits of being of service - that sense of purpose and a connection to others.

I have learned and I am continuing to learn on a daily basis. Learning is a gift and I thank C.A. and you. I learned the Value of Service. Service to my customers and employees, service to my family and friends and service to the Fellowship to which I owe everything

Atlantic North Regional Trustee – Yves W. Montreal, Quebec, Canada

I arrived in C.A. in February 1994. To tell you the truth, I didn't want to be here and I didn't believe I needed you, because I was the smartest. Everything that happened to me was because of the rest of the world, yes you people. Most of all, I didn't have a problem with drugs...Also when I called for help I was specific, I did not want to go back to a meeting (I had come to one fully loaded four years before) but, I was so desperate that when my friend told me that a meeting was the only option I had that day I said "OK, only for today." Fortunately, when I took my newcomer chip, something happened - I felt hope. I felt a thousand pounds lifting from my shoulders.

I wanted to keep this hope alive so I did everything that was suggested to me by my friend/sponsor. I read *The Big Book of Alcoholics Anonymous* and it got me hooked, because this book was about me. I went through the Steps in my first three months (Fourth and Fifth brought me a real spiritual experience in showing me the part I played in my life and so it was possible for me to change with the help of God). Then I started in service on my third month, making coffee and setting up the meeting... and it never stopped for me, because it worked. I was learning about myself, I was becoming responsible and finally I was

starting to think I was worth something.

So I was involved at the group level, from coffee to GSR, opened a meeting and I am still of service at the group level. I went to the District level and held different jobs, from 12 Step committee to treasurer and Convention. I then went on to the Area level, from H&I chair to Convention and different jobs then the Translation committee chair. At the World Service level I was an alternate delegate for two years then delegate for six years (two years to complete the former delegate term). I involved myself at Unity Committee for 2 years, then on the LCF committee since 2000. I was privileged to work on two versions of the book *HFC Vol. II*, the English and the French. Now, I am asked to serve as Trustee for Atlantic North Region. I am honored, humbled and grateful for the privilege to serve.

Trustee at Large # 1 – Rob W. Denver, CO

It all started about a month into my sobriety, I was at my home group and the GSR wasn't able to go to the District and Area meetings. He asked me if I would fill-in, I went and I was hooked. I became a GSR to this group and continued go to Area from then on. My second commitment started soon after when I was told to join the Entertainment Committee, so I did. Soon after this in December I was at the Area meeting and somebody put forth an idea to bid for the World Service Convention. The Colorado Area did receive the bid in 2009. I became the hotel liaison on that World Service Convention Committee. I also picked up a commitment as the Hotel Liaison for our Area conventions in 2004 and 2005. Conventions became my thing.

Being of service has been a very important part of my recovery. Throughout my recovery I have always held at least one service commitment. For me though, I believe that the most important service commitment I have had is a meeting greeter. This person is the first person the newcomer meets and this first impression can have a long-lasting effect on that individual's sobriety. No matter what level of service commitment I take, it is very important that I still stay connected to the newcomer.

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Meet the New Trustees, (Cont. Page 1 & 7)

World Service Trustee- Ira L. Glendale, CA

After 27 years of continuous drinking and using, I didn't think I had a problem with drugs or alcohol. I was unemployed and unemployable. I was hearing voices from air vents and seeing evil faces in the floor and ceiling tiles. (Auditory and visual hallucinations as I now know them). I thought I was losing my mind. So, for the first time in my life, I called a psychiatrist. And, after listening to my sick, sad story for 45 minutes, he told me to walk across the courtyard and check myself into their hospital drug treatment program.

When I finally heard that I should go to meetings, I decided to try the C.A. meeting they had on Sunday mornings at the hospital. When there, I tried to get out of my car in the parking lot of that meeting and found my legs were shaking and weak. I had never been more scared in my life. I finally worked up the courage to go in the front door and I found it blocked by a man named Lou - a drug addict - who actually greeted me into my very first meeting - Cocaine Anonymous. Everyone was talking to each other, smiling, singing Happy Birthday, and other things I was incapable of doing. I had to be convinced to take a five-year "Hope Chip." And so I got Hope at my very first meeting of Cocaine Anonymous.

I wanted what those people had, so I decided to do what they did - get The Big Book of *Alcoholics Anonymous*, read it, picked a sponsor, got a God, worked the Steps and always have service commitments. I did - and I only got better. I've always had at least a few commitments and I've stayed sober. The service I did included making coffee, bringing donuts, having the literature commitment, being the secretary at any and all meetings that needed commitments filled. My sponsor said never turn down a C.A. request. I was an area GSR at only six months of sobriety and thanks to those who came ahead of me, I kept coming back. I have had an area hotline commitment for many years. Being an alternate delegate, I was able to have a fabulous experience a few years ago, getting my feet wet in World Service, on the S&B committee. As a delegate, working on the Archives committee has been very

satisfying lately - beginning the process of seeing, touching, and archiving 30 years of history in the Fellowship that saved my life and gave me a new and much better one - Cocaine Anonymous.

World Service Office Trustee – Kathy Jo R. Los Angeles, CA 90066

Hello World!! What an honor it is to be addressing my fellow C.A. members as your new World Service Office Trustee (WSOT). I cannot put into words the sense of duty and privilege I feel about having been selected to act in this capacity. WOW - that word pretty much covers it!

Although I qualify for a variety of 12-step programs, C.A. has been my 12-Step group-of-choice since the very beginning of my recovery – I am from the Class of '93. I am drawn to hyped-up, over-zealous, ridiculously rowdy people so I fit right in with our membership!!! Initially, my program was one of meetings and working on C.A. events. But eventually the overwhelming personalities of our members caused me to pause, take in a book study and gather up a few sponsees. Once I started to work a real 12-Step Program, whalah! Miracles and Blessings abounded!! I have continued participating in Big Book workshops and am forever grateful for the insights revealed by my beloved sponsees.

I am anxious and excited to begin my journey as a C.A. Trustee. I have found that it is through being of service that I am able to expand my spiritual awareness. During my 19-years of sobriety I have tried a few experiments in letting go of some of my service work and my sense of serenity quickly followed. So, every time I find myself wanting to slow down, I know that I what I really need to do is step it up!

The WSBT remains committed to serving the C.A. Fellowship to the best of our ability. If you have any questions or concerns, please feel free to contact us through the “Contact the Trustees” link on www.ca.org, or contact your Regional Trustee directly. We look forward to hearing from you. Terry M.

* * *

GOD SHOT

Adam O.
Birmingham, Alabama, USA

While sitting in the LCF committee meeting during the 2012 conference, the Committee had a referral asking for a book concept to be formed using personal stories from members expressing their connection with a Power Greater than Themselves.

We loved the idea and found a way to make this happen using the Newsgram to establish new literature entitled **GOD SHOT**. Being new in the committee, I was eager to help and was asked to think of a submission to submit.

Truthfully there are so many to count that it would be impossible to convey but one experience really stands out to me.

I believe my Higher Power (HP) uses people around me to get my attention, which allows me to see things I might not see. On this day, he shot a cannon at me. It was in 2011 while waiting in the ICU/Burn unit with my wife and her family. We were visiting her cousin who had been in a motorcycle accident. While waiting in the lobby, I was in my head with normal life fears (money, work, the week ahead) to say I was distracted was an understatement. I needed to refocus and I got what I asked for.

While pondering life, a man in his late 20's was being wheeled out of the burn unit for what I would later find out was the first time in three weeks after suffering burns all over his body. He was so happy to be able to get out of his room. Every bump the wheel chair hit was evident in his facial expression. As he passed by my wife and I, he had the guy pushing him stop, and he looked over at me and asked how my day was.

As I sit here typing this, I'm already tearing up because even almost two years later, it still impacts me. Here is a guy with burns all over his body. Every time he moved would put him in horrendous pain and yet he felt compelled to stop and ask a stranger how his day was. I teared up speaking to him because I thought back to where I was before coming into the Fellowship as a

kid sometimes sleeping in a car, no friends/family, just problems and no solution. Now I was an adult that had grown up, fell in love with an amazing woman. I have a job that I love and have restored relationships that seemed irreparable. My life pointed to the fact that I followed the action that was suggested and that action lead to a relationship with a Higher Power (HP). One that cared about me and wanted to see me happy, joyous and free. This man, in a burn unit, showed a stranger the true definition of selflessness.

All the great things in my life today is because of this Fellowship and because of the relationship with a HP. The relationship I have is as essential as oxygen because if I don't have it, I don't breathe and without my HP, I don't live but merely just squeak by. I am thankful for this Fellowship and that I can experience moments like that and share them with others. Today, I choose to believe that I don't have problems but opportunities and with a HP, I always have a solution.

* * *

QUOTE: *Big Book of Alcoholics Anonymous, pg. 74*
By this time in all probability we have gained some measure of release from our more devastating handicaps. We enjoy moments in which there is something like real peace of mind. To those of us who have hitherto known only excitement, depression, or anxiety - in other words, to all of us - this newfound peace is a priceless gift. Something new indeed has been added. Where humility had formerly stood for a forced feeding on humble pie, it now begins to mean the nourishing ingredient which can give us serenity.

ANSWER TO PUZZLE ON PAGE 17

PUBLIC INFORMATION
HOSPITALS AND INSTITUTIONS
UNITY
STEPS
CONVENTION
CONFERENCE
TRADITIONS
ARCHIVE
FINANCE
SPIRITUALITY
STRUCTURE AND BYLAWS
WORLD SERVICE BOARD OF TRUSTEES
WORLD SERVICE OFFICE
INFORMATION TECHNOLOGIES
LITERATURE, CHIPS AND FORMATS
REPORTS
MOTIONS

ANSWER:

SERVICE IS A TOOL OF RECOVERY - SERVICE KEEPS YOU SOBER!

THE 2012 WORLD SERVICE CONFERENCE IN REVIEW

BY: Trevor S., Vice Chair/Parliamentarian, CAWSC
Calgary, Alberta, Canada

The 2012 World Service Conference has come and gone. For those of you unfamiliar with the Conference, this is where the business of C.A. takes place on a World Level. Every year, members from Area's around the world meet to discuss issues from C.A. literature, finances, and the like. It is six days of love and service.

Every year, the Conference kicks off on Tuesday afternoon with a delegate orientation. This is for all delegates to become familiar with Robert's Rules of Order, the order of business, the 12 Concepts of Service, and to give new delegates a feel for what is to come. This is followed by the kickoff dinner. This is an opportunity to re-connect with old friends as well as meet some new ones. Following dinner, the first session of the Conference gets started.

The first session on Tuesday evening is where reports are read as to what each committee has been up to over the year. These reports include answers to referrals received at the close of the previous conference, the committees work on any ongoing projects, and anything else the committee deems relevant. This is also when petitions are heard for any new Areas. Sadly, this year there were none, but this is always an exciting time to celebrate the growth of C.A. This portion of the conference continues until noon on Wednesday, when we break for lunch.

Wednesday afternoon is when we all break for our Regional Caucuses. Trustees report on their activities, areas on theirs, and carry out regional business. Following the Regional meeting, we break out into our committee sessions. This is a time for all committee's to work on their projects, answer any referrals received, review committee guidelines, and all matters of business that are pertinent. This continues until Friday evening, where we once again gather to get back into session. Each committee reports on their work and motions are presented to the floor for discussion and voting. This can get quite lively at times, as most attendees are very passionate for the fellowship. It is truly amazing to see the process in

action, and to see the hand of our Higher Power guide us as we undertake this work.

Some of the highlights of this year's conference include the announcement of Las Vegas as the site of the 2015 World Service Convention. Due to no areas stepping up to host this event, it has fallen on the World Service Office to act as hosts, and this is the chosen locale. The Las Vegas, Nevada Area is stepping up to get involved in the execution of this event.

We also got to welcome six new Trustees this year. After many hours of interviewing, voting, and discussion, the committee tasked to bring us new Trustees reported that all spots had been filled. We welcome these new members to the WSBT.

My personal standout moment was during the Public Information report. After many years of hard work, the committee was presenting the proposed new Public Service Announcement (PSA) for Conference approval. The lights went out, the room was silent, and the video started to roll. The first scene flashed across the big screen at the front of the room, and the conference as a whole gasped. If you have seen it, you know why. It hits hard right from the word go. If you have not yet viewed this amazing work, please go to www.ca.org and under the service tab, the PSA is available to view in the Public Information section. It is certainly worth a look.

The amount of work that goes into the planning and execution of the conference is staggering. The results though, make it all worthwhile. Each year, hundreds of members work tirelessly for many hours so that we can gather together and carry out this vital work. I am blessed to have been a part of the conference for many years, and I look forward to as many more as God and C.A. would have me.

* * *

CAWSO QUARTLERY SNAPSHOT

July through September 2012

	Jul-12	Aug-12	Sept-12	Total
INCOME:				
Income (<i>Sales, Chip, Literature, Books including Shipping</i>)	\$17,201.00	\$16,359.00	\$17,480.00	\$51,040.00
7th Tradition (<i>Includes Gratitude Can, Birthday, WCP</i>)	\$12,860.00	\$3,500.00	\$12,296.00	\$28,656.00
Misc. Income:	\$45.00	\$163.00	\$354.00	\$562.00
TOTAL INCOME:	\$30,106.00	\$20,022.00	\$30,130.00	\$80,258.00
EXPENSES:				
Purchases (<i>Chips, Literature, Freight, Shipping Supplies, Starter Kits, etc.</i>)	\$4,611.00	\$6,473.00	\$4,898.00	\$15,982.00
Office Expenses (<i>Rent, Copy Machine, Postage Machine, Utilities, Outside Professionals, Insurance, Taxes, Bank Fees, etc.</i>)	\$7,176.00	\$8,371.00	\$10,545.00	\$26,092.00
Employee Expenses (<i>Salaries, Benefits, Payroll Taxes, Paychex, etc.</i>)	\$9,531.00	\$9,475.00	\$9,640.00	\$28,646.00
Misc. Other Expenses:				
NADCP	\$0.00	\$0.00	\$0.00	\$0.00
Travel	\$0.00	\$160.00	\$141.00	\$301.00
TOTAL EXPENSES:	\$21,318.00	\$24,479.00	\$25,224.00	\$71,021.00
			INCOME/LOSS	\$9,237.00

This may not be fully reconciled or complete...this is a snapshot for general information only. This information contains only the main areas of income & expenses for purposes of showing us a "snapshot" of how CAWSO is

doing financially in a particular month (e.g. are sales down, are 7th Traditions up, etc). This does not include a complete list of CAWSO expenses or income nor does it reflect our overall financial condition.

***HFC II* is back to the original price!**

The price of *Hope, Faith, and Courage II* has been returned to **\$9.95** for SOFT COVER and **\$14.95** for HARD COVER. Spread the word! The *HFC II* book in soft cover is available for sale in an unblemished (and no longer stickered) version both within and outside of the USA.

We also have available the *HFC II* in French!

L'Espoir, la Foi ET le Courage, volume II

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!!



This is a sample of our upcoming ***C.A. MEDITATION BOOK***

WE NEED YOUR SUBMISSIONS NOW!!

Online submissions are preferred. **Each submission also requires a properly executed release** (please use the online submission form available at www.ca.org). If you are unable to use the online form, you may send your submission(s) and release via e-mail to 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

February 7

***“What we failed to do alone,
we can do together.”***
(Tools of Recovery)

We share our experiences at meetings because it helps us to stay sober. By sharing, we express our love for others who might be having the same difficulties and joys we have had. It helps us all to understand we are not alone and that we have common situations we work through on a daily basis.

Thought for the Day

I will share my experience today so that others may take comfort in the knowledge that others have been there and done that. I will share my experience today in the hope that someone will help me. I will share today to bring us together.

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: ☐ 1st of month ☐ 15th 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)

A DETERMINED ADDICT

By: Natalie F.

Outreach Committee Chair, CAWSC 2013
Miami Lakes, Florida, USA

When a group of recovered addicts in Ft. Myers, Florida got together in 1984 and called themselves Cocaine Anonymous, the idea of becoming an Area in Florida was hardly a seed. That seed was planted a few months later in May, 1985 and the Florida Area of Cocaine Anonymous was born. More than twenty-seven years later, C.A. has grown into a vibrant Fellowship that encompasses the entire state. At the Delegate Conference in 1989, Florida delegates sent from Ft Myers and Ft Lauderdale were there to petition for Area status.

There have been local functions, District Conventions, Area Conventions, recovery in Cocaine Anonymous all up and down the Florida east and west coasts with service and excitement throughout the state. Florida isn't a small state, so getting together for statewide activities has not always been easy. But a determined addict is an involved addict. When Cocaine Anonymous activities are organized, Florida's Area members have clocked hundreds of hours and counted thousands of miles traveling to show support in Florida, as well as in other Areas and Districts. There has always been the question from members worldwide – "When will you folks have the World Convention in Florida?"

What better way to celebrate this story of recovery and service and to channel our enthusiasm than to be the host of the 29th C.A. World Service Convention.

The Florida Area and our local Fellowship in the Southeast Florida District is honored to have the "Venice of the Americas", Fort Lauderdale, be the city where the biggest C.A. party in 2013, "**A Splash of Serenity**," will take place. As time passes, and the Convention gets closer, the initial excitement shifts to a palpable sense of responsibility. Committees are meeting more and more often, emails are increasing in volume and frequency, and deadlines on the timeline are creeping up quickly.

In accordance with the Convention Statement of Purpose, the two primary goals of the event are to create enthusiasm and to provide financial support to the WSO so that it can continue to carry the message.

Online registration via www.cawsconvention.org is encouraged as an excellent way to get an early start and, at the same time, is an invaluable source of proceeds. For those who prefer the handwritten format, printed registration pamphlets were distributed to all Area Delegates at the Conference last August and are available on ca.org to print. Another way to contribute to the CAWSC goals is to participate in the opportunity drawing for a full registration packet, four-night stay at the Westin Hotel, round trip airfare and \$200 "convention bucks." Tickets for the drawing, which will be on March 2, 2013, are available from Area Delegates.

As the Chairperson of the Outreach Committee, I want to extend my gratitude for the support that 2013 CAWSC "A Splash of Serenity" has received from the different Areas of our Fellowship within the United States and abroad.

Please feel free to contact me at flores.natalia@yahoo.com.



* * *

Calendar of Events

April 19-21, 2013

2013 Pacific North Regional Convention

We Have Recovered

Calgary, Alberta, Canada

LOCATION:

Executive Royal Inn Hotel & Conf. Ctr.
2828 – 23rd Street N.E.
Calgary, AB, Canada T2E 8T4
888-388-EXEC(3932)


CONTACTS:

Cynthia S., Chair, 403-605-5099

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

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 fill out the Release Form at 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**

May 23-27, 2013



The poster features a dark background with a large, stylized sunburst logo at the top center containing the letters 'CA' and the words 'HOPE FAITH COURAGE'. Two seagulls are flying in the upper left. A life preserver with the text 'A SPLASH OF SERENITY' is in the center, with a dolphin jumping out of it. Below the dolphin is the text 'S.O.S.' and a splash of water. At the bottom, the text reads '29th Annual CAWS Convention Ft. Lauderdale Beach, FL' and 'May 23-27 2013'. Two stars are on the left, and contact information is on the right.

**29th Annual CAWS Convention
Ft. Lauderdale Beach, FL**

**May 23-27
2013**

For more information:
www.CAWSCONVENTION.org
or call 561-317-7576

World Service Conference Theme

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

Two number lines are shown. The first number line has 6 boxes with values 34, 41, 14, and 30. The second number line has 10 boxes with a value of 23 in the 5th box.

		20		24

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7

A number line with 10 equal segments. The first segment is labeled 19, the fourth segment is labeled 4, the eighth segment is labeled 18, and the tenth segment is labeled 20.

A number line with 10 equal segments. The first segment is labeled 13, and the last segment is labeled 43. The segment between them is labeled 32.

A horizontal number line with vertical tick marks every 1 unit. Below the line, the number 8 is written under the 8th tick mark. Above the line, the number 37 is written above the 37th tick mark.

A number line with 7 equal segments. The first segment is labeled 17 and the last segment is labeled 21.

A horizontal number line with 7 empty boxes. Below the first box is the number 16, and below the last box is the number 31.

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K				
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36	37	38

39	40	41	42	43

17

PUBLIC INFORMATION CORNER

MY THOUGHTS ON PUBLIC INFORMATION

By: George M., Outgoing Chairperson
CAWSC Public Information
North Brunswick, New Jersey, USA

“To Inform the Public” that is the job for us who are members of the PI family. Having served as the CAWSPI chair was an enlightening and educational experience. My tenure as a member and Chair on the world level opened my eyes to all the avenues that are available to us. Those who work on PI Committees at all levels have a multitude of tools at their disposal, these can be found in the PI Handbook (in the World Service Manual).

Most of us are very familiar with H&I, but somewhat vague about PI, But to me, PI is just as important as H&I. With the tools at our disposal we can reach out to so many different mediums, such as Radio and TV. Our newly approved PSA is powerful and definitely an eye opener which should have the “desired affect” to let the public know “We’re Here and We’re Free.” I would ask that if you have been thinking of doing service and not sure of what you may like to do try PI. I believe it will be just as rewarding to you as to it was to me.

* * *

ARCHIVE CORNER

“REMEMBER WHEN”: Starting a Convention Archive in your Area

By: Cameron F.
Toronto, Ontario, Canada

Remember the last C.A. Convention you attended? Remember the colorful logo? The inspirational theme? Remember those dedicated Convention Committee members who gave their all to make it happen? Remember those motivational C.A. speakers? Ever wish you could relive the magic of those past events?

The Southern Ontario Cocaine Anonymous Convention Archival Committee wanted to do just that – give C.A. members an opportunity to re-experience the power of our past conventions.

Although the task seemed daunting, C.A. members were excited by the idea and were forthcoming with all sorts of Convention documents, memorabilia, speaker CD’s, and tape cassettes, Convention committee minutes and various other convention ephemera.

The task took hundreds of phone calls, weeks of web programming and days of transferring tape cassettes and CD’s to MP3 digital formats. The result, the Archive Committee rebuilt 16 years of Southern Ontario convention history online at: <http://www.socaconvention.org>. C.A. members can tour all 16 conventions commencing from our very first convention in 1997 and hear one of the C.A. founding members, to our last convention in 2012. Each archived convention year showcases that year’s convention logo and theme, all the recorded convention speakers and acknowledges the C.A. members that served on the Convention Committee to provide a truly past C.A. convention “Remember When” for the posterity of C.A. as a whole.

* * *

UNITY CORNER

YOU NEVER LEAVE UNITY!

By: Maurice S.
Bolingbrook, Illinois, USA

I have met people from all around the world who have served on the Unity Committee and they have all stated the following: "You never leave Unity". This unique feeling of serving on the Unity Committee gets down in your bones. You get to see members of this Fellowship come together at our Unity events and you realize what the word "family" really means. The laughter and joy that had been drained from our lonely existence is now reignited through the Unity of our Fellowship. No longer do I have to sit upon an island lost and afraid. No longer do I have to hope my life will have any meaning or purpose. No longer do I have to fight my addiction all by myself with no hope of winning. Cocaine Anonymous has given me the tools and the support to have another opportunity at life. Serving on the Unity Committee has allowed me to give back what was freely given to me. I finally know the meaning of the phrase "It is better to give than to receive."

* * *

CONVENTION COMMITTEE CORNER

RULE #22!

By: Jordan L.
Draper, Utah, USA

As one of the newest members of the C.A. World Service Conference Convention Committee (CAWSCCC), I would like to inform our fellowship about Rule #22 in our WS Convention Guidelines. That rule states each year a minimum of two bids for the CAWS Convention should be presented to the Conference for consideration. Please notice it states TWO bids for the CAWS Convention. There are many benefits that come from our Fellowship having multiple bids for our #1 fundraising committee. The funds from our CAWS Convention go to furthering this worldwide program that is responsible for saving our lives and returning us to sanity. Having bids from different Regions not only gives members of our program the opportunity for service by gaining the experience of putting a bid together. It helps us to have the option for choosing the best suitable destinations for our Fellowship to join in celebrating the lives we have been so freely given. Many cities look to putting bids together only if no one else has, I don't know if this is done out of "fear" for not getting the bid or "laziness" cause it takes work! Today we do not live in fear and we must take action after we have found a solution.

* * *

A NEW HIGH FROM H & I

MY THANKS TO H&I

By: Roland R.
Houston, Texas, USA

As I write this I have been sober for nine years today. August 29, 2003 was the last day I used. I was checked into a treatment facility. I was there not because I wanted to be, but because I could not get a clean urine test. So, my parole officer thought I might need some help, and then I was introduced to H&I. I found out that I was and am one of those persons that found a crack rock at the bottom of a can. I smoked a lot after I started drinking. I thought I could drink without smoking, but I couldn't. H&I helped me to know that I didn't have to do what I thought. Thanks to H&I, I am still sober, Here and Free.

* * *

7 th Tradition July - Sept 2012		
Location	Category or Group Name/City	Total
Anonymous	Anonymous	\$ 1121.08
CANADA		
Alberta	Calgary District	\$ 65.82
	Gotta Want It	\$ 192.99
	Saturday Night Live	\$ 102.43
Quebec	Anonymous – Montreal	\$ 344.84
	WOW IT WORKS	\$ 97.24
EUROPE		
C.A.U.K.	C.A.U.K. Area	\$ 1,130.02
	London District	\$ 3,742.18
	South Central District	\$ 3,121.24
C.A. Scotland	Scotland Area	\$ 936.96
USA		
Alabama	Everything or Nothing	\$ 30.00
Arizona	SNL Group	\$ 292.79
	EVMG	\$ 199.69
	Sun Valley Intergroup	\$ 3,128.00
Arkansas	AR Area	\$ 225.00
Central California	Central Calif. C.A.	\$ 150.00
Southern California	Anonymous – Hawthorne	\$ 49.00
	CALA W./Hollywood Dist.	\$ 75.00
	Inland Empire Area SC	\$ 250.00
	Anonymous – Los Angeles	\$ 150.00
	CALA So. Bay Beach Cities	\$ 150.00
	CALA Longbeach/Compton Dist.	\$ 212.30
	CALA South Central District	\$ 900.00
	Anonymous - WSOB	\$ 79.00
	C.A. San Diego	\$ 171.14
	Come Alive Meeting	\$ 25.00
	Love and Tolerance	\$ 50.00
	Monday Night La Jolla	\$ 59.00
	Orange County C.A.	\$ 250.00
	SGPVCA	\$ 182.75
	West Inland Empire C.A.	\$ 150.00
Northern California	C.A. Northbay Service Group	\$ 30.00
Colorado	Hope Not Dope	\$ 20.00
	C.A. of Colorado	\$ 300.00
	Promises	\$ 100.00
	Nirvana	\$ 85.67
DC-MD-VA	DC-MD-VA Area	\$ 25.00
Florida	District of Fort Myers	\$ 100.00
	Florida Area C.A.	\$ 40.00
Georgia	Old Log Cabin	\$ 111.00
	Monday Night Coconut	\$ 175.00
	New Life Group	\$ 34.50
	Solution Group	\$ 60.00

7 th Tradition July - Sept 2012		
Location	Category or Group Name/City	Total
Illinois	Hope, Faith & Courage	\$ 50.00
	IACA, Inc.	\$ 2,400.00
	IACA N.W. Suburban Dist.	\$ 123.07
	IACA South & West Dist.	\$ 388.88
Louisiana	Flying Higher	\$ 75.00
Michigan	Sunday Nite Coon Rapids	\$ 50.00
	Saturday Morning Alive	\$ 10.00
Missouri	Fried Pipers & Cocanuts	\$ 10.00
	Courage to Change	\$ 10.00
	Men's Meeting	\$ 38.00
	There is a Solution	\$ 5.00
New Jersey	New Jersey District	\$ 50.00
New York	Recovery in the Gardens	\$ 40.00
Oklahoma	Northeastern District	\$ 264.51
	Thurs Nite Live Unity	\$ 492.00
Oregon	C.A. of Oregon & SW Wash.	\$ 50.00
Pennsylvania	Cocaine Anonymous	\$ 300.00
Texas	Fourth Dimension Group	\$ 100.00
	S.C.T.A. of C.A., Inc.	\$ 500.00
	Steppin Stones	\$ 136.00
	Anonymous – San Antonio	\$ 30.00
Washington	Anonymous - Houston	\$ 120.00
	Final Blow	\$ 75.00
Wisconsin	Let's Stay Together	\$ 80.00
	Uncola's	\$ 22.84

Birthday Envelopes	\$ 988.42
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World Contribution	(See form on page 14)	\$ 3,528.00
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Total	\$28,651.36
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Articles in the NewsGram express the individual opinions of C.A. members and are not necessarily representative of Cocaine Anonymous as a whole.