

# NEWS GRAM

Volume 30 No. 3 C.A. World Service Office, 21720 S. Wilmington Ave., Ste. 304, Long Beach, CA 90810-1641 3rd Quarter 2013

## **Life After World Service**

By: Spencer B.

(Former Midwest Regional Trustee)

Columbus, Ohio, USA

I came to the World Service Conference back in 1992 as a Delegate from Ohio. My Area wanted me to sit on the Structure & By Laws committee, something I did not want to do. That's when I met two men, Bob C. and Bob L., two men I respect very much (I had heard a lot about them before I even came –smile). I sat on that committee for two years when someone suggested I run for Conference Parliamentarian. I said I knew some of Robert's Rules of Order, but was not that knowledgeable of all of the intricacies of Robert's Rules of Order. I was, however, willing learn anything I didn't know. I didn't realize that they were talking about taking over right then at that conference! The Chair position had been vacated and Amy B., the current Parliamentarian was voted in as the Conference Chair. I gave my qualifications to the Conference floor and they voted me in anyway. I was blessed with a great Chair and a wonderful Conference Committee Chair, Meredith. The Conference went well and I only had to help the Chair with a couple difficult situations. The next year, it was my turn as Conference Chair and I was ready. Some funny things happened along the way, though. I had a bad attack of hives that August and had to start taking medication for them - I was just that nervous! When I arrived at the Conference, I had a temperature of 101, which I had the entire time (believe me, there was no partying for me at the beach). Once again God gave me two angels - a personal nurse who took care of me during the Conference and a wonderful Parliamentarian in Heidi J. The Conference went great and we actually finished early.

I was then elected to the WSBT to represent the Midwest region. C.A. at the time was in the red financially, I knew we had a lot of work to do, budgets were cut and that didn't go over well with the Trustees

but it had to be done. My fourth year on the WSBT, I was voted in as the Chair of the WSBT. My final year was wonderful, with the diligent work from the World Service Office Board, the WSBT and the Fellowship of Cocaine Anonymous; C.A. was financially back in the black.

I rotated off the WSBT and went home where my sponsor told me I could no longer do service work - other than make coffee for my home group and work with my sponsees. While I was sitting around being an elder statesman I noticed my home group (the oldest C.A. meeting in Ohio) couldn't get a GSR. Knowing the importance of representation I felt compelled to not let that continue. I went back to the District as the GSR for my home group. I could not understand why others did not want to step up when the pleasure of service work was so rewarding for me. After a couple years of being GSR, the District Chair position became available and no one was interested. I talked to my sponsor and he suggested I take the position in order to train others until someone else felt ready. At this time, I am still the Chair but I don't expect that will last much longer.

I have enjoyed life on life's terms. I've been able to retire from my job. I've had the chance to do some "pleasure" travel both for C.A. and for just myself. While I began to plan a celebration for 25 years of sobriety I was diagnosed with cancer. Thank goodness I have a relationship with a Higher Power and turned my cancer problem over to Him. It has been two years now and I am cancer free! I have the opportunity to spend more time with my family, my parents, my children and my four granddaughters the youngest of which is three (I told my youngest son we need a boy)

*(Cont. Page 2)*

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(Cont. from Page 1)

The experience I gained being a member of the WSBT has afforded me the opportunity to sit on the board of a financial institution (thanks Elizabeth S.).

I sleep in most days and have coffee in my yard where I spend time looking at the beautiful roses my sister planted when I'm not watching Sponge Bob. I work out three or four times a week in the gym in my basement. I enjoy now going to meetings as just a member.

In closing all of these blessings life has given me are by the grace of God and Cocaine Anonymous.

I am Still Being of Service.

\* \* \*

• Inside This Edition	Page(s)
C.A. Calendar of Events	22-23
C.A. Trusted Servants	2
Conference Committee Corners	21
Disordered	15,16
Do You VoIP?	13
God Shots	11
Greetings from Long Beach	7,8
Gratitude Month Flier	9
My Story	17
Life After Service	19
Life After World Service	1,2
Puzzle (Answers page5)	20
Release Form	10
Quarterly Financial Snapshot	14
7 <sup>th</sup> Tradition Donations	24
Trustee Corner	5
Why I Edit the NewsGram	16
World Service Office Article	3
World Contribution Plan Form	18

**(The A.A. Book *Alcoholics Anonymous*, the book *Twelve Steps and Twelve Traditions*, and the book *Hope Faith and Courage* are used with permission.)**

### QUOTE:

*Twelve Steps and Twelve Traditions*

Pg. 135

The elder statesman is the one who sees the wisdom of the group's decision, who holds no resentment over his reduced status, whose judgment, fortified by considerable experience, is sound, and who is willing to sit quietly on the sidelines patiently awaiting developments.

## What Service Means to Me

BY: Teresa N.

Dana Point, California, USA

Chair, World Service Office

At only two years sober, I was a young and scared little addict who showed up for her first World Service Conference, at the direction of her sponsor. As I look back on the nine years I have served at the World level since that day, I cannot help but be filled with gratitude and love. During that time, I have witnessed some truly exciting manifestations of growth in our Fellowship.

From the birth of a new European Region to the transformation of our literature to include “all other mind altering substances,” the publication of our second book, *HFCII*, the creation of new pamphlets, the restructuring of our World Services Office, and several successful Conventions, to name just a few. Through all of these instances, I have seen first-hand God’s work through the group conscience.

Over the past two years, I have had the blessing of serving as your World Service Office Board Chair, and to participate in the success of our first World Convention in Europe, the creation of a new Public Service Announcement, the publication of our book and many pieces of literature translated into new languages, and the creation of dozens of new meetings and local Fellowships around the world. All of these things were made possible because of the hard work of grateful and willing members, like you!

Not only have I seen Cocaine Anonymous grow, but also I have grown with it, as a direct result of my service. I have been deeply humbled by my experience on the Office Board, and consider it to be one of the most life-changing experiences I have ever encountered.

I want to take this opportunity to encourage those who might be considering stepping up into World Service, but may have doubts or fears, for whatever reasons. I want to encourage you to take that step forward in your recovery. I cannot tell you in any certain words what a blessing it is to serve at this level. If you are wondering where you might fit in at the World Service level, there are many opportunities. Whether it be Delegate or Alternate Delegate, or serving on one of the many Conference Committees, or serving on a World Service Convention Committee, or sitting on the World Service Office Board, there is a place for

everyone! Although not what you might expect, and most certainly a lot of work, it is a wonderful opportunity for personal growth, and to give back to the Fellowship that saved you!

For those who may be interested in the World Service Office Board, we want you to know that our meetings are always open. We meet at 7:00 PM on the 2<sup>nd</sup> and 4<sup>th</sup> Thursday of each month at the World Service Office. If you do not live within close proximity of the WSO, but would like to contribute to the WSOB’s meetings, or just want to see what goes on, please contact the WSO to see how you might be able to make arrangements to Skype in!

\* \* \*

**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 18**

**Will you be one to donate?**

# CALLING ALL SERVICE JUNKIES

## SEND US YOUR SERVICE RESUMES

We need **YOU** to step up and be part of a ground-breaking committee. The 31<sup>st</sup> CAWS Convention Committee will be made up of members from various regions and areas. Much of the committee work will be done through video and/or audio conference calls, news groups and e-mail. This committee will have unique hurdles to overcome and has the potential to create new ideas, processes and procedures for future convention committees. We want **YOU** to be a part of this experience.

Many committees will need membership support and participation. At the time **YOU** see this message, it is possible that all committee chairperson positions will already be filled. *DO NOT* let that discourage you from contacting us. Until the convention is actually concluded, we will be very happy to hear from everyone who is interested in being of service. For more information, please contact the appropriate Steering Committee Member over the committee(s) you are interested in helping. We will need all of **YOU** to help make this convention a success.

## 2015 CAWS Convention Committee

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Children's Events              Theme/Artwork  
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Decorations              Brunch or Luncheon  
Banquet                    Closing  
Information Technology  
Information / Host (Serenity Keepers)



## What I Have Learned in Doing Service Work

BY: Terry M.

P.N.R. Trustee, Chair of the WSBT  
Salt Lake City, Utah, USA

On looking back at my experiences with recovery and service, I am appreciative of the trust of those who came before me – those that kept the door open and the lights turned on. They have been where I am presently. Their on-going compassion is a constant example of the love and service that I have found in the hearts of C.A.'s multitude of Trusted Servants. They are constant reminders of the principles of love and service, which were recognized back in 1950 by one of the founders of the original 12-step organization as being the basis of our international service structure (see Dr. Bob's address from A.A.'s 1<sup>st</sup> International Conference - 1950).

Members of our Fellowship regularly pose the question "Why is C.A. not growing in the states?" My standard response is, "Have your groups, areas or have you, individually, been doing a Traditions inventory?" C.A. has a great outline for members of C.A. groups asking this question. There are a number of questions we can all ask ourselves – these can be found within the Unity Committee Guidelines located at the following website: <http://ca.org/service/wscunity>:

Do I withhold negative remarks about other groups, service, fellowships and others in the fellowships?

Am I supportive of trusted servants?

Do I trust the group conscience?

Am I willing to welcome all no matter what?

Do I set an example not only at meetings but also doing service?

These are just a few questions I need to constantly ask of myself to keep my service work in check. I have been able to reflect on some of these questions (and many more) and I would like to thank all those that trudged the road before me as well as all of you that have trusted me to be of service.

I am going to repay this trust by doing what the old timers did for me -

I am going to encourage others in our fellowship to step up.

I will afford them the same respect I was given.

I will teach if asked.

I will let go and let the next generation of trusted servants experience the meaning of being of service. .

As I was taught, this is Gods' deal and it will survive without me. I need to step back and allow the eager and bright minds of our newer members to pick up the torch.

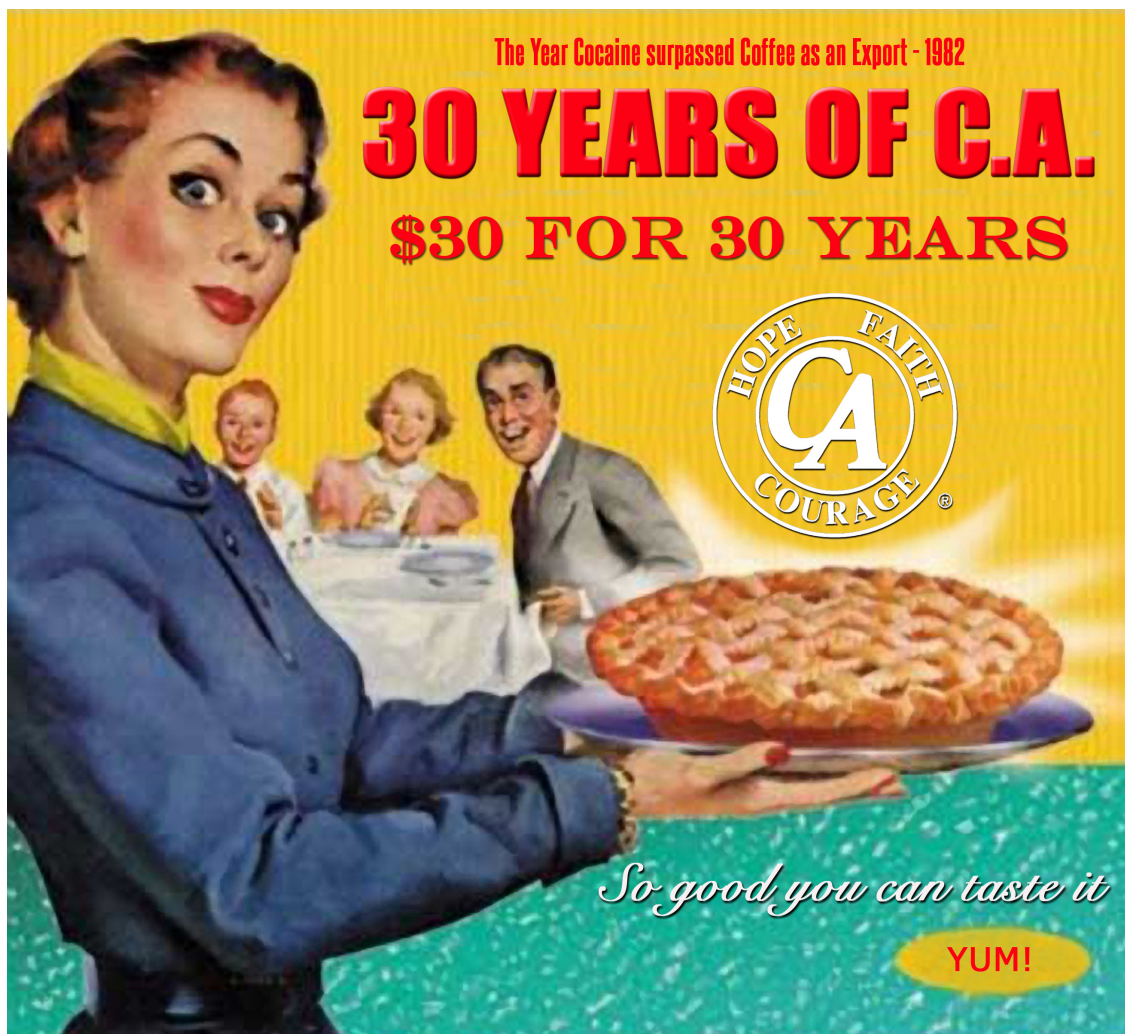
As I continue to strive to be of 'maximum service to God and my fellows,' I have become increasingly aware that I find "the Fellowship that I crave" most profoundly when working with a newcomer. I am enthralled when they appear to be 'getting' a spiritual way of life. I am equally heartbroken when they leave our Fellowship disillusioned.

Today, I know God has a plan for all of us, which I don't need to know. I just need to be present in the day and of service when needed. Today I trust the process.

\* \* \*

### ANSWER TO PUZZLE PG 20

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## **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

## **GREETINGS FROM LONG BEACH**

**By: David B.**

### **2014 CAWS Convention Chair**


In 1985, the very first CAWS Convention was held in Santa Barbara California, it's primary purpose was to promote enthusiasm and unity within a rapidly growing fellowship of Cocaine Anonymous and to financially support World Services' effort to carry the message to the addict that still suffers. Since that time Cocaine Anonymous has blossomed into an amazing fellowship of recovering addicts, both men and women from all around the world.

I got sober August 21, 1987 after visiting a couple of H&I panel meetings where the message was first carried to me, I walked into my very first meeting of Cocaine Anonymous on a Wednesday night, the "Love and Tolerance" meeting on Vinland Street in the San Fernando Valley. My first Sponsor Lee A, was on fire for C.A. and taught me first off that "working the steps and being of service are what we do around here," I began by setting up that meeting which at the time was no big deal only about fifteen or so chairs but shortly after I started that commitment the meeting began to grow and moved to another location which soon became the largest meeting in the San Fernando Valley. I was setting up about one hundred or so chairs every Wednesday night for about six months, more importantly, I was meeting a lot of people (just like me) who were being of service, and staying sober. I've had a lot of fun through the years and have had the opportunity to meet some wonderful people as a direct result of staying sober, working the steps and being of service, including my wife Maria who was the coffee person at that first C.A. meeting, (We now trudge the road to happy destiny together).

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.

Conventions have always been a major part of

*(Cont. Page 8)*




## **Voyage into Recovery**

**30th Annual**

**World Service Convention**

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

**Long Beach** **California**





(Cont. Page 7)

## GREETINGS FROM LONG BEACH,

my sobriety, whether attending just to have fun or being of service on the committee so that others may attend and have fun.

2014 will be the 30th anniversary of the CAWS Convention, hosted by the Pacific South Region and held at the Hyatt Regency in Long Beach, CA. So many people from so many places from all around the world will come together to celebrate Cocaine Anonymous and the efforts of the World Service organization and all the many, many volunteers who help carry the message to the addict who still suffers.

As the Chair of the 2014 CAWS Convention, I will do my very best to help plan an event that you will not soon forget.

I am both honored and privileged to be a part of a passionate committee of C.A. members who are working diligently to host an awesome event for the fellowship of C.A. it's family and friends. Young or old, new or (well) not so new, we hope to see you there.

\* \* \*

## 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

# In the old days, it was Hip to be square.

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Not available



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The 3rd & 4th releases in a series of 8 original, limited edition, square chips, circa 1985 – 1987. Protective cover and key chain included.

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Save even more by ordering with your Area's Chips and Literature Order!

All proceeds benefit the World Service Office

## Recovery is our History – Our History is our Legacy





# **NOVEMBER IS GRATITUDE MONTH!!**

**Our PRIMARY PURPOSE is: To Carry the Message to the Addict who still Suffers, and certainly there are suffering addicts in all corners of the world!**

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

**The Cocaine Anonymous World Service Office has a worldwide reach and helps to carry the message in important ways:**

- **Publishing and translating books, literature and chips.**
- **Access to Drug Court Conferences**
- **Sponsorship of the National C.A. Helpline**
- **Administrative support for new Districts, Areas and Regions**
- **Mailing free meeting Starter Kits**
- **Providing free C.A. Books and Literature to inmates.**

**So, when the GRATITUDE CAN comes around in November, remember your unknown brother or sister trying to find their way into the rooms of COCAINE ANONYMOUS, and help Cocaine Anonymous World Service Office CARRY THE MESSAGE WORLDWIDE!**

**ASK YOUR MEETING SECRETARY TO PASS THE GRATITUDE CAN!!**

**CAWSO / 21720 S. WILLINGTON AVE., STE. 304 / LONG BEACH, CA, USA, 90810**

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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.

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

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

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

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

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

## GOD SHOTS

LOVING

Jennifer R.

Anacortes, Washington, USA

As you come into this world your parents teach you how to walk, talk, eat and speak. Somewhere on this journey we learn how to love. It is something that we learn as we go but no one teaches us how to be loved. We learn that love hurts and build walls to protect ourselves. During our addictions we found that our emotions are numbed by our use and stuff everything away. The hardest part for me in recovery was to learn how to process these things we feared the most called feelings and how to let another love me. It does not matter what type of relationship it is family, friends, an intimate encounter. For some reason we get lost and confused and get crazy in our heads. I love to call my sponsor because she laughs at most things I say to her. The usual response is "Let's revisit that fear column" and as much as I hate to admit it, she is right. Through working the Steps and seeing my part in everything I do I have found that I must love myself before I can truly be loved. The Steps are in order for a reason, service work helps me get out of myself and meetings help get me right in my head at that insane moment. It has been a long road to get where I am at but today I can honestly say I love myself for who I am. I am no longer ashamed of my past and value it as a great learning experience. Cocaine Anonymous has helped give me a life worth living as long as I take the action that is necessary to make the next right decision. I not only love myself today but I know the true meaning of friendship, fellowship, unconditional love for another human being and being a productive member of society. This I did not do alone because this is a "WE" program and I must give it away in order to keep it. So, I thank my higher power and Cocaine Anonymous for always loving me when I did not love myself.

We **HOPE** you have heard something to keep you coming back,

We have **FAITH** that we will see you again.

We have the **COURAGE** to stand next to you when no one else will.

\* \* \*

**GOD SHOTS** is a NewsGram Feature.

In future issues 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.

## THE NEWSGRAM IS LOOKINGFOR YOU!!!!

### WOULD YOU LIKE TO BE PUBLISHED???

### DO YOU HAVE SOMETHING TO SAY???

The Newsgram is looking for your article, recovery jokes, **God Shot**, 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 page10, 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:**



## **Share Your Experience, Strength and Hope for C.A.'s First 12 Steps & 12 Traditions Book and 12-Step Workbook**

We need ***YOU*** to help make these books a reality! The Conference has approved the concepts, but as with all new C.A. books, the Literature, Chips, and Format Committee needs ***YOUR*** submissions. Be a part of C.A. history and help write these books!

### **12-Step Workbook:**

This workbook will be a tool to be used with a sponsor and in conjunction with literature approved for use at C.A. meetings as listed above. Submissions should be 1-2 pages long and include the following:

- Quotes or references to suggested readings from literature approved for use at C.A. meetings (C.A.'s meeting format, pamphlets, *HFC* or *HFC II*; A.A.'s *Big Book*, *12 & 12* or *Service Manual*);
- Your personal experience on a particular Step;
- Four to twelve questions to help the reader have his or her own experience with the Step;
- A worksheet applicable to the Step (optional); and
- A prayer or spiritual exercise to conclude the section on that Step.

For more information, please contact Kellie F., Subcommittee Chair, via e-mail at [flowerz2@telus.net](mailto:flowerz2@telus.net).

### **C.A.'s 12 & 12**

Help us write C.A.'s own 12 Steps & 12 Traditions book based on our Fellowship's experience with the Steps and Traditions. Provide 1000-2000 words on the Step/Tradition focusing on your own experience, strength and hope, with a closing paragraph summing up your gratitude for that particular Step/Tradition and how it relates to your recovery. For more information, please contact Jason L., Subcommittee Chair, via e-mail at [jason\\_lrnc@yahoo.co.uk](mailto:jason_lrnc@yahoo.co.uk).

### **Guidelines for All Submissions:**

Don't worry about grammar, spelling or punctuation; we have people to help 'polish' whatever you write. Other than cited quotes, each submission must be the author's original writing. In keeping with the 11th Tradition, submissions will be reviewed anonymously and the authors of material ultimately selected for publication will be asked to maintain their anonymity. Replies will be sent when the selection process is complete for each project. Electronic submissions are preferred. Each submission also requires a properly executed release form (available at [www.ca.org](http://www.ca.org) or on page 10). You may send your submission(s) and release via e-mail to [submissions@ca.org](mailto:submissions@ca.org) or by regular mail to: CAWSO, Inc. Attention: LCF Committee, 21720 S. Wilmington Ave., Ste. 304, Long Beach. CA 90810-1641. For more information, please call 310-559-5833.



## Do You VoIP?

BY: Ruby L.  
Roy, Utah, USA

Do you VoIP? Do you even know what VoIP is? It stands for 'voice over internet protocol' and it is a process by which you can use your computer as a phone. VoIP calls can be audio only or a combination of audio/video, depending on how many people are participating in the call and the program being used. Now, I'm not a techno-geek and I'm not going to pretend I even understand all the uses and aspects of VoIP. That is not my purpose in writing this article. I am writing this article is to tell you how using VoIP has expanded my recovery.

I had been hearing about the VoIP C.A. meetings for a while, but I really didn't understand what they were. Actually, using that technology initially intimidated me a bit. Thing is, I kept hearing about these really cool experiences my C.A. friends were talking about using VoIP and I wanted to be a part of those experiences.

My first experience with VoIP and Cocaine Anonymous was in November 2012. There was a very large event held in Los Angeles, CA, USA, to celebrate Cocaine Anonymous' 30<sup>th</sup> birthday. I had been hearing about this event for weeks – the planning, the speakers, the excitement - and I was bummed that I could not fly to California and be a part of the event. I had heard that some members were going to access the event through VoIP, but I didn't think too much about it. That night, I got a text from a friend telling me the event was happening now. Did I want to get patched into it? I figured, "Sure, why not try something new?"

Like anything new, it was definitely awkward at first. I got disconnected a couple times, I couldn't figure out how to turn off my microphone, I didn't understand the VoIP program, stuff like that. But then, when all the kinks got worked out, that is when the magic happened. I was able to lay on my bed in Utah and hear the speakers at the event in California. I could hear the people talking in the background. I could hear them laugh when the speaker said something funny. I could hear the emotions and excitement when they did the sobriety countdown and there was a newcomer in the room. In a way, I was a part of the event. No, it wasn't as good as being there in person, but I did get to be a part of something I normally would never have experienced.

Next I got involved with one of the weekly VoIP C.A. meetings. Again, it was awkward at first. I couldn't figure out the microphone thing again and sharing with the group was a bit odd at first as I couldn't see their faces. But, they helped me through the learning curve and I got more experience with the software program the meeting uses. I am currently on a work schedule that makes it very difficult to attend face-to-face meetings. The VoIP C.A. meetings are currently a very important part of keeping me connected to the Fellowship. There is one VoIP meeting based out of the UK that happens on Saturdays at 2:00 AM MT. I use my smart phone to patch into that meeting as I'm leaving work, listen to the meeting on speaker phone as I'm driving home, and then listen and participate in the remainder of the meeting at my home.

This April, I was able to patch into a global C.A. event where VoIP was an integral part of the event. There were groups of people in Scotland, Sweden, Russia and the UK as well as Florida, Arizona & Southern California. Each of these areas was using a video camera so we all could see the readers and the speakers using VoIP. I was not in any of these geographic locations, but I was still able to participate. In May, I was able to patch into the VoIP meeting from the C.A. World Service Convention that happened in Florida. I was not able to attend that convention and I was convalescing from a sudden surgery, but I was still able to feel as if I was a part of one of the largest events that C.A. puts on every year.

Normally, I can attend plenty of face-to-face meetings to meet my recovery needs. As nice as it is to not have to leave my house sometimes to attend a meeting, I do not plan to replace all of my meetings with VoIP meetings. I like to see emotion and understanding through people's facial expressions and body language. I like to get and give hugs. I like to be physically present to help support the meetings. However, there are plenty of ways that I plan to use the VoIP meetings to keep expanding my access to Cocaine Anonymous, to keep expanding my experiences and to keep expanding my recovery. If you are having a hard time getting to face-to-face meetings in your area or if you are just looking for something new to experience, come join us in a VoIP C.A. meeting one day. You can get more info at:

<http://www.4thdimension.ca/>

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# CAWSO QUARTERLY SNAPSHOT

April through June 2013

|                                                                                                                                            | Apr-13      | May-13      | Jun-13      | Total        |
|--------------------------------------------------------------------------------------------------------------------------------------------|-------------|-------------|-------------|--------------|
| <b>INCOME:</b>                                                                                                                             |             |             |             |              |
| <b>Income</b> ( <i>Sales, Chip, Literature, Books including Shipping</i> )                                                                 | \$13,110.00 | \$17,347.00 | \$12,511.00 | \$42,968.00  |
| <b>7th Tradition</b> ( <i>Includes Gratitude Can, Birthday, WCP</i> )                                                                      | \$7,393.00  | \$8,848.00  | \$6,227.00  | \$22,468.00  |
| <b>Misc. Income:</b>                                                                                                                       | \$0.00      | \$760.00    | \$150.00    | \$910.00     |
| <b>TOTAL INCOME:</b>                                                                                                                       | \$20,503.00 | \$26,955.00 | \$18,888.00 | \$66,346.00  |
| <b>EXPENSES:</b>                                                                                                                           |             |             |             |              |
| <b>Purchases</b> ( <i>Chips, Literature, Freight, Shipping Supplies, Starter Kits, etc.</i> )                                              | \$7,299.00  | \$8,282.00  | \$7,346.00  | \$22,927.00  |
| <b>Office Expenses</b> ( <i>Rent, Copy Machine, Postage Machine, Utilities, Outside Professionals, Insurance, Taxes, Bank Fees, etc.</i> ) | \$7,819.00  | \$6,829.00  | \$9,564.00  | \$24,212.00  |
| <b>Employee Expenses</b> ( <i>Salaries, Benefits, Payroll Taxes, Paychex, etc.</i> )                                                       | \$8,278.00  | \$12,753.00 | \$8,508.00  | \$29,539.00  |
| <b>Misc. Other Expenses:</b>                                                                                                               |             |             |             |              |
| NADCP                                                                                                                                      | \$0.00      | \$1,529.00  | \$1,739.00  | \$3,268.00   |
| Travel                                                                                                                                     | \$455.00    | \$263.00    | \$1,243.00  | \$1,961.00   |
| Trustee Regional Expenses                                                                                                                  | \$189.00    | \$1,200.00  | \$2,684.00  | \$4,073.00   |
| Trustee Quarterly Meetings                                                                                                                 | \$6,906.00  | \$632.00    | \$7,064.00  | \$14,602.00  |
| <b>TOTAL EXPENSES:</b>                                                                                                                     | \$30,946.00 | \$31,488.00 | \$38,148.00 | \$100,582.00 |
|                                                                                                                                            |             |             | INCOME/LOSS | -\$34,236.00 |

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.

## Disordered

BY: Billy D.  
Bedford, UK

I would not comfortably suggest that life events “made me” an alcoholic or an addict, or perhaps “made me” anything, but what I did experience as the consequence of my mother dying when I was age eleven was a feeling of loss. On reflection I can now see how I was thrust into an adult perspective of the world as an unsafe place.

As a young boy or man I had no such comprehension of reality and therefore sought out other mechanisms for dealing with what I could not either understand, control, or reject immediately. Chiefly, these were alcohol and then drugs. In my urban home town we first drank as know-it-all teenagers. Under-age experimenters who would concoct cocktails as the early eighties mid-town alchemists that we were. Liquids stolen from the cabinets and the clinking shimmying bottles of wine and mirth from our parents cabinets of booze. We'd congregate out of sight at any of the nearby bushes, hideouts or hedgerows and set about drinking ourselves towards our goal - projectile vomiting. This "Way of the Purging Sons" meant that we could somehow prove ourselves as worthy for the role of leader of the gang; at which I frequently came first of the two of us! !

Frequently resorting to deftness of hand by way of the old “five-finger-discount” more for a feeling rather than for the object of the theft. I was to be seen being arrested on a bi-monthly basis for such petty crime as; cat food, pens, yogurt, and money. I remained incrementally hopeless despite my tenacious attempts to build a structured and hope-filled life. There was no social training beyond my potential addict/alcoholic peers. We were the epitome of a blind and foolish youth in action.

Some two decades into this downward spiral finds me located in the East End of London in a high-rise condo overlooking the city-scape of a hope filled pre-millennium. Whacked out in as many moments of every day on a cocktail of dope, booze, petty shop-lifting, irrational lies, and a self-fulfilling prophecy that in every relationship I was born to lose. At work, I was encouraged to resign when my boss found me crying at my desk after another incident of “she had left me” – again! Now, physically dependent on morphine and with a mad obsession for stimulants; 'E', Crack,

Powders, Downers, Blotters, Hitters, Poppers, Booze and all at once please! I was given a script to taper off opiates but I was not about to taper off anything! I worked the streets for money and food. I saw an alarmingly stark vision of my destiny; toothless, gaunt, friendless, loveless - a dead man barely walking to a quicker still death. As I thought about all this I knew that I simply had to continue to drink and get high on this idea or else go insane, and so I continued this slow-death another two long years. Finally, and for the first and last time I heard the word “detox.”

It helped me a great deal to learn a model of recovery that proposed addiction as a Spiritual illness. Hence when I took “spirits” into my body I somehow always felt better, whole – I mean, imagine! Wow. When I took, for example, one drink, or drug, I felt usual, or normal; better, at ease, or comfort – though in reality I felt nothing at all. Back then this was my oldest most profound deep desire. Now though, in order to live afresh, I was encouraged to find support in the community through the use of The Twelve Step Spiritual Principles, and to join the related community groups as a way of finding and helping others through the program I then had to offer them by my own experience of using it. Through this recovery process I was taught to develop a way of being in the world that saw me consider the people of this world as an interconnected family of fellows. One in which I had always been an important member, but simply hadn't known until I came home by the revelation of a refreshed view of my experiences from outside of myself. In this family I found access to a New Power. From this tentative beginning I was able to learn resilience, trust, integrity and perseverance, and to become a survivor of a war. A war that was only one I had ever been involved in – the war with myself.

Seven years later I am a husband, a colleague, a mentor, a student, a teacher, a fellow, a brother, a son, a speaker, a seeker, a child, and my new hope is to be a parent. I am often asked what was the difference that enabled me to change where many simply die, like my brother? Why have I recovered where so many continue on, even when knowing that to keep drinking and drugging is to make the ultimate sacrifice on this one precious and short life? Today, this very day while

*(Cont Page 16)*

(Cont from Page 15)

writing, I would say that my blessing is that I was finally made consciously aware, by the fullest realization of the depth of my suffering, of how deeply I was, and had always been, enslaved. This was "The Key." But also, not only that I wanted to stop was crucial, but also that I had a profound desire for a completely whole "New Way of Life." I am now absolutely assured that this has been the profound and Universal gift of Love.

Today I am free human wherever I might be in the Universe. I have been simply unchained to be the best version of myself I have been. I hope that sounds attractive to those who are still in chains and who know it. This brief and beautiful life is both joy and pain and has been a route to freedom. From within this notion I have been given a way of accessing a lasting joy through all or any experience. I am able to allow myself to be okay with whatever is and not rush to be where I would rather be (def: dis-ease – 'away from'). From where I now stand even the small-deaths of the each and everyday can all give birth to "The New," or "Next Experience." In the first half of this the same life I became a slave who I can now see was climbing up the wrong ladder for his happiness. The most sincere act of gratitude that I must remember is to thank this Universe that when I fell from the top back to the bottom of the rickety old ladder of a miss-spent youth, through the terrifying awareness and my admittance of the fall I was finally set free.

A Nona Mousse

\* \* \*

### **QUOTE:**

*Hope, Faith & Courage, Vol. II*

*Pg. 96*

I love Step Twelve because it helps me to get out of myself. I started service work at a few month sober and have been blessed to be of service at the Group, District, Area and/or World levels ever since. As a result, I have a great respect for the Traditions and the power of the group conscience. Being a sponsor is the most rewarding part of the Step for me – there's nothing like seeing the lights come on in the eyes of a newcomer. I try not to tell my sponsees what to do; instead I share what I did, suggest that they try it, and see if it works for them. Sponsees are truly a blessing; they keep me focused on the Steps and give me an opportunity to pass on what was so freely given to me.

\* \* \*

### **WHY I EDIT THE NEWSGRAM**

BY: Heidi J.

Gresham, Oregon, USA

Two years ago while attending the World Service Convention in Phoenix, Arizona I saw an article in the NewsGram where the current editor, Cynthia C. was planning on giving up her commitment as Editor. I saw an opportunity to serve World Service again. I spoke with Cynthia C., and the World Service Office Board Chairperson and decided to submit my resume for this position, and I was voted in by the WSOB.

I am a person who has done a great deal of service in my recovery, and I am truly grateful for it. I served my Area as a Delegate, and then was elected as World Service Literature, Chips and Formats chair. I have served the World Service Conference as it's Parliamentarian, and Conference Chair. Then was elected to the WSOB. When I completed that level of service, I went back to my Area and am currently serving as it's Treasurer. All this service I have done, I do believe, has contributed to reaching out to the still suffering addict.

I took on this commitment and I love it! It gives me the opportunity to be in contact with so many members of our Fellowship. I get to reconnect with fellow addicts that I served with in the past. I have made new connections with addicts all over the world who have something they want to say. I get to work closely with the World Service Office. I get to work closely with members of the WSOB. Probably best of all, I get to read hundreds of submissions from members of our fellowship. I assist them in getting their message out to the Fellowship.

Many people say to me "I can't submit anything, I can't write." OF COURSE YOU CAN! And, it's my job as the Editor of the NewsGram to help you get your story across. If you have something you want to say to the Fellowship, I'm here to help you get your message out. If you are a member of the Fellowship of Cocaine Anonymous, and you are sober today, you have something to say. I'm here to help you do that. Please contact me if you want to submit a story or idea to the NewsGram.

I recently celebrated 25 years clean and sober, and I believe doing Service has helped to keep me sober over the past number of years. I thank God for this commitment.

\* \* \*



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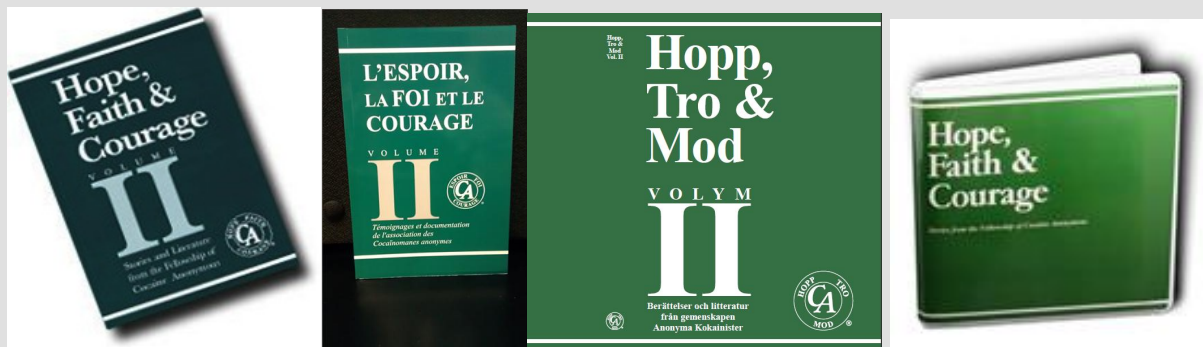
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or contact the World Service Office (310-559-5833/fax 310-559-2554)**



**BUY ONE FOR YOURSELF, BUY ONE FOR A FRIEND!**

### **My Story**

BY: Rosetta R.

Oakland, California, USA

I started my using career at the age of 26. I would joke about being a late bloomer in doing things that most people do in their teenage years and early 20's. When I took that first hit, I fell in love with the feeling that it gave me. Right then I knew I was hooked. There were times when I had quit, but they were short lived. After my children were taken from me, I moved to California to live with my sister. I thought doing the geographic would keep me clean, and it did for a while. I got a job and moved in with a man in her building. He had 3 sons that I grew attached to (for I was missing my own children). We moved from where my sister lived to another city. I was still working off and on at different jobs.

Then one day, I was down by the dope spot and caught myself doing just one hit. That just one woke up that beast that was tucked away inside me and then

I was off and running. That run lasted for some years. I went into a program that helped me to come to the conclusion that I wanted to live. That was two years ago.

Today, I LOVE being in recovery. Yes, it's been hard and challenging at times but I'm determined to do this. I'm in a fellowship that I love very much. I have people who are generally concerned about my well-being. I also have a sponsor that I love like a sister. Since being in recovery, I have become of service. I currently secretary an H&I meeting. It's such a wonderful feeling when you can bring the message of recovery to those that are in treatment. That's why I love the Third Step Prayer, for this is what Service is all about.

\* \* \*

# 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))

## LIFE AFTER SERVICE

By: Nick L.

(Former European Trustee)

London, England, UK

“We discovered that the best way to serve God was to serve our fellow humans, and we found humility in the process. Our self-centered behavior was gradually replaced with the "attitude of service." We learned that service is about gratitude and learning how to contribute to our lives and the lives of others.

Why Be of Service?

- To give back what was so freely given to us
- To take on a commitment as a symbolic way of making amends
- To meet other recovering addicts
- To learn how to be part of a team
- To learn humility by doing something selfless for someone else
- To learn skills or teach others what we know
- To learn responsibility”

(Quote from C.A. Pamphlet: *Being of Service*)

The very thought of stepping away and sitting at “the back” screamed wrong in my mind. From the day I came into the Fellowship the word was and still is “step up and do service we need you.” We even have a pamphlet entitled “*Being of Service*.”

I seem to have benefitted most from being of service to others: this will be a great mystery to some! A long time ago an older member guided me to a passage from *The Twelve Steps and Twelve Traditions* of A.A. this passage speaks about what eminent doctors thought of alcoholics in recovery: page 127 (U.K. Version) says: “...most of the alcoholics under investigation were still childish, emotionally sensitive and grandiose.”

Well there is something my sponsor might say “imagine that” and we all think we are so grounded especially after all those people we have helped. It sums it up really, we still think we need praise, feel slighted if not acknowledged and imagine we are saving the world. What we are is being of service to others so we don’t use and die – that’s what’s going on here; nothing more nothing less! In the act of helping others we do in fact save ourselves.

For almost two decades I have tried to help others in various ways and eventually found myself on the C.A. World Service Board of Trustees a few years ago. I have since rotated out and I then reached out to my

sponsor and members who had done similar service. They all suggested sitting at the back! This almost sounded like heresy where I come from – “what?! - and do nothing” I cried? However this was to not to be the case as certain traditions came into play and my life took on a new meaning; this ego had to go again.

So yes of course I do service but not the upfront variety. My sponsor directed me, and I did as directed – it was really that simple. There is no end to service: the journey, the landscape and the people differ this is my experience. Why would I stop? Gratitude at a base level is surely the simple fact that I acknowledge I have been helped and to maintain this feeling I must give back. For me, my role is to serve – no other. This is the how and the why of it. What I chose to do today and everyday are the things I can, the rest I leave to the one who has all power and that one is God.

So today when “not” doing service, I put chairs out, help newcomers out with literature, help count the money, facilitate my home group if asked, try to share about the program and not just myself. Sponsorship continues to help me but the new people think it helps them and listening (to others) has become the new talking (about myself). Extra cash in the pot can help a group, and sharing my experience of service when asked to so, is also Service.

The last part of Step 12 states “...and to practice these principles in all our affairs.” I take this to mean “apply all this stuff I have learned in the Fellowship and bring it with me where ever I go.” This is a big ask; but the key word in Step 12 is “tried” and how do we do this in our daily lives on a practical level. Putting into practice what I have learned can be tricky but it is possible. Judge not one bit, stay neutral, be closed mouthed about stuff and an old favorite “can I object without being objectionable?” Working as a team member all these years in committees has honed some skills and others I am still working on. This is a job for life - not just one for Cocaine Anonymous business.

I love “Life After Service” not doing so much I could not have wished for a better life!

\* \* \*

# NEWSGRAM PUZZLE

|   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| S | T | P | E | C | N | O | C | E | H | T | K | T | S | M | D | R |
| R | F | E | J | F | V | W | K | Q | G | D | H | J | U | E | B | L |
| Y | O | P | C | R | Y | O | T | N | J | E | O | Z | O | E | X | U |
| T | C | S | M | I | O | H | I | C | T | A | T | O | M | T | W | Z |
| K | P | J | N | S | V | L | B | R | P | X | A | E | Y | I | O | P |
| Q | W | C | R | O | L | R | A | R | A | A | R | A | N | N | R | L |
| T | W | R | L | I | P | D | E | F | N | E | T | D | O | G | K | J |
| K | E | R | W | N | I | S | B | S | H | Z | T | L | N | S | W | Z |
| O | M | E | F | T | B | E | A | E | N | F | I | F | A | U | I | I |
| G | B | P | I | T | H | J | R | T | S | O | B | R | I | E | T | Y |
| B | K | O | P | O | H | C | M | R | E | F | R | E | E | B | H | N |
| A | N | F | N | M | P | E | B | F | G | G | E | X | Y | N | O | E |
| S | K | E | K | E | W | I | S | E | N | I | A | C | O | C | T | P |
| Z | S | Y | J | R | W | W | F | T | M | N | T | A | U | M | H | O |
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COCAINE  
SERVICE  
GO TO MEETINGS  
BE HONEST  
WE'RE HERE

ANONYMOUS  
SOBRIETY  
GET A SPONSOR  
BE OPEN  
WE'RE FREE

THE STEPS  
THE TRADITIONS  
WORK WITH OTHERS  
BE WILLING  
THE CONCEPTS

ANSWERS ON PAGE 9



## UNITY CORNER

### LOVE AND HARMONY

By: John S.  
Omaha Nebraska, USA

When I think of Unity I think of love and harmony. Two things I didn't have when I got to the Fellowship of Cocaine Anonymous. Looking back, I've got to say I didn't have love for anyone, including myself, and I was always in collision with something or someone. In C.A. I have learned a lot about both. I learned not to take myself too seriously, and to care about others, especially the newcomers. My sponsor suggested that I should meet and greet people at meetings, and events. I thought he was crazy, but I still took his suggestion cause I wanted what he had. Still being such a private person, it was hard to open up. After being clean for sometime it got easier, and I found that the more I extended my hand the more I learned. This is my third conference, and each one has been a great learning experience. I've met more new friends, and reunited with ones I met in previous years. Harmony is being with people speaking the same message of recovery. And, love was giving it away to another addict. Unity is being unified as one.

\* \* \*

## ARCHIVE CORNER

### WE'RE GOING ON A SCAVENGER HUNT!!!

By: Susan B.  
Valley Village, California, USA

We're looking for pictures of or actual chips from around North America used prior to 1990. Please send photos to [archives@ca.org](mailto:archives@ca.org). Be sure to identify the Area and years that the chips were used! If you have actual chips to send, please contact Linda at [doo@ca.org](mailto:doo@ca.org)

We would like to create a display of all the original C.A. chips and tokens used by different Areas prior to the standardization that accompanied the growth of our Fellowship.

With Love and Support,  
The WSC Archive Committee

\* \* \*

## A NEW HIGH FROM H & I

### I CAN'T, GOD CAN, I THINK I'LL LET HIM

By: Ferman G..  
Pine Bluff, Arkansas, USA

I woke up one morning, and I asked God, "What was his plan for me today?" God said "first let me remove this hatred, sickness, pain, misery..." and before I knew it, my day was complete. So, I say to anyone who tries to plan his or her day..."I can't, God can, I think I'll let Him." Faith without works is dead.

\* \* \*

# Calendar of Events

**August 22-25, 2013**

## **29th Annual CALA 2013 Convention**

### ***"We Share the Miracle"***

CA, Los Angeles, California, USA

#### **LOCATION:**

Desert Springs JW Marriott Resort & Spa 74855 Country Club Drive  
Palm Desert, CA 92660 USA  
(877) 622-3140

#### **CONTACTS:**

Laurie R., Chair. 310-600-9992  
Allen M., Vice Chair, 323-855-1844  
Ron M., Hotel Liaison, 310-292-1243

**September 6-8, 2013**

## **Super Natural Serenity 2013**

### ***Cutting the Strings: Freedom God Love***

British Columbia, Canada

#### **LOCATION:**

Executive Plaza Hotel  
405 North Rd  
Coquitlam, British Columbia, Canada  
604 936-9399

#### **CONTACTS:**

[Michael H](#), Convention Chair 604 803-7593  
[Scott P](#), Vice Chair 604-202-1333  
[Gabe C](#), Registration 604-612-6368

**September 6-8, 2013**

## **Nebraska Area Convention**

### ***Stop the Madness***

Omaha, Nebraska, USA

#### **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

**September 20-22, 2013**

## **2013 SICA 17<sup>th</sup> Annual Convention**

### ***A Design for Living***

Southern Ontario, Canada

#### **LOCATION:**

Delta Chelsea Hotel  
33 Gerrard St. W.  
Toronto, Ontario, Canada  
416 595-1975

#### **CONTACTS:**

Bill W., Chair, 647-887-3908  
[Cameron F.](#), Registration 416-533-6024

**September 27-29, 2013**

## **Arkansas Area Convention**

### ***Hope, Happy our Program Exists***

Little Rock, Arkansas, USA

#### **LOCATION:**

Clarion Hotel  
925 S. University  
Little Rock, AR, USA 72205  
501-748-7412

#### **CONTACTS:**

Kim B., Chair, 501-716-7324  
[Kevin J.](#), Registration 501-351-2187  
Venita W, Hotel Liaison 501-912-2783

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

## Calendar of Events, Cont.

**October 18-20, 2013**

### **2013 SW Regional CA Convention**

#### ***Upon This Simple Cornerstone***

Texas Area Service Gulf Coast

#### **LOCATION:**

Texas  
2900 Briarpark Dr.  
Houston, Texas USA  
713-978-7400

#### **CONTACTS:**

Susan J., Chair, 713-447-7006  
Dartl Lynn S., Registration 312-493-0043

**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, USA 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

**April 1-3, 2014**

### **Pacific North Regional Convention**

#### ***The Masquerade is Over***

Northern California, USA

#### **LOCATION:**

Crown Plaza Hotel  
1177 Airport Blvd.  
Burlingame, California  
800-972-3124 (Mention PNRC for discount)

#### **CONTACTS:**

Ernest M., Chairperson 209-601-7034  
Kathy J., Vice Chair 415-259-7287  
Barbara T., Registration, 415-457-6067

**May 22-26, 2014**

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

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

Long Beach, California, USA



### **Voyage into Recovery**

**30th Annual**

**World Service Convention**

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

**Long Beach**

**California**



| 7 <sup>th</sup> Tradition April – June 2013 |                               |             |
|---------------------------------------------|-------------------------------|-------------|
| Location                                    | Category or Group Name/City   | Total       |
| <b>Anonymous</b>                            | Anonymous                     | \$ 206.35   |
| <b>CANADA</b>                               |                               |             |
| <b>Alberta</b>                              | Calgary District              | \$ 178.74   |
|                                             | Gotta Want IT                 | \$ 448.73   |
|                                             | Saturday Night Live           | \$ 39.29    |
| <b>Quebec</b>                               | WOW IT WORKS                  | \$ 75.73    |
| <b>EUROPE</b>                               |                               |             |
| <b>Scotland</b>                             | Scotland Area                 | \$ 299.24   |
|                                             | Glasgow District              | \$ 147.46   |
| <b>Sweden</b>                               | C.A. of Sweden                | \$ 450.00   |
| <b>United Kingdom</b>                       | London District               | \$ 1,189.03 |
| <b>USA</b>                                  |                               |             |
| <b>Alabama</b>                              | Day in A Life Group           | \$ 50.00    |
|                                             | Everything or Nothing         | \$ 200.00   |
| <b>Arizona</b>                              | Anonymous - Phoenix           | \$ 10.00    |
|                                             | Arizona Area                  | \$ 1,500.00 |
|                                             | SNL Group                     | \$ 453.07   |
| <b>Arkansas</b>                             | AR Area                       | \$ 300.00   |
| <b>Northern California</b>                  | Northbay Service Group        | \$ 93.00    |
| <b>Southern California</b>                  | Anonymous - Hawthorne         | \$ 45.00    |
|                                             | Anonymous – Los Angeles       | \$ 150.00   |
|                                             | Anonymous – WSOB              | \$ 113.50   |
|                                             | CALA Longbeach Compton Dist.  | \$ 398.30   |
|                                             | CALA Westside/Hollywood Dist. | \$ 30.00    |
|                                             | C.A. San Diego                | \$ 141.92   |
|                                             | Focus on Recovery             | \$ 30.00    |
|                                             | Foothill District             | \$270.00    |
|                                             | One Step at a Time            | \$ 25.00    |
|                                             | SGPVCA                        | \$ 198.42   |
|                                             | There is a Solution           | \$ 125.00   |
| <b>Colorado</b>                             | C.A. of Colorado              | \$ 450.00   |
|                                             | Colorado C.A. H&I             | \$ 71.86    |
|                                             | Nirvana                       | \$ 375.00   |
|                                             | Promises                      | \$ 90.00    |
|                                             | Razor Edge                    | \$ 20.00    |
| <b>DC-MD-VA</b>                             | DC-MD-VA Area                 | \$ 25.00    |
| <b>Florida</b>                              | Anonymous – West Palm Beach   | \$ 2,500.00 |
|                                             | District of Fort Myers        | \$ 240.00   |
|                                             | Florida Area                  | \$ 33.00    |
|                                             | South Florida District        | \$ 100.00   |
| <b>Georgia</b>                              | Carry This Message            | \$ 24.00    |
|                                             | Log Cabin Group               | \$ 130.68   |
|                                             | Spearheads                    | \$ 42.02    |

| 7 <sup>th</sup> Tradition April – June 2013 |                                   |                     |
|---------------------------------------------|-----------------------------------|---------------------|
| Location                                    | Category or Group Name/City       | Total               |
| <b>Illinois</b>                             | Chicago District                  | \$ 206.70           |
|                                             | Hope, Faith & Courage             | \$ 20.00            |
|                                             | IACA, Inc.                        | \$ 2,900.00         |
|                                             | IACA N.W. Suburban Dist.          | \$ 170.44           |
|                                             | IACA South & West Dist.           | \$ 240.33           |
| <b>Indiana</b>                              | Fort Wayne C.A.                   | \$ 100.00           |
| <b>Massachusetts</b>                        | Relief Seekers                    | \$ 195.00           |
| <b>Michigan</b>                             | Coon Rapid Sunday Night           | \$ 100.00           |
|                                             | Saturday Morning Alive            | \$ 20.00            |
| <b>Missouri</b>                             | Courage to Change                 | \$ 10.00            |
|                                             | Men's Meeting                     | \$ 30.00            |
|                                             | There is a Solution               | \$ 40.00            |
| <b>Nebraska</b>                             | C.A. Nebraska                     | \$ 259.40           |
|                                             | Monday Night Miracles             | \$ 100.00           |
| <b>New Hampshire</b>                        | Weigh Out Group                   | \$ 100.00           |
| <b>New Jersey</b>                           | New Jersey District               | \$ 400.00           |
| <b>New Mexico</b>                           | New Mexico C.A.                   | \$ 63.17            |
| <b>New York</b>                             | West-side Story                   | \$ 90.00            |
| <b>North Carolina</b>                       | Wednesday C.A. Group              | \$ 22.10            |
| <b>Ohio</b>                                 | T.A.I.A.C.A.                      | \$ 79.00            |
| <b>Oklahoma</b>                             | C.A. of Oklahoma                  | \$ 75.00            |
|                                             | Freedom for All                   | \$ 70.00            |
|                                             | The Rock Stops Here Group         | \$ 75.00            |
| <b>Oregon</b>                               | C.A. of Oregon & SW Wash.         | \$ 25.00            |
| <b>Pennsylvania</b>                         | Cocaine Anonymous                 | \$ 300.00           |
| <b>Tennessee</b>                            | Anonymous – Memphis               | \$ 15.00            |
| <b>Texas</b>                                | Anonymous - Houston               | \$ 30.00            |
|                                             | Anonymous – San Antonio           | \$ 120.00           |
| <b>Utah</b>                                 | ISIS                              | \$ 15.00            |
| <b>Washington</b>                           | Final Blow                        | \$ 50.00            |
| <b>Wisconsin</b>                            | First Thing First                 | \$ 30.00            |
|                                             | Let's Stay Together               | \$ 50.00            |
|                                             | Power Hour                        | \$ 30.00            |
|                                             | Razors Edge                       | \$ 77.00            |
|                                             | Sunday Night Strength Candlelight | \$ 261.75           |
|                                             | Wisconsin Area Convention         | \$ 902.25           |
|                                             | <b>Birthday Envelopes</b>         | \$ 215.00           |
|                                             | <b>Gratitude Month</b>            | \$ 200.70           |
|                                             | <b>\$30 for Thirty</b>            | \$174.00            |
| <b>World Contribution</b>                   | (See form on page 13)             | \$ 3,510.10         |
| <b>Total</b>                                |                                   | <b>\$ 22,641.27</b> |

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