

**WE ARE NOT A GLUM LOT...**

**www.ca.org**

# NEWS GRAM

Volume 30 No. 2 C.A. World Service Office, 21720 S. Wilmington Ave., Ste. 304, Long Beach, CA 90810-1641 2<sup>nd</sup> Quarter 2013

## **Having Fun in Recovery....WOW, Where Can I Start???**

By: Monica  
The Netherlands

I never liked parties. I did not come into this program because I partied too much. I was, or at least I felt, totally socially inept like a child. For me isolation was the solution. Parties were to be avoided. When I was introduced to drugs, it was by my boyfriend. Just the two of us, smoking pot, disappearing in our own safe bubble, far away from the world. Drugs were a way to increase the isolation. After pot, came cocaine, then crack.

In recovery I never took part in any meeting before the meeting, let alone any meeting after the meeting. I loved the structure of the readings, the format, the fixed service positions and the guidance of the chairperson, the ritual of the 7th Tradition, the readings on the wall: it gave me a sense of security and safety in this new strange recovery world. As soon as the meeting ended, I ran out. I did not come there to socialize, let alone have fun. Recovery was a serious business.

We started our first C.A. meeting with three members of other groups and a starter kit. We were very, very small. There was no other C.A. in the country, and we tried to get the word out, so others would be able to find us. We did not grow fast. Often we wondered if we were crazy - we did not get many newcomers we stayed very very small for a couple of years. Every year the Atlantic North Regional Trustee (and later the European Regional Trustee) from England, Jackie S, visited us. That was a very welcome support. One time I asked her if she had any suggestions as how to facilitate more growth and she suggested to

organize social events, where all members and their families would be welcome. It did not spark any enthusiasm in me.

But we followed the suggestion anyway. Our first one was to show the movie of the life of Bill W. We made flyers, cooked a big pan of soup, made popcorn and announced it at meetings and rehabs. Quite a group showed up, and the meeting afterwards was great. Financially we just made it. The buzz we felt after sharing something so special, was awesome. I attended the C.A. World Service Conference in Los Angeles where a friend took me to another fellowships event in a park. They had a chili-cooking contest, music, and the entire park was filled with tables, addicts laughing and chatting, tasting food, children were running around. The atmosphere was magic. I remember thinking: when I am back home, I want us to have this too.

After that our group, we really started off: picnics in the park, Christmas parties, Easter brunches, autumn hikes, meditation weekends, beach walks, Valentine day parties, Thanksgiving dinners for 70 addicts with turkeys and the complete package... and on top of this: we have organized a three day international convention for three years in a row now. And I don't know who is having more fun: our Dutch Fellowship or the visitors and speakers from abroad! The buzz of being part of the convention committee that is able to make this happen, is incredible!

*(Cont. Page 2)*

### CAWS Board of Trustees:

- ♦ *Atlantic North Region:* Yves W., Montreal, Quebec, Canada (WSBT Assistant Secretary)
- ♦ *Atlantic South Region:* Kenny W., Memphis, Tennessee, USA
- ♦ *European Region:* Russell S., London, England, UK (WSBT Vice Chairperson)
- ♦ *Midwest Region:* Brian T., Skokie, IL, USA
- ♦ *Pacific North Region:* Terry M., Salt Lake City, Utah, USA (WSBT Chairperson)
- ♦ *Pacific South Region:* Duane M., Moreno Valley, California, USA
- ♦ *Southwest Region:* Jay P., Phoenix, Arizona, USA
- ♦ *Trustee at Large:* Rob W., Denver, Colorado, USA (WSBT Secretary)
- ♦ *World Service Trustee:* Ira L., Glendale, California, USA
- ♦ *World Service Office Trustee:* Kathy Jo R., Los Angeles, California, USA

### CAWSO Board of Directors:

- ♦ Teresa N., WSOB Chair, Dana Point, California, USA
- ♦ Richard L., WSOB Vice Chair, Los Angeles, California, USA
- ♦ Barry J., WSOB Treasurer, San Pedro, California, USA
- ♦ Susan D., WSOB Secretary, Los Angeles, California, USA
- ♦ Linda F., Paid Director of Operations, Long Beach, California, USA
- ♦ Kathy Jo R., WSO Trustee, Los Angeles, California, USA
- ♦ Robert C., Director-at-Large; Los Angeles, California, USA
- ♦ Ira L., World Service Trustee, Glendale, California, USA

### CAWSO Personnel:

Linda Francisco, Director of Operations  
Sheila Spurlock, Customer & Volunteer Relations  
Nicole Buxton, Shipping & Fulfillment  
John Whitaker, Special Projects Coordinator

### NewsGram Editor:

Heidi J., Gresham, Oregon, USA

### Publication Liaison:

Cynthia C., Seattle, Washington USA

### Web Servant:

Ryan E., Glendale, California, USA

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

(Cont. from Page 1)

The C.A. Fellowship in Holland is now known for its events that are open to all. Some of these events are serious, like a Fourth Step workshop and some are lighter, but are always geared towards carrying the message of recovery to the addict who is still suffering. One of my first sponsors told me over and over: your Higher Power wants you to be Happy, Joyous and Free...and that is the kind of life I have today. I came in to be free of the imprisonment of addiction...and that happiness and joy came from celebrating recovery with my fellows outside of the meetings.

\* \* \*

• Inside This Edition	Page(s)
C.A. Calendar of Events	16
C.A. Statement of Policy	14, 15
C.A. Trusted Servants	2
Conference Committee Corners	18, 19
Fun in Recovery	5
Fun In Sobriety	3
God Shots	9
Having Fun in Recovery...Wow..	1-2
Puzzle (Answers page 10)	17
Quarterly Financial Snapshot	11
Recovering Addict in Spain	6
7 <sup>th</sup> Tradition Donations	20
Recovery	10
The 70/30 Plan	3
Trustee Corner	8-9
World Service Office Article	3
World Contribution Plan Form	13

(The AA Big Book, AA 12 Steps and 12 Traditions, and the book Hope Faith and Courage are used with permission.)

### QUOTE:

*Alcoholics Anonymous, Page 132*

*We have been speaking to you of serious, sometimes tragic things. We have been dealing with alcohol in its worst aspect. But we aren't a glum lot. If newcomers could see no joy or fun in our existence, they wouldn't want it. We absolutely insist on enjoying life.*

\* \* \*

## The 70/30 Plan and How It Works!

World Service Office

In order to support the C.A. World Services' efforts to reach the still suffering addict around the world, a concept of the 70/30 Plan was created at the Fourth World Service Conference in 1987. The plan was based on our sister fellowships plan to create a guideline for meetings to contribute to their District/Area and World Services.

Based on our 7<sup>th</sup> Tradition which states that we are fully self supporting and do not take contributions from outside our Fellowship, it is imperative that meetings make contributions to support our C.A. structure on all levels.

This 70/30 plan is a simple one, as described in our 7<sup>th</sup> Tradition *Where does the Money Go* pamphlet. After expenses, 70% of the 7<sup>th</sup> Tradition money collected at a meeting is contributed to the district/area. The remaining 30% is contributed directly to the World Services Office to support C.A. world Services. At the district/area level, a recommendation is that one of the expenses of the district/area is a set amount paid to the World Service Office on a monthly, quarterly or yearly basis. This way The World Services would be receiving amounts of money they could depend on regularly.

Philosophically, our Fellowship should remain poor. Which means that monies in meetings/districts/areas should be used to reach the still suffering addict. The long form of the Seventh Tradition states "...Then, too, we view with much concern those C.A. (A.A.) treasuries which continue, beyond prudent reserves, to accumulate funds for no stated A.A. (C.A.) purpose. Experience has often warned us that nothing can so surely destroy our spiritual heritage as futile disputes over property, money, and authority."

So, at the World Service Office, where does the money go? The World Service Office provides services the fellowships of Cocaine Anonymous to reach out to suffering addicts around the world. The budget per year is approximately \$580,000 which covers many things, such as office space rental, personnel salaries and expenses, insurances, utilities, computer costs, equipment rentals, printing (literature, and NewsGram, etc.), phone lines (both local and the 1-800 number), our website, materials sent to people in hospitals, jails and institutions, coins and keytags, and Trustee costs. One of the major expenses is putting on the World Service Conference which now costs around \$18,000.

But make no mistake about it; all of these expenses are directly used to reach out to the still suffering addict, which is the Fifth Tradition of our Fellowship.

So, the next time you put your money into the basket, think of all the things that are being accomplished and how YOU are helping the addict who is still suffering.

### Donations = Twelve Step Work

\* \* \*

### FUN IN SOBRIETY

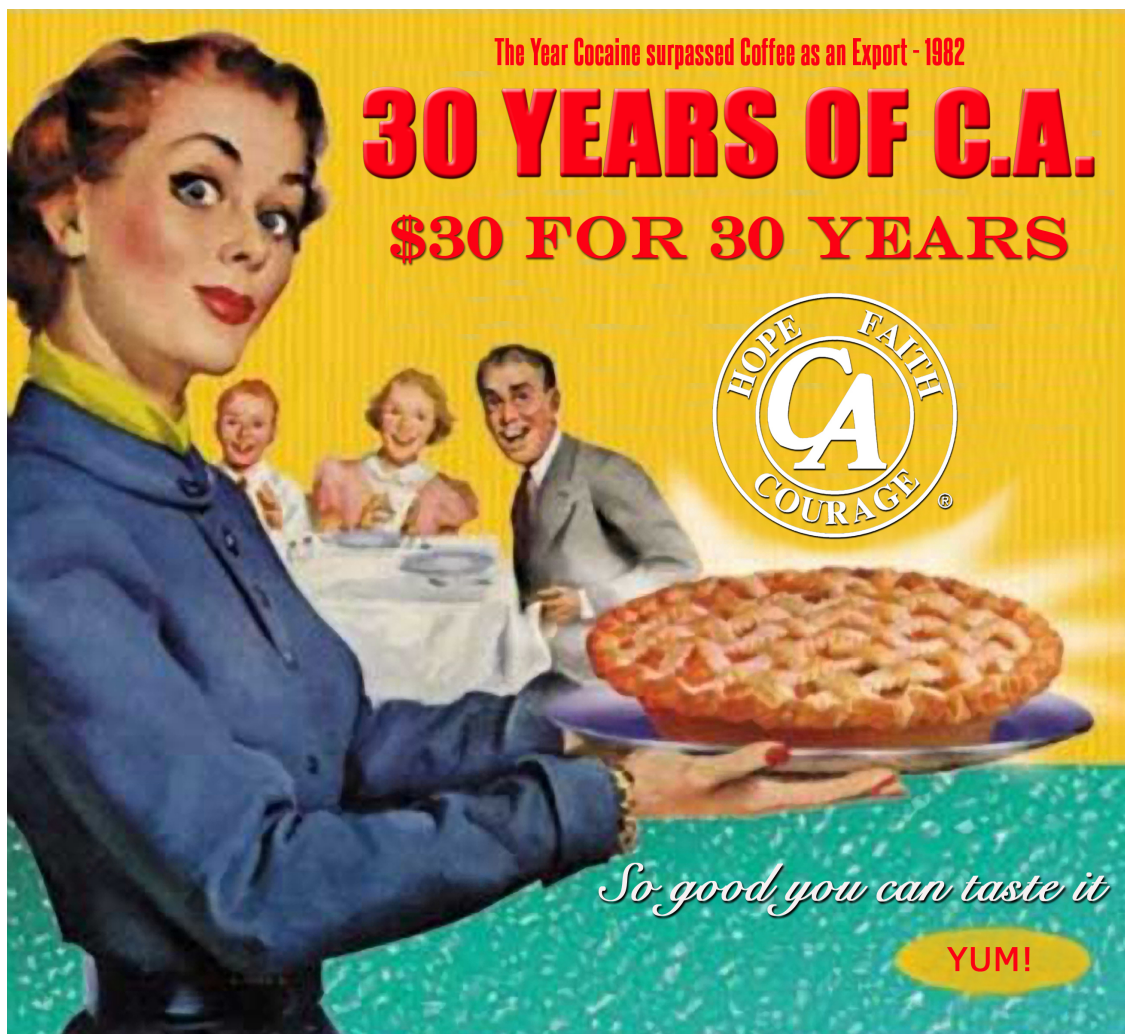
BY: Lisa G.

Gresham, Oregon, USA

This is a topic that took me some getting used to. I would go and do things but not really have fun, I would just muddle my way through. This is similar to starting to attend 12 step program events. You just go to everything you're invited to until you find something that's up your alley. What I found that was free, fun and up my alley was Disc golf. Disc Golf is a flying disc game in which players throw a disc at a target. The equipment cost a little less than \$20 for your driver; mid-range and putting discs, and then there are many parks that already have an established disc golf course. This is a sport for young and old alike. I can take my kids and it's not too intense, it's mostly just walking. Most holes are par 3 meaning you get 3 chances to make it and obstacles are the trees. They are not cut down as in regular golf, one has to learn how to throw around them.

It's easy to *say* you'll get out and exercise, something not a lot of us did in our addiction but it's best to start slow and work your way up so as not to overdo it and be in pain for weeks. Disc golf is great for beginners to get out and do something healthy without incurring the cost of gyms and the like. Disc golf is available in parks in many countries.

\* \* \*



## **HAPPY BIRTHDAY! C.A. IS 30!!**

For 30 years, C.A. has continued to carry the message of recovery around the world.

**PLEASE HELP SUPPORT YOUR C.A. WORLD SERVICE OFFICE through 30-4-30.**

We are asking Groups, Districts and Areas to participate by making an additional donation of \$30 for 30 years of Love and Service.

Please place 30-4-30 label on a donation container at your local meeting and pass this card around to spread the word.

**Your support is greatly appreciated!**

## **THANK YOU!**

Sincerely,  
**YOUR C.A. World Service Office**

Please send donation to:  
CAWSO (30-4-30)  
21720 S. Wilmington Ave., Ste. 304  
Long Beach, CA, 90810-1641, USA



**FUN IN RECOVERY**  
**By: Destiny M.**  
**Twin Falls, Idaho, USA**

When I heard the topic for this issue of the Newsgram I thought to myself I need to write something for that. Being the procrastinator that I am sometimes, I am quite surprised to find myself actually sitting here attempting it.

When my journey into recovery began, I didn't believe that there could be anything "fun" about recovery. I went to a rehab facility here in Idaho and each Saturday they actually put on what they called "Fun in Recovery." This included a selection of various activities chosen by counselors including karaoke, water balloon fights and bingo. Usually it was amusing and generated a lot of laughs with us all. However, when I got out of the safety zone of rehab I found things a little different.

I could not stop obsessing about problems beyond my control. Mostly other people's problems, rarely did I worry about my own. I carried everyone else's baggage around for free. Working with my sponsor, reading the Big Book, talking with people in the program, meetings, prayer, even writing - nothing seemed to help me to get outside of myself. Frustrated with circumstances I began to believe it was impossible for me to live in the moment. I mean I am a different type of addict than everyone else, right? Right!

However something amazing happened to me earlier this month while attending Celebrate Around the World in our area. I, for the first time in almost two years, was concentrated on the cards I was playing, the food I was stuffing down my throat and the wonderful, kind, loving people I was surrounded by. Sitting at my chair I was not possessed by thoughts of what I was going to do the next day, week or year. I was living in the now and it was the most freeing moment I have experienced in my sobriety.

I have thought about this since and discovered it's not because it was anything different than any other event I attended. I had changed. Truly having acceptance for the first time. Fun in Recovery helped me more than any words I could include in this article would illustrate. My heart, soul and now finally my mind are at home with Cocaine Anonymous.

\* \* \*



## **Voyage into Recovery**

**30th Annual**

**World Service Convention**

**May 22nd - 26th, 2014**

**Long Beach**

**California**



## From the Archives...

**Collect your own  
commemorative set of  
C.A.'s square chips**



Back



Recovery  
began the  
1<sup>st</sup> day we  
didn't use!

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



The Archive Committee in  
cooperation with the C.A. World  
Service Office is pleased to  
announce that the 3<sup>rd</sup> chip in a  
series of  
8...



...will be released at the  
**2013 World Service  
Convention**

**Pre-Order Now! \$10 each**

**Bulk Discount Available**  
**10 – 24 pieces 20%**  
**25 + pieces 25%**

Save \$ by ordering with your Area's  
Chips & Literature Order!

## A Recovering Addict in Spain

BY: Lillianne V.R.

Citon, Spain

Hi my name is Lilianne, I am a recovered and grateful addict.

After years of attending different recovery programs in my country of Colombia and now in Spain, where I have settled down, I discovered through a former member of those programs that someone formed C.A. in Spanish in Spain. I gave it a try because I was needing something else. Since the very first moment I felt hooked into the C.A. way. So I decided to attend the nearest Spanish speaking group, 30 kms from my town. That was in July 2012.

In November 2012, with the help of two other members, we decided to open the second Spanish speaking meeting in our district, in my own town of 300,000 people. I got involved in PI work. Since then up to 10 newcomers have showed up at our meeting. Four of them are still attending and on the way to get recovery as I have. The most important issue for me now is how awesome I feel in C.A., something that never happened to me during my last nine years of sobriety. Because of that, I will keep on doing whatever service C.A. asks me to do to spread the message to the still suffering addict. This is the greatest joy I can share with you, to see newcomers grasping the C.A. help as if they were grasping a lifeguard float in a rough and swelling ocean.

Today, I trail the life's path, trying to live one day at a time. I give my plans to "Papá Dios" (God Dad as I understand a supreme power) and wait to receive the results with LOVE. Hugs, Hope, Faith and Courage from Spain. I am, again, Lilianne, a recovering addict!

\* \* \*

*Quote: Hope, Faith, Courage, Stories from the  
Fellowship of Cocaine Anonymous, Page 62*

Because I am willing to work this Program, I have been able to be the best at one thing, better than anyone else can ever be. I have found that I am the best at being me.

## A NEWGRAM POEM

### GOOD CLEAN FUN!

BY: Annie B.


San Francisco, California, USA

*When my days in recovery had just begun,  
I was sure that the good times were over and done.  
I was tired, worn out, sick and depressed  
But I stayed on the path and did my best  
To accept that my happiest days were through  
That penance and punishment were my due,  
A consequence both just and earned  
For all the wreckage and bridges burned.  
So you can imagine my shock and surprise  
When healing began to open my eyes  
And I saw, at first with great disbelief,  
That happiness started replacing my grief,  
That a little time off from intoxication  
Had already brought me peace and elation.  
And there I was, after all I had done.  
I was clean, sober and yes, having fun!  
This was too weird, it could not be true.  
With no scheming, scoring or plotting to do.  
No copping, no drinking, no snorting, no smoke,  
I was high on the moment and not on the coke.  
And all I was doing to feel so sublime  
Was just staying clean, one day at a time.  
And no, my clean days have not been all bliss.  
Since the first day I started doing all this,  
My suffering, my sorrows have also been real.  
There have been heavy losses to feel.  
And times when I certainly felt very low.  
The conscious life can be hard, as we know.  
But I tell you, my friends, for surely it's true  
That life, in the now, is more beautiful, too.  
That dancing straight, is like taking flight,  
That seeing the stars on a moonlit night  
Is like touching heaven and flying high.  
That beautiful music still makes me sigh,  
That tropical bird calls make my heart sing  
That laughter with friends has a wonderful ring.  
And that each new day of sobriety  
Has an infinite possibility.  
So I thank all my teachers most gratefully  
For all your guidance, for 12 stepping me  
And showing me that, when all's said and done  
That life can be good and clean and fun.*

## 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 1200 words. If you write an item, please fill out the Release Form on page 15, or at [www.CA.org](http://www.CA.org) and print out the Release Form and submit along with your item to:

**Newsgram,  
c/o CAWSO,  
21720 S. Wilmington Ave., Ste. 304,  
Long Beach, CA 90810;  
Articles or suggestions to:  
[NEWSGRAM@CA.ORG](mailto:NEWSGRAM@CA.ORG)**

### QUOTE: HFC II, PAGE 120

We got to the dance, and again, I couldn't believe what was happening. I was greeted like a long-lost friend by a bunch of complete strangers, hugging me and acting truly happy to see me. I had never experienced this kind of attention before. These were people from all different walks of life. As I looked around the room, I was amazed at how two or three hundred people who obviously should not belong together could be having so much fun, especially when they all claimed to be clean and sober.

After the dance we left, and all I could think of was how I could be part of this thing. How could I be happy like they all seemed to be? All they would tell me was that I needed to get a sponsor and do whatever he told me to do.

\*\*\*

### Hanger-On...In Service

By: Jay P.  
S.W. Regional Trustee  
Phoenix, Arizona, USA

I would sometimes do my service commitments like my addiction. In my using days, I would go to your house and stay. I would stay until I drained everything from the party. Be it popularity, power, sense of importance, or influence. I wouldn't leave until the dope ran out or until I was pushed out. I became a hanger on.

In my service experiences, I have, at times, been a helpful and tireless solidier for C.A. Feelings of importance, influence, being useful, and a sense of purpose, mixed with being of maximum service has been vital to my recovery, but it can be intoxicating. I can be convincing and more demanding, even though my motives are good. Once I have obtained a certain level of respect and influence in a Fellowship or Committee, it is necessary for my character to release it.

I have witnessed fellows enter a service commitment and pour themselves tirelessly into making it functional. Often, the committee is very small or non-existent. It became a committee of one or of a few. They were doing such a good job it was hard for others to ask them to move aside and allow others to participate. The committee gets too dependent on the individual and it becomes difficult to replace him. Perhaps they perceive there is no one qualified and so it remains.

There are two things we should consider regarding authority in C.A. First: We try not to use it. It's a simple concept; we leave as many decisions to the Fellowship, Committee or Conference as possible. We reach decisions by debate and vote, preferring substantial unanimity, whenever possible.

Second: We spread commitments around to many. When one person controls the vote of the many, the process becomes corrupted. Unity struggles to exist when corruption is present. It does not matter what the motive. I often hear people excusing one's behavior with something like "Yeah, he's difficult." or "He's this or that but at the end of the day he loves C.A. and I have to remember that." I do not believe you can excuse the breaking of Traditions and Concepts because one loves

C.A. If the love for C.A. is genuine and sincere then following and trusting the Traditions and Concepts will be the guiding principles and not the issues. The Traditions, The Concepts and The Steps are the same in every corner of the world. To believe that my Area is "different" or that the same principles do not apply because it's a different Area is dangerous. It is easy to see why Unity may be difficult to achieve. If the process is corrupt and Unity cannot exist then we are all at risk. As Tradition One states: ... *personal recovery depends on C.A. unity.*

I have seen the failure to exercise the *spirit of rotation* in larger fellowships and it is typically motivated by fear. Often, not the fear of the individual, but fear for the Fellowship. Fear of hurting someone's feelings, fear of letting go, fear of failure, fear of "it" falling apart. Some of those fears may be fear of the next guy not "doing it right." Fear of not being important, or as simple (and as intense) as not feeling loved or appreciated.

In my district, there is a lot of new blood. I didn't go to the District meetings any longer because the sound of my own voice was too common. I was wondering if it was my time to move on. I could feel my ego growing and my need to be right was overshadowing the topic of conversation. It was definitely time to leave. I was worried about having so many new District members. Would leaving create a void? I remembered that a pond without a flow of fresh water will inevitably become toxic.

Fully exercising the *spirit of rotation* may mean leaving the committee completely and finding another opportunity of service. For example, if I have been at my District meeting for many years in much capacity, I have likely become a seat of authority. I may not hold the same position, but my influence is there. But if one person controls the vote of many then the process does not work. Perhaps it's time to go to another level of service or to where my influence is limited.

(Cont. Page 9)



## GOD SHOTS

Charla S..  
Wetumpka, Alabama, USA

How many times have you just been fed up with the way you ran your life and said to some unforeseen force "I give up!" So, you take your life's work and problems that are very tangible and place them on the surface of an intangible throne, only to take them back later? We then continue to be buffeted by afflictions, habits, and hurts and our spirits are sore from the beatings of these very raw emotions, stress and self-defeating thoughts. Then we come to a meeting asking all of these "WHY" questions and hear the same stressful answer....SURRENDER!!! I don't know about you, but I'd like one of those pamphlets on "How to Surrender", but I've never seen one. I have, on the other hand, heard "Oh, I can't tell you how to do that," or "Just give it to God," This next one's even better "Let go and let God." All these euphemisms that aggravate you to no end, because we're still screaming, "I don't know how!!!" They are, however, notable sayings but provincial. If we could but broaden the definition of surrender, we could put the broken addict on a path to abridge their relationships with themselves, their families, but most important, their Creator. Brokenness that has come from years of living in an incubus life where we've misplaced our trust and our faith. This is one of the many reasons we hold onto the proverbial reigns of our lives and make grave mistakes. Thus wanting to give up because when we screw up, who do we trust? Surrender requires trust in God, but what conception do we have of God? How long have we been dependent on others? How deep are our hurts? These are questions we must honestly and thoroughly answer. We should also share these answers with someone we trust and be open when it is revealed to us that our perceptions are marred by these hurts and circumstances of our past. It's hard for us to let go of our old ideas and find a new way of thinking. If we plan to heal we must throw our old thinking out with the trash. A concept came to me in a group I attend weekly called "Fresh Air." We were talking about being in the doldrums of life, the doldrums is a nautical term. There is a place where two hemispheres meet but one is going in one direction opposite to the other and there is a no air there. Ships would get pulled in and never come out again. People would die. One of the questions that

triggered this concept was..."In which area of your life are you feeling unfulfilled?" Big as day and in all caps I wrote SURRENDER. When the topic was brought up here came the same idyllic paradoxes along with the "how do I" questions. Before we dive into what was revealed to me bout surrendering, I'd like to briefly address another pertinent question that I believe is directly proportional. That is, "What is God's will for my life?" The first part of that answer involves all of the things we in our human understanding question – surrender – then there is a trust relationship, intimacy and devotion to someone we hardly know, coupled with obedience to the principles set before us by our pioneers. We are being called to live in a spiritual nature where God's spirit is in control completely.

\* \* \*

## 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](mailto:newsgram@ca.org).

(Cont. from Page 8)

### Trustee Corner:

#### Hanger-On...In Service

Every time I have left a service position there has always been a feeling of loss, a feeling of void in my soul. It is not a comfortable feeling and it takes a great deal of faith and courage to leave a service position. Exercising the *spirit of rotation* DOES NOT MEAN TO QUIT participating in C.A.! The Fellowship needs leadership; it needs trusted servants and elder statesman. Being an elder statesmen does not mean I no longer do service work. C.A. needs our help. Make no mistake about it, C.A. needs you and me. We owe it to our Fellowship to do a group inventory on our motives and ask that our character defects in service be removed. We may then continue to be of maximum service to the Fellowship with a humble heart.

\* \* \*

## RECOVERY

BY: Brian L.  
Portland, Oregon, USA

I have come to believe that my greatest success in life was to find the joy and happiness that lies within me of the simple things in life. I once looked for every avenue that I thought would bring me great joy in life at the bottom of every bottle or in the empty spoon that was on my nightstand.

In the Twelve Steps it talks about being fearless and thorough in your pursuit to come to an understanding about your part in this life. It is up to each and every one of us to take a good look at what we have become and find a ray of sunshine within each smile or tear.

One of the greatest joys I have this day is getting to see my friends pursue their dreams and goals and watching them come to fruition. I get to share in the smiles that come to faces when we can sit in a room of people we know and bear our souls with nothing to hide. In that moment we become as real as we are ever going to get. All of our fears have been placed in front of us at that very moment. We get to decide are we going to learn to deal with the feelings of inadequacy or let ourselves feel like we have made a serious contribution to someone else's sobriety by helping them know that it's really ok to become totally transparent and completely vulnerable.

When I am able to take each day as it comes and actually have a goal for the future it's almost like being a child again with no worries except letting the sun shine down on me. It is like I can do no wrong.

I have been a lot of places and done a lot of different things. Nothing makes me happier than to be around true friends with like-minded goals and the guts to pursue this life with the fervor that we have committed ourselves to.

\* \* \*

## DID COCAINE ANONYMOUS SAVE YOUR LIFE?

ARE YOU NOW IN A POSITION TO  
GIVE MORE THAN YOU ONCE DID?



DO YOU WANT TO SEE C.A.  
FLOURISH?

CONSIDER GIVING TO THE WORLD  
SERVICE CONTRIBUTION PROGRAM.

SEE DETAILS ON PAGE 13

Will you be one to donate?

### ANSWER TO PUZZLE ON PAGE 17

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

*Quote: Hope, Faith Courage, Stories from the  
Fellowship of Cocaine Anonymous. Page 113*

The only fear I had of recovery was that I would be unable to have fun without using cocaine. Today I scuba dive, take white water rafting trips, and enjoy other activities which allow me to actively participate in life. Today cocaine is not the center of my universe. I feel positive about myself. I feel that I have worthwhile contributions to make to my fellows.

# CAWSO QUARTERLY SNAPSHOT

## January through March 2013

|  | Jan-13      | Feb-13      | Mar-13      | Total       |
|--|-------------|-------------|-------------|-------------|
| <b>INCOME:</b>   |             |             |             |             |
| <b>Income</b> ( <i>Sales, Chip, Literature, Books including Shipping</i> )   | \$17,569.00 | \$17,483.00 | \$20,497.00 | \$55,549.00 |
| <b>7th Tradition</b> ( <i>Includes Gratitude Can, Birthday, WCP</i> )  | \$11,249.00 | \$9,112.00  | \$9,070.00  | \$29,431.00 |
| <b>Misc. Income:</b>   | \$458.00    | \$681.00    | \$705.00    | \$1,844.00  |
| <b>TOTAL INCOME:</b>   | \$29,276.00 | \$27,276.00 | \$30,272.00 | \$86,824.00 |
| <b>EXPENSES:</b>   |             |             |             |             |
| <b>Purchases</b> ( <i>Chips, Literature, Freight, Shipping Supplies, Starter Kits, etc.</i> )  | \$7,022.00  | \$6,458.00  | \$8,345.00  | \$21,825.00 |
| <b>Office Expenses</b> ( <i>Rent, Copy Machine, Postage Machine, Utilities, Outside Professionals, Insurance, Taxes, Bank Fees, etc.</i> ) | \$7,798.00  | \$6,695.00  | \$6,180.00  | \$20,673.00 |
| <b>Employee Expenses</b> ( <i>Salaries, Benefits, Payroll Taxes, Paychex, etc.</i> )   | \$11,211.00 | \$11,449.00 | \$10,995.00 | \$33,655.00 |
| <b>Misc. Other Expenses:</b>   |             |             |             |             |
| NADCP  | \$0.00      | \$1,250.00  | \$21.00     | \$1,271.00  |
| Travel   | \$3,077.00  | \$536.00    | \$276.00    | \$3,889.00  |
| Trustee Quarterly Meetings   | \$1,905.00  | \$1,636.00  | \$880.00    | \$4,421.00  |
| <b>TOTAL EXPENSES:</b>   | \$31,013.00 | \$28,024.00 | \$26,697.00 | \$85,734.00 |
|  |             |             | INCOME/LOSS | \$1,090.00  |

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.

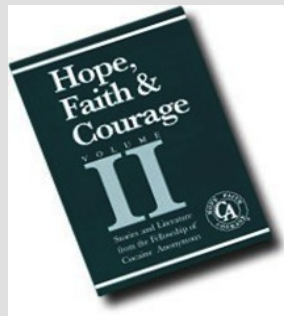
## ***HFC II* is back to the original price!**

**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!!**



**BUY ONE FOR A FRIEND!**

## **Subscribe to the NewsGram**

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

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

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

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

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

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

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

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

**GET A SUBSCRIPTION FOR SOMEONE WHO NEEDS ONE!**



# World Service Contribution Program

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

## AUTHORIZATION FOR DIRECT PAYMENT (ACH DEBITS)

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

Cocaine Anonymous World Service Office  
21720 S. Wilmington Ave., Ste. 304  
Long Beach, CA 90810-1641  
(310) 559-5833  
cawso@ca.org

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

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

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

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

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

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

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

### PAYMENT DETAILS:

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

### PAYMENT FREQUENCY:

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

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

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

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

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

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

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

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

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

## C.A. Statement Of Policy

By: Ira L.

World Service Trustee  
Glendale, California, USA

C.A. owns the name “Cocaine Anonymous” the trademarked C.A. logos and a motto. As we are the Fellowship of Cocaine Anonymous, we are all charged with protecting what we own. Every Group, District, Area, Region and special events or convention committee will eventually be confronted with a same simple dilemma regarding these protected items. “How are we to properly use the C.A. name and logo,” and more mystically, “What is that disclaimer we’re supposed to put at the bottom of our flyers?” Well, my experience is that there is a simple solution to all these questions and more. It can easily be found in the C.A. World Service Manual available through our website at [ca.org](http://ca.org). The World Service Manual is a valuable tool for so many questions and a literal wealth of information for those looking to learn more about the structure and workings of C.A. In the Manual, on pages 12 and 13, there is a great deal of information on the proper use of the C.A. name and Cocaine Anonymous logo (hereinafter logo) with the unassuming title of STATEMENT OF POLICY. (Much thanks to those who have come before me who had the insight and wisdom to include this policy.)

Please thoroughly read this short one and a half page STATEMENT OF POLICY to fully understand its subtleties and fully appreciate the instituted checks and balances. I will only attempt to offer a condensed overview to cover some of the basic information found in that POLICY.

As it states in the World Service Manual, A Cocaine Anonymous “Group” may use everything we own “for its function of organizing and operating a regularly scheduled C.A. meeting.” However, beyond this, the first point A., reminds us that any “group” must receive permission through the consent of its Area/District Chairperson after a vote taken to approve by the Area/District Service Committee. This refers to usage by a Convention or Special Events Committee, for memorabilia, fundraising, and the like. The supervising service body is, therefore, responsible for the correct usage, as stated in point F. And so, the Area/District Chairperson and Service Committees should be very familiar with and knowledgeable of this

entire policy to ensure proper utilization and consistency.

Point D. explains that in order to avoid implied affiliation with our name, logo, and our motto, (“We’re Here and We’re Free”), the Sixth Tradition disclaimer should be used: “In the spirit of Tradition Six, C.A. is not allied with any sect, denomination, politics, organization or institution.”

The STATEMENT OF POLICY further sheds a light on what Groups “should use, display, distribute or sell”. This may help to eliminate the guesswork many new Secretaries and the GSR/DSR may have about what should be on the literature table. Yes, the Book *Alcoholics Anonymous* and the *12 Steps and 12 Traditions* are okay, as well as, the A.A. Service Manual, combined with the 12 Concepts For World Service, which we use. Also as are any “approved flyers, meeting directories and other materials displaying the C.A. logo as described above.”

There are, maybe surprisingly, two Cocaine Anonymous logo’s from which to choose. First, there is the artistic “C.A.” inside two circles with “HOPE FAITH COURAGE” between the inner and outer circles with, the registered trademark inside the outer circle. And second, there is the same basic logo only with the registered trademark outside the outer circle, to the lower right. The trick is that both must be shown without being obscured by artwork or coloration and that the registered trademark must be shown. And, in my opinion, the size of the logo must be considered and consistent, not too small and not too large. The common errors are to reproduce the “C.A.” font too thinly, forget the registered trademark or to somehow obscure the logo. The logo is our signature or brand and the integrity of what it represents must always be protected, as it is with other trademarks. Remember, “no other text or design element may touch, overlap or show through behind the our logos other than solid color.” And finally, please note, that the block letters “C.A.” may be used by itself, but not reproduced to bear resemblance to our two official logos.

(Cont. Page 15)

(Cont. from Page 14)  
**C. A. Statement of Policy (Cont)**

So, take a good look at the STATEMENT OF POLICY on pages 12 and 13 of the World Service Manual. Make sure another set of eyes, like the District, Area, or Region approve the use of our name, motto, and logos for memorabilia, flyers and the like. Don't just have faith, or believe in the C.A. name, logos, trademarks, and mottos, but KNOW that they have EARNED the right to be protected, just as we earned our seats. We need to take care of what we own.

\* \* \*

**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](mailto: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!

**Articles in the NewsGram express the individual opinions of C.A. members and are not necessarily representative of Cocaine Anonymous as a whole.**

***A NEWGRAM POEM***

***Damned Dope***

*David U.  
Massillon, Ohio, USA*

*I'm a hot mess, you know that it's true,  
But the mess that I am, was caused by you,  
You used me up, as if an unlimited supply,  
Cleaned me out, and left me dry.  
I fell in love with you, and gave you my best,  
My biggest wish became that you'd give me some rest.  
You screwed me over, and done me wrong,  
Just wish I'd had the stones to say "so long."  
I should of left you behind, long ago.  
My biggest problem being I couldn't tell you no.  
I tried and tried, to do the right things,  
All you gave me was what treachery brings.  
You raked me over the coals, and burned my ass,  
The love I'd wanted from you never came to pass.  
I'd never been hurt, so bad in my life.  
Not even by my lowliest wife.  
You chewed up my heart, and left it tattered,  
Left me feeling like without you nothing else mattered.  
I thought I was happy, as I sampled your fare,  
And thought straight people were the ones who were square.  
You put me through hell, till I knew I was done,  
Learned to live without you and started to have fun!  
I've come to learn I don't really need you.  
And gave you up, without feeling blue,  
Since I've come to learn the poison you are,  
Times come to throw you the hell out of my car,  
Get behind me, get gone, get out of my life,  
Because I'm sick of your shit, and all the damned strife.  
I'm done with you now, and forever more.*

\* \* \*

# Calendar of Events

**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

#### **REGISTRATION:**

C.A. of Nebraska  
P.O. Box 31261  
Omaha, NE 68131, USA

**November 1-3, 2013**

## **Midwest Regional Convention**

### ***Here Are the Steps We Took***

Columbus, OH

#### **LOCATION:**

Ramada Plaza Hotel & Conference Center  
4900 Sinclair Rd.  
Columbus, Ohio, 43229  
877-609-6086 or 614-846-0300

#### **CONTACTS:**

Durrell K., Chairperson 614-282-0753

Patrice F., Registration Chair 614-886-5185

Spencer B., Hotel Liaison, 614-203-7158

**May 22-26, 2014**

## **C.A. World Service Convention**

### ***Voyage into Recovery***

Long Beach, California, US



### **Voyage into Recovery**

**30th Annual**

**World Service Convention**

**May 22nd - 26th, 2014**

**Long Beach**

**California**



**Get the word out about your local event!**

**Use the form at:**

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



# NEWSGRAM PUZZLE

**We Are Not A Glum Lot!!!**

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

KARAOKE  
DANCES  
CAMPOUTS  
DISC GOLF  
SOFT BALL  
BOWLING  
BAR-BE-QUES

H AND I EVENTS  
POT LUCKS  
CONVENTIONS  
UNITY DAYS  
GOLF TOURNAMENTS  
BOCHE BALL

ANSWERS ON PAGE 9

## UNITY CORNER

### We Have Found a New Hope Through Recovery

By: Eric F.

San Marcos, CA, USA

Regardless of the author, we share the same story. I am reminded of this when I hear others share their stories of addiction and recovery. As C.A. members, we may have nothing else in common except that which really matters. We have gone through the tragedy of addiction and have found new hope through recovery.

This hope affects us individually but also as a group. It shows in our willingness to do what it takes to keep the doors of C.A. open to the next addict who is still suffering, and to assure that newcomer with a unified voice that recovery is possible for him or her.

The First Tradition tells us that our personal recovery depends upon C.A. Unity. That sounds important to me, vital in fact. Our common welfare comes first is a reminder to me to think of what is good for my Group. What can I do or say (or leave unsaid) today that promotes C.A. Unity?

\* \* \*

## ARCHIVE CORNER

### Archiving For FUN and For Free

By: Susan B.

Valley Village, California, USA

Have you ever been delighted to come across an object or piece of paper or clothing that you haven't seen or thought about in a long time? Archival items evoke memories and a sense of being a part of something bigger than one's self.

Those of us who have been around awhile are bound to have mugs, caps, T-shirts, and other items we've picked up at events over the years. Also, those who have participated in Area service may still have a box around containing information about your Area's history. Former Delegates and Trustees are also good sources for items and information.

If your Area doesn't have an archive, it's not too late to start one. Begin by asking members what they have in terms of memorabilia, event fliers, convention programs, newsletters and the like. Try reconnecting with older members who may have fallen away to see if they have anything to contribute.

Just for fun, ask your Fellowship to lend items for an archival display at the next Regional Convention. By all means, make sure that all items are displayed safely and return them in a timely manner. Or.....

You could make it an event or special meeting! Have everyone bring or wear a piece of C.A. history – newcomers could bring their welcome chip – and have one or a panel of your District/Area's organizers speak.

You may be pleasantly surprised at the reaction of both longtime and newer members. You may even find that someone will be inspired to step up and take on an Archive Chair position to preserve and protect items that showcase your Area's history and place in the growth of Cocaine Anonymous.

The WSC Archive Committee members have found the C.A. Archive to be a fascinating place. As we continue to sort through and organize items, we marvel at the things we find; we have a very creative Fellowship! We think Archiving can be fun!

\* \* \*

## A NEW HIGH FROM H & I

### H & I HELPED ME

By: Adrien H.  
Beaumont, Alberta Canada

It was a painstaking process for me to get into the program of Cocaine Anonymous. I was so fearful of being around others and always felt judged wherever I was. When I finally made it into the rooms of C.A. I was exposed to a new way of living. The people seemed to have found a way to be happy and content with their lives. I was given a message of hope from a few members of C.A. in the first meeting I attended. These people shared their stories with me and how they got into C.A., Just seeing the success in these people's lives really gave me a lot of hope that I could recover too.

After being in the program of C.A. for a little while I heard about H&I, another way in which members of our fellowship can pass their experiences on to others outside the Fellowship. Being that people had given me a message of hope, I felt responsible to do the same for others. I did not feel comfortable speaking in front of a group of people I didn't know, and my sponsor assured me that with a little practice it would get easier. My first experience on a panel was amazing! I was not prepared to receive such a positive response from the clients within the facility. People were able to relate to my experiences even though their stories were different. The feeling that I had made a difference in someone's life was priceless!

Today I continue to go to H&I panels. I always enjoy meeting the people, and letting them know how the Fellowship of Cocaine Anonymous has changed my life. There is no better way to get out of myself; those days when I am feeling sorry for myself or self centered are quickly turned around by sharing some hope to still suffering addicts. One of the best ways for me to exercise the Twelfth Step is to take part in H&I. I also believe it is the best way to get this Fellowship to grow. I love C.A. and want it to flourish! It is my responsibility to help others, and let them know they are not alone in this. People helped me when I first came into this program and I want to do the same for others.

\* \* \*

### UNITY

**BY: Ray M.**  
**Omaha, Nebraska, USA**

When I came to Cocaine Anonymous my life was completely turned around. I had lost the respect of family, friends, co-workers and most importantly, myself. I entered treatment and after a few months my brain cleared. It was suggested that I get a sponsor and get involved in a fellowship. That Fellowship turned out to be Cocaine Anonymous. At this time in sobriety, I had accepted complete defeat and was looking for a solution. The Unity of the Fellowship shared their experience, strength and hope in a way that enabled me to find my truth. It was said that I must also share this

same truth to others. After taking a suggestion from my sponsor to get into service work, the Unity Committee was the first one I joined. From then on, after many conventions over the years, service has played an important role in my life. Now with the help of my Nebraska friends as well as many from the various conventions over the years, I have, for the first time, been able to be part of the World Service Conference serving on the Unity Committee. I am very excited to be an Alternate delegate and look forward to being of service to my Area in Nebraska and to the World Service Conference.

\* \* \*

| 7 <sup>th</sup> Tradition January – March 2013<br>Category or Group |                                    |             |
|---|------------------------------------|-------------|
| Location  | Name/City                          | Total       |
| <b>Anonymous</b>  | Anonymous                          | \$ 148.19   |
| <b>CANADA</b>   |                                    |             |
| <b>Alberta</b>  | New Beginnings                     | \$ 96.69    |
| <b>No. Alberta</b>  | Northern Alberta Area              | \$ 126.02   |
| <b>EUROPE</b>   |                                    |             |
| <b>Holland</b>  | C.A. Holland                       | \$ 358.40   |
| <b>Scotland</b>   | Scotland Area                      | \$ 298.72   |
| <b>Spain</b>  | Costa Del Sol                      | \$ 600.00   |
| <b>Sweden</b>   | Stockholm                          | \$ 450.00   |
| <b>Switzerland</b>  | Switzerland Area                   | \$ 100.00   |
| <b>United Kingdom</b>   | London District                    | \$ 506.42   |
| <b>USA</b>  |                                    |             |
| Alabama   | Everything or Nothing              | \$ 80.00    |
| Arizona   | After the Rush                     | \$ 30.00    |
|   | EVMG                               | \$ 68.10    |
|   | SNL Group                          | \$ 488.43   |
|   | Sun Valley Intergroup              | \$ 683.00   |
| Arkansas  | AR Area                            | \$ 150.00   |
|   | Spirituality Group of C.A.         | \$ 50.00    |
| Central California  | Cen Cal C.A.                       | \$ 150.00   |
| Northern California   | Anonymous – Sacramento             | \$ 30.00    |
|   | Northbay Service Group             | \$ 90.00    |
| Southern California   | Anonymous - Hawthorne              | \$ 45.00    |
|   | Anonymous – Los Angeles            | \$ 150.00   |
|   | Anonymous – San Diego              | \$ 66.00    |
|   | Anonymous – WSOB                   | \$ 168.00   |
|   | C.A.L.A. Area                      | \$ 1,500.00 |
|   | CALA Longbeach Compton Dist.       | \$ 183.10   |
|   | CALA South /Bay Beach Cities Dist. | \$ 210.00   |
|   | CALA South Central Dist..          | \$ 450.00   |
|   | CALA Westside/Hollywood Dist.      | \$ 563.55   |
|   | C.A. San Diego                     | \$ 157.81   |
|   | Foothill District                  | \$ 421.39   |
|   | Focus on Recovery                  | \$ 400.00   |
|   | Inland Empire Area SC              | \$ 125.00   |
|   | New Life                           | \$ 39.43    |
|   | Orange County C.A.                 | \$ 100.00   |
|   | SGPVCA                             | \$ 426.71   |
|   | West Inland Empire C.A.            | \$ 550.00   |
|   | 211 in Progress                    | \$ 200.00   |
| Colorado  | C.A. of Colorado                   | \$ 600.00   |
|   | Colorado C.A. Convention           | \$ 1,702.46 |
|   | Colorado C.A. H&I                  | \$ 499.85   |
|   | Come As You Are                    | \$ 25.00    |
|   | Drawing Closer                     | \$ 24.00    |
|   | Hope Not Dope                      | \$ 10.00    |
|   | Promises                           | \$ 100.00   |
|   |                                    |             |
| DC-MD-VA  | DC-MD-VA Area                      | \$ 25.00    |
| Florida   | C.A. South Florida                 | \$ 180.00   |
|   | District of Fort Myers             | \$ 90.00    |

| 7 <sup>th</sup> Tradition January – March 2013<br>Category or Group |                             |                     |
|---|-----------------------------|---------------------|
| Location  | Name/City                   | Total               |
| Florida (Cont)  | Florida Area                | \$ 39.00            |
| Georgia   | Log Cabin Group             | \$ 77.07            |
|   | New Life Group              | \$ 24.40            |
|   | Spearheads                  | \$ 41.17            |
|   | Solution Group              | \$ 60.00            |
|   | Sunday Spiritual Awake      | \$ 77.72            |
| Idaho   | Magic Valley C.A. District  | \$ 100.00           |
| Illinois  | Hope, Faith & Courage       | \$ 25.00            |
|   | IACA, Inc.                  | \$ 900.00           |
|   | IACA N.W. Suburban Dist.    | \$ 270.57           |
|   | IACA South & West Dist.     | \$ 214.38           |
| Indiana   | Indiana Area C.A.           | \$ 94.35            |
| Kansas  | Newfound Life C.A.          | \$ 30.00            |
| Kentucky  | Tell on I + 1               | \$ 5.00             |
| Missouri  | Courage to Change           | \$ 20.00            |
|   | Fried Pipers & Cocanuts     | \$ 20.00            |
|   | Greater St. Louis District  | \$ 150.00           |
|   | Serenity on Saturday        | \$ 5.00             |
|   | There is a Solution         | \$ 40.00            |
| Nebraska  | Monday Miracles             | \$ 100.00           |
|   | NE Area                     | \$ 52.75            |
| New Jersey  | CANJ                        | \$ 100.00           |
|   | Friday Night Recovery Group | \$ 70.00            |
| New Mexico  | Albuquerque Chapter of C.A. | \$ 378.82           |
|   | Anonymous - Albuquerque     | \$ 1.00             |
|   | S.W. Regional Convention    | \$ 1,232.00         |
| New York  | C.A. New York               | \$ 1,000.00         |
|   | Circle of Life              | \$ 100.00           |
| Ohio  | Anonymous – Columbus        | \$ 1.00             |
|   | Anonymous – Toledo          | \$ 21.00            |
| Oklahoma  | The Rock Stops Hear Group   | \$ 125.00           |
| Oregon  | C.A. of Oregon & SW Wash.   | \$ 75.00            |
|   | Diet Coke                   | \$ 80.00            |
|   | One Day At A Time           | \$ 150.00           |
| Pennsylvania  | Cocaine Anonymous           | \$ 300.00           |
|   | Western PA                  | \$ 50.00            |
| Texas   | Anonymous – Argyle          | \$ 10.00            |
|   | Anonymous - Houston         | \$ 30.00            |
|   | Anonymous – San Antonio     | \$ 120.00           |
|   | SCTA of C.A., Inc.          | \$ 300.00           |
|   |                             |                     |
| Utah  | C.A. of Utah                | \$ 3,000.00         |
| Washington  | Blade Runners               | \$ 26.85            |
| Wisconsin   | Razors Edge                 | \$ 248.00           |
|   | <b>Birthday Envelopes</b>   | \$ 172.00           |
|   | <b>Gratitude Month</b>      | \$ 2,415.19         |
|   | <b>30 for Thirty</b>        | \$ 162.00           |
| <b>World Contribution</b>   | (See form on page 13)       | \$ 3,555.00         |
| <b>Total</b>  |                             | <b>\$ 29,585.54</b> |