

NEWS GRAM

Volume 30 No. 4 C.A. World Service Office, 21720 S. Wilmington Ave., Ste. 304, Long Beach, CA 90810-1641 4th Quarter 2013

C.A. IN FRANKFURT - DAS BESTE KOMMT NOCH!! (THE BEST YET)

BY: David J.

Frankfurt, Germany

What a great thrill it is to be able to announce that C.A. has finally arrived in Frankfurt, after a gap of around three years Cocaine Anonymous is once again active in Germany. This article is really part information about the where and when; and part gratitude for “the who” and “why!”

The information is that we now have two active meetings in Frankfurt, a share meeting at Merianplatz 13, 8:00 P.M. on a Tuesday evening and a closed H&I Information meeting at a local detoxification facility on a Thursday. We held our very first meeting last week, which was an emotional affair for my partner and I. Six of us sat around a table in a very welcoming room and read the first story from HFC II - our foundation story, in English and translated paragraph by paragraph into German. Having always been interested in the history of my Fellowship it was so appropriate and humbling to read about the beginnings of C.A. in America only to realize the same thing was happening here now in Germany! OK - C.A. had a meeting in Germany a few years ago, but it has been gone for the past three years. So, in a country over twice the size of Florida, or one and a half times the size of Great Britain, we have a big job ahead of us, but we have begun.

For surely there are recovered addicts here in Germany, and there has been a message of recovery. According to the doctors we have spoken to, and talking to other addicts, it seems there is a huge need for C.A. It is the only place that I have heard the message loud enough to penetrate my defective ears! My own recovery has been dependent on another fellowship since I arrived here eighteen months ago but I have hung on to C.A. sponsorship and never let up seeking the Fellowship I crave. I am so grateful to my sponsor and many others who have continued to support me and encouraged me to bring C.A. here. First off, the example

of the Dutch Fellowship (what an amazing bunch of people) we have visited a few events and are so grateful to have been presented with a meeting starter pack at the convention in Den Haag this summer. The support, the contacts and the encouragement were and still are boundless and we look forward to visiting them again on New Years Eve. Likewise, the Swedish Fellowship has not only helped us take ownership of the domain “CA-Deutschland” but also offered to rebuild and host our website on their own server. The European Trustees (both past and present) have been amazing and we are humbled by their gracious and untiring encouragement. The WSO have been so very kind with their guidance and we shall always be grateful to the quiet members worldwide who have said ‘how can we help’ and then when we have asked, they simply delivered. Also I need to mention my partner - the other half of ‘us’ here, she has not stopped translating C.A. literature since we have arrived back from the Dutch Convention - so inspired was she by her first C.A. Convention that she has put in the vast majority of footwork to bring C.A. to Frankfurt-I still have limited German and rely totally on her tireless translation skills, somehow she is a natural foot soldier.

So here we are - thank God, carrying the message, Steps, Sponsorship & Service as outlined in the Big Book of *Alcoholics Anonymous*. There are only a few of us but we are enthusiastic and eager to welcome the newcomer, be they fresh out of hospital or simply stopping over during a long flight. Do get in touch via info@ca-deutschland.de and we should love to greet you, with great coffee and a strong message. There is a Solution – “*We’re Here and We’re Free.*” The best is yet to come....Das Beste kommt noch!!

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A NEWGRAM POEM

Recovery Day

BY: Rob F.

Worcester Park, Surrey, UK

Today I am getting to know the real me what I like what I don't

Today I am the person I was always meant to be
Today my desire to sabotage anything good in my life is gone

Today helping other people is the first thought in my head

Today my family are getting their son, brother, uncle back

Today I have a peace in my life I could only dream of
Today my eyes are open to all the possibilities life has to offer

Today I can see what a gift and how magical life can be

* * *

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

WHATSOEVER WE SAY

BY: Charla S.
Wetumpka, Alabama, USA

Do you know we can speak things into existence? In our active addiction do you remember those days when we woke up and didn't have a dime in our pockets but said "I'm gonna get high today!" and we did! We found a way to get someone to give us some money and we got high. I do – I remember the zeal I had to ruin my life at any cost. The biggest thing I remember is waking up the next morning with my constant companion – dread!

We learn today to speak or call those things that are not as though they are! I am healing. I am new. I am on a new journey. I have hope I am somebody.

I've learned that today my past doesn't have to precede my future or even my present. I can wake up and say "thank you God for this day because I am not who I used to be." I have clarity and I have a future to look forward to. Have you heard the saying "choose your battles?" I have a new take on that today – I chose to battle my own mind. It's a deliberate fight – it's a meaningful battle that brings lasting change and reward.

Fight every negative thought, every negative thing that tries to knock your perception of yourself worth. Yes, we've made mistakes; yes we've hurt people, yes, we've ruined relationships and trust, BUT, THAT IS NOT WHO YOU ARE!

Have you ever had those small glimpses of reality where you saw yourself normal and functioning in society without the use of mood or mind-altering chemicals and it made you have hope? Be that! Work toward it and remind that part of you that says you can't – YES, I CAN AND I WILL. Keep in mind that we are partly the cause of how we feel our thoughts filter into our realities. So, if we can work on our thought life our perceptions and visions can and do change. The Big Book of *Alcoholics Anonymous* says that we ask God to direct our thinking, especially asking that it be divorced from self-pity, dishonest, or self-seeking motives. Under

these conditions we can employ our mental faculties with assurance, for after all God gave us brains to use. Our thought life will be placed on a much higher plane when our thinking is cleared of wrong motives.

I had this dream one time where I saw a man with this eagle chained to his wrist and the eagle was flying in circles above his head. WE are that eagle and when we are captured can only go in circles. We cannot see beyond what has captivated us or captured us. When we get free and we rise above our circumstances our vision changes, it gets broader because we start to see the bigger picture. It's when we start to narrow our thinking that we lose altitude and are in danger of being chained once again to our captor.

I challenge you to break free from the chains of negative self-talk and fly! Don't just fly – SOAR – I promise you, what you will see will be life changing.

* * *

QUOTE:

(Submitted by Elizabeth S., San Marino, CA, USA)

Twelve Steps and Twelve Traditions Pg. 125

For it is only by accepting and solving our problems that we can begin to get right with ourselves and with the world about us, and with Him who presides over us all. Understanding is the key to right principles and attitudes, and right action is the key to good living; therefore the joy of good living is the theme of A.A.'s Twelfth Step. With each passing day of our lives, may every one of us sense more deeply the inner meaning of A.A.'s simple prayer;

God us the serenity to accept the things that we cannot change,

Courage to change the things we can,

And wisdom to know the difference.

SITTING WITH SIDNEY

BY: Kathy Jo R.

World Service Office Trustee

Los Angeles, California USA

I met a gentleman named Sidney at the Florida C.A. World Service Convention. He was having a quiet moment in the main speaker ballroom. The house lights were off, but there were some soft pools of light on stage, a star curtain was twinkling, the podium was lit (covered with a beautiful “Splash of Serenity” convention banner that seemed to radiate from top to bottom – I just adore good lighting); and the large projection screens on either side of the stage displayed lovely rotating imagery with 12-Step and convention messages sprinkled in. The room invited me to stop in for a photo op so I walked down the center aisle to take pictures, starting with the podium. That’s when I saw Sidney. I hadn’t noticed the single person in the room when I first entered. But there he was. Sitting in the front row head bowed in prayer. When he heard me taking pictures he paused, looked up and grinned invitingly. It was a connection of a very special nature. We did not speak immediately; I turned for more pictures, he closed his eyes and bowed his head.

After I finished taking my shots, Sidney smiled invitingly and asked if I would like to have a seat beside him and enjoy a quiet moment. There was a light behind the smile that shown through his eyes. He mentioned he did not have many moments of complete serenity and I was honored he asked me to share this one with him. We spoke softly as we introduced ourselves. I learned he was from the west coast of Florida. He was about three years sober and the C.A. World Service Convention was his first experience seeing such a large group of addicts all in one place. C.A. is small in his home town but he is working hard to grow the fellowsh.... rrrrrrrrrrring..... Sidney’s phone went off in the middle of our conversation. Again, he cast that amazing grin my way and apologized but said he had to take this call. “Stay where you are,” I heard him say into the phone. “I’ve got someone coming to get you. Don’t go back to your apartment or you’ll use again.” He paused to glance at me, held up one finger signaling he would be off in a minute and for me to not leave, then he repeated to the caller to just stay put...a ride was on the way. When he hung up, he sheepishly grinned and apologized for the

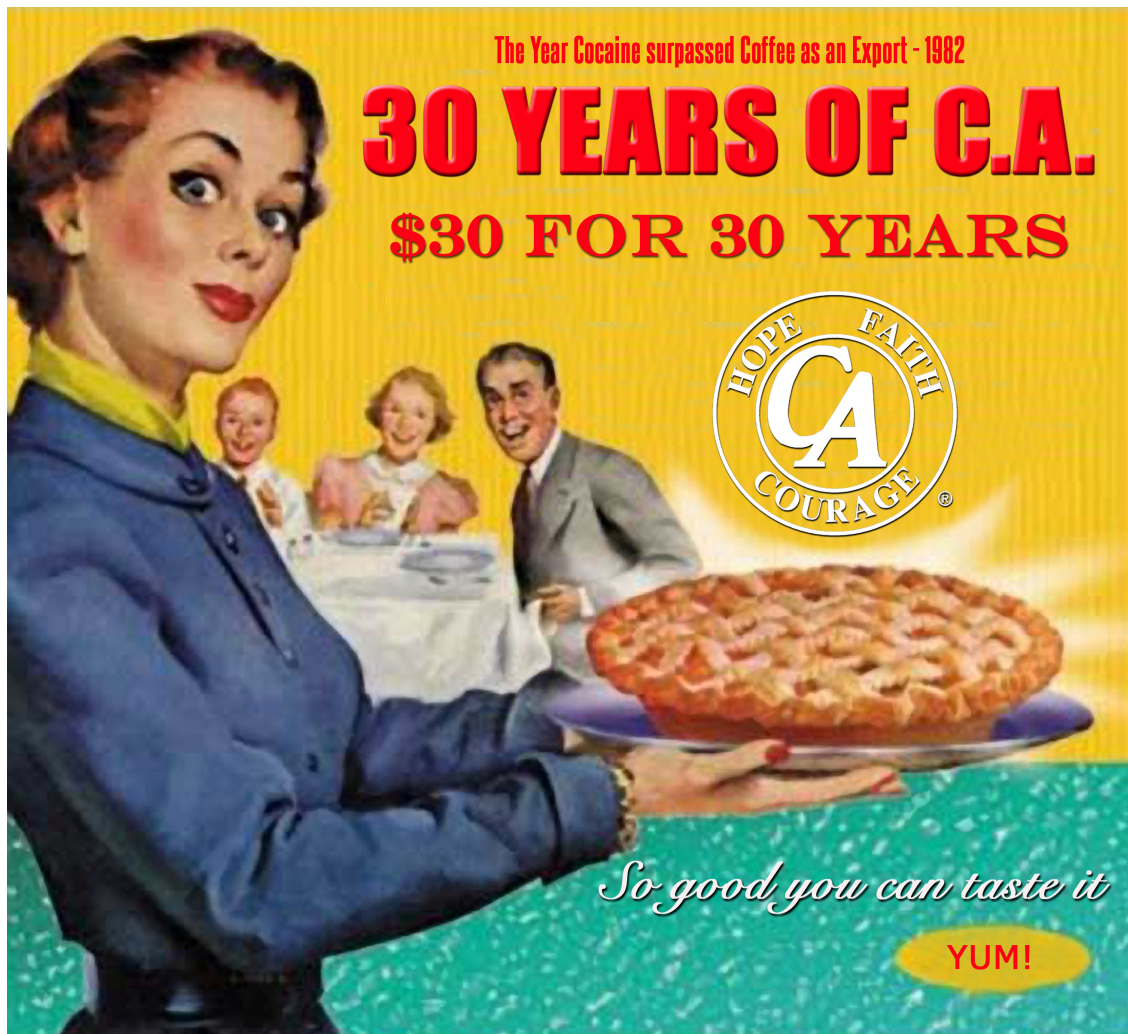
interruption. For someone in their 20’s, he was awfully polite...a southern gentleman for sure. I asked about the call and he indicated he had lots of guys he worked with and tried hard to find safe places for ‘his guys’ to live. Talk about service in action! I was so privileged to observe this 12-Step foot soldier. I was awed by his commitment to himself and others.

Sitting with Sidney...it was just one of those special, spiritual moments that God offers to us. You know the ones I mean - the ones we tend to miss when we are too self-centered to see the wonders of the world to the left or right of us. But, boy-howdy, are they precious when we take time to look around; to truly walk the talk “show me how I can be of service...” I am so happy that I decided to change course, and turned right - down the aisle for a photo op, but I’ll never forget that moment. For that brief spiritual span of time, I was at such peace with Sidney, whereas just minutes before I had been surrounded by a sea of highly energized convention attendees.

I called Sidney a few weeks back just to say Hi. When he picked up the phone and I explained who was calling - he was thrilled – I could feel that glorious grin all the way across the phone lines. However, it was really hard to hear him talk because there was such a ruckus going on. I asked where he was and my favorite foot-solder said, “Well, they just can’t live here anymore. This apartment building is full of drug dealers. I need to get ‘my guys’ to a safer place. They’ll just double bunk at another one of my apartments until I can find a place for them.” Go, Sidney, go!! He is my hero - a young man from a small town in Florida, trying to form a “New Beginners” network. Don’t really know him, but I recognize his Soul. He is full of Good.

I may never see Sidney again, but I pray that I continue to meet other C.A. members with this same character. I am proud, and privileged, to have met him on my Inspired Journey.

Who is your favorite foot soldier who humbly goes forth in search of others they can help? Please share your story...I would love to see how often my prayer is answered.



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

**VOYAGE INTO RECOVERY
MAY 22-26, 2014**

The 2014 CAWS Convention in Long Beach, California will be C.A.'s 30th celebration of this event. Come join the Pacific South Region of Cocaine Anonymous in promoting Unity, generating Enthusiasm and financially supporting the C.A. World Service Office. The Hyatt Regency Long Beach is the headquarters for this year's party. Additionally the Long Beach Convention Center immediately adjacent to the hotel will facilitate the hosting of some of our larger events.

With great dining, shopping and many other entertainment opportunities within walking distance of the hotel, this 30th annual C.A. World Service Convention will be a great opportunity to see old friends and meet new ones. Some of the special events planned include a dinner and Harbor cruise, an excursion to Venice Beach for a meeting and time on the beach, a sober rave and many other exciting, fun times together. Speaker meetings, Marathon meetings, and Workshops will also highlight this 30th celebration of C.A.'s Hope, Faith and Courage.

One of the special functions in the works is an H&I Roundup at the convention. Hard work is being undertaken in order to facilitate the gathering of residents in recovery facilities from throughout southern California to celebrate the miracle of C.A. recovery. Our goal is to reach over 1,000 addicts in local facilities and attempt to bring them together at the convention.

The convention general committee is hard at work putting together an event worthy of a 30th annual celebration. We hope you are as excited as we are and that you will get registered and make your plans to join the C.A. Fellowship as it celebrates its 30th annual convention.


If you need detailed information, registration forms are available from the office and on-line under the 'Convention' link at CA.org.

* * *


QUOTE:

FROM: Hope, Faith & Courage I, Page 148

What I lost by working the Steps was my arrogance, selfishness, fear, confusion, paranoia, anxiety, despair, denial, and dishonesty.



Voyage into Recovery
30th Annual
World Service Convention
May 22nd - 26th, 2014
Long Beach **California**



LEARNING TO TRUST IN RECOVERY

By: Gloria T.
Oakland, California, USA

Before coming to the Fellowship of Cocaine Anonymous, I had a problem with trusting anyone. I did not even trust myself! I met Deborah in a C.A. meeting, and she not only became my sponsor, she also became my friend as well. Deborah helped me with getting the confidence in myself back. To start working on myself from the inside out, I started to speak out more at meetings, that was something I thought I would never be able to do. I began to open up and let my pain out more and more each time I went to a meeting. Thanks to Deborah I was able to get over that fear. She told me "once you start doing it you won't have to fear it anymore." Little did I know she was teaching me how to free myself of my hurts and pain. Deborah also encouraged me to go back to school, which really boosted my self-esteem. I began to trust in the process of the Twelve Step recovery program and the suggestions that were given to me through the Fellowship of Cocaine Anonymous. Today, I stay in service, I speak at various meetings, and I stay available for various C.A. functions. I am also starting my fourth semester at a local college.

Today I trust myself and others. I know the Twelve Step Program works, because after suffering with my addiction for 40 years wishing I could find a way out of my pain, I have almost three years clean and sober. Today my life is so beautiful. Today I know what it feels like to live Happy, Joyous, and Free. Thanks be to God, the Twelve Step Recovery Program and my family at the Fellowship of Cocaine Anonymous I get to experience the love I so missed in my life.

* * *

QUOTE:

(Submitted by Paula D., Lake Oswego, OR, USA)

Twelve Steps and Twelve Traditions Pg. 21

But upon entering A.A. we soon take quite another view of this absolute humiliation. We perceive that only through utter defeat are we able to take our first steps toward liberation and strength. Our admissions of personal powerlessness finally turn out to be firm bedrock upon which happy and purposeful lives may be built.

**In the Old Days, It Was
Hip to Be Square!**

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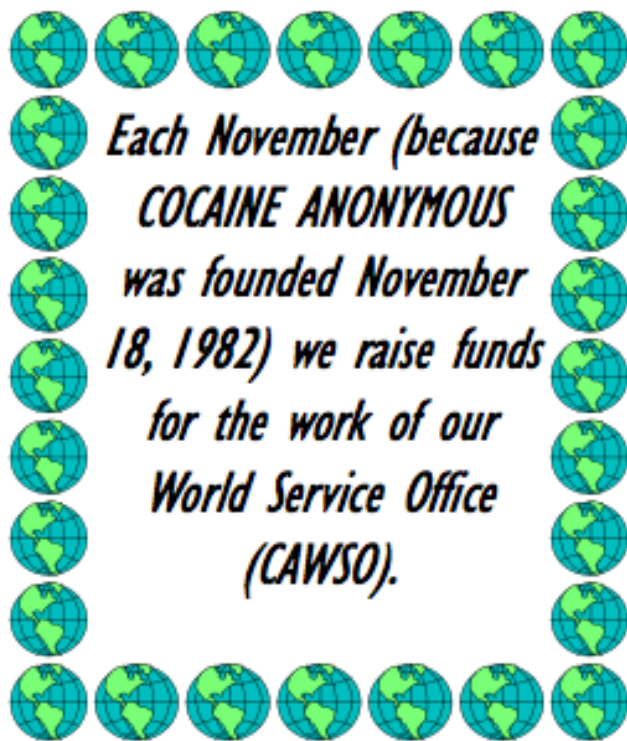
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**Recovery is Our History –
Our History is Our Legacy**

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.



Each November (because COCAINE ANONYMOUS was founded November 18, 1982) we raise funds for the work of our World Service Office (CAWSO).

Cocaine Anonymous World Service Office, Inc.
(CAWSO)

November 2013

What is Gratitude Month?

CAWSO, Inc.

21720 S. Wilmington Ave, Suite 304

Long Beach, CA 90810

USA www.ca.org

As members we carry our message to still suffering addicts at meetings and our CAWSO works to ensure that that message is carried as far and wide as possible. Here are just some of the ways it does so:

- Publishing and translating books, literature and chips
- Maintaining and updating www.ca.org
- Access to drug court conferences, where we promote Cocaine Anonymous (C.A.) to judges and court workers nationwide and encourage the Drug Court programs to include C.A. meeting attendance as an option when a sentence is rendered.
- Sponsorship of the National Hotline—1-800-347-8998
- Providing administrative support for new Districts, Areas and Regions—We are thrilled to welcome three new 2013 World Service Conference approved Areas—Russia, Peru and Switzerland
- Mailing free meeting starter kits
- Providing free books and literature to inmates
- Facilitating an annual World Service Convention and C.A.'s yearly World Service Conference



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

GRATITUDE CAN LABEL:



World Service Gratitude Can

7th TRADITION


There are no dues or fees for membership; we are fully self-supporting through our own contributions.

CAN LABEL INSTRUCTIONS:

1. OBTAIN COLLECTION CAN.
2. CUT LABEL FROM THIS PAGE..
3. TAPE OR GLUE LABEL TO COLLECTION CAN.
4. PASS GRATITUDE CAN IN MEETINGS DURING MONTH OF NOVEMBER.
5. SEND GRATITUDE CAN DONATIONS TO:
CAWSO
21720 S. WILMINGTON AVE. SUITE 304
LONG BEACH, CA 90810 USA
6. PLEASE BE SURE TO INCLUDE THE YOUR MEETING INFO WHEN SENDING IN THIS AND ALL DONATIONS.

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, , 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 page11, or at www.CA.org and print out the Release Form and submit along with your item to:
NewsGram / C/O CAWSO / 21720 S. Wilmington Ave., Ste. 304 / Long Beach, CA 90810, USA

AN ARCHIVAL PIECE FROM:
THE CONNECTION
VOLUME IV, NO. 2;
SUMMER, 1989

**AMEN
12 STEP PRAYER**

BY: Anonymous,
Stanford, Connecticut, USA

God, please allow me to stay sober today.

Help me to remember that when I feel
overwhelmed, you will restore me to sanity.

Allow me to turn my will and life over to you.

Remind me that, having taken moral inventory
of myself, I do not have to regret the past,
which I have shared with you and another.

Help me to see and to identify my character
defects so that I may allow you to remove
them.

When I have harmed another, give me the
courage to make amends, unless it is better not
to.

Help me to go over my day and to admit when I
was wrong.

Allow me to increase my conscious contact
with you through prayer and meditation, and to
carry your message to those who still suffer.

Help me to practice these principles in all my
affairs.

Amen

HEADS UP!

The World Service Conference Archive Committee is seeking information as to how and when Areas, Districts and Regions were formed. If you can find out or know when meetings started in your Area, when you became a District and when your Area was conference-approved, please forward that information to the committee at archives@ca.org Be sure to include your contact information!

We are also working on an Audio Archive project and would appreciate any information about who organized C.A. in your Area/District. Interviews will be conducted at the 2014 World Service Convention in Long Beach.

ANSWER TO NEWSGRAM PUZZLE PG 19

Quote from The Twelve Steps Twelve Traditions, Page 140

TWELVE TRADITIONS	WE'RE HERE AND WE'RE FREE
TWELVE STEPS	SERVICE WORK
TWELVE CONCEPTS	WORK WITH YOUR SPONSOR
HOPE, FAITH, COURAGE	READ THE BOOKS
RECOVERY	READ THE LITERATURE
QUEST FOR SANITY	STAY SOBER NO MATTER WHAT

SO BEGGARS, TRAMPS, ASYLUM INMATES, PRISONERS,
QUEERS, PLAIN CRACKPOTS, AND FALLEN WOMEN
WERE DEFINITELY OUT.

**TRANSFER AND ASSIGNMENT OF ALL RIGHTS,
TITLE AND INTEREST IN ORIGINAL LITERARY WORK
AND ACKNOWLEDGEMENT OF ORIGINALITY**

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Date: _____

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Phone number: _____

E-mail address: _____

GOD SHOTS
C.A. DOES WORK
Anonymous

My best friend relapsed. My step-dad relapsed. Then my sponsor relapsed. I was convinced that this thing doesn't really work. The steps don't work. Cocaine Anonymous doesn't work. I didn't want to use, but I was done with C.A. I was done with meetings. I rely on these people, they turned their backs on God. With that, came a moment of clarity. C.A. DOES work, the meetings DO work, the steps DO work. As long as I do THE work. I was still sober. But in order to stay sober, I must continue to do the work. I am so grateful for that call. That was God working in my life. That was God, saying, "don't give up." Cocaine Anonymous not only saved my life, it changed my life. It changed my attitude, it changed my outlook, and it changed me. Had that call not come in when it did, I would hate to think where my life would be today. Thank you, Cocaine Anonymous, for a life better than I could have imagined.

* * *

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.

Be the Squirrel

BY: A.J. R.
Twin Falls, Idaho, USA

We were living in the country and one day I was going through some tough issues. I was angry and the monkeys in my head were going around and round. I decided to go sit down outside in the front yard to relax so that I could calm down and clear my thoughts. All of a sudden these two squirrels came down from a tree. I could see that they were both heading to the other tree about one hundred feet away. One was calm the other one was running around crazy. The calm squirrel was just moving a little bit at a time he would stand up on his hind legs look right at me and then he would inch a little forward looking around almost like he was taking in the view and the experience. He continued on with his little journey. The crazy squirrel started running around the driveway hit the fence and then went into the street about halfway and almost got hit by a truck then ran up the telephone pole stretched out like the police were about to search him. Shaking uncontrollably. Meanwhile, the calm squirrel rose up on his hind legs two more times looking at me then calmly went to the other tree. I told my fiancé about the experience and then talked about it in a meeting that night. What I got out of watching this event unfold was which squirrel do I want to be? The one that is in self will run crazy almost getting hit by a truck or do I want to be the squirrel that is taking in life and living in the moment? Whenever life get's tough, I'm living in self will or my mind will not stop racing. I get still and think about those two squirrels. I ask myself which squirrel do I want to be?

* * *

QUOTE

Book: HFC II, Page 187

I honestly believe that because we can relate to each other, one addict to another, we have the ability to reach out and grab hold of each other and to save each other's lives. Because we can gain each other's trust when nobody else can. Because we can show each other how to do this thing.

* * *

A NEWGRAM POEM

A GLIMPSE INTO MY LIFE

Destiny M.
Twin Falls, ID USA

I wrote this poem in 1997 when I was 14 years old. I knew I was an addict back then however, I did not know I was not alone. In fact, I was proud. Sad but true. I was unable to comprehend that there were / are millions of us together sharing: Hope that we can recover; Faith that our higher power knows best; and Courage to take this thing head on one day at a time. Now I am 30 years old and 16 months clean. I just felt like sharing with my recovery family.

*I'm lying in a coffin made of steel,
Am I dreaming this can't be real,
There is No way I can be dead,
For these frightening thoughts wouldn't fill my head.
Visions of drugs, fighting and pain.
Screaming and crying in the early morning rain,
It's becoming stuffy and hard to breathe,
I'd love to get up and just leave.
There is nothing I can do except lay here and die.
My thoughts are reminiscing of my life of sin,
How I thought using drugs would make me fit in,
Not sure how I could've been such a fool.
At first it was beer only a few,
Before I knew it I was smoking pot too.
At the beginning it was ONLY once a week,
If I didn't do it I was SURE to be a geek.
Determined to get the drugs ANY possible way.
Some friends soon introduced me to acid,
I was no longer just a little kid,
Pressure and drugs had invaded my head,
Honestly consumed with wishing I was dead.
Now my breath is getting shorter, I'm getting really
scared.
These are my final moments and I'm so unprepared.
I wish I could undue almost everything I've done,
Be an average kid doing normal things for fun.
Instead addiction took over and in misery I now endure,
I've messed up really big time now, that's for damn sure.
Suddenly I hear someone coming I may have a chance,
Hopefully they will give this ugly coffin a second glance.
I hear some rumbling the lid opens wide,
Without this person helping me I just may have died.
I jump out so elated to be alive,*

*A realization over takes me of how it feels to survive.
I suddenly realize my drug days and I must part,
For once in my life I'm happy to be just me,
Breathing clean air, so happy and free.
I KNOW it will be hard to quit,
I no longer want a part of it.
No, drugs will no longer cause a frown,
I AM GOING TO TURN MY LIFE AROUND!*

Sixteen years later I have fulfilled the desires of that little girl. Destiny Rose. I know my inner child is proud.

* * *

**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 17**

**Will you be one to
donate?**

QUOTE

Big Book of *Alcoholics Anonymous*
Page 417

When I am disturbed, it is because I find some person, place, thing or situation – some fact of my life – unacceptable to me, and I can find no serenity until I accept that person, place, thing, or situation as being exactly the way it is supposed to be at this moment.



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*; The Big Book *Alcoholics Anonymous*, *The Twelve Steps and Twelve Traditions*, 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.

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.

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 or on page 11). You may send your submission(s) and release via e-mail to submissions@ca.org or by regular mail to: CAWSO, Inc. Attention: LCF Committee, 21720 S. Wilmington Ave., Ste. 304, Long Beach. CA 90810-1641. For more information, please call 310-559-5833.

CAWSO QUARTERLY SNAPSHOT

July through September 2013

	Jul-13	Aug-13	Sept-13	Total
INCOME:				
Income (<i>Sales, Chip, Literature, Books including Shipping</i>)	\$12,705.00	\$20,551.00	\$19,930.00	\$53,186.00
7th Tradition (<i>Includes Gratitude Can, Birthday, WCP</i>)	\$7,006.00	\$5,723.00	\$9,079.00	\$21,808.00
Misc. Income:	\$6.39	\$2.92	\$2.41	\$11.72
TOTAL INCOME:	\$19,717.39	\$26,276.92	\$29,011.41	\$75,005.72
EXPENSES:				
Purchases (<i>Chips, Literature, Freight, Shipping Supplies, Starter Kits, etc.</i>)	\$6,217.00	\$7,531.00	\$8,267.00	\$22,015.00
Office Expenses (<i>Rent, Copy Machine, Postage Machine, Utilities, Outside Professionals, Insurance, Taxes, Bank Fees, etc.</i>)	\$8,552.00	\$8,262.00	\$6,229.00	\$23,043.00
Employee Expenses (<i>Salaries, Benefits, Payroll Taxes, Paychex, etc.</i>)	\$10,250.00	\$10,032.00	\$9,963.00	\$30,245.00
Misc. Other Expenses:				
NADCP	\$2,537.00	\$0.00	\$0.00	\$2,537.00
Travel	\$207.00	\$72.00	\$234.00	\$513.00
Trustee Regional Expenses	\$0.00	\$592.00	\$172.00	\$764.00
Trustee Quarterly Meetings	\$2,599.00	\$7,444.00	\$479.00	\$10,522.00
TOTAL EXPENSES:	\$30,362.00	\$33,933.00	\$25,344.00	\$89,639.00
			INCOME/LOSS	-\$14,633.28

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 Available in English, French & Swedish!

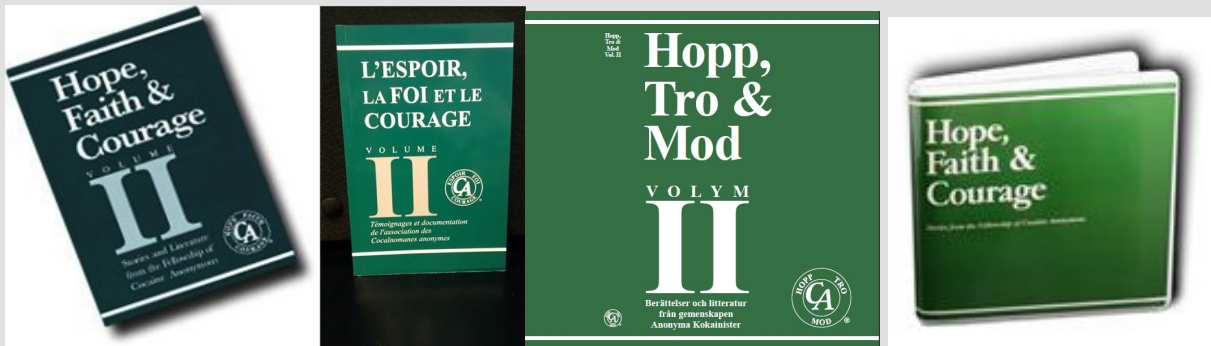
The price of *Hope Faith & Courage* and *Hope, Faith, and Courage II* in English is \$9.95 for SOFT COVER and \$14.95 for HARD COVER. Spread the word!

**We have available the *HFC II* in French!
L'Espoir, la Foi ET le Courage, volume II for \$9.95 US Dollars**

**We have available the *HFC II* in Swedish!
Hopp, Tro & Mod , Volym II for \$9.95 US Dollars**

***Hope Faith & Courage* is also available in an Audio Set for \$15.00**

**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)**



BUY ONE FOR YOURSELF, 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.

☐ 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: (____) _____

World Service Contribution Program

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

AUTHORIZATION FOR DIRECT PAYMENT (ACH DEBITS)

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

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

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

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

Credit Card or Debit Card Name: _____

Card Number: _____ Expiration Date: _____

Financial Institution's Name: _____

Financial Institution's Address/Branch: _____

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

PAYMENT DETAILS:

Amount in U.S. Dollars: \$ _____ Date of first payment: ☐ 1st of month ☐ 15th of month

PAYMENT FREQUENCY:

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

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

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

Signature: _____ Date: _____

Address: _____

City and State/Province: _____ Country: _____

Zip/Postal Code: _____ Daytime Phone: _____ Evening Phone/Cell: _____

PLEASE MAKE A COPY OF THIS COMPLETED FORM FOR YOUR RECORDS

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

THE SELFISHNESS OF ADDICTION

BY: Patrick C.

Montreal, Quebec, Canada

I relapsed six months ago. Naturally, as always, it was hell. Once again I experienced the truth often mentioned in Twelve Step meetings that if we go down “that” road again not only will we end up where we were when we first began our recovery, but often worse. In the process of reflecting on this experience, and also identifying where I got off track, and doing my “inventory,” the thing I regret most (that my conscience has the hardest time with) is how I treated other addicts that I came into contact with during this time. I was callous and cold-hearted to say the least. My attitude and actions towards them was truly illustrative of what they say about addiction being a “selfish disease.” We know that when we use we cause suffering to those who love us. We hurt ourselves also which is also selfish, since life is a gift and we ought to be using it to better the world and ourselves.

In our addiction all we care about is getting high – our pleasure. Nothing else matters, including others. In that driven state people are significant to me for only two reasons: 1) can I get drugs from them or (2) if they can increase my pleasure while high. They are merely objects or a means to an end. If they do not fit into these two categories, then they are just an annoyance to me. However, even the ones who do fit would often annoy me if in some way if they wasted my time in reaching that high or if they sabotaged it in some way (sexual incompatibility, hogging the drugs, etc.).

It is tragic how when addiction is involved sex (potentially the most intimate experience two people can have together physically) can be the most self-centered and heartless experience I’ve ever had with another person. At that moment I couldn’t care less about who they are and what their life is like. All I care about is their body parts and the pleasure they can give me. If it isn’t working I’m out of there fast. Many of them are even worse off than me. They are homeless, with no true friends or family. Their lives are a daily struggle just to survive and they live for their next high, whether it be a puff of crack or a bottle of beer. For many of them that’s all they’ve ever known.

Once I was with a group of them and a girl said, “No one is your friend out here.” How sad. Their lives are a degrading struggle and they are filled with sadness, bitterness, rage and loneliness. Sometimes they would tell me a little about these struggles (like when we’re

waiting for the dealer together), but in my mad rush and obsession to get high, I really didn’t care; I would listen but my heart was closed; or, after we scored on the way to our hotel I wouldn’t say a word to them in my rush to get there and begin our trip. Needless to say it was usually the same with them. There is no “stop and smell the roses” on that merry-go-round, nor is there any real connection between people or communication. We are together but essentially alone.

Occasionally someone would reach out to me. One woman who I ran into and used briefly with asked me to stay with her and talk a bit. Looking back I think she was probably lonely and just needed someone to talk to – someone to listen. I actually was willing to oblige her, but then I got paranoid about cops and ran off. Another time a dealer had a very young woman with him. I vaguely realized that he was probably prostituting her. In fact he asked me if I needed a girl. He left us alone for a period of time so I could borrow her pipe and she asked me to give her a hit. I could see that she was very sweet, but I didn’t ask her anything about herself - not even her name. Maybe I could have helped her. Sadly, I’ll never know about her or her fate.

The spirit of “being of service” and “reaching out to others” pervades the 12-Step movement and indeed all truly spiritual movements and teachings. I’ve been studying these things for years, yet in my addiction it all goes out the window. I can’t even apply the most basic principles or right human relations or goodwill.

Of course, in active addiction we can’t really help other addicts, but still, I could have showed more humanity. Truly in addiction we lose our soul. Yet, there is still hope for me because I feel some remorse about how I’ve been treating my fellow human beings. Thank God for that! All I can do now is to pray for some of those poor souls I met and mistreated. Perhaps one day when I am in a better position to help God will put some of them back into my path. This intention to be more compassionate and to help relieve the suffering of my fellow addicts can be a powerful incentive for me to get sober again. The best thing I can do for them now is to get sober and be a part of the solution instead of the problem, and by going to meetings I’m blessed to have the opportunity to reach out to other addicts all the time.

* * *

NEWSGRAM PUZZLE

Quote from the Book *Twelve Steps and Twelve Traditions*, page 140

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ANSWERS ON PAGE 13

NEWSGRAM JOKE:

SUBMITTED BY A.J. ROUNTREE, TWIN FALLS, IDAHO, USA:

How many crack heads does it take to screw in a light bulb? Six. One to screw it in and five to peek through the windows to make sure the tree people do not come in and get them.

C.A. WORLD SERVICE CONFERENCE COMMITTEE PAGE 1

UNITY CORNER

LAUGHTER UNIFIED ME WITH C.A.

By: David H,
Los Angeles, California, USA

I remember feeling so alone. Even in the beginning of the recovery process, I would go to meetings and I was scared of myself and the destruction in my life. The only thing I was sure of was that I didn't want what I had.

In one meeting I attended, the language that was being spoken was filtered through my hearing. I laughed! Prior to that moment, nothing was funny. The shared experience presented in such a jovial fashion was enough to make me want to be a part of this Fellowship! Laughter unified me with my fellows. Laughter shined a light on my dark world. When I can laugh at the past and present, I am in unity with people who are different, yet the same as me.

* * *

CONVENTION CORNER

MY FIRST WORLD SERVICE CONVENTION

By: Gabe G
San Marcos, California, USA

I have had a very powerful and moving experience while attending my first World Service Convention at the Arizona Biltmore, in Phoenix Arizona (2011). I have witnessed many sobriety countdowns, but never like the one I was part of at the WSC 2011! We had old timers with 30+ years and everything in between, and when it got down to 30 days, something very special happened. They had everyone with 30 days and under walk and run across the stage for each number of days down to one day! All 700-800 of us addicts were clapping and chanting, "Keep coming back!" We had so much energy, power and love for recovery and the newcomers that I was overcome and moved to tears. I will carry this experience with me always, and never forget it. I will share it with other addicts that I meet. If you've never experienced a World Service Convention, give yourself the gift of recovery you could receive there.

* * *

A NEW HIGH FROM H & I

I FOUND C.A. THROUGH H&I

By: Michael C
St. Louis, Missouri, USA

Like many suffering addicts looking for the way to be free from the misery, terror and pain of addiction, I ended up in a residential treatment facility. Having absolutely no idea how to maintain a sober lifestyle I began to listen intently to what was being freely given. During my stay in the treatment facility, outside groups brought H&I meetings into the facility and this was my first exposure to people who had substantial clean time. I remember them speaking of the Twelve Steps and the Big Book *Alcoholics Anonymous*, as well as speaking of the new way of life they had found. I began to identify with their stories and become attracted to their lifestyles. Once I left the treatment facility I was able to maintain my sobriety by following the steps they took, and eventually I began to get involved with service work and I spoke at the very same facility I had attended previously. As my sobriety time increased I began to chair H&I meetings as well as regular meetings. It has been my pleasure to chair a weekly adolescent H&I meeting and it has been such a rewarding experience to many times be the very first exposure these teens have to Cocaine Anonymous and recovery in general.

* * *

LITERATURE, CHIPS AND FORMAT COMMITTEE

MEDITATION BOOK AND OTHER BOOK PROJECTS

By: Tom P.

Literature, Chips and Formats Chairperson

“The World Service Conference Literature, Chips, and Format (“LCF”) Committee reviews, edits, and submits literature to the WSC for approval. It is our function to facilitate the expression of our Fellowship's hope, faith and courage through the writing of material for distribution” (from the LCF guidelines). An expression of our Fellowship's Hope Faith and Courage is the new meditation book that is in the final publication stage prior to printing. This book project was the result of individual members of C.A. responding in writing to a suggestion made by a member in the form of a referral.

Several other book projects are in the preparatory phase and await written submissions from the Fellowship. Specifically, concepts for a C.A. 12 Steps and 12 Traditions book along with a C.A. Step workbook were approved nearly 10 years ago. With the completion of the C.A. meditation book, these projects are ready for new efforts from the Fellowship.

If you have been touched and inspired by something you've heard, write down your experience. Or even if you've heard or attended a Step or Traditions workshop and felt yourself moved at the innermost level, consider that you've been touched by the C.A. message. Some people struggle with articulating these indescribable experiences. Consider having a recording of the event of workshop transcribed into written form and then submit the transcription.

If you have interest in these or any of the projects underway with the C.A. LCF committee, contact the office or your area delegates.

* * *

ARCHIVE CORNER

ARCHIVE COMMITTEE – HARD AT WORK

By: Frank P.

Newport Beach, California, USA

The WSC Archive Committee met at CAWSO in October and our new members Norma Jean S, her sponsee Virginia, Henry A., and Sharon H. protected and preserved almost half of the remaining boxes at the World Service Office. In addition, Sharon was able to continue scanning important documents into our Archive database. The amount of material we processed was gigantic - 20 boxes - and we will continue our work on December 7th, 2013.

Our committee has grown with new members and the enthusiasm is the best ever, so please send in all those items that you feel the Archive committee could protect and preserve. **Remember we must understand our history if we are to move forward.**

We are reaching out again and we're looking for pictures of or actual chips from around North America used prior to 1990. Please send photos to 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.

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.

* * *

Calendar of Events

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

November 1-3, 2013

CoCaCo

Rocketed Into The Fourth Dimension

C.A. of Colorado

LOCATION:

Holiday Inn
3333 Quebec St.
Denver, CO 80207
800-467-1538

CONTACTS:

Bobby H., Hotel Liaison 720-841-4257
Alex B., Registration Chair, 720-882-1917

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

January 17-19, 2014

Quebec Area Bilingual 27th Convention and 7th Great Canadian Convention

Today I am Free / Aujourd'hui Je Suis Libre
Quebec Area

LOCATION:

Holiday Inn Mid-Town
420 Serbrooke St. W.
Montreal, QC G3A 1B4
877-660-8550 / 514-878-9888

CONTACTS

Julie J., Registration Chair, 514-243-8876
Fanny M., Convention Chair, 514-293-9273

March 21-23, 2014

24th Annual Ohio Area Convention *Our Common Welfare Should Come First*

Ohio, Area

LOCATION:

The Doubletree Hotel
6200 Quarry Lane
Independence, OH 44131
216-447-1300

CONTACTS:

Debbie D., Convection Chair, 330-283-7260
Terry D., Hotel Liaison, 330-283-4105
Andre S., Area Chair, 330-524-1372

QUOTE:

FROM: Hope, Faith & Courage Vol. 1., page 144
It was Cocaine Anonymous and it's Third Tradition:
"...a desire to stop using cocaine and all other mind-
altering substances" that took away my loophole. C.A.
called my bluff.

March 28-30, 2014

Atlantic South Regional Convention

The Bridge Over Troubled Water

South Carolina / Atlantic South

LOCATION:

Holiday Inn
250 Johnnie Dodd's Blvd.
Mount Pleasant, SC 29464
843-884-6000

CONTACTS:

Anne M., Convention Chair, 520-390-9628
Danny B., Registration Chair, 843-597-1636
Nicole D., Area Chair, 843-303-6264

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

LOCATION:

HYATT REGENCY LONG BEACH
200 SOUTH PINE AVE.
LONG BEACH, CA 90802
562-491-1234

CONTACT:

Go to: www.cawsconvention.org




Voyage into Recovery

30th Annual

World Service Convention

May 22nd - 26th, 2014

Long Beach **California**



7 th Tradition July-September 2013		
Location	Category or Group Name/City	Total
Anonymous	Anonymous	\$ 880.76
CANADA		
Alberta	Calgary District	\$ 257.23
Manitoba	Once of Courage	\$ 533.09
	Manitoba C.A. Convention	\$ 481.92
EUROPE		
Scotland	Glasgow District	\$ 315.56
	Glasgow District	\$ 147.46
Spain	Spain Area	\$ 52.00
United Kingdom	London Area	\$ 3,004.40
	London District	\$ 827.89
USA		
Alabama	Everything or Nothing	\$ 185.00
Arizona	Razor Edge	\$ 150.00
	SNL Group	\$ 349.47
	Sun Valley Intergroup Inc.	\$ 1,305.00
Arkansas	AR Area	\$ 150.00
Central California	Cen Cal C.A.	\$ 300.00
Northern California	Anonymous	\$ 20.00
	Northbay Service Group	\$ 30.00
	Tuesday Garage Group	\$ 84.00
Southern California	Anonymous – Los Angeles	\$ 150.00
	Anonymous – WSOB	\$ 232.00
	C.A. San Diego	\$ 40.84
	CALA Longbeach Compton Dist.	\$ 261.80
	CALA South Bay Beach Cities Dist.	\$ 150.00
	CALA Westside/Hollywood Dist.	\$ 165.00
	Focus on Recovery	\$ 30.00
	Foothill District	\$ 400.64
	IEASC	\$ 313.23
	Orange County C.A.	\$ 850.00
	SGPVCA	\$ 394.16
Colorado	C.A. of Colorado	\$ 450.00
	Colorado C.A. H&I	\$ 85.18
	Meeting #1	\$ 145.00
Florida	Florida Area	\$ 42.00
	South Florida District	\$ 170.22
Georgia	Carry This Message	\$ 13.75
	New Life Group	\$ 22.20
	Spiritual Awakening Group	\$ 52.56
	Solution Group	\$ 120.00
Illinois	Chicago District #1	\$ 235.80
	Hope, Faith & Courage	\$ 10.00
	IACA, Inc.	\$ 900.00

7 th Tradition July-September 2013		
Location	Category or Group Name/City	Total
	IACA N.W. Suburban Dist.	\$ 244.87
	IACA South & West Dist.	\$ 245.88
Kansas	Free At Last	\$ 50.77
Louisiana	Flying Higher	\$ 76.25
Massachusetts	Mass Area of C.A.	\$ 51.00
Minnesota	Firing Line of Life	\$ 10.00
	Turning Point	\$ 20.00
Missouri	Courage to Change	\$ 20.00
	Fried Pipers and Cocanuts	\$ 10.00
	Men's Meeting	\$ 65.00
	There is a Solution	\$ 10.00
New Jersey	New Jersey District	\$ 100.00
	Tues. Night Serenity in Sand	\$ 50.00
New York	Anonymous	\$ 900.00
	Circle of Life Group	\$ 100.00
	Sunday Serenity	\$ 60.00
Ohio	Toledo Area Intergroup	\$ 51.00
Oklahoma	C.A. of Oklahoma	\$ 75.00
	Freedom For All	\$ 31.93
	The Rock Stops Here Group	\$ 75.00
Oregon	Anonymous	\$ 50.00
	C.A. of Oregon & SW Wash.	\$ 100.00
Pennsylvania	Cocaine Anonymous PA	\$ 400.00
	Western PA	\$ 50.00
Rhode Island	Saturday Night Live	\$ 6.00
Tennessee	Pioneer's Group	\$ 75.00
Texas	Anonymous - Houston	\$ 30.00
	Anonymous – San Antonio	\$ 120.00
	Basic Instincts	\$ 22.00
	Bonnie Brea Group	\$ 249.00
	Spiritual Lines	\$ 30.00
	Steppin Stones	\$ 25.00
Utah	Anonymous	\$ 20.00
Washington	Freedom Fighters	\$ 30.00
	Sisters in Recovery	\$ 42.00
	WSCA District I	\$ 135.00
	WSCA District III	\$ 20.44
	Birthday Envelopes	\$ 265.00
	Gratitude Month	\$ 30.00
World Contribution	(See form on page 17)	\$ 3,701.00
Total		\$ 21,807.84

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