

NEWS GRAM

Volume 30 No. 1 C.A. World Service Office, 21720 S. Wilmington Ave., Ste. 304, Long Beach, CA 90810-1641 1st Quarter 2013

PI –ESSENTIAL

By Rudy R.

Denver, Colorado, USA

Public Information and Phone Line (PIP) Committee: we might not be the liveliest of committee's or the most exciting committee, but for anyone interested in carrying the message of Hope, Faith, and Courage to the still-suffering addict in our communities, PIP provides that opportunity, and much more. We have a fairly active committee in Colorado and have worked hard to maintain a phone line that is always available, print and distribute **accurate** meeting lists in a timely manner, and engage in other activities to carry the message of recovery.

Maintaining a staffed and responsive phone line is essential in carrying the message and letting still-suffering addicts know there IS a solution. It is our experience that many people find their way into Cocaine Anonymous through the phone line. Our PIP Vice-Chair is one such example – had his wife not called the phone line while he was “locked in the bathroom,” he might never have found us! The phone line is essential and, along with accurate and timely meeting list printings, is the main focus of Colorado's PIP committee. We stress to potential volunteers that most calls are not people looking to be talked off the ledge (or out of the bathroom!), but rather they are looking for a meeting or have general questions about Cocaine Anonymous. Annually, our phone line handles about a thousand calls, which translates to many hours of direct contact with people looking for a solution to drug and alcohol addiction. Our focus is simple: build a strong phone line, educate the volunteers using the resources in the *C.A. World Service Public Information Handbook*, and share the message that we never have to drink or use again, even if we want to!

Our PIP committee is small (two or three regular attendees), but dedicated to providing consistency and

stability to the phone line and quarterly meeting list publication. In the almost-three years that I've been on the committee, half of that as Vice-Chair, and half of that as Chair, we've also accomplished more than the traditional PIP duties:

- August of 2011 - We teamed-up with H&I at an H&I Awareness Day and held a *Hope, Faith, and Courage* book drive, members donating roughly 40 books. We created a sticker with our phone line number, placed it in the inside cover, and distributed the books to local jails. We kept some books in reserve for future community and fellowship events.
- 2011 and 2012 - We participated in Denver's Rally for Recovery, manning a booth that contained copies of *Hope, Faith, and Courage*, C.A. pamphlets, and meeting lists. Members volunteered and we answered questions while carrying the message.
- 2010 and 2011 - We conducted several poster blitzes: going to businesses in high-risk areas and distributing posters with our phone line information.
- 2012 – Our Vice-Chair conducted a comprehensive analysis of our phone line, with the goal of sustainable reporting that ensures we have active members answering as many calls as possible, and rotating responsibility on a regular basis.
- 2012 – We created a private website to store our meeting agendas, meeting list proofs, and action plans in order to easily pass on the knowledge of the committee to the next group of trusted servants.
- 2012 and 2013 – Conducted an outreach campaign to local television stations to air the new PSA. We've received permission from a number of Denver stations to submit the PSA, and have a goal to have the PSA (Public Service Announcement, available through the WSO) aired by the end of March 2013.

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GOD SHOTS

By: Kelley L.
Portland, Oregon, USA

Just for today! I think back 27 years ago when we had to sit in the back booth of the restaurant and worry about every word we said. If we looked out of place we would stay in the car or at home. With our Recovery from drugs and alcohol, today we can be out in public without a worry, with all our friends. We learn that it doesn't matter what or where they came from. It just matters that we are going to love them and guide them in their recovery and help them become productive members of society. Today I will remember to Pray to be that Loving and Giving Friend.

* * *

GOD SHOTS is a NewsGram Feature.

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

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PI: WHAT CAN WE DO?

BY: George S.
AnyArea, USA

Public Information or “PI” is a tool to reach out to your community and let different organizations know that C.A. exists. As I once heard someone say “WE ARE ANONYMOUS BUT NOT INVISIBLE.” In some circles, it is also said “C.A. We’re Here and We’re Free...BUT TRY AND FIND US.” PI is one tool to eradicate this misnomer of how to find us, and how to contact us.

Many of these suggestions are found in the C.A. W.S Public Information Handbook that is available from the World service Office, or at: <http://www.ca.org/>, under the Service headline, then Public Information link. It is important that before you start this process, you have updated meeting schedules; updated Area Website (with a correct meeting schedule); and a phone number. This can be a helpline/hotline/or info line, with correct meeting schedules and information about the C.A. program, an addict to talk to, or a person to reach regarding Public Information.

Who do you reach out to? These are some organizations you may consider contacting:

The Judicial System: which includes criminal court judges, drug court judges, parole officers, and district attorney’s offices.

The Justice System: which includes, police departments, sheriff departments, places of incarceration, (both adult and juvenile).

The Social Service Organizations: who provide referrals for their clients to treatment facilities. Social workers who deal with children’s issues; mental health issues, low cost housing; family planning organizations; and the homeless.

Employee Assistance Programs: It is well known that organizations that provide health and welfare services to their employees have a direct effect on it’s bottom line, which is reflected in its employee production. These programs help employees in many different ways, such as: referring to treatment, counseling, and after care. Contacting these companies Public Relations Department or Human Resources Departments are ways of finding out if the businesses have EAP programs.

Treatment and Counseling Services: Hospital treatment programs, free standing treatment programs, sober living environments (such as Oxford Houses),

halfway houses, and detox facilities. Many of these can be reached in your Area by the local county government agencies who have these lists.

Medical Facilities: Hospitals, acute care centers, emergency departments, doctor’s offices, free clinics, and homeless shelters.

The Media: TV Stations, radio stations, newspapers, periodicals, underground publications, advise columns. Public Service Announcements (PSA) by video, voice over, or scripts maybe taken to the media outlet, that is if your Area is a Non-profit organization. (World Service Conference PI committee has created a wonderful 30-second PSA announcement, available from the World Service Office). TV interviews, with faces covered for anonymity, may be available to your Area. Program directors at media outlets are people to contact to place these announcements.

Schools: There maybe opportunities in your Area to present the message of recovery by a recovering addict to their students. You may want to find out from the local School District whether or not there are opportunities to do this in their school system.

It would probably be best to choose one of the above entities and write a letter for that specific type of organization, introducing yourself, and our C.A. Fellowship. Include an updated meeting schedule and a person in the C.A. PI committee to contact. These letters can either be mailed out, or dropped off to the locations by members of the PI committee.

Other avenues of reaching out are billboards, bus placards, and bus stop benches. The spaces on which you place these public service announcements are free. But, the labor cost of placement and graphic production of these does cost money. Locally created posters by your Fellowship may be placed in various places.

Public Information is one of the most important tools with which to carry the C.A message. As in our Fourth Tradition “Each group (Area, District, Meeting and Individual) has but one primary purpose to carry the message to the still suffering addict.”

* * *

(Cont. from Page 1)

PI – Essential

As a committee, we believe there are many more opportunities to carry C.A.'s message of recovery to the community. Some of our goals for 2013 include:

- Contacting local radio stations later this year to air an audio PSA. We'll gather support in the Fellowship to create the PSA at no cost to the Area, then work with local stations to distribute and air an audio PSA
- Two poster blitzes in high-risk neighborhoods in 2013
- Look at additional community events (Health Fairs, City Events, Pride Festivals, etc.) to see where we can man a booth at no cost to the Area

As we grow beyond 2013, maybe there are even more innovative and creative ways we can continue to carry our message that follow our traditions: perhaps there are opportunities to partner with the Unity committee, combining a poster blitz with an activity to increase participation and provide members an opportunity to be of service; future book drives could get copies of *HFC* into local libraries; perhaps high schools would allow members to come share their stories...the possibilities to carry the message are endless, limited only by our imagination!

We are fortunate in Colorado to have members so willing and dedicated to be of service – in addition to our committee members, we have approximately 35 people volunteering on the phone line throughout the week. The “Newsletter” and “Cooperation with the Professional Community” committees are separate committees in our Area, whereas the C.A. World PIP Manual suggests that they could act as sub-committees under PI. We've found that separating the committees works best in our Area, although every Area is, of course, different. Just as we all have a common problem with a common solution, we are all different as members, which only makes our Fellowship stronger!

If your Area struggles with PI, start with the basics: the phone line and timely printing of the meeting lists. Reach out to other Area PI Chairs. Once the foundation of a strong committee is in place, begin expanding into other endeavors. Just as we build solid foundations in our own recovery through the Steps so we can carry the message, so we must build solid foundations in our committees in order to effectively carry the message to the still-suffering addicts in our communities.

Thank you God and Thank You Cocaine Anonymous for giving me a wonderful opportunity to be of service these last three years in Public Information – working on this committee as the Vice-Chair saved my life when I was newcomer, and continues to save my life as I grow into the man that God wants me to be.

* * *



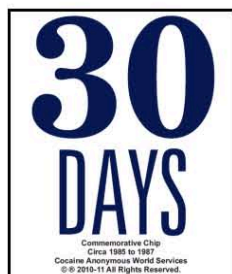
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INSANITY IN TIME

BY: Jennifer R.,
Anacortes, Washington, USA

Even being a smidge over 3.5 years clean and sober I can turn mountains into mole hills and have the insanity of the first day I walked into the rooms of Cocaine Anonymous. It always starts out with a guy, a place, a thing but ultimately it's just me. I often wonder what is wrong with me and how can I fix me? The bottom line is I have pulled away from what helped give me my life back. The meetings, the service work, the Steps, and my Higher Power. Here I go having another surgery to remove cancer and the fear is so great I almost lost everything I had gained in recovery. I am far from perfect and have many lessons to learn in life and love, but this surgery has me in a tail spin and spiritual principles have flown out the window. I withdrew from everyone and everything I knew and sat in the insanity of this disease. I almost got loaded over it. I knew what to do and yet did not reach out to anyone. I had people in the Fellowship telling me "You'll be okay" or "You're a fighter and will get through this" or "We love you and are here for you." Even with all this love I was like a psychotic lunatic walking around. After two weeks a good friend called me and asked me a few questions "Did you call your sponsor?" "Did you pray?" "When was the last meeting you went too?" It was not until the last question was asked that something happened that was nothing short of a miracle. It was so simple and yet so out of reach to me. He said, "Have you given your fear a voice?" I was shocked that he said that. I hung up the phone and proceeded home with that question burning me. Could it really be that simple? Is this what was wrong with me? I started thinking back to the two previous surgeries and how I walked through them with no fear. We learn in the program that talking about it takes the power away. We pray for guidance from our Higher Power. I opened my Big Book and started reading and pulled out my previous 4th Step and read my fear list. The next thing I know I was on a social media site and put it out there for all to see and then went to bed praying for another 24 hours and the insanity to be lifted. As I woke up the next morning my Higher Power put it on my heart to make amends to those I may have harmed. So I do what my Higher Power puts on my heart and I went on with my day and the amends that I get to do today to live a life worth living without carrying any further wreckage. The insanity was lifted and I had a sense of calm that was like floating on a cloud. I jumped back into meetings as if were a newcomer and talked about the insanity that almost led me to relapse. I must share this experience with others and carry the message, so they know things happen but you can get through anything. This is what I love about this Fellowship and program of action.

* * *

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A NEWGRAM POEM

STEP ONE: FOR THE POWER OF POWERLESSNESS

BY: Annie B.

San Francisco, California, USA

*Where is my influence, where is my sphere?
What do I have power over here?
Not my addiction. And if I'm in doubt
I can always give that old friend a shout,
To plan a reunion and see what he'll do.
But if we should meet, well, it's all you know who.
Not other people, they'll do as the please,
Though they hear my opinion, to certain degrees,
They'll make up their minds, with no help from me,
And that is exactly the way it should be.
I can't change the weather, or famine, or war,
Though I've agonized on these topics before.
The only way out of the struggle and gloom
Seems to be to return to this room,
To the small world of action in my neighborhood,
Based on mindfulness of what's good
And kind and loving to those who are near.
There is an enormous power here,
To heal a wound and touch the sublime,
One conversation at a time.
And so, I accept my present state
And the fact that my influence may not be great.
And I'll smile each time, when I should recall.
The power in having no power at all.*

THE NEWSGRAM IS LOOKING FOR YOU!!!!

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A NOTE FROM THE INSIDE.... WHERE IS GOD IN ALL OF THIS?

BY: Charla S.
Wetumpka, Alabama, USA

When I was in active addiction – amongst the insanity, the filth and the rage, I would look around and ask that question over and over again – ‘God where are you?’ Now that I am incarcerated in an Alabama prison for women, I’ve found myself asking that question again – “where are You in all of this?” So, He just shows up one day and allows me to see. It’s like those brief instances of sanity we get in between the destruction of our lives...where we ask ourselves – ”How in the world did I end up here?” But we continue on in our mess.

All those times my Higher Power allowed me to see. I didn’t see a building or a new landscape or the prison bars that keep me bound. I saw glimpses of me, whole, loved, secure, clean and sober. Somewhere I saw I was worth it. I saw the part of me that was a mighty warrior with no ‘give up’ in her. It was enough for me to want to know more of her. I wanted to meet that part of me and let her become my reality, not the childish victim I claimed to be. In all honesty, I stopped being the victim years ago and became the victimizer.

One thing I learned about who I was, was that I needed to change my twisted perception. My perception was that I was all alone in this brokenness and there was no way out, and no one to help me. Truly I had burned my bridges and people were tired of my games. I believed that all I needed to handle my pain was cocaine and alcohol. With that combination, who needs God, right?

So, I went so far down, and run so far from God - because now I have shame and guilt. What can God do with this broken, dirty girl who has sold her soul for that hit – who sold every resemblance of a normal life? Gone are the good times, the good memories, the future dreams and goals.

Now I’m not just an addict. I’m a convicted felon who has done a total of 10 years in prison and jails. I am a 40-year-old woman, that makes all the difference for me – I am a woman, I am putting away childish ways and grasping a life through faith.

Somehow God broke through that twisted perception and healed that area so I now recognize Him in everything.

Now I can answer that question....”Where is God in all of this?” Right here in my heart. He’s in every positive change I’ve made. He’s in everyday of this year I’ve been clean and sober.

So now I ask you “Where is God in your life?”

* * *

CORRECTIONS FROM NEWSGRAM VOLUME 29, NO. 4, FOURTH QUARTER 2012.

1) On the article entitled A Determined Addict, the correct name of our Author is Natalia...not Natalie as stated. Natalia I sincerely apologize for not getting you name correct. It is important to ME that I make this correction; we at the NewsGram strive to put correct information in our issues.

2) Regard our new feature, God Shot. The corrected name of this feature will be God Shots. Also, the Literature, Chips and Format’s committee of the World Service Conference requested that I correct the idea that this WOULD become a publication. It MAY become a publication in the future, but at this time there is no plans for another publication other than the Meditation Book. I apologize for any confusion I may have caused.

Sincerely,
Heidi J.
NewsGram Editor

* * *

TRADITION 7...THE IDEAL OF “MONEY IN THE BASKET”

By: Russell S.
European Regional Trustee
London, England, UK

How seemingly radical to hope that our Fellowship can support its various services, at all levels, through our members 7th Tradition donations into the basket at meetings.

At most meetings I attend, I hear much gratitude for “the Fellowship that saved my life, C.A.” Many members, including myself, give testimony to the recovery process and how our lives have completely changed to allow us such freedom and gifts beyond our wildest dreams.

I believe we all desire for others in need to find the same freedom from drugs that we found yet there seems a reluctance or resistance to financially support our services through ‘money in the basket’ donations.

Sure, we get through...dependent on revenue from conventions and fundraisers, memorabilia sales and raffles. I looked at my part in the ‘trinkets for sale’ style of raising funds and after much consideration came to the conclusion that I was only really ever willing to part with anything more than a couple of £/\$/€’s if I got something in return. A level of selfishness was exposed to me around my unwillingness to play my part in helping to financially support our Fellowship.

At a recent conference it was explained that if each member made a direct donation to our World Service Office of around \$7 per year we would be in a completely different financial position.

With various opportunities to help us donate we have the ‘World Contribution Program’ and ‘Birthday Envelopes’ to prompt us, the ideal of simply upping our donations at group level seems often to get missed, the unasked question to oneself “can I increase my 7th Tradition donation at my home group?” Do those of us sponsoring have a discussion with sponsees regarding personal 7th Tradition responsibilities?

Is a group self-supporting if it’s unable to donate into the service structure? That’s a good discussion at a group business meeting.

Once the groups donate on to its local District or Area Service Committee do we discuss the importance of regular donations on through the structure or do we “need the money locally?” Our *Financial Guidelines for Groups, Districts and Areas* (found at CA.org) suggest a 70/30 split. Seventy percent going to your District or Area, and thirty percent going to the World Service Office. This allows much needed funds to get to our World Services.

With ongoing projects and a much needed new member on the staff at CAWSO we should consider the benefits of making sure our monies get passed along to all facets of our services, allowing groups to see the wider view of being self-supporting.

The amount we donate as individuals is left to our own personal conscience and for myself it’s fuelled by gratitude. A £1 or \$2 donation at a meeting just doesn’t cut it for me. I always wanted to take more from life and the awakening I’ve had has brought about a sincere desire to give more...dropping money in the hat is a wonderful way to acknowledge and demonstrate that new found desire.

We have always seemed to scrape through. Due to a couple of recent World Service Conventions our accounts seem to be healthy at present but wouldn’t it be wonderful if, due to increased donations, our World Service Conventions were simply about carrying the message and participating in a unity event rather than raising funds to support our office?

The answer is found in the hat.

* * *

MY STORY

BY: Christer H.

Elkerö, Stockholm, Sweden

I grew up in the Stockholm suburb of Skärholmen with parents who were alcoholics who came from Finland. Being an unplanned child, I was created on a wet night out on the town with an unknown man. The first few years I lived with my mother in Sweden, but spent a lot of time in Finland with her aunts and my grandmother. When I was 3 or 4 years old a man entered my life who was introduced to me as my father. He was pleasant at first, but as soon after he started to freeze me out, beat me, shouting and screaming at me. I was threatened every day, lived in fear most of the time, and it felt as if I was in the way.

When I was young, I started to turn to crime. Since I never got money at home, but I wanted money and the things that other young people had. It was also exciting. It all started with burglary, stolen cars, and daily shoplifting in Skärholmen shopping center, and it ended with me being convicted as an "economic criminal" and receiving a prison sentence, which I managed to convert to Sweden's longest community service.

I hung out with other young people in the city and also got involved in one of the largest gangs in Stockholm: "The Skärholmen gang." We fought against other gangs, bouncers, and others for pleasure. We robbed, stole cars and really lived as if we were in a movie every day, as if we were "warriors." The kids in the gang had a lot of eyes watching us, so we started looking for our kicks with drugs instead. I remember first taking amphetamine, getting the white powder and swallowing it right down, then very soon started smoking hash almost every day, and drinking a lot of moonshine because one of the gang had a still set up in Södertälje.

When I left high school my addiction really escalated. I started to inject amphetamines. I loved the rush when I shot up, because "shooting" amphetamine and cocaine was perfect for me.

I kept on like this for many years, until the consequences got too big. Then I started taking cocaine as a substitute for amphetamine, and did that for many years. Cocaine became my drug of choice. You could say that I went missing for twenty years in this "fog." In the end I isolated myself completely with the cocaine that I loved but, more than anything else, hated too.

I began to feel totally humiliated and started to despise myself - my life was at complete rock bottom,

and I did not know what to do with myself.

I became a father at the age of twenty two, and thought this would be a good thing because my wife would not have to be left at home alone while I was out doing my thing and partying. But she did get left at home and it was at this point, for the first time in my life, that I realized that I had a problem. I took my best friends with me to an N.A. meeting at Mariahissen, where I introduced myself as an addict - that happened sixteen years ago and it was the beginning of my First Step.

I promised myself to quit but could not, and I did not understand why. The same thing happened with my second child two years later - then I *knew* that I had to give it all up, that was the end of it, but I could not quit then either. My children grew up, and when they were six and eight years old their mother left me, yet I could not see my responsibility for the whole breakup, and that there was something wrong with me. I discovered C.A. about 6 or 7 years ago, when it was still fairly new, and I found a sponsor and did the steps "in my own way" - and gave up after a couple of years. Directly after my separation from the children's mother I found a new girlfriend, we got married, and I had another baby with her.

At this point I started going to A.A. in Ekerö. There I met a man and asked him if he could be my sponsor, but he said "No" (probably since he saw that I was not really ready and fully willing to change) so I went out to the old life again for a few months, then came back to the group where this same man now asked me if I had ever been in rehab? I had not and he recommended a treatment in Las Palmas in Spain, where I went in the winter of 2010. Then I was completely done in and ready for change. I finally gave up - I was honest, open and willing to change and to "let go" of the past. So I asked for help, and this time I got it. I was there for ten days in an intensive treatment. Had Miguel, who was my helper there, asked me to jump off a cliff, I would have gladly done it. That's how willing I was.

Nine months ago I entered a C.A. meeting again and got such a good reception and was met with so much love, courage, hope and the solution to my problem! I started at once to do the Steps with my amazing sponsors. It took me about six or seven months

(Cont. Page 23)

GOD SHOTS

Adine W.
Gresham, Oregon, USA

In working my Third Step with my sponsor, she had me look each of the words of the Third Step up in a dictionary, and then comprise a sentence on what all of that meant for me. Here is what I came up with:

Made a DECISION to TURN our WILL and our life over to the CARE of GOD as we UNDERSTOOD him.

Decision: A determination of a question or doubt, making up your mind, a resolution, firmness.

Turn: Changing position, moving into different position, change or alter course, apply to some use or purpose, change, to direct toward something.

Will: The power of control the mind has over its own actions, power choosing ones own actions, wish or desire, determination.

Care: Serious attention, concerned- to have thought and regard, to look out for, watch over, be responsible for.

God: Supreme Being understood as life, truth, love, mind, soul, spirit, and principles.

Understood: To perceive meaning of, grasp significance, importance of, to accept as true, to have knowledge.

I found this exercise helpful, especially with understanding what God can mean for me. Here is what the Third Step means to me, after I followed her direction:

Determination, regardless of question or doubt, I made a decision to apply to some use, or purpose, the power of control my mind has over its own actions giving my life serious attention-true concern and trusting a force larger than myself perceived as life, truth, love, mind, soul spirit and principals, and accepting it as truth.

I appreciate the exercise my sponsor gave me because it really allowed me to discover a God of my own understanding. I have had a difficult time trying to put how I feel towards my High Power in writing. Through this exercise I was able to transcend feeling into words, and then to be able to articulate that when sharing my Step with my sponsor.

* * *

QUOTE from: HFC II, Page 99

I still go to meetings because I love going to meetings, and because I love carrying the message that this program works. I keep working the Steps because they work, and I've got plenty of growing left to do. I still do service because I want to keep giving back to the Fellowship that saved my life, and because I always want C.A. to be there for people like me. I keep praying because I know I would be totally lost without my Higher Power. I still make a gratitude list every day as my first sponsor suggested, but nowadays it's hard to narrow my gratitude list to only five items. I thank God every morning and every night for a number of things, starting with my relationships with my friends and my family and ending by thanking Him most of all for my recovery because without that, I wouldn't have anything.

ANSWER TO PUZZLE ON PAGE 17

Public Information
A working Helpline
Public Service Announcements
Carry the Message
Updated Area Websites
Public Information Handbook
Cooperation with the Professional Community
Outreach
Updated Area Schedules
Cooperation not Affiliation
Information to Treatment Facilities

ANSWER:

OUR PRIMARY PURPOSE IS TO CARRY THE MESSAGE TO THE STILL SUFFERING ADDICT

QUOTE FROM: Hope, Faith, Courage, Stories from the Fellowship of Cocaine Anonymous, Volume 1 Page 184

I had never been interested in group activities, yet in recovery I have participated in many activities and in different types of service. I share a feeling of belonging with the people of this Fellowship. There are some people who are seen only at annual events, some much more frequently; but we are all people who have accepted the gift of recovery. We in Cocaine Anonymous area group of people who are grateful to enjoy our lives – one day at a time.

From the World Service Office

BY: John W.

Special Projects Coordinator, CAWSO
Long Beach California, USA

To all my all other mind-altering substance users, and especially my crack using brothers and sisters in recovery, I want to let you know how grateful I am, and Cocaine Anonymous in particular, for saving my life a little more than 15 years ago. Also, for giving me a life worth living for the past 10 years working in the profession of Alcohol and Drug Treatment, Advocacy and Prevention.

One more blessing that my Higher Power has seen fit to bestow upon me, is that as of January 1, 2013, I have the opportunity to be a "Special Worker" for this wonderful fellowship that gave me what I have today.

I am now working as the "Special Projects Coordinator" for CAWSO in Long Beach, California. Currently, we are working on finalizing the translation of *HFC II* in Swedish, and this work is so exciting!! Some of you may remember me as a former Delegate for the San Fernando Valley, and from the CAWS Conference, and you know how passionate I have been for the past 13 years with translations, and making sure that our particular message of recovery and that of Hope, Faith and Courage can get to as many people throughout the world and in as many languages as possible.

For those of you in the Fellowship who may be bilingual or more, please contact me if you would like to help on a language translation committee as ONE of my purviews is to help oversee and coordinate the translation of our literature.

I will be working in the CAWS Office on an irregular schedule, however, if you have any ideas and/or suggestions on how we can build a stronger international base of supporters, please let me know.

* * *

STEP ELEVEN

BY: Mike S.

Atlanta, Georgia, USA

Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.

This step is an ongoing thing for me because just as soon as I think I've got it, I learn something else. On page 97 of "*Twelve Steps and Twelve Traditions*" it states, "Those of us who have come to make regular use of prayer would no more do without it than we would refuse air, food, or sunshine. And for the same reason. When we refuse air, light or food, the body suffers." It never occurred to me that I needed prayer like I needed food.

In the book *Alcoholics Anonymous* it talks about Step 11 from pages 85 to 88. The following statements jumped out at me, "When we retire at night, we constructively review our day. Were we resentful, selfish, dishonest or afraid?" and "On awakening let us think about the twenty-four hours ahead...Before we begin, we ask God to direct our thinking, especially asking that it be divorced from self-pity, dishonest or self-seeking motives." They are part of Step Eleven not Step Ten!!!!

I try to use Step Eleven all day long, especially when I'm doing something difficult like trying to quit smoking. I guess the easiest way to explain how it works for me is scientifically. It's called the Theory of Parallelism. If you take two wires and hold them parallel to each other and run an electric current through the top one, you can put a meter on the bottom one and measure a detectable current. If you take the bottom wire out of parallel, the current will go away. Also, the closer the bottom wire is to the top wire when parallel, the stronger the current is through it. Our relationship with God is the same way, I think. The closer to the God of my understanding I get, the stronger he makes me...as long as I'm running parallel with His will. If I move away I start to become spiritually bankrupt. If I get out of parallel with His will for me and start running my own show....well you can guess what happens!

Sometimes, after practicing this Step, I almost "intuitively know how to handle situations that use to baffle me." I usually am able to "act" instead of "react".

* * *

CAWSO QUARTERLY SNAPSHOT

October through December 2012

	Oct-12	Nov-12	Dec-12	Total
INCOME:				
Income (<i>Sales, Chip, Literature, Books including Shipping</i>)	\$15,764.00	\$15,500.00	\$9,583.00	\$40,847.00
7th Tradition (<i>Includes Gratitude Can, Birthday, WCP</i>)	\$4,925.00	\$26,672.00	\$10,443.00	\$42,040.00
Misc. Income:	\$9.00	\$5.00	\$0.00	\$14.00
TOTAL INCOME:	\$20,698.00	\$42,177.00	\$20,026.00	\$82,901.00
EXPENSES:				
Purchases (<i>Chips, Literature, Freight, Shipping Supplies, Starter Kits, etc.</i>)	\$6,351.00	\$8,711.00	\$4,952.00	\$20,014.00
Office Expenses (<i>Rent, Copy Machine, Postage Machine, Utilities, Outside Professionals, Insurance, Taxes, Bank Fees, etc.</i>)	\$8,942.00	\$12,682.00	\$6,993.00	\$28,617.00
Employee Expenses (<i>Salaries, Benefits, Payroll Taxes, Paychex, etc.</i>)	\$9,129.00	\$13,333.00	\$9,277.00	\$31,739.00
Misc. Other Expenses:				
NADCP	\$0.00	\$0.00	\$0.00	\$0.00
Travel	\$0.00	\$61.68	\$0.00	\$61.68
Trustee Quarterly Meetings	\$1,208.00	\$1,748.00	\$2,011.00	\$4,967.00
TOTAL EXPENSES:	\$25,630.00	\$36,535.68	\$23,233.00	\$85,398.68
			INCOME/LOSS	-\$2,497.68

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). A submission form is also included in this issue on page 15. Or 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.

GETTING C.A. STARTED IN SCOTLAND

BY: A Member
Glasgow, Scotland

I first heard of C.A. through a tape a guy gave me around 1997, of which I recall listening to during one of my many relapses. I eventually got clean and sober and through the *Alcoholics Anonymous* Big Book in A.A. 1998, I bought the *Hope Faith Courage* book from Hazelden but was happy going along to A.A. I was two years sober when my brother phoned from London for help in April 2000, and I found the C.A. Helpline for him and he went along to a meeting in London. He loved it!!! (I had taken him to other fellowships meetings in Glasgow but he didn't get clean). I flew to London soon after and attended my first meeting of C.A. My second meeting was Floodstreet, and it was at that point that I realized C.A. used the *Alcoholics Anonymous* Big Book for recovery. That was the day I knew C.A. was the answer for me, I could talk freely about my drug use and more importantly what saved my life..... The *Alcoholics Anonymous* Big Book. I visited London about six times that year and went to the fundraiser for the UK convention in November 2000. I was encouraged to sign up for the convention since they were giving tickets for a famous guitar player's concert in Guilford if you registered for the hotel.

I bumped into a member that I knew the last time I was trying to get clean, and encouraged her to come to convention. We had a ball! I remember so much from that weekend, speaking to a lot of people, and asking a lot of questions. But my two most special moments were listening to the banquet speaker and when he finished, was watching my brother get up for his *Alcoholics Anonymous* Big Book at the clean time countdown.

It soon became clear that C.A. was coming to Scotland, and loads of people from the U.K. Area down south offered to come up to Glasgow and support us. I will always be forever grateful that they did! We were given a starter pack and headed back up the road loaded with self-will! My sponsor shook his head, but he knew there was no stopping me, and he offered his full support and guidance.

There were other members who I met but did not

go with us to the convention, but became a part of the starting of C.A. There were four of us who got together in my home and we had our first group conscience. I printed flyers and handed them out to people I knew were "strange ones" in A.A. I knew a few people in A.A. that would love C.A. One of them was a member who could not get clean, but eventually did and became my husband and father of my children. We did all the planning and just before it started I went to visit my brother and he and I practiced chairing a C.A. meeting every night.

The first meeting was Tuesday the 8th of May. It was amazing; there were 27 people in attendance. I got the privilege of chairing that night and I remember the feeling in the room when I said "welcome to the first meeting of Cocaine Anonymous in Scotland" it was electric!!!!!! Loads of people joined the group and I can think of at least six people who were at that first group who are still clean and sober and in C.A. today, 2013. Three of the first four members went to World Service Convention in New York at the end of May 2001 and we made a lot of noise for Area recognition!

In the first year a lot of people came up from down south and we even had someone come from Texas. We welcomed the support and had many trips to Loch Lomond with our guests. Eventually a member opened another group, which is still running today, and it is our longest running group.

I am truly grateful for all the people who helped us get things up in running in Glasgow and all the people I have met on the path, but there are three people that are unique to me:

- 1) The guy who was my first example (who has since relapsed, but is now a very active member of C.A.)
- 2) The guy who sponsored me and helped me through difficult times.
- 3) My brother, who went on to be part of C.A. in Spain, but is not in recovery today. If it weren't for him, I might never have ended up in C.A.

It took less than six weeks for C.A. to start in Scotland and the rest, is history!

* * *

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TITLE AND INTEREST IN ORIGINAL LITERARY WORK
AND ACKNOWLEDGEMENT OF ORIGINALITY**

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

I further acknowledge and agree that:

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

Signature: _____

Date: _____

Name (please print): _____

Address: _____

Phone number: _____

E-mail address: _____

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)

LAUDERDALE, “LOBBY RECOVERY” AND LOVE

By: Susan D.

Program Vice-Chair, CAWSC 2013
Pembroke Pines, Florida, USA

“Hello, my name is Susan – and I’m an addict.” I can’t begin to calculate the number of times I’ve introduced myself in a meeting with those words, whether it has been in Miami, where I was raised, or at the myriad of Twelve Step meetings I’ve attended throughout the world. As of this writing, I’ve been clean and sober for nearly 28 years – since February 15, 1985. Each time I introduce myself as an addict, as those words leave my mouth and enter the air around me, and I have those three seconds where I tell you who I am, I feel a spark of excitement and a wave of gratitude that I’m part of something far greater than myself.

I got clean in another Fellowship – there was no Cocaine Anonymous in Miami at that time. I attended meetings often and participated regularly. So when they told us there was going to be a convention in another fellowship in Miami I made plans to go. I had four and a half months clean. I must say, it was one of the most exciting events I had ever experienced. To say it was daunting and overwhelming would be a colossal understatement. There were hundreds of addicts there, just like my friends and me. There were all kinds of meetings and people from many places, near and far. There were huge meetings, which hundreds attended and which offered us recovering addicts who boldly stood at a podium and opened their hearts and arms to share their very personal and private stories with us.

And at the end, the massive collection of us formed a huge circle three people deep and we said the “Serenity Prayer” together. And if that wasn’t enough, someone began singing “We Are the World.” Everyone joined in and I cried for hours.

Cocaine Anonymous eventually got started here in Fort Lauderdale and throughout Florida. I went to District events; Area Conventions; Regional Conventions and somewhere along the way I attended my first World Service Convention of Cocaine Anonymous in Chicago. It was magical! It was superlative! The hotel was filled with addicts and alcoholics who were there for the same reasons I was. I could walk through the hotel lobby and people smiled and we had conversations without speaking a word.

There was a silent understanding that we all shared a common goal.

I was hooked. I had what they like to call “convention fever” and I loved it! I attended whatever conventions I could. I was a school teacher making a fairly decent salary, so I was able to take days off from time to time and travel to conventions seeking that fever. My travels took me to quite a few World Service Conventions. I had become a “convention junkie”. I met people in recovery in places I never dreamed I’d go. In each host city and Area of Cocaine Anonymous I became more grateful for the Program and my sobriety. I got to see the beautiful majestic mountains of Salt Lake City and Denver; the sights, shopping, and wonderful weather in Southern California and Portland; and the history in international sites, like Montreal and The UK, to name a few.

We are a small but devoted and reliable Fellowship. We had gotten our feet wet and hosted a few Area Conventions, but that seed began to grow. In 2010 the Cocaine Anonymous World Service Conference voted to bring the World Service Convention to Florida. I do not recall a more emotional moment than seeing a nearly unanimous vote to host the 2013 Convention in Florida.

(Cont. Page 18)



(Cont. Page 17)

Lauderdale, “Lobby Recovery” and Love

But this isn’t just about attending conventions. There is a huge service aspect to this; and at all those dozens (could it be hundreds?) of conventions, I rarely focused on the work involved to make it all happen. The Cocaine Anonymous World Service Convention in 2013 – just weeks away – will be right here in South Florida! Yes, from May 23 – 27th at **“A Splash of Serenity”** the warm sandy beaches of Fort Lauderdale will be populated with recovering addicts from around the world. I have the privilege of being the Program Vice-Chair for this convention. At this time, we have listened to scores of recordings of addicts sharing their stories and the speakers have been invited. The workshops are ready to be scheduled. The marathon meetings are ready to be listed. The Convention Program is being prepared for printing and registration is on the move

In addition to the recovery meetings available for attendees, there are many exciting local activities for the “tourists” and families. The beaches, boats and balmy breezes are here waiting for you and the weather promises to be just perfect for your visit. Imagine sunning yourself poolside before going for a swim in the warm Atlantic Ocean. You leave the pool area and take a walkway across to the other side of the street known as A1A. You step out of the elevator and what you feel between your toes is sand – the Atlantic Ocean – Fort Lauderdale Beach.

You might opt to play tournament golf with other members or experience snorkeling in one of Florida’s popular Glass Bottom Boat Rides. Florida is well-known for our Deep Sea Fishing and Airboat Rides through the miles of grasslands known as The Everglades. Finally, you can arrange a tour of Miami’s world-famous South Beach and take advantage of our shopping, museums, restaurants and, of course, more beaches before you return to the lobby in the Westin Resort and Spa.

And this hotel has a wonderful lobby! One of my greatest pleasures at any convention is what I love to refer to as “Lobby Recovery.” I firmly believe sitting in the most strategic of spots in a convention hotel lobby is the best way to meet the most old and new friends. Beyond the meetings scheduled in the program, the smaller one-on-one encounters in a good hotel lobby can make a huge difference in a successful

convention experience. The Westin has a wonderful lobby.

Working on the Cocaine Anonymous World Service Convention Committee has been a worthwhile and humbling experience for me. Besides the satisfaction that comes from helping to put together an intricate and entertaining schedule, even more satisfying is the personal growth and humility that comes from the interaction with other committee members. In 28 years there have been few events and experiences that have taught me so very much about myself as has this commitment. I look forward to meeting you all and getting to know you at **“A Splash of Serenity.”**

* * *

ATTENTION FORMER TRUSTEES AND C.A. HISTORY JUNKIES!

The World Service Conference Archive Committee is gathering information for a conference-approved historical timeline of Cocaine Anonymous. We are seeking information on how and when Areas, Districts and Regions were formed. If you know when meetings started in your Area and when your Area or District was conference-approved, please forward that information to the committee at chair@cawsarchive.org. Be sure to include your contact information!

We are also working on an Oral Archive project and would appreciate any information on who organized C.A. in your Area/District!

Calendar of Events

February 1-3, 2013

CA Wisconsin Area Convention *Service IS Action*

Wisconsin

LOCATION:

Hilton Garden Inn, Milwaukee Airport
5890 S. Howell Ave.
Milwaukee, WI
414-481-8280

CONTACTS:

[Jim R](#), Chair 414-379-3607

Dave O, Registration Chair 414-238-8210

[Karmen K](#), Area Chair 414-841-6797

February 8-10, 2013

NEODCCA 19TH Annual Unity Convention *Steppin into Paradise*

Cleveland, OH

LOCATION:

Embassy Suites
3775 Park East Dr.
Beachwood OH, 44122-4300
216 765-8066

CONTACTS:

Michael S, Chairperson 216-926-9958

Helen B, Registration Chair 216-272-9803

March 1-3, 2013

Stockholm Syndrome *C.A. 10 Years in Sweden*

Sweden Area

LOCATION:

Pumpan Stockholm
Clarion Hotel, Stockholm
Ringvägen 98
Stockholm, Sweden
+46 (0) 8-643-02-04

CONTACTS:

Richard E., +46707411618 or
Richard@hexon.se

Mattias V., +46708674333 or
mattias-ca@hotmail.com
<http://www.ca-sweden.se>

April 5-7, 2013

The 23rd Annual Tri-State Convention *Rocketed Into The Fourth Dimension II*

Indianapolis, IN

LOCATION:

Caribbean Cove Hotel & Conference Center
2850 DePauw Blvd.
Indianapolis, IN
317-872-9790

CONTACTS:

Randy M., Chairperson 317-488 -7710
Daphne R., Hotel Liaison 317-840-7965
Frank W., Area Chairperson 317-501-4219

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**

Calendar of Events, Cont.

May 23-27, 2013

C.A. World Service Convention ***A Splash of Serenity***

Ft. Lauderdale Beach, FL

LOCATION:

The Westin Beach Resort & Spa
321 North Ft. Lauderdale Beach Blvd.
Ft. Lauderdale, FL 33304
954-467-1111 or 888-627-7108

CONTACTS:

Randy D., Chair, chair2013@cawsconvention.org

September 6-8, 2013

Nebraska Area Convention ***Stop the Madness***

Omaha, NE

LOCATION:

Double Tree Hotel
1616 Dodge St.
Omaha, NE 68102
614-846-0300 or 877-609-6086

CONTACTS:

Orlando J., Chair, 402-612-2407
Ray M. Co-Chair, 402-813-5949
Willie A., Hotel Liaison, 402-452-0102

November 1-3, 2013

Midwest Regional Convention ***Here Are the Steps We Took***

Columbus, OH

LOCATION:

The Ramada Plaza and Conference Center
4900 Sinclair Rd.
Columbus, OH 43229
614-846-0300 or 877-609-6086

CONTACTS:

Durrell K., Chair, 614-202-0753
Spencer B., Hotel Liaison, 614-203-7158

May 23-27, 2013



NEWSGRAM PUZZLE


Public Information

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.

BUPLIC TANNIFRIOMO




A GNKIROW LIEPEHLN





LICPUB SIVERCE SCENOE MUNTAN

CYRRA TEH MEGASSE

DUATEDP REAA WSSEIBET

LUBPIC NIANORTOFMI HAKDOBNO

Three empty ten-frames are provided for base ten blocks. Each ten-frame is a rectangle divided into ten equal squares, arranged in two rows of five.

CAIRNOPTOOE TIWH TEH ROAPESFNISLO CINMYOMUT

CAUHOETR

A horizontal number line with tick marks every 2 units. The numbers 12 and 24 are labeled below the line.

DPDUATE REAA CEESUDLHS

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MIATINRONFO OT TATMERNET IEFASLIITC

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47	48	49	50	51	52	53	54	55	
56	57	58	59	60	61				

ANSWERS ON PAGE 10

UNITY CORNER

What Can I Say About Unity...

By: A. J. R.

Twin Falls, Idaho, USA

What can I say about Unity? Without it, I would not be here today. Newly sober in Phoenix, AZ, men grabbed me and took me from meeting to meeting. They took me to coffee and dinner. They brought me into their homes and treated me and my children like their own.

I was given opportunities to greet at meetings, pick up cigarette butts, and make coffee. As I got a few days under my belt, I was told I had to chair a meeting. It was suggested to me that I get involved in H&I and coordinate our Unity Day. I helped set up new meetings, and I helped with a meeting at a homeless shelter in downtown Phoenix. The message I got was you are not alone anymore. "We're Here and We're Free." Let us show you how to be happy, joyous and free.

When I moved to Idaho, I wanted to carry that same message. I have been blessed that even though we are a small Fellowship we are able to accomplish a great deal. Our leadership understands Unity and our business here in Idaho C.A. is "Recovery," and "give back what you have been given." They have taught me what dedication to service and Unity can do. I have a sense of humbleness as I write this article. As the Area delegate, I have been given a wonderful region to serve with. The Pacific North Region (PNR) has shown me what Unity is all about. The PNR, in my opinion, is the epitome of Unity. Trust God, Clean House, Help Others.

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ARCHIVE CORNER

ARCHIVING 101

By: Susan B.

Valley Village, California, USA

If your Area does not have an Archive Chair, we strongly suggest that your Area appoint or elect one.

The purpose of creating an archive is to protect and document the history of your Area/District. The first thing to do when organizing an archive is to find out what you have and take action to protect it.

Investing in acid-free file folders, boxes and plastic bags for textiles will ensure that your Area's history will survive for years to come. You might be able to find other Areas in your region to share the cost of these items. Ask another Archive Chair or bring it up at your next caucus or assembly.

It is possible that your Area's archives are spread out all over the place and not located in a single location. If that is the case, endeavor to contact anyone who may have historical documents, t-shirts, mugs, convention programs, etc. that may be willing to donate items or allow you to document them by copying or photographing.

If you are interested in becoming part of an archive yahoo group, please email chair@cawsarchive.org.

* * *

A NEW HIGH FROM H & I

LIFELINE

By: Ferman G.
Pine Bluff, Arkansas, USA

My experience with H&I was very much beyond my expectations! Especially with response to the WSC H&I Lifeline subcommittee! A new member reminded me of the electricity of the spirit from my first days as a new member of C.A. I am so ready to join in overcoming the challenges of the committee task. Thank you for all these great experiences.

NewsGram Editor's Note:

The H&I Lifeline Subcommittee is a new function of the WSC H&I committee. Lifeline is a way for individual Area's H&I Committee's to reach Newcomers as they are transitioning from Treatment centers to the rooms of C.A. Members of C.A., usually acting in pairs, meet the patients after their release from treatment and accompany them to their first C.A. meeting. For more information on Lifeline, please turn to page 14 of the CAWSC Hospitals and Institutions Guidelines and Information document on the ca.org website.

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(Cont. from Page 9)

My Story (Cont)

to do all of the 12 Steps. I did them very carefully, together with my sponsor, and he had to explain everything in the book to me as if I were a three year old, because this was what I needed.

I also needed some structure and discipline in my life, in the form of a daily course of action with prayers, conversations every day, meetings three days a week, doing service and working in stages. This was a tough but stimulating and delightful period, with a lot of negative things releasing their hold on me, and I changed dramatically.

I worked really hard to get rid of my anger and fear, and these are gone today, at long last. My selfishness I find the most difficult - to know if something is God's will or just my own will, but I work on this every day in the 10th Step inventory that I do every night.

I've become a more harmonious and peaceable man with a little more patience, someone who lives more in the present moment day by day. I am more present, I take responsibility and develop an incredible amount every single day. I love making amends and carrying the message forward, by guiding others

through the Steps, and bringing newcomers to meetings. It's easy living today, and, as my sponsor nags at me, "What you give is what you get." It's true, of course. It is still important to me to really listen to everything my sponsor says to me and live and think in terms of "One day at a time." I've acquired a trust in God and learned that all the pain I feel today means development, so I've actually come to welcome the pain, to welcome all of life's challenges and the conditions of life, and I know that what God gives me is always things that I can handle and, above all else, things that I need.

I've also got some wonderful new friends in the community, and I have built up better relationships, especially with my children. I have forgiven myself, my parents and everybody else.

I would like to thank God, C.A., my sponsor, those I sponsor, my wife, my family and my friends. The magical gifts I have received from them are greater and more wonderful than anything I could ever have imagined. I am deeply grateful that I have received a new chance in life and am finally happy, unafraid, and have peace of mind and freedom - all thanks to GOD.

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7 th Tradition October - December 2012 Category or Group		
Location	Name/City	Total
Anonymous	Anonymous	\$ 58.85
CANADA		
No. Alberta	Northern Alberta Area	\$ 253.95
Quebec	Quebec Regional Dist. #1 Convention	\$ 600.00
EUROPE		
Holland	C.A. Holland Dist. So.	\$ 372.42
C.A. Scotland	Scotland Area	\$ 483.35
Sweden	C.A Sweden	\$ 450.00
Switzerland	Switzerland Area	\$ 300.00
C.A.U.K.	C.A.U.K. Area	\$ 150.00
	London District	\$ 967.62
	Anonymous	\$ 5.00
USA		
Alabama	Everything or Nothing	\$ 90.00
Arizona	SNL Group	\$205.38
	EVMG	\$459.90
	Sun Valley Intergroup	\$ 2,797.00
	Arizona Area	\$ 15,000.00
	Razor's Edge / SVI	\$ 74.75
	Anonymous	\$ 510.00
Arkansas	AR Area	\$ 225.00
Southern	Anonymous - Hawthorne	\$ 45.00
California	CALA Westside/Hollywood Dist.	\$ 578.53
	Inland Empire Area SC	\$ 398.63
	Anonymous – Los Angeles	\$ 150.00
	CALA Area	\$ 2,500.00
	C.A.N.V.	\$ 25.00
	CALA Longbeach/Compton Dist.	\$ 577.49
	Anonymous - WSOB	\$ 103.00
	C.A. San Diego	\$ 320.03
	Roxbury Saturday	\$ 30.00
	SGPVCA	\$ 2,000.00
	West Inland Empire C.A.	\$ 200.00
Northern California	Northbay Service Group	\$ 105.00
Colorado	Hope Not Dope	\$ 40.00
	C.A. of Colorado	\$ 450.00
	Promises	\$ 200.00
	Darkside of the Spoon	\$ 37.56
	Meeting #1	\$ 81.30
Florida	C.A. Central Service	\$ 60.00
	District of Fort Myers	\$ 450.00
	Florida Area C.A.	\$ 42.00
Georgia	Old Log Cabin	\$ 126.35
	Spearheads	\$ 34.14
Illinois	Hope, Faith & Courage	\$ 30.00
	IACA, Inc.	\$ 900.00

7 th Tradition October - December 2012 Category or Group		
Location	Name/City	Total
(Illinois, Cont.)	Chicago District	\$ 240.00
	Freedom to Live	\$ 15.00
	Honey Mooners	\$ 10.00
	IACA N.W. Suburban Dist.	\$ 105.63
	IACA South & West Dist.	\$ 477.77
Massachusetts	C.A. Massachusetts	\$ 75.00
Michigan	Saturday Morning Alive	\$ 20.00
Minnesota	Anonymous – Roseville	\$ 5.00
Missouri	Fried Pipers & Cocanuts	\$ 20.00
	Courage to Change	\$ 10.00
	Men's Meeting	\$ 50.00
	Serenity on Saturday	\$ 10.00
	Northland Group	\$25.97
	There is a Solution	\$ 20.00
Nebraska	Monday Miracles	\$ 100.00
New Jersey	New Jersey District	\$ 200.00
New York	Westside Story	\$ 160.00
North Carolina	Primary Purpose	\$ 10.00
Ohio	A.M. Sunday C.A.	\$ 50.00
	T.A.I.A.C.A.	\$ 63.00
Oklahoma	Sunday Nite C.A.	\$ 50.00
Oregon	C.A. of Oregon & SW Wash.	\$ 75.00
	Diet Coke	\$ 100.00
Pennsylvania	Cocaine Anonymous	\$ 300.00
	Moment of Clarity	\$ 38.10
South Carolina	There is a Solution	\$ 27.00
Texas	Basic Instincts	\$ 50.00
	Conscious Contact Group	\$ 33.00
	Anonymous – San Antonio	\$ 120.00
	Anonymous - Houston	\$ 30.00
Tennessee	Total Abstinence	\$ 200.00
Washington	WSCA District #3	\$ 17.46
Wisconsin	C.A. of Wisconsin	\$ 1,306.56
	Razor's Edge	\$ 181.00

Birthday Envelopes	\$ 210.00
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30 for Thirty	\$ 30.00
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Gratitude Month	\$ 1,667.36
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World Contribution	(See form on page 14)	\$ 3,480.00
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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