

NEWS



GRAM

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SHIFT OF PERSPECTIVE

BY: Gabriel K.

Portland, Oregon, USA

Ever since I can remember, I have avoided feeling and have always have created a false reality for myself, which involved developing skills to avoid any and all emotion. Blame became my best friend as I could avoid responsibility by holding others accountable for every problem in my life. As a child of adoption, I felt that this was an essential skill for being accepted as well as avoiding the truth about myself. Another skill that I developed in order to avoid rejection and being loved was dishonesty. This act throughout the course of my first 28 years came at the cost of being unable to accept what was true and false in my life and deep down in my heart. I also couldn't accept help when I was hurting because it would shatter the perception that I had given others as a result of my dishonesty. I was unable to admit the fact that others could accept and love me, which led me to chronic cocaine addiction and alcoholism.

My ensuing addiction and alcoholism were all means to soothe the inner pain and quiet the voices and feelings of inadequacy in my head. By the time the disease had a grip on me, my friends had already started to walk away after questioning things I had said to them, which made me want to use and drink more. I never knew of the commitment and honesty of real friendship because I only wanted acceptance among my peers, yet I couldn't be honest enough to share the things in my life that were essential to getting to know the real me. Whenever friends would stay no matter what happened or what I said, it scared me more because I never thought that they really wanted to be my friends often seeing glimpses of who I was as a human being. I would catch glimpses of my true self during moments in the mirror, yet was filled with so much guilt and shame that I avoided that person all together which would cause me to use and drink more. The fear of getting to know the

real me caused me to distance myself from my friends, family, goals and eventually reality.

In time, those goals in life that I strived to achieve (college education, jobs, and strong relationships with family) changed in order to suit the needs of my increasing addiction. I had to consistently adapt to the demanding destruction of everything I had worked to build in my life. I didn't feel worthy to live. When everything I valued disappeared and the mask deteriorated, I had no ego or pride left – although it took a long time to discover that. As a chess master in orchestrating my life and predicting four moves ahead, I now had nowhere else to move or go. Along with everything material, my soul was obliterated and I couldn't compartmentalize my life anymore. I knew that I needed help, and it took a God greater than my own understanding (who I felt had abandoned me long ago) to help me on the journey to rediscover what I had thought I lost. On that journey I found a new family who showed me unconditional love, no matter what I had done or who I was. This journey also taught me how to love others and most importantly how to get to know and love myself in an honest light.

When I stopped playing God, everything changed. I found that the journey presented itself to me in the form of new friendships and a fresh start with my family. It has taken a lot of hard work, perseverance and a willingness to go to any length to make right the wrongs of the past in order to ensure continued sobriety. The feelings that I used to hide by drinking and using no longer makes me feel guilty or shameful but rather hopeful. I have found a new freedom on this journey by understanding my fears and turning them into strengths. The rooms and people of Cocaine Anonymous have given me strength in times of fear with the kind of

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HOW I CAME TO C.A.

BY: Corrie C.

Riverside, California, USA

I came to C.A. by way of a friend that I met when I was in Rehab. She and her husband invited me to my first C.A. meeting. I had been to A.A. meetings, but didn't find all that I was looking for there. Alcohol was not my primary problem; I also abused prescription pain pills (opiates) and marijuana. I had also tried Narcotic Anonymous, but I didn't feel comfortable there. At C.A. I was approached by friendly, outgoing people who told me to "stay!" They also immediately put me into service, which was working a mini-marathon. I have enjoyed being a C.A. member for at least three years of my four years of sobriety. In my active addiction, I was homeless and desperate. I am also dually diagnosed, so I struggle with mental health issues as well. Today, thanks in large part to my participation in C.A., I am on my way to becoming a productive member of society once again.

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The Concepts....The What?

BY: Five Grateful Members

Luton, England, UK

We're a study group... not a structured C.A. group, more a collective of C.A. members who meet every fortnight to study the 12 Concepts together, some of us have been involved in several similar study groups and for others this is the first time. We are all active in C.A. service at different levels within our structure and had a desire to grow in effectiveness and understanding in our endeavors to support our various service committees in carrying the message to the addict who still suffers. Just as we sought guidance from the big book of *Alcoholics Anonymous* to find a solution to addiction, we then began to consider the content of the book *Twelve Steps and Twelve Traditions* and grasped a better understanding of the Traditions, in order to play our part as unified members of our Fellowship at group level. Feeling oft confused in committee environments, we struggled at times to comprehend how various committees or boards could work and cooperate with each other and how they interacted and realized the will of the groups. Our solution was revealed in the common sense, wisdom, principles and spirit of C.A.'s 12 Concepts of World Service.

Our reference document for this process is, as suggested in the C.A. *World Service Manual*, The A.A. *Service Manual Combined With 12 Concepts for World Service*. The benefits of open discussion has brought the subject matter alive for us and allowed us to remain open minded to the interpretations of others.

We've been meeting for over six months now and thought this week we would try and write a collective article on the first three Concepts and submit the article to Newsgram. (If you're reading this...we've actually managed to get published!!)

We thought we would attempt to explain in simple terms the beauty and interplay between the first three concepts and how these can easily be applied at all levels of service. Within the early Concepts authority and trust are clarified and explained. We learned that ultimate authority for our World Services resides in the collective conscience of the groups. In order for a group to effectively interact with other groups and Cocaine

Anonymous as a whole; and to allow the group to concentrate on its primary purpose, it is necessary for the group to delegate authority to a trusted servant as a representative - the Group Service Representative (GSR). The groups representative interacts with other GSR's to conduct business within the district or area that may benefit and support local groups through activities such as literature distribution, helpline, website, Public Information and support of our World Services.

Often the GSR will need to take part in informed discussion and it may be necessary to vote on issues that require immediate attention without consulting their group. One reason for this is that it would not be practical or efficient to do so, another is that the GSR has been 'delegated' the authority and therefore is the trusted servant, as described in Tradition Two. The GSR is trusted to vote according to the dictates of their own conscience. This highlights mutual trust as an essential principle upon which our Fellowships structure and services depend in order to work in harmony and effectiveness.

An additional benefit of our study group is the forming of new friendships, a commitment between us to support, encourage and learn from each other. Its made study fun! Tonight, with much laughter and food, we attempted to write a simple article as a group and we hope you are tempted to find some members in your locality with which to embark on a similar journey into the Concepts and their simplicity.

In love and service.

* * *

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HOW THE PRINCIPLES OF HOPE, FAITH, AND COURAGE HAVE WORKED IN MY LIFE TODAY

BY: Earl H.
Oceanside, California, USA

Over 43 years ago when I was a teenager I fell in love with a girl. She was kind, beautiful and innocent. Our parents didn't coach either one of us on birth control. They stressed abstinence. That didn't work, as the forces of nature and hormones were far stronger than words of caution. She got pregnant. Out of fear we kept this secret from our parents as long as possible but eventually she began to show and we had to fess up. Being so young and unprepared for parenthood the decision was made to give this son up for adoption. It was kept secret to protect her reputation. She went to a maternity home, where she received counseling, support, and excellent care. I didn't realize at the time of the decision that this meant the relationship would end.

My recreational use of drugs and alcohol soon became my escape from the guilt, shame and pain of a broken heart. I became very ill with the disease of addiction. My life would never be the same, I could never go back to the way it was. I will spare you the details of the many unhealthy relationships that followed and the years of trying to cope with life with chemicals except to point out that I had another son during this time.

My second son was born with high functioning autism that went undiagnosed. His mother and grandmother were in denial that there was any problem with him. We divorced and I got visitation rights but no say on his healthcare decisions. Scholastically gifted throughout school, but he was socially unable to connect with other people very well. He eventually took his own life at 18 years of age. Again I was heart broken. I was eight years clean and sober in Cocaine Anonymous at the time. Escaping the pain and grief with drugs and alcohol was a temptation but I knew that it wasn't really a viable option and the fact that I would run out or die was very clear to me. I had remarried and had adopted the two sons in that marriage and I couldn't bear the thought of them being abandoned by me. I got into grief counseling, doubled up on my meetings and took on more service work. Eventually I learned to live with the pain and to give it to God.

I began to rely on my Higher Power more than ever before. I got the feeling of *Hope* and focused on being a good father and husband. I coached the boys in Baseball

and football. I taught them how to hunt and fish and make a camp. I was there for them.

My *Faith* continued to grow in knowing that this is God's Universe and if I continue to love and serve others I will be all right no matter what. The service ethic the Fellowship taught to me rubbed off on my two adopted sons. They both strive to help others; one is a fireman and the other a minister. The bond of love we have is very strong. Having the *Courage* to stick by them even as the marriage to their mother crumbled could only have come from me asking God and my sponsor for help. It takes *Courage* to ask for help.

At 15 years of sobriety I am single again, half of my net worth gone, self employed, disappointed that life wasn't turning out as I planned. The solution once again was to double up on meetings, focus on steps, get into service work, and get out of self. As a result of following that advice I met a bunch of great people, went all over the world, grew spiritually, and learned about Traditions and Concepts. You taught me so much as I volunteered at World Services for six years.

Along the journey I found renewed *Hope* that I would find the person God intended me to be with. That occurred as a direct result of service work. I asked for the *Courage* to be myself and to be honest and unselfish. She and I have been together living a joyous life for over ten years now and I have a wonderful stepdaughter, mother-in-law and brother-in-law, all a result of having the *Faith* that God would provide for us.

So now for a real mind blower - Robert, the son I gave up 43 years ago - found me after doing some hunting on the Internet. We started by emailing back and forth and developed a friendship and trust, very organic without any expectations on each other.

It turns out he was adopted into a loving, caring, nurturing family. He flourished in the environment that I would never have been able to provide him. He went to college and got his Masters degree in History. With that he could be a teacher. His adoptive father was a teacher and he wanted something more than that. He entered law school and graduated at the top of his Class. He clerked

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**HOW THE PRINCIPLES OF HOPE, FAITH,
AND COURAGE HAVE WORKED IN MY
LIFE TODAY**

BY: Earl H.

(Cont. from Page 5)

for a US District Judge in Hawaii for a year and then joined a prestigious law firm in San Francisco to pay off his student loans and save some money.

He got the travel bug and decided to "see the world." He went everywhere. He finally settled in Seoul, Korea, he loved the people and the culture there. He learned the language and went to work for a law firm there. He met and fell in love with his wife of five years. They have a 4-year-old daughter named Victoria. A law firm in Vienna Austria recruited him and they moved there two years ago. He has been able to work on some high profile cases, the last of which was concerning getting compensation to a family whose artwork was looted by the Nazis during the Second World War.

They have decided to return to South Korea. They stopped in Oceanside on their way back and spent a few days with us. I can't put into words the feelings I had when I heard his voice for the first time and laid eyes on him. What a gift. I got to play and hold my granddaughter who speaks English, Korean, and German at four years of age! We spent the day at a park, bonding and laughing. Amazed at how similar our traits are over three generations. How much our personalities and temperament is genetic! What a fabulous visit we had. I am on such a great natural high now.

So here is my enlightenment: All the guilt, shame and pain has vanished. We gave a gift of love to the world 43 years ago and it has been returned. We are full of joy and love today with no regrets, just gratitude.

You gave me *Hope* when I came through the doors.

You taught me to have *Faith* that this could happen.

God gave me the *Courage* to explore this possibility and be willing to be vulnerable and move forward with this.

This all happened when it was suppose to. On God's calendar not mine. Robert lost his adoptive father ten years ago to cancer. It took him this long to be ready. It took me 26 years of recovery before I was ready. We both believe this to be divinely choreographed.

Thank you God. The future is bright. We have Hope, Faith and Courage.

SHIFT IN PERSPECTIVE

BY: Gabriel K.

(Cont. from Page 1)

unconditional love that I never thought I would be able to experience. When I became honest with others and myself I found a Fellowship that has helped me gain a new sense of purpose and a zest for life. Along with this, they have shown me how I can help others through service so they too can see the light in the darkest times of their life.

Sobriety has given me a lot of things, but the most important things I have been given is a relationship with God, great family, friends and a person I am now proud of - myself. Since putting one right foot in front of the other since April 24, 2012, I am humbled and overjoyed to have finally reached a new point in my young life where I can look myself in the mirror and be proud of the man looking back at me. I continue this journey today and remember the path as I look forward to the future and for that I have the rooms, God and the Steps of Cocaine Anonymous to be thankful for.

QUOTE:

Alcoholics Anonymous

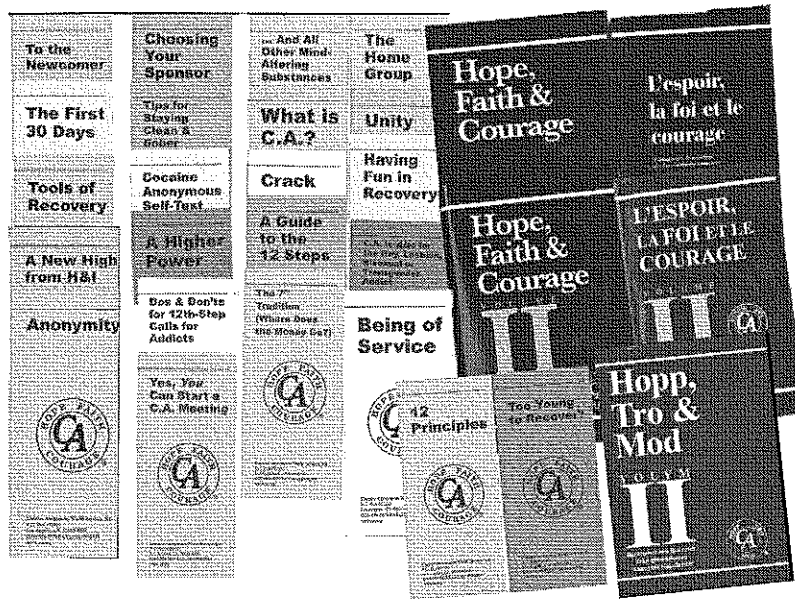
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The last fifteen years of my life have been rich and meaningful. I have had my share of problems, heartaches, and disappointments because that is life, but also I have know a great deal of joy and peace that is the handmaiden of an inner freedom. I have a wealth of friends and, with my A.A. friends, an unusual quality of fellowship. For, to these people, I am truly related. First, through mutual pain and despair, and later through mutual objectives and newfound faith and hope. And, as the years go by, working together, sharing our experiences with one another, and also sharing am mutual trust, understanding, and love - without strings, without obligation - we acquire relationships that are unique and priceless.

There is no more aloneness, with that awful ache, so deep in the heart of every alcoholic that nothing, before, could ever reach it. That ache is gone and never need return again.

Now there is a sense of belonging, of being wanted and needed and loved. In return for a bottle and a hangover, we have been given the Keys of the Kingdom.

Cocaine Anonymous Literature



COMING SOON.... THE C.A. MEDITATION BOOK *A QUIET PEACE*

Meditation Book Request Form A Quiet Peace

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How many books are you and/or your Area planning to order? _____

THE SPIRIT OF ROTATION

BY: Kenny W.

Atlantic South Regional Trustee

Memphis, Tennessee, USA

In an older Fellowship, the old timers relied on rotation to give newcomers jobs. That practice contributes to how we function and work together today. Rotation is a practical, organizational and spiritual principle. It is tied especially to the Ninth Tradition. Let me read how it is noted in the *Twelve Steps and Twelve Tradition* (Long form, page 191-192). "Each A.A. group needs the least possible organization. Rotating leadership is the best. The small group may elect its secretary, the large group its rotating committee and the groups of a large metropolitan area their central or intergroup committee, which often employs a full-time secretary. The trustees of the General Service Board are, in effect, our A.A. General Service Committee. They are the custodians of our A.A. Tradition and the receivers of voluntary A.A. contributions by which we maintain our A.A. General Service Office at New York. They are authorized by the groups to handle our overall public relations and they guarantee the integrity of our principal newspaper, the A.A. Grapevine. All such representatives are to be guided in the spirit of service, for true leaders in A.A. are but trusted and experienced servants of the whole they derive no real authority from their titles; they do not govern. Universal respect is the key to their usefulness."

The Ninth Tradition states two important ideas. There is a connection that rotation has with the principle of leadership and being a trusted servant (Second Tradition); and, that rotation is vital in our service structure from the local groups to the World Service level. It is vital from the top of the upside down triangle to the bottom.

As many of us have learned from our local areas, it is better to turn jobs over instead of letting one person do it forever. There is also a connection here with the often-cited problems associated with the Bleeding Deacon element.

In Areas and Districts the two-year rotation is the conventional approach. At the World Service Conference each delegate serves a term of four years. The World Service Conference committee chairpersons' term is two years. The non-paid World Service Office Board is for a period of two years. The WSO Trustee

term shall end at the close of the second successive WSC (two years). No Regional Trustee, Trustee at Large, Non-Addict Trustee, or World Service Trustee shall serve two terms (four years). The WSO Trustee may serve two consecutive two-year terms (2 years + 2 years).

I strongly see that leadership and rotation are important principles entwined in the Ninth Tradition and Ninth Concept throughout our service structure. Leadership and rotation are essential to a well-functioning and responsible service structure from our groups throughout our World Service structure.

Bill W. wrote this about the Ninth Concept in 1962. "With leadership we shall have a continuous problem. Good leadership can be here today and gone tomorrow. Furnishing our service structure with able and willing workers has to be a continuous activity. We must continuously find the right people for our many service tasks."

I've seen and heard the stories about Areas, Districts, and Groups that can't get new blood to fill service positions. This is especially true if we are not leading. "A great leader inspires confidence in other people and moves them to action." It may never be an easy task for groups and areas to find and groom able leadership to step up to the responsibility. A simple and obvious solution would be the best. Rotation of leadership, and service workers works best when there is a sense of continuously grooming alternates to fill in. It calls for sponsorship to play a vital role in this process.

I have several definitions for Spirit of Rotation, but this is one most quintessential. The spirit of rotation means more than just giving up the title of a service position. Rotation means truly letting go of the control and the actions. It means allowing new GSRs, Chairmanships, Committee Leaders, and Officers to make mistakes without criticism and do their jobs without undue influence from those who have rotated out of those positions. It means allowing the entire service structure to operate with God leading the way by expressing Himself in our group conscience. The benefits of rotation are very real and practical. The

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GOD SHOTS

My Higher Power, My Creator

BY: Laticia L.

Albuquerque, New Mexico, USA

He is kind and compassionate. He is thoughtful and honest, even when I don't want to hear the truth. He accepts me and all my flaws. He knows I've made mistakes because He has seen them all, past, present and future. Yet He forgives me. He shows forgiveness in ways that cannot be expressed. He loves me unconditionally. His love for me is pure and real. It's the truth and the light that fills my heart. He is free spirited and fun and teaches me to see through the eyes of an innocent child. He is worry free because he has already seen what the future holds. He is selfless and humble, yet confident and secure. He is supportive of me and my goals and desires. He believes in me *especially* when I don't believe in myself. He walks beside me except on those occasions when I cannot walk, in which case He stops to rest with me. If I fall, He helps me up by reaching out to me and letting me know He's there. When I feel I don't have the strength to stand, He lays beside me and reminds me that I am strong and able. When I find it hard to accept my own strength, He allows me to lean on him. He carries my burdens until I am strong enough to face them on my own, head on. He is giving and generous, strong but not over bearing, encouraging but not pushy. He respects me for the person I am, the feelings I feel, and the woman He knows I can eventually be. He knows my inner, most, deepest secrets, yet shows no type of judgment or disappointment. He is patient and kind. He is wise beyond imagination and He has no expectations other than for me to be the best me I can be. And because His love knows no restrictions, He gives me all that I need and expects nothing in return.

* * *

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GOD SHOTS

Is a NewsGram Feature

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QUOTE:

(Submitted by Gary P., Lake Stevens, Washington, USA)

Alcoholics Anonymous

Forward to the Fourth Edition

In any meeting, anywhere, A.A.'s share experience, strength, and hope with each other in order to stay sober and help other alcoholics. Modem-to-modem or face-to-face. A.A.'s speak the language of the heart in all it's power and simplicity.

I FOUND SOBRIETY IN C.A. THANKS TO H&I

BY: Kenny M.
San Bernardino, California, USA

My name is Kenny, and I am a hopeful, recovering addict. That was not always the case. I was a hopeless dope fiend for many, many years. But, how did I get to "here?" I could say getting busted, the judge being harsh, or just bad luck. In truth, it was very simple. It was God.

I grew up being a very shy, reserved kid. I was introverted, quiet, and a good student. I grew up in "the hood" in the late 60's, early 70's. Most of the time, I felt out of place. I felt that I didn't fit in with the middle class, or lower class kids. But damn, I sure wanted to be a part of something....the brainy kids, the problem students, the athletes. I lost myself by trying to fit in.

I started getting high at thirteen years old. I smoked weed, took seconal (red devils) and drank wine. By the time I reached high school I was using LSD with the hippy "heads." Even though I had grown up with a church background (a religious home) I was not spiritually connected. In college I started hanging out with returning veterans coming home from Viet Nam. On the weekends it was pimps and "ho's." Soon I was snorting heroin. A little while later, I was injecting it. It went down deep! I wasn't "shy" anymore. I wasn't "reserved" anymore. I was cool! Or, so I thought.

Heroin early on told me I had no pain, no issues. It covered up my fears, insecurities, and flaws. It robbed me of just being "me." I never found the "real me."

Through all of this, I experienced many blessings. I had two beautiful sons, a loving and supportive wife, and a rewarding career. I did not appreciate any of these blessings.

So what happened? Five years ago I was spiritually bankrupt. I was having an affair. I was not emotionally available for my kids. I was not giving eight hours of work for eight hours of pay. Because of a death in my family, I started carrying weapons and got arrested. I was ordered to treatment by the judge. A C.A. H&I panel came in to deliver a message of Experience, Strength, and Hope! They told us we could recover and walk in our own brand of dignity! They said that the big book *Alcoholics Anonymous* could lead us to a power greater than ourselves. I am forever grateful to Cocaine

Anonymous and H&I in particular. That was three and a half years ago.

* * *

CAWS 2014 CONVENTION

BY: Tom P.
Orange County, California, USA

I attended my first C.A. World Service Convention in 2003. The convention was held in Chicago and the experience deepened my love and appreciation for our Fellowship. I was a little over a year sober at the time and being relatively new to this way of life, I was uneasy, uncomfortable and afraid. There were so many happy people greeting each other and exchanging hugs and laughter. My discomfort did not last long as I was quickly drawn in into the love by attending a marathon meeting. Immediately I felt a part of the miracle. The convention was just like my home group, only with lots more addicts.

The next morning I joined members for a C.A. golf outing. On the bus I met people who continue to be close friends and who I look forward to seeing and being with every year. At one of the speaker meetings I was pleasantly surprised to get to hear one of the members of my Friday night home group share his experience, strength and hope. At the banquet I sat with another friend from my home group. My overall experience was one of deep connection and gratitude in seeing my fears disappear. I have attended every C.A. World Service Convention since then.

The 30th anniversary of Cocaine Anonymous World Service Convention is coming together. The party is being held in Long Beach, California at the Hyatt Regency Hotel and Long Beach Convention Center. Special events include the standard golf outing; a Saturday morning trip to Venice Beach to participate in a C.A. meeting and fun in the sun; a harbor dinner cruise with live entertainment; a sober rave; a fun run and many other opportunities to participate with member of our Fellowship. Additionally the committee has put together a great mix of meetings, workshops and parties. The convention is taking place in the center of Long

(Cont. Page 15)

CAWS 2014 VOYAGE INTO RECOVERY

BY: Duane M.

Pacific South Regional Trustee

Moreno Valley, California, USA

Hello fellow members of C.A. My name is Duane M. and I am the Trustee for the current C.A. World Service Convention. I want to start out by saying, "CALIFORNIA KNOWS HOW TO PARTY"!!! The location is Long Beach, aka Strong Beach, aka The LBC. Your committee is full of veterans of several conventions, new blood, and holdovers from CAWS 2004, all of whom are enthusiastic.

I am the new guy. I have been to one World Service Convention (2013 Splash of Serenity) and now I serve the Fellowship in 2014. At times I feel like a deer caught in headlights. The amount of planning and attention to detail boggles the mind. Nothing happens by happenstance and coincidence. I mean down to the amount of chairs and drops of coffee provided. So what's a guy to do? Read and reread and read again the guidelines. Thank you to all those who came before, those who served before, and who crafted these guidelines or roadmaps out of their experience. It may seem like we stand on solid ground, but in truth we stand on the shoulders of those who have served this Fellowship prior to this convention.

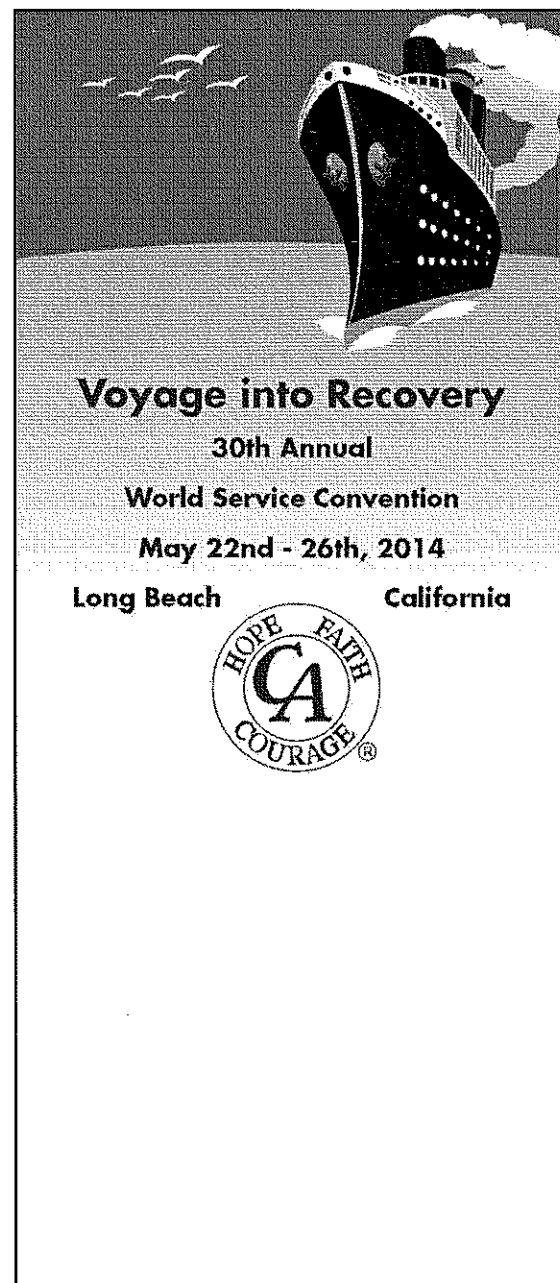
OK let's get on with it. I am excited!!! Can you feel it? My first time on a convention committee and it's the big show. This is where people from all over the planet get together fellowship, frolic and support our great Fellowship. Its more than a party, its an expression on love and unity.

Our rallying cry is "I LOVE C.A., I LOVE IT!!!" I can see the love in general and steering committee members. The excitement, the creativity, the selflessness all inspires me to want to be a part of the planning and execution of this momentous event. This is OUR 30TH WORLD SERVICE CONVENTION. C.A. is different in the fact that our World Service Conventions are the primary fundraisers for our World Service Office. Consider that the Office is the central distributor of information, chips and literature to the planet. The office reaches out to members and potential members around the world. We are blessed to have the office in our area and we are working hard to make sure that not only will those who attend our 30th World Service Convention have a great time but those who can not attend benefit from the financial contribution to our C.A. World

Services. So if you cannot attend be sure that it will not be the same with out you. "This is the party no one wants to miss." I know in the spirit of love and unity you will be right there cheering us on (your friends and family in our Great Fellowship), but I guess will have to party for you.

That's all for now. Hope to see you soon at a Hotel and Convention Center in Long Beach California

With the spirit of Love and Unity, I thank you for allowing me to be of service.



DEALING WITH SICKNESS IN RECOVERY

By: Charla S.
Montgomery Women's Facility
Mt. Meigs, Alabama, USA

I recently had an emergency hysterectomy. Bombarded with emotions I sit and try to differentiate between what is normal and what is addiction trying to rear its ugly head. Is all of this normal? Absolutely! Does it feel normal? No. I've learned that I have to rely on what I know – not what I feel.

Being clean for two years had given me distance from addictive behavior because that's what I worked on so hard: to function, to live independently from my addictive behaviors. Sickness threw a wrench in my progress for a minute, but I am able to reflect on what is expected and what needs to be told it can't stay.

I told myself for two years that I was emotionally healed. I never wanted to feel self-pity again. I never wanted to feel like I was unstable again. I didn't think I would. When I did feel those things, my distorted perception told me I failed because of my feelings. That's the furthest thing from the truth. There is a way of thinking for me that is so destructive and so earth shattering and it is called "perishing mentality." I read something once that a perishing mentality is defined as a "woe is me" attitude. It is not a reflection of a thankful heart. Emotional hurts can overwhelm any of us. It also said the perishing mentality develops quickly and is mired in self-pity. Should we shake our fist at God and ask "why?" Or should we ask what He wants to teach us through our trials of life? Do we really want to heal? Do we really want to back track?

Being a woman over 40 in recovery during a prison sentence holds enough challenges of it's own, a major change in your body through sickness adds fear. A real fear. No one wants to die in prison. No one wants to experience all these changes alone, away from loved ones and locked up. Where do I direct my thinking from here? I must turn to what I know and that is this too shall pass: don't get high.

I must think on what my Higher Power has done for me. How far He has brought me and I must remember He's not done with me yet. One of my greatest character defects is taking things to the extreme. Like when I get a headache – I think, "oh my god, I've got a brain tumor."

I think it's safe to say most of us addicts are extremists. I've learned to choose between what is real and what is extreme, but it's not easy because addiction wants to remind me how sick I am, not how far I've come. I have to continue with my physical routine such as making my bed, washing my face, and doing my morning meditation and eventually emotions will follow. If I don't continue with the positive physical activity I will go back to destructive ways like sleeping all day, wearing the same clothes, feeling sorry for myself and not pushing through.

I am not going to lie to you. Being in recovery is work, but it is so rewarding. If working hard to evolve keeps me clean one more day...it's worth it!!!

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.

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)

YES, *YOU* CAN START A C.A. MEETING.....

BY: Justin C.

Lakeland, Florida, USA

I remember hearing that all a person needs to start a meeting is a resentment and a coffeepot. Practical experience has shown me that although the coffeepot is usually necessary, the resentment is not. But there is a little more to it than that. For me, it began with a desire to stay clean and sober, to help others, and to carry the message of Cocaine Anonymous into an area that had not seen an active C.A. meeting in over 20 years.

In March of 2010, I decided that I wanted my life to change. After spending over 20 years in active addiction I had finally had enough. At the time I didn't know that C.A. even existed. If someone had told me about it I would have likely said what I have heard countless times from others in my town, "I don't do very much cocaine; I'm a meth-head." But since there were no C.A. meetings here at the time, that didn't happen. My family found an out-of-state treatment center for me in Alabama. It was there that I attended my first C.A. meeting and found freedom in a Fellowship that welcomed me and offered freedom from all of my addictions.

Upon returning home to begin my new life in recovery, I first went online to seek out a C.A. meeting in my town. I did not find one. However, there was a notice on the Florida Area Web site that there was a convention coming up soon. At this point I called up Tim C. (my first sponsor) and asked him what I was supposed to do. I loved C.A. and had found a home for my recovery there, but the closest meeting to where I was staying was 30 minutes away and I had no driver's license at that point. He responded, "Well, maybe you are supposed to start one". That kind of had me stuck, as I was treading unfamiliar ground. But Tim had never led me anywhere but in the right direction. I didn't know exactly what to do, so I turned it over to God to handle. This is how I know it was God at work: Within the week I was contacted by a longtime friend of mine, Mark, who is a church Pastor. He said he was taking over a local church and he wanted a 12 Step meeting there. I was floored. Never in my life had things just fallen into place like this. I told Mark about the Fellowship of Cocaine Anonymous and that I was seeking to start a C.A. meeting, but that I had some more tasks to accomplish before we could get everything going. He told me not to rush, find out what I

could and get back to him. I was nine months clean and sober.

At the Area meeting, I was introduced to the trusted servants from the closest district. They ushered me into the Area business meeting, and when it was time for new business to be addressed Adam B. introduced me, saying that I was interested in starting a C.A. meeting where there were currently no meetings being held. Someone asked how long I had been clean and sober. I answered, "nine months." Before leaving that day I was given a starter kit of literature and rack, key-tags, World Service manual, and copies of the readings. I also left with a feeling that I had taken a step into a bigger world. I knew that I belonged.

I next met with Mark to discuss having the meeting at his church. It was in a great location! He took me to a room with outside access and said, "This is your room". He wanted to donate the room free of charge, but I explained the Seventh Tradition of self-support to him. We settled on the amount of \$1.00 per month and the "Hope in the Highlands C.A. Group" had a start.

This was the point where I called Tim C. and said, "Hey brother, there is a new C.A. meeting in my town!"

Tim replied, "Did you start it?"

"Yes," I said.

Without missing a beat Tim said, "Great job, be prepared to be there by yourself a lot." Wise words, also true. I set about to put the "Where & When" in conspicuous locations at meeting rooms around town. I got a coffeepot and supplies, and started showing up. I went to A.A. meetings to keep up with my program, always looking forward to Tuesdays and Thursdays and hoping someone would come. The lights were on and the coffee was made. People came, one or two at a time. Soon there were enough of us to become a group. This was in January of 2010.

Three years have passed, and there are currently five C.A. meetings in my town and the surrounding area. One of these is an H&I meeting in the detox unit of the largest county hospital. There are two open meetings at a transitional center. People are getting involved in service, people are staying clean. We are seeing the

(Cont. on Page 15)

YES, *YOU* CAN START A C.A. MEETING.....

BY: Justin C.

(Cont. from Page 14)

people being reached continue to show up, take on service commitments, and help others. I have had the opportunity during this short time to meet some great people, to practice the 12 Steps, and the 12 Traditions. Others have approached me about starting meetings and I always tell them that yes, they can do it. **One person can make a difference!**

CAWS 2014 CONVENTION

BY: Tom P.

(Cont. from Page 10)

Beach with the beach, shops and entertainment all within easy walking distance.

Our C.A. Convention guidelines remind us that the purpose of the annual service convention is to promote enthusiasm and unity within the Fellowship of Cocaine Anonymous and financially support World Services effort to carry the message to the addict who still suffers. This requires participation! Registration is simple. Go to CA.org and go to the convention site. Click on Registration and you will be guided through a simple on-line registration. If you have questions, call the office. Also, staying in the convention hotel supports the convention, as we are required by contract with the hotel to reserve a certain number of rooms. If you live in Southern California, your participation in service as well as attendance are very important. Members of the Fellowship from all over the world will be here and participation will serve to demonstrate the vital role C.A. has played in our lives. Thank you for giving me a life I can love and share

ANSWER TO PUZZLE,

PAGE 17

I AM NOT ALONE ANYMORE. I AM A PROUD AND GRATEFUL MEMBER OF COCAINE ANONYMOUS, AND THANK C.A. FOR GIVING ME MY LIFE, A GOD, AND THE OPPORTUNITY TO GIVE TO OTHERS

The Spirit of Rotation

BY: Kenny W.

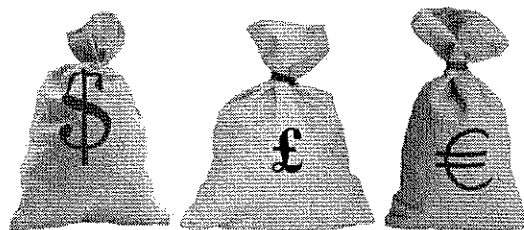
(Cont. From Page 8)

benefits to the individual are beyond our imagination because we know that anything God has in store for us will be far better than anything we could have planned for ourselves, and when we make ourselves available for service, we have new opportunities for growth. We can't move forward if we are still clinging to our present conditions. We don't know what God has planned for us, but we'll never find out if we are not willing to let Him guide us further down the path.

"We Are Here and We Are Free" is not just a saying - it ought to be our practice. We are here because of someone else was here before us and rotated out. We should pass it on freely by teaching someone to replace us (pass it on). You have completed your task trusted and faithful servant. Move on to the next chapter of your life. Don't worry about them screwing it up. This is powered by something greater than any one of us. I have become more convinced it is a WE program living inside all three legacies, Hope, Faith, and Courage.

**DID COCAINE ANONYMOUS SAVE
YOUR LIFE?**

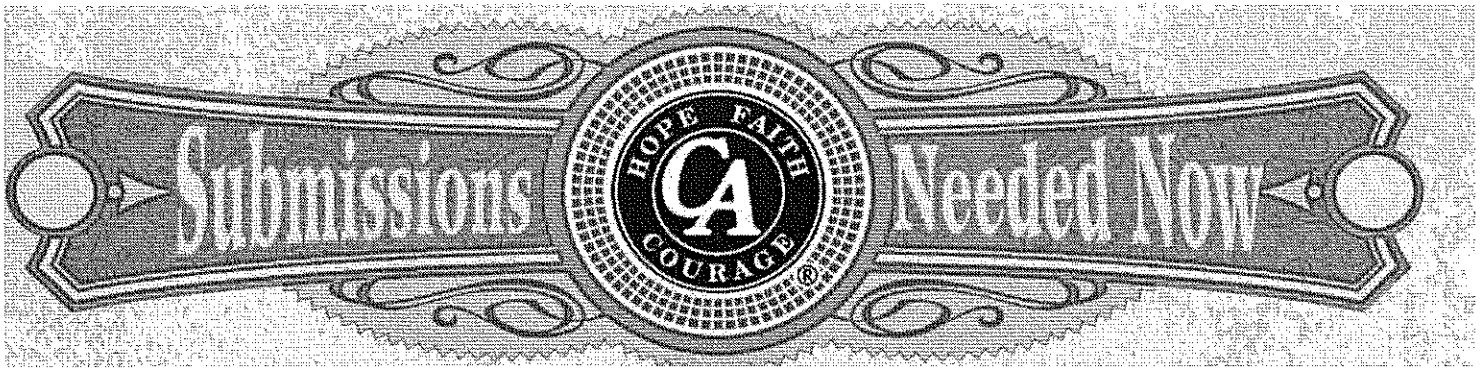
**ARE YOU NOW IN A POSITION TO
GIVE MORE THAN YOU ONCE DID?**



**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?**



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.

NEWSGRAM PUZZLE

QUOTE:

*HOPE, FAITH, COURAGE,
STORIES FROM THE FELLOWSHIP OF COCAINE ANONYMOUS*
Volume 1, Page 15

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Answer Page 15

A NEWGRAM POEM

The Dark Night

BY: Rob F.

Worcester Park, Surrey, UK

I am alone with powder once again
I am sitting here not wanting to do this anymore

But I take the drugs anyway and at the end of it there is only me alone in the dark

I hear the birds tweeting, it must be fear o'clock another day of regret fear and remorse and the promise to myself that
I will never do that again

I manage to get through the day somehow and feel relieved, that relief generates an idea that I deserve a treat. That
treat to any normal person is screaming insanity from the rooftops

I am alone with my powder once again

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

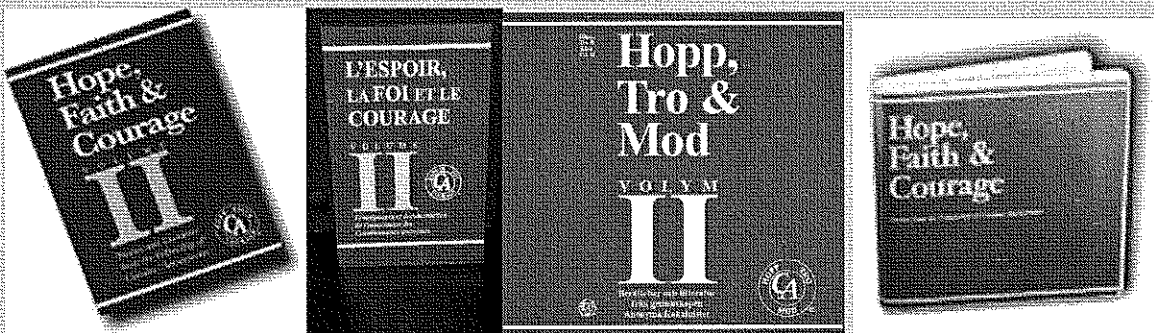
We have available the *HFC II* in Swedish!

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!



Early on in Recovery

BY: Mark S.

Los Angeles, California, USA

While I was in treatment, we went on an outing, at a local college. I was told about the activity that we were to go on, but I really did not pay them much attention. Again, running on self-will, at the event called "AI Olympics."

I began to walk through and looking around to see at least thirty or forty treatment centers and other types of recovery places. There I was, turning around in circles and I began to cry as I look at God's work. Tears of joy and gratefulness began to flow. The families of people in treatment centers came out to support their loved ones. Man, I knew at that point, that I WANTED to stay sober!

* * *

LITERATURE, CHIPS AND FORMATS COMMITTEE INFORMATOIN

BY: Tom P.
Orange County, California, USA

Thanks to the C.A. Newsgram editor for her dedicated service in generating this regular publication! The C.A. Literature, Chips and Format (LCF) Conference Committee is grateful for the opportunity and space provided in this issue to bring the Fellowship up to date on some of the important LCF activities taking place. First, we are excited that the World Service Office (WSO) is now producing two new pamphlets that have resulted first from referrals from our Fellowship followed by service and love from dedicated C.A. trusted servants at all levels in bringing them to reality. These new pamphlets are, '*Too Young To Recover?*' and '*12 Principles*'. They are available at the WSO and will be useful tools in assisting your group in fulfilling its primary purpose of carrying our message to the suffering addicts. Additionally, a revision of the pamphlet '*The 7th Tradition*,' will also soon be available through the WSO.

By the time you are reading this issue, the C.A. Meditation book may have gone to print. This project resulted from a referral from one of the members of our Fellowship. The C.A. World Service Conference adopted the referral as an LCF project and submittals from our Fellowship were sought and received. These have resulted in a wonderful new C.A. publication that will soon be available in the rooms. This I offer in order to bring our attention to still more work that needs to take place. In this issue, you will find a notice requesting material for additional projects. One is a C.A. 12 Steps and 12 Traditions book. The other is a C.A. Step Workbook. These projects were also suggested by members of the Fellowship and adopted by different World Service Conferences as being suitable and necessary to fulfill our Fellowship's primary purpose, that of carrying our message to the still-suffering addicts.

We need your help! Both the 12 and 12 project and the Step Workbook project are in their formative phases and need personal fellowship material in order to be completed. If you have had experiences with the subject matter requested, ask your Higher Power to guide you and support you in articulating that experience in writing so your experience can come to life in one of these projects and better still, bring new life in the hands of some future C.A. newcomer.

The C.A. LCF committee has a full plate and is always seeking members willing to serve on the main committee and/or its project subcommittees. "Henry Ford once made the remark to the effect that experience is the thing of supreme value in life. That is true only if one is willing to turn the past to good account. We grow by our willingness to face and rectify errors and convert them into assets. The alcoholic's past thus becomes the principal asset of the family and frequently it is almost the only one!" (*Alcoholic's Anonymous*, page 124). Remember that our past may be of 'infinite value' to those continuing in their struggles with addiction. A Higher Power, through C.A. has brought about miraculous transformation in the lives of so many. Your story and experience with C.A. recovery are necessary to continue the miracle. Please consider offering your services to C.A. through its Literature, Chips and Format committee.

* * *

UNITY CORNER

WHY UNITY IS IMPORTANT TO ME

By: Cathy R.
Drumheller, Alberta, Canada

One of the reasons I joined the World Service Conference Unity Committee was to feel "a part of." My Area is quite geographically large with long distances between cities and towns. Sometimes I forget that I am a small part of a large group of people working to make C.A. a better place/meeting for the still suffering addict to find recovery.

The other reason I stay with Unity is the sense of camaraderie that is part of sharing our Experience, Strength, and Hope. People share examples of Unity events in their Area's and that gives me ideas for events in my Area. It also uplifts me to know others have struggled but found solutions to issues related to spreading the message of recovery and Unity to their members. They also bring the message of how the Unity event brought members closer together and the general excitement in each Area about how fun and exciting recovery can be!

* * *

FINANCE CORNER

WHAT WE DO FOR YOU!

By: Jackson H.
Chairperson, WSC Finance Committee
Phoenix, Arizona, USA

The World Service Finance Committee of the World Service Conference is responsible for many items. We work closely with the WSO Director of Operations, and the WSOB Treasurer, to develop a budget to be presented to the conference for approval. But one of our primary purposes, is to assist the World Service Office with fundraising. We assist them by reminding Groups, Districts and Areas in forward the Seventh Tradition money as is defined in the *FINANCIAL GUIDELINES FOR Groups, Districts & Areas of COCAINE ANONYMOUS*. We develop plans like the World Service Contribution Plan, the Birthday Envelopes, 30 Year Celebrations, and other ways of having the membership of C.A. send funds into the office so we can continue to spread the recovery message of Cocaine Anonymous. As a member of C.A., you should know where the money goes. This information is defined in the C.A. pamphlet called "*The 7th Tradition (where does the money go)*." It is an excellent resource for our membership in knowing how your money is spent. As truly exciting as the expansion of our Fellowship into more countries may be, naturally with this growth comes an increase in our financial needs. As a committee we are always looking to develop new avenues for fundraising to support our Fellowship. We encourage members to send us your ideas in fulfilling this mission to; cawscfc@googlegroups.com

* * *

A NEW HIGH FROM H & I

H&I IS A BIG PART OF MY RECOVERY

BY: William W.
Oakland, California, USA

I got hooked on H&I and other service work when I was sentenced to 14 years in prison for some robberies I did. I didn't think I would live to reach 20 years old, but God had other plans for me. I would listen to the men who came into the county jail and prison. These men were from H&I. They were addicts, just like me. Most of the time when I hear a share from one of them I would say "that sounds like me." Some speakers said they had 10, 15 even 20 years of sobriety! At first, this was hard to believe, but I found myself coming back to any H&I meeting they had in the county jail. When I was finally sent to prison, I did the same thing. I was sent to a "recovery program" in my last 18 months of prison. After I was released, ten and a half years later, I went straight into a recovery program located in Berkeley California. I stayed in this program for three years. Today, I'm doing H&I and other service work. My life is great today. By the grace of God I now have 19 years of sobriety. Thanks to H&I and the Twelve Step Recovery Programs.

* * *

ARCHIVE CORNER

ARCHIVE COMMITTEE – THANKS!

World Service Archive Committee

The WSC Archive Committee would like to thank Steve A., Richard L., Bob C., Bob L., Ray G. for their contributions to the C.A. Archives. The acquisition of Johnny S. items and the many other gracious donations from our early members have rendered a treasure trove of items and information about the history of our Fellowship. We are grateful for your continued service to C.A. and the legacy of recovery you have passed on to all C.A. members.

We are also grateful to the Steering Committee of the 2014 CAWS Convention for allotting space and financial consideration to facilitate this committee's first effort to safely display as many items of interest as possible.

We heartily congratulate and thank CAWS 2014 Archive Chairperson, Jerry M. for his enthusiasm to work with our committee. We are excited to be working together to not only "preserve and protect," but to *discover* and *display* the C.A. Archives as well.

Donations or on-loan display of early C.A. items are welcome from all regions. Please contact us at archives@ca.org if you have something to contribute.

See you in Long Beach!

* * *

Calendar of Events

March 7-9, 2014

2014 C.A. OK Area Convention

Overcoming the Spiritual Malady

Northeast District of Oklahoma

LOCATION:

The Hampton Inn
7852 W. Parkway Blvd.
Tulsa, OK 94127
918-245-8500

CONTACTS

Larry S., Convention Chair 918-899-7994
Reggie L., Registration Chair 918-698-3168

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

Get the word out about your local event!
Use the form at
www.ca.org/event_form.html to get you
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

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 11-13, 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

April 25-27, 2014

2014 CAUK Convention

The 2014 C.A. UK convention will soon be upon us! We have put together a fantastic event with great speakers, fun and fellowship and would love to see you there! The event is taking place from 25th-27th April at the Brighton Hilton and costs just £20 to register. As well as speakers from the UK and abroad there will be lots of workshops, an open mike and music night

on the Friday, a Gala Dinner on the Saturday night and the infamous clean time count down on the Sunday after Astrid H. our inspiring closing speaker.

We would encourage people to register and book the hotel as soon as possible as the hotel price will rise from the early-bird rate of £99 per person per night after the end of January. It costs just £99 to secure your room at the hotel with the remainder of the fee being payable upon departure on the Sunday

Please note that there is a £50 single occupancy supplement placed by the hotel. The hotel website is:

<http://www3.hilton.com/en/hotels/united-kingdom/hilton-brighton-metropole-hotel-BSHMETW/offers/index.htm>, please quote 'ACOCA' when booking.

We have already held several fundraisers and there will be more coming between now and April 2014 so please keep an eye open for them along the way. All details can be found at:

<http://www.cauk.org.uk/UKConvention.html>

We are always looking for people to help out over the course of the weekend so if you are interested in volunteering and becoming involved please feel free to contact any of the committee on the back of the registration form or:
patric.mcguinness@yahoo.com.

We are trying to reach out to as many C.A. members as possible to ensure that all those who want to come along are able to do so. Therefore we would be grateful if you could circulate this message to your own C.A. networks and meetings.

We look forward to seeing you there!

May 22-26, 2014

C.A. World Service Convention *Voyage into Recovery*

Long Beach, California, USA

LOCATION:

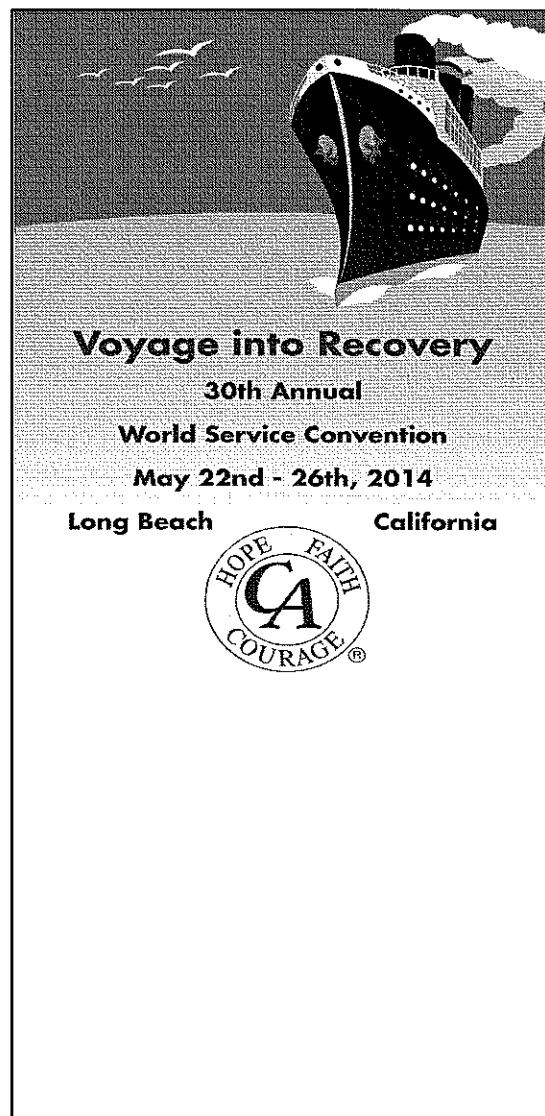
HYATT REGENCY LONG BEACH
200 SOUTH PINE AVE.

LONG BEACH, CA 90802

562-491-1234

CONTACT:

Go to: www.cawsconvention.org



| 7 th Tradition Oct-December 2013 | | |
|---|-----------------------------------|-------------|
| Location | Category or Group Name/City | Total |
| Anonymous | Anonymous | \$ 325.37 |
| CANADA | | |
| Alberta | Calgary District | \$ 10.00 |
| EUROPE | | |
| Scotland | Glasgow District | \$ 3,064.35 |
| | Scotland Area | \$ 440.00 |
| United Kingdom | UK Area | \$ 3,621.05 |
| USA | | |
| Alabama | Anonymous – Pelham | \$ 20.00 |
| | Everything or Nothing | \$ 150.00 |
| | First Freedom | \$ 95.00 |
| Arizona | Anonymous – Gilbert | \$ 65.66 |
| | Anonymous – Phoenix | \$ 55.00 |
| | Day in the Life | \$ 25.00 |
| | Razor Edge | \$ 69.91 |
| | SNL Group | \$ 277.36 |
| | Sun Valley Intergroup Inc. | \$ 365.00 |
| | AZ Area | \$ 575.00 |
| Arkansas | AR Area | \$ 1,225.00 |
| Southern California | Anonymous – Los Angeles | \$ 325.00 |
| | Anonymous – WSOB | \$ 51.00 |
| | C.A. Northbay | \$ 60.00 |
| | C.A. San Diego | \$ 939.93 |
| | C.A.L.A. | \$ 1,000.00 |
| | CALA Longbeach Compton Dist. | \$ 243.00 |
| | CALA South Bay Beach Cities Dist. | \$ 900.00 |
| | CALA Westside/Hollywood Dist. | \$ 45.00 |
| | Focus on Recovery | \$ 30.00 |
| | Orange County C.A. | \$ 900.00 |
| | Recovery in the Desert | \$ 371.09 |
| | SGPVCA | \$ 88.67 |
| | A.V. District | \$ 2.00 |
| Colorado | Anonymous | \$ 2.47 |
| | C.A. of Colorado | \$ 619.69 |
| | Colorado C.A. H&I | \$ 149.82 |
| | C.A. Colorado Convention | \$ 668.75 |
| | C.A. Nirvana Denver | \$ 250.00 |
| | Starting Over | \$ 76.83 |
| Florida | Anonymous – Ft. Walton Beach | \$ 7.00 |
| | Florida Area | \$ 756.50 |
| | District of Fort Myers | \$ 375.00 |
| Georgia | Anonymous – Atlantic | \$ 12.57 |
| | Anonymous – Warner Robins | \$ 14.00 |
| | Administrative Accounting Ctr | \$ 50.00 |
| | Log Cabin Group | \$ 291.97 |
| | Metro Atlantic | \$ 137.90 |
| Illinois | Chicago District #1 | \$ |
| | Anonymous – Normal | \$ 25.00 |
| | Anonymous – Chicago | \$ 60.00 |
| | Chicago District | \$ 64.81 |
| | Hope, Faith & Courage | \$ 55.00 |

| 7 th Tradition Oct-December 2013 | | |
|---|---------------------------------|---------------------|
| Location | Category or Group Name/City | Total |
| | IACA, Inc. | \$ 1,200.00 |
| | IACA South & West Dist. | \$ 209.08 |
| Indiana | Ft. Wayne District | \$ 100.00 |
| Kansas | Free At Last | \$ 18.12 |
| | Wichita C.A. District | \$ 100.00 |
| Louisiana | LOUACA | \$ 100.00 |
| Michigan | Anonymous – Okemos | \$ 10.00 |
| | Saturday Morning Live | \$ 10.00 |
| Missouri | Anonymous – St. Louis | \$ 50.00 |
| | Anonymous – Columbia | \$ 10.00 |
| | Courage to Change | \$ 10.00 |
| | Fried Pipers and Cocanuts | \$ 10.00 |
| | Serenity on Saturday | \$ 10.00 |
| Nebraska | Anonymous – Omaha | \$ 268.00 |
| New Jersey | Anonymous – Keyport | \$ 50.00 |
| | Anonymous – Brick | \$ 50.00 |
| | CANJ | \$ 550.00 |
| New Mexico | Anonymous – Albuquerque | \$ 208.07 |
| New York | CANY, Inc. | \$ 500.00 |
| | Circle of Life Group | \$ 50.00 |
| | It Works if You Work It | \$ 100.00 |
| | Tues/Thurs Big Book Experience | \$ 31.00 |
| | Woodshed Saturday Night | \$ 30.00 |
| Ohio | Anonymous | \$ 17.00 |
| | AM Sunday | \$ 100.00 |
| Oklahoma | C.A. of Oklahoma | \$ 519.00 |
| | The Rock Stops Here Group | \$ 75.00 |
| Oregon | C.A. of Oregon & SW Wash. | \$ 75.00 |
| Pennsylvania | Anonymous – Washington | \$ 18.76 |
| | Cocaine Anonymous PA | \$ 300.00 |
| | Western PA | \$ 50.00 |
| | C.A. of PA NJ DE | \$ 100.00 |
| | Tues. Night – Moment of Clarity | \$ 30.00 |
| Texas | Anonymous - Dallas | \$ 50.00 |
| | Anonymous – San Antonio | \$ 30.00 |
| | Anonymous – Fredericksburg | \$ 120.00 |
| | Fourth Dimension | \$ 350.00 |
| | Bonnie Brea Group | \$ 1,000.00 |
| | Downtown C.A.-San Antonio | \$ 75.00 |
| | TX Area Serv. Gulf Coast Oper | \$ 3,322.91 |
| Utah | Anonymous – Roy | \$ 30.00 |
| | Addicts R Us | \$ 50.00 |
| Wisconsin | Anonymous – Milwaukee | \$ 30.00 |
| | Power House | \$ 40.00 |
| | Uncola's | \$ 30.00 |
| | Birthday Envelopes | \$ 315.00 |
| | Gratitude Month | \$ 1,339.08 |
| World Contribution | (See form on page 17) | \$ 5,535.36 |
| Total | | \$ 42,464.64 |