

**We Insist on Having a Good Time!**

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# NEWS



# GRAM

Volume 31 No. 2 C.A. World Service Office, 21720 S. Wilmington Ave., Ste. 304, Long Beach, CA 90810-1641 2nd Quarter 2014

## **Trustee Corner:**

### **OUT OF AFRICA**

BY: Russell S.

European Regional Trustee, WSBT Chair  
London, England, UK

“They knew they had a host of new friends; it seemed they had known these strangers always” (ref: The Big Book of *Alcoholics Anonymous*, p161)

Stepping off the plane on a warm and sunny Thursday morning I was unprepared for the welcome that was to embrace those of us that had travelled to South Africa from the UK and USA. We cleared immigration and walked through to the arrivals lounge to be met by a group of smiling and waving C.A. members, the referenced statement above was my experience. Welcome to South Africa...Cocaine Anonymous style!

We chatted with the many members who had travelled across Johannesburg so very early that morning to greet us with hugs and laughter galore and we had only just met. With vans and cars, the four of us that had travelled to attend their first ever C.A. South Africa Convention, were driven toward the convention venue stopping for breakfast along the way.

After driving for about an hour we pulled into the venue, and what a venue it was. It was a camp with a selection of meeting room, chalets, kitchen and dining area and a wonderful BBQ area with an incredible fire pit. We settled in and helped our new found friends to set up for the event.

During the course of the day members began to arrive and the ‘buzz’ grew. Excited and nervous members got busy with their delegated tasks, food runs were made and last minute ‘we forgot something’ issues were resolved.

The group of us that had travelled for the event are all seasoned convention attendees but for us this was

also a first. Most conventions follow a very similar program so to see this Area putting on their convention how they wanted it to be was truly warming. The event program was jammed with speakers, one main hall provided the meeting room and by the end of the day we looked at the hall whilst the locals talked of “too many chairs, will people come?”

That evening we had a BBQ and a campfire meeting, by now the group had grown to about 20 members and it seemed like we’d known each other always. Good food, good weather, a great fire and a meeting of Cocaine Anonymous. Tired and bleary eyed we all retired to our beds, tomorrow was the convention kick off!

Cars arrived with threes and fours, family members dropped their loved ones off, people were back and forth ferrying in those needing a lift...20 grew to 50 members...grew to 60, 70...then some more. The “too many chairs” question moved to “do we have enough chairs?”

The convention opened with a prayer and the lighting of a candle to symbolize us coming into the light. “Welcome to the first South Africa Area Convention of Cocaine Anonymous” wow...thus we grow.

The opening speaker was a man who had received the first starter kit nearly a decade ago and although he shared his struggles to stay amongst us the gratitude for that man’s efforts and actions was clear to see on the faces of those gathered.

*(Cont. Page 3)*

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**ADDICTED TO FUN**

BY: Ginger L.

Phoenix, Arizona, USA

I am addicted to fun. Fun in recovery. It started out small at first. I only had fun on weekends. Maybe a dance or a picnic. Then I was jonesing for something on a more regular basis. A sober bowling league! Then someone introduced me to an Area Convention! Oh My! Twenty-four hours a day for three straight days!! Workshops! Speaker Meetings! Dances! Comedy Shows!!! I had to have more, more, more!! But what could be better than that? A C.A. World Service Convention! Twenty-four hours a day for five days! Bigger and better workshops, speaker meetings and comedy shows! But that was NOTHING compared to the friendships I made from all over the world! Friends from California to New York. From Africa to Hong Kong. WHAT A RUSH! I will travel far and wide for Cocaine Anonymous World Conventions. But being the good addict that I am, I wanted even MORE! I found that at the C.A. Conference that is held in LA once a year. But wait? What's this? No dance? No speaker meetings? No comedy shows? Nope. But it was something more. One hundred or so addicts from around the world being of service to the Fellowship they love. There was no better high than this! Over the years I have discovered there is no greater joy, nothing more rewarding than giving back to the Fellowship that saved my life. I love Cocaine Anonymous and all its members. The friendships I have made over the last two decades are so precious to me. I can't wait to meet more of you as I trudge this happy road. See you at WORLD!

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## Trustee Corner (Cont. from page 1):

Out of Africa  
BY: Russell S.

My fellow Trustee Rob W and I facilitated a workshop giving an overview of our service structure, it's not often a service workshop plays to a full house! The evening continued with more speakers and fellowshiping, clusters of members sitting around talking and sharing the joys of this experience. On Saturday the attendance leveled out and at one count there were just over 90 members in the hall. More wonderfully inspiring speakers shared with us all, so many similarities, so much identification and so much freedom from addiction. Newcomers were in abundance and the interaction between members was awesome.

On the Saturday evening after the final speakers more fun and entertainment continued in the way of an auction. The noise of members chattering continued to waft through my open windows well into the small hours, I had no complaints...it's great to fall asleep to the sound of laughter.

Sunday morning...more great speakers, more chatter, more laughter, more smiles. As the convention closed out at early afternoon the Area Chairperson closed us out and invited everyone to the 2<sup>nd</sup> Annual C.A. South African Convention next year.

Those of us that had travelled to attend spent a couple of extra days amongst the local members and were treated to a visit to a Wildlife Park and a trip into Soweto. On the Monday night we attended a regular C.A. meeting in Johannesburg and it was great to see our Fellowship's identity easily recognizable regardless of the miles between us. One of our greatest tools with unity, in my opinion, is our literature and hearing our readings stirred me with gratitude for the long and ongoing efforts of our WS Conference 'Literature, Chips and Formats' Committee...thank you LCF, when you're next together at the Conference and the business seems long and arduous please know that isolated areas of our Fellowship stand shoulder to shoulder with us carrying our message thanks to your work.

The convention was a great success; it raised awareness, enthusiasm, members and money. Newcomers told me with conviction they'd found home with us.

I spent much time with members of the ASC talking about the benefits of interacting with our World Services and, God willing, C.A. South Africa will be sending two delegates to our WS Conference this year.

To our WSO staff I would like to say thank you for helping this young area of C.A., by reaching out and encouraging them you have closed the distance between them and us to such an extent they really feel and understand they are 'us.'

I grew from this visit, I was humbled and grounded by the love and service I encountered there. C.A. South Africa taught me so much about C.A...thank you my brothers and sisters in Africa. I look forward to continuing to trudge this road of happy destiny with you.



\* \* \*

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## FUN IN RECOVERY

BY: Gary P.

Lake Stevens, Washington, USA

Who knew recovery could be so fun? When I came here all I wanted to do was get sober. Thank God I found the Fellowship of Cocaine Anonymous where I got exactly what I came for and learned how to have fun as well. Being miserable and being sober didn't sound very attractive to me, so when I found Washington State Cocaine Anonymous I found out that I could be sober and be happy and have fun.

My area of Washington State is a very active area. We have all sorts of activities, such as softball and baseball games. We go to waterslides, and have campouts, and conventions. We play whirly ball, trampoline dodge ball, hockey games, egg hunts, and have laser shows. We go to the zoo and the aquarium. We have luau dances, midnight bowling, rock 'n roll

bingo, Frisbee golf tournaments, horseshoe tournament's, volleyball, skiing/snowboarding, snow inner tubing, ice-skating, and costume parties. We throw New Year's parties and Fourth of July parties. Plus much, much more.

That pain and misery of active addiction has been filled with fun and joy. Recovery is a direct result of getting a sponsor, working some steps and allowing myself to get outside of my comfort zone and do things with groups outside of meetings. So if you are new, welcome to Cocaine Anonymous ... **WE ARE NOT A GLUM LOT.**

\* \* \*

## MY RECOVERY JOURNEY

BY: Scott B.

Wichita, Kansas, USA

Twenty-one years ago today I made a commitment to abstain from all mind-altering substances for 60 days. It was not by my choice and it was just an experiment. I was told that after the 60 days was up I could go back to doing the things I wanted. That was when I wandered into the rooms of C.A. You all had a problem but seemed to also have a lot of peace, serenity and a different way of living that you kept telling me was better. I was pretty skeptical seeing as how I was probably the smartest, most perfect human being that ever walked through the doors. Much to my amazement within 30 days I started developing these things called character defects. The curtain was drawn back little by little upon my perceived perfection. I really wondered what I was doing here because my life was fine up until that point right? But everyone kept telling me to keep coming back and that it would get better. They were happy to see me just because I showed up. And they showed me love and tolerance in spite of myself. Over a short period of time I became an absolute mess but I kept coming back. Over that

period of 60 days, in spite of how miserable I was I came to believe them when they told me it would get better and I could see that they were all in better shape than I was in. I thank God for all the people that loved me until I could love myself. There has been wailing and gnashing of teeth but it did get better. Every key ring, every coin, it was just a little bit better than it was when I got the last one. I grabbed my ass with both hands and held on and never looked back. I have been blessed beyond anything I could have imagined. I have been graced with the opportunity to do a lot of service work and because of that I can truly say that I have friends all over the world. There is nothing like the knowledge that I can go anywhere and walk into a room and have instant friends. My sincere and heartfelt thanks go out to everyone whose path crossed mine on this journey. I could not have done it without all of you and my Higher Power.

\* \* \*

## Passion for the Program

BY: Vicky M.

St. Louis, Missouri, USA

What are you passionate about? If recovery wasn't the first word that came to your mind, perhaps your program could use a tune-up. As I write this article, I'm sober twenty-two years, five months and eleven days. What I can honestly say is that I am just as excited to be clean and sober today as I was when I collected my first sobriety milestone chip at one month. In many ways, I'm even MORE zealous; because today I know how FABULOUS life can be, if I chose to make it that way. Today I know how having an evolving spiritual connection fills my life with wonder. Today I know how working with a newcomer creates an incomparable warm glow inside my spirit. Today I recognize peace and serenity to be my most valuable assets.

Not to say that life doesn't come at me—throwing bewildering curveballs when you least expect it. Just last month my youngest nephew ended up in the hospital with a critical brain injury after being violently assaulted. He's twenty-six years old—in and out of rehab since 2001. He never latched on to the spiritual nature of his disease and found no need to stay connected with twelve-step meetings. The incident that put him in the hospital most certainly had everything to do with his life-style choices, which did not include recovery. Unbelievably heart-breaking for his parents and siblings to have to locate him, unidentified, in an intensive care unit after he had been missing over twenty-four hours. Unrecognizable (his injuries were all inflicted from the neck up), he was in a coma. Such are the deadly places our active addiction will lead us. When the dope or money deal goes bad, those still in the midst of this existence won't hesitate to lash out with brutality and bloodshed. In fact, my nephew was left for dead. Happily, it looks as though he is going to make a full recovery, albeit a lengthy ordeal. Still in question is whether he will want to change. Was this a low enough bottom? Only time will tell. Watching my sister and the rest of her immediate family walk through the pain and turmoil spewed off in the wake of an addict's tornado-like behavior isn't easy. They've chosen not to utilize program help and support. I thank God on a daily basis for the tools to understand what my role should and should NOT be. I pray these loved ones will recognize the life lessons being offered, but I totally understand it's God's will not mine.

In the meantime, am I any less happy, joyous

and free? No! Because I am in the middle of the boat where my recovery is concerned. My positive attitude is not contingent on another human being. I still go to at least five meetings a week, sponsor women and do service work. I continue seeking to improve my conscious contact with God and am ever-amazed at the daily miracles placed in my path. When something like my nephew's attack happens, I have a place to go share about it and a loving sponsor who will listen and help guide me through. I know how to process feelings instead of stuffing them. I know other fellowship members before me have experienced and survived even worse scenarios. I know God's got our backs.


Do I have a life outside of recovery? Absolutely. My other passions include many things—mostly having to do with utilizing my creative energy, but sometimes just as simple as enjoying an iced latte with a dear friend. The key is my ability to stay in the moment and appreciate whatever is happening around me right this very second.

The truth is—living WITHOUT the shackles of mind-altering substances is a lot less challenging than it was when I was practicing my disease. No wonder I feel like shouting from the roof-tops and spreading the good news—“WE'RE HERE AND WE'RE FREE!” Come join us on the Road To Happy Destiny! Whoo-hooo!!!

\* \* \*

## THE NEWSGRAM IS LOOKING FOR YOU!!!!

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## STOP FIGHTING

BY: Jennifer W.  
Clarkson Valley, Missouri, USA

“Are you joking?” That was my initial reaction to Step Two. I felt so hopeless at the beginning, yet somehow I had the energy to fight my sponsor, my counselor, my family and a Higher Power I didn’t even believe in. I was not open. I kept saying I was willing to do anything, but that was not honest.

I had boarded myself up when I was young to keep myself safe. Wood, insulation, drywall and several layers of paint were set in place to keep people out and indicate how fine a job I was doing on my own. My soul existed somewhere deep inside. I stopped caring about myself. I used drugs. I stopped caring about others. So when I came to C.A. several years ago, I was a solid mass of a mess.

At first, I was only willing to commit to one meeting a week. Then I began to tag along with another C.A. member when she went to speak at a treatment center for the Hospitals and Institutions Committee. Three things happened as a result: 1) I was participating in a recovery activity outside my meeting; 2) I was spending time with someone in the program; and 3) I began receiving the benefits of service work—primarily gratitude!

At six months of sobriety, I noticed for the first time that I was not craving drugs anymore. I decided to volunteer to chair my weekly home group meeting for six months. That was huge! As I showed up for the meeting each week, I started showing up for myself. I even started listening a little bit. I was able to examine my own behavior more honestly as I realized my choices and feelings were not unique to me. I noticed my selfishness. I noticed my efforts to control everything around me.

I seemed to feel okay when I was outside in nature, sitting in the grass with the trees around me and the warm sun shining on my face. I began to realize that I was a small part of a world in which all parts were intertwined and reliant on each other. I took on the speaking engagement at the treatment center. I started calling my sponsor afterwards to tell her how good I felt every time I went there. What I seemed to be doing was establishing a connection to life again. Slowly, I was able to be vulnerable with people I trusted. I even called

my sponsor when I was having a rough day (something I never did!), or even just to say hello. I began to accept my feelings rather than fight them. I used to believe my pain would kill me. Now I know I will survive, and eventually it will pass. I can allow myself to be joyful without worrying about the floor giving way underneath me at any second.

My walls are starting to come down slowly. I am finding the “me” buried underneath to be bright, beautiful, and engaging. I am carving a new path, which is exciting. Thankfully, this trail intersects with those of others everyday. I do believe in a Higher Power. It is kind and patient. It provides me with opportunities to grow and to be human. It was waiting for me to reach out, and all I had to do was stop fighting and learn that it is okay to let go.

\* \* \*

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SAVE YOUR LIFE?  
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GIVE MORE THAN YOU ONCE DID?**



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## CONVENTIONEERING – VEGAS STYLE!!!!

### 2015 CAWS Convention Committee

All Over C.A., International

Our CAWS Convention Host Cities have been as varied as our membership, from the beach city of Santa Barbara to the second largest city in the UK, Birmingham. We've been to Portland, San Diego, Salt Lake City, Chicago, Atlanta, Phoenix, and Houston. We've seen Memphis, Milwaukee, Kansas City, Irvine, New York City, and Denver. Our annual visits also included Universal City, Scottsdale, Cleveland, and this year Long Beach.

Our history of diversity leads us to the site of our 2015 CAWS Convention! Everything we've had the pleasure of experiencing over the last 30+ years can be found within the city limits of Las Vegas, Nevada! The Beach, Broadway and Windy City Theater, Pirate ships of the Caribbean, landmarks of Europe such as the Eiffel Tower, Roller Coasters such as Cedar Point, The Statue of Liberty, Amusement Parks in Circus Circus, and of course the King of Rock'n Roll is everywhere.

And then there are all of the attractions outside of 'Vegas' that are within one day driving distance; Hoover Dam, The Grand Canyon, snow covered mountains, and Lake Mead.

However the best part of the 2015 CAWS World Convention will be the magic of the Fellowship. Come witness the many, many miracles that are in attendance. Spend days with the best friends many of us have yet to meet. It will be a gathering of people that are seeking to live life. Workshops, Marathons, Speaker Meetings, Service Work, Hospitality, and FUN! This gives credence to the quote from the Big

Book page 132: "We absolutely insist on enjoying life!"



\*\*\*



\*\*\* COMING SOON \*\*\*

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1985: Santa Barbara	2001: New York
1986: San Diego	2002: Portland
1987: San Francisco	2003: Chicago
1988: Chicago	2004: Universal City
1989: New York	2005: Memphis
1990: Phoenix	2006: Houston
1991: Anaheim	2007: Kansas City
1992: Montreal	2008: Salt Lake City
1993: Houston	2009: Denver
1994: Cleveland	2010: Milwaukee
1995: Salt Lake City	2011: Phoenix
1996: Atlanta	2012: Birmingham
1997: Denver	2013: Fort Lauderdale
1998: Irvine	2014: Long Beach
1999: Milwaukee	2015: Las Vegas
2000: Phoenix	

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## THE WORLD SERVICE OFFICE, YESTERDAY AND TODAY

BY: Richard L.  
World Service Office Chair  
Los Angeles, California, USA

A little over 32 years ago, a hand full of members from the Los Angeles area created a World Service Office. This was done after an article in the newspaper told a story about a new Fellowship that was started for cocaine addicts and they called themselves Cocaine Anonymous. Phone calls for starter kits and chips came pouring in across the USA. Other areas were creating chips and there need to have consistency of our Fellowship. So the World Service Office Board took on the challenge to provide unity across the world. In later part of 1984 I joined that Board. The agenda was to create a convention to find out where the Fellowship was in total and to help create a conference. Other agenda items was to create a newsletter called originally the Connection, a National Directory, consistent pamphlets and chips. So May of 1985 was that very first World Service Convention and over 4th of July weekend was our very first World Service Conference. Thus we grow.....

The World Service Office has changed locations three time in the last 30 years. We were originally only volunteers, then single person staff, now to many more. Currently we have one full time employee, our DOO (Linda F.) and three part time (limited) employees. Our Fellowship has grown in leaps and bounds. Besides the USA, We are in Canada, South America, Africa, Hong Kong, and all across the European Nation.

We are truly a Worldwide Fellowship. So here is where the WSO depends on the Fellowship for support. Many of these new areas are small and need your support in books, literature. chips, formats, banners, and help in attending the World Service Conference. Our newest Fellowships are now in South Africa, Peru, Switzerland, Russia, Germany and a few others. They need their Chips and Literature to be translated into their languages as well. This can only be done with the help of the Fellowship, 7th Traditions and Donations by C.A. members only.

Our primary purpose is to carry the message and what better way than to help a fellow member across the globe. These members contact us with tears in their eyes and gratitude that the hand of C.A. reached over to them and let them know "We're Here and We're Free". Once again, the World Service Office needs your support.

In 1987 I stepped down from the WSOB. Today I am back on the Board after 27 years being of service and overjoyed to see how far this Fellowship has grown. If you want to see this and be a part of it, just attend our 30th World convention in Long Beach, California. Shake the hand and hug you C.A. brother or sister from across the globe. Let them know you're here to help them anyway you can.

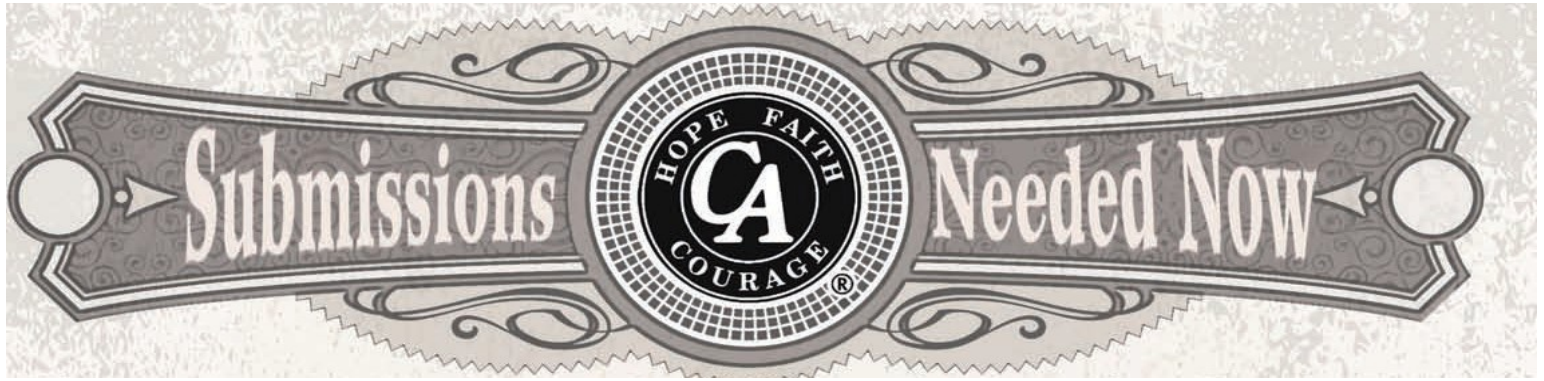
Cocaine anonymous saved my life and I hope it did the same for you.

\* \* \*

## 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](mailto: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.**



## **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](mailto:flowerz2@telus.net).

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

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

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

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



## *A QUOTE*

### *The Twelve Steps and Twelve Traditions* Page 124-125

We no longer strive to dominate or rule those about us in order to gain self-importance. We no longer seek fame and honor in order to be praised. When by devoted service to family, friends, business, or community we attract widespread affection and are sometimes singled out for posts of greater responsibility and trust, we try to be humbly grateful and exert ourselves the more in a spirit of love and service. True leadership, we find, depends upon able example and not upon vain displays of power and glory.

Still more wonderful is the feeling that we do not have to be specially distinguished among our fellows in order to be useful and profoundly happy. Not many of us can be leaders of prominence, nor do we wish to be. Service, gladly rendered, obligations squarely met, troubles well accepted or solved with God's help, the knowledge that at home or in the world outside we are partners in a common effort, the well-understood fact that in God's sight all human beings are important, the proof that love freely given surely brings a full return, the certainty that we are no longer isolated and alone in self-constructed prisons, the surety that we need no longer be square pegs in round holes but can fit and belong in God's scheme of things-these are the permanent and legitimate satisfactions of right living for which no amount of pomp and circumstance, no heap of material possessions, could possibly be substitutes. True ambition is not what we thought it was. True ambition is the deep desire to live usefully and walk humbly under the grace of God.

\* \* \*



**The World Service Conference  
Archive Committee  
will be conducting the following  
activities at the  
2014 CAWS CONVENTION**

**Accepting donation items  
from C.A. Members**  
Please email Linda at the World  
Service Office at [doo@ca.org](mailto:doo@ca.org)  
regarding what you'd like to  
donate. We are especially  
interested in items from the  
1980's & our newest Areas!

### **ARCHIVING WORKSHOP**

**on Sunday, May 25 from  
10:30 AM to Noon.**

**Join members of the Archive  
Committee in Suite D for an  
interactive session on  
"Archiving: Protecting &  
Preserving For Fun & For  
Free"**

### **Recording Audio Archive Interviews**

**We would like to schedule an  
interview with C.A. Members  
who were involved in the  
establishment of C.A. in their  
Country or Area! Please email  
[Archives@ca.org](mailto:Archives@ca.org)**

# NEWSGRAM PUZZLE

## WORLD SERVICE CONVENTION CITIES

Let's see how good your History of C.A. is....Below are clues to every C.A.W.S. Convention ever held. How good will you do?

- 1985: A beautiful Central California seaside town: \_ \_ \_ \_ \_
- 1986: Sea World is here: \_ \_ \_ \_ \_
- 1987: I left my heart here: \_ \_ \_ \_ \_
- 1988: It's a "toddling" town: \_ \_ \_ \_ \_
- 1989: The Big Apple: \_ \_ \_ \_ \_
- 1990: A bird that rises out of the ashes: \_ \_ \_ \_ \_
- 1991: A famous theme park lives here: \_ \_ \_ \_ \_
- 1992: C.A. speaks French in this city: \_ \_ \_ \_ \_
- 1993: NASA talks to astronauts here: \_ \_ \_ \_ \_
- 1994: Home of the Rock-N-Roll Hall of Fame: \_ \_ \_ \_ \_
- 1995: This city has a huge tabernacle: \_ \_ \_ \_ \_
- 1996: 1996 Summer Olympics were held in this city: \_ \_ \_ \_ \_
- 1997: Mile high city: \_ \_ \_ \_ \_
- 1998: They called this a "Planned City" in Southern California: \_ \_ \_ \_ \_
- 1999: On the shores of Lake Michigan: \_ \_ \_ \_ \_
- 2000: Cactus League Spring Training town: \_ \_ \_ \_ \_
- 2001: Home of *The Great White Way*: \_ \_ \_ \_ \_
- 2002: City of Roses: \_ \_ \_ \_ \_
- 2003: Home of the Cubs: \_ \_ \_ \_ \_
- 2004: A movie theme park lives here: \_ \_ \_ \_ \_
- 2005: Home of the Blues: \_ \_ \_ \_ \_
- 2006: Named after the Great Sam \_ \_ \_ \_ \_
- 2007: Great Jazz Museum is here: \_ \_ \_ \_ \_
- 2008: The 2002 Winter Olympics were held here: \_ \_ \_ \_ \_
- 2009: Home of the Broncos: \_ \_ \_ \_ \_
- 2010: Harley Davidson was invented here: \_ \_ \_ \_ \_
- 2011: D-backs reside here: \_ \_ \_ \_ \_
- 2012: The first WS Convention held outside of No. America: \_ \_ \_ \_ \_
- 2013: Sand and Fun in the South: \_ \_ \_ \_ \_
- 2014: You might visit The Queen Mary: \_ \_ \_ \_ \_
- 2015: What happens here, stays here!: \_ \_ \_ \_ \_

Answers on page 9

## ***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!

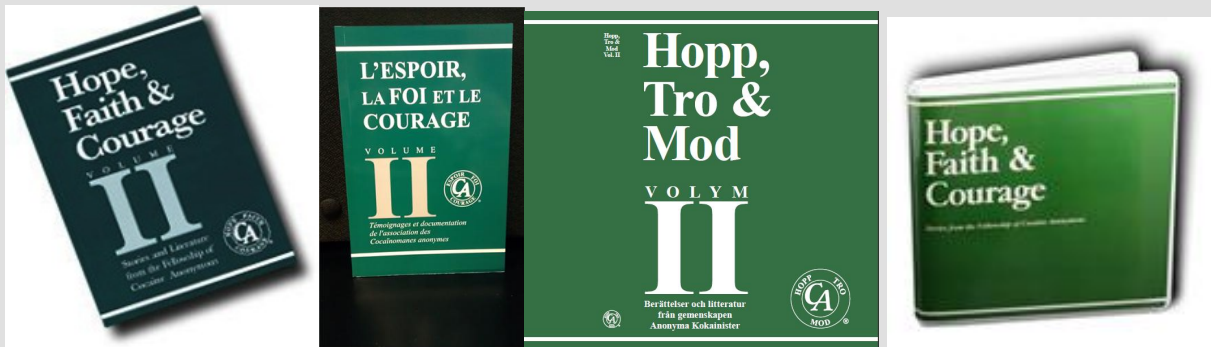
We have available the *HFC II* in French!  
*L'Espoir, la Foi ET le Courage, volume II* for \$9.95 US Dollars

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](http://www.ca.org).

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

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

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

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

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

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

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

# C.A. WORLD SERVICE CONFERENCE COMMITTEE PAGE 1

## ARCHIVE CORNER

### FUN IN OLD BOXES?

By: Frank P.  
Vice Chair, WSC Archive Committee

Who would imagine that it would be fun to sort through old boxes? The World Service Conference Archive Committee has fun in recovery by finding buried treasure in our past and discovering the roots of Cocaine Anonymous. Archive Committee members will tell you the fun in discovering how we came to be is not only fun and rewarding, it gives us a sense of our past and a sense of purpose to continue our work.

The Archive committee has interviewed many of the organizers of C.A. in Canada as well as a number of the original 19 members. We plan on conducting more interviews for our audio history at CAWS 2014. We have much to do and we are committed to continue to preserve and protect C.A.'s history!

We are setting the record straight as to our origins so that we can build a solid future. **That** is fun in recovery and a lot more than we ever expected from the creation of the Archive Committee.

\* \* \*

## A NEW HIGH FROM H & I

### What H&I Did for Me

BY: Brandi D.  
Las Vegas, Nevada, USA

In the beginning, I was lost. I was confused. I didn't know how or really why. All I knew was I didn't want my life. I hated who and what I had become; yet it seemed the only way. I wondered, no I prayed, to die out there. My bottom was low. Bridges all around me burnt to cinders. Nowhere to go, no one would help. I was the little girl who cried, "wolf" one too many times.

I didn't know about any "programs." Rehabs were only in the movies that I vaguely remembered in my fog. Finding detox was purely an act of a Higher Power. I knew nothing of that sort of thing. In detox, I heard very little. All I can remember is feeling loved and accepted by the people who came in to bring the meetings. The social worker there suggested that I go to a sober living home next. I took my first suggestion at that moment.

The sober living home I lived in had daily required meetings. Two out of the week were outside meetings, the rest were H&I meetings held at either our house, or at the male equivalent house around the corner. Some were panels, some book studies, but soon I understood the value of the wonderful people's time. They were not paid to come to us and teach us. They were not professionals. They had lives elsewhere. They taught me an important lesson about giving back, of paying it forward.

You see, these people are now my brothers and sisters. My friends. My examples and teachers. I follow in their footsteps. I share my experience, strength and hope on detox panels. I bring meetings into closed facilities and I attend meetings in sober living homes. My purpose in life now is to carry a message, because someone carried it to me. And for that, I am forever grateful.

\* \* \*



## UNITY CORNER

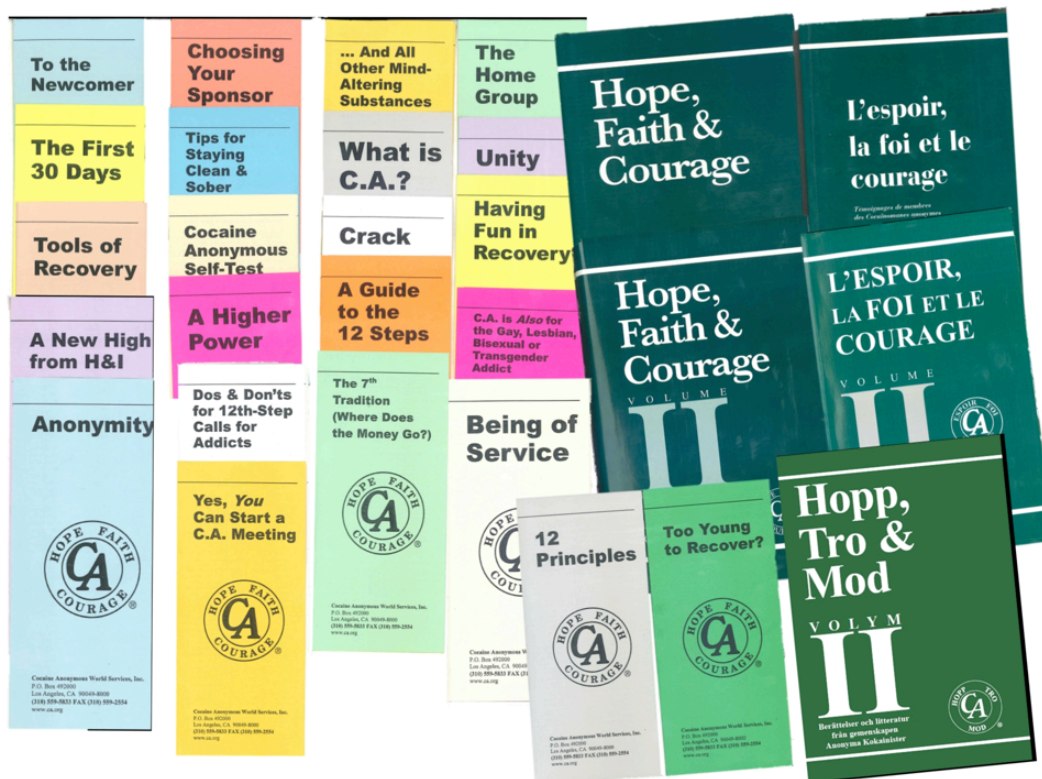
### UNITY IS IMPORTANT!

BY: Michael H.  
Cedar Park, Texas, USA

As a practicing addict, there is no need for unity. As a matter of fact, as a meth addict I wanted to be alone most of the time. When I walked into C.A. for the first time, it freaked me out that Service and Unity were the core of this family! I was overwhelmed by people who wanted nothing from me. Then when you told me “you get what you give,” I thought it was a curse because I did not like to give. In this Fellowship, on my journey, the spirit of Service and Unity saved my soul and added to the quality of my life in every way. Unity turned out to be 90% about the “give.” Giving gave me a purpose I have been waiting for my whole life. This is why I stay, for purpose. The spirit is the light that showed me a reason to give.

\* \* \*

## LITERATURE, CHIPS AND FORMAT COMMITTEE



# Calendar of Events

## May 8-10, 2014

### **C.A. Scotland Presents**

2nd Annual Unity Day & Sober Holiday

#### **LOCATION:**

Brodict Hall  
Brodict  
Isle of Arran

#### **CONTACTS**

Steph S - Chair - 01144 7581 060 096  
(UK 07581 060 096)

Chris - Registration Chair - 01144 7891  
343 093 (UK 07891 343 093)

(above numbers include full calling code to call Scotland from the USA)

## June 13-15, 2014

### **C.A. Holland 5<sup>th</sup> International Convention**

#### **LOCATION:**

NH Conference Centre  
Noordwijkerhout, Netherlands  
(20 min from the Amsterdam Airport)

#### **INFORMATION:**

Experience firsthand the energy that led to the phenomenal growth of C.A. on the European continent. Plan an adventure holiday in Europe.

Become Dutch for the weekend and bike to the beach or the tulip fields. (Bike available free for hotel guests.)

This is an experience you won't want to miss! US, UK, NL speakers, live entertainment, banquet, dance plus much more.

Check out our convention website... more will be revealed

Information, complete program and online registration at [www.conv.ca-holland.org](http://www.conv.ca-holland.org)

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

## August 8-10, 2014

### **Greater Missouri Area Convention *Show me Recovery Convention***

Missouri Area

#### **LOCATION:**

Crown Plaza  
Saint Louis Airport Hotel  
11228 Lone Eagle Dr.  
Bridgeton, Missouri 63044  
314-291-6700

(When reserving the Room, refer to Cocaine Anonymous Annual Meeting)

#### **CONTACTS**

Darryl J., Convention Chair, 314-482-5395  
Vicki M., Registration Chair, 314-846-2346  
Jeannette J., Hotel Liaison, 314-494-3055

## August 8-10, 2014

### **Washington State Cocaine Anonymous *Spoonless in Seattle***

Washington State, USA

#### **LOCATION:**

Hotel Nexus  
2140 N. Northgate Way  
Seattle, Washington 98133  
206-365-0700 or 800-435-0754  
(Event Name: CA)

#### **CONTACTS:**

Bob H., Chairperson 425-327-1795  
Mary B., Registration, 360-610-6566  
Website for more info: [caofwa.org](http://caofwa.org)

## September 5-7, 2014

### **British Columbia Area**

*Super Natural Serenity*  
Vancouver, BC Area

#### **LOCATION:**

Executive Plaza Hotel & Conference Centre  
405 North Road  
Coquitlam, British Columbia, Canada

604-936-9399

**CONTACTS:**

Greg Y., Chair, 778-877-8688

Lesha M., Registration, 778-918-6664

**SEPTEMBER 25-28, 2014**

**UTAH AREA**

*Recovery in the Rockies XXV*

Park City, Utah

**LOCATION:**

Yarrow Hotel & Conference Center

1800 Park Ave.

Park City, Utah,

435-649-7000 (Ask for Rockies Rate)

**October 24 - 26, 2014**

**10<sup>th</sup> Annual Scottish Convention**

*Vision For You*

C.A. Scotland

**LOCATION:**

The King James By Thistle Hotel

107 Leith St.

Edinburgh, EH1 35W

info@cascotland.org.uk

**October 31 – November 2, 2014**

**Midwest Regional Convention**

Illinois Area

**LOCATION:**

Hilton Chicago, Indian Lakes Resort

250 W. Schick Rd.

Bloomington, Illinois, USA

650-529-0200

**CONTACTS:**

Loni S., Chair, 773-668-5380

Charlene B., Registration, 708-870-6154

**May 21-25, 2015**

**C.A. World Service Convention**  
***We Absolutely Insist on***  
***Enjoying Life***

Las Vegas, Nevada, USA

**LOCATION:**

Harrah's –The Heart of the Las Vegas Strip  
888-458-8471

Mention Reservation Code: SHCAW5

\$105 room rate, to book on-line go to:

<https://resweb.passkey.com/go/SHCAW5>

**CONTACT:**

**Go to: [www.cawsconvention.org](http://www.cawsconvention.org)**



7 <sup>th</sup> Tradition Jan-Mar 2014		
Location	Category or Group Name/City	Total
<b>Anonymous</b>	Anonymous	\$ 28.24
<b>CANADA</b>		
British Columbia	New Experience Group	\$ 271.95
Ontario	One-time Contribution	\$ 208.95
<b>EUROPE</b>		
Holland	Holland Area	\$ 266.80
	Haarlem in the Netherlands	\$ 27.90
Scotland	Scotland Area	\$ 947.22
Sweden	Sweden Area	\$ 915.70
United Kingdom	Anonymous –Rickmansworth	\$ 50.00
	London District	\$ 1814.02
<b>USA</b>		
Alabama	Alabama Area	\$ 101.00
	Everything or Nothing	\$ 247.00
	The Lakehouse Group	\$ 40.00
	Second Freedom Group	\$ 25.00
Arizona	B of F	\$ 53.37
	Razor Edge	\$ 358.20
	SNL Group	\$ 251.50
Arkansas	AR Area	\$ 150.10
Northern California	C.A. of Northbay Serv. Grp.	\$ 60.00
	New Corner Store Group	\$ 20.00
	One Puff Too Tuff	\$1,000.00
Southern California	Anonymous – Hawthorne	\$ 45.00
	Anonymous – Los Angeles	\$ 161.00
	Anonymous – Solono Beach	\$ 100.00
	C.A. San Diego	\$ 1,038.83
	CALA Longbeach Compton Dist	\$ 245.55
	CALA South Bay Beach Cities Dist.	\$ 300.00
	CALA Westside/Hollywood District	\$ 180.00
	Inland Empire Area SC	\$ 215.15
	MOW	\$ 333.00
	SFVCA	\$ 1,000.00
	West Inland Empire C.A.	\$ 50.00
	What the Hell Am I Doing Here/ Sat. Ngt	\$ 30.00
	WSOB	\$ 159.00
Colorado	C.A. of Colorado	\$ 200.00
	Colorado C.A. H&I	\$ 142.43
	Snowmore Group	\$ 170.00
DC-ND-VA	DC-ND-VA Area	\$ 45.00
	Keeping it Real	\$ 184.10
Florida	C.A. Central Serv. Board of So. Florida	\$ 185.40
	District of Fort Myers	\$ 279.00
	Florida Area	\$ 53.00
Georgia	Anonymous – Suwannee	\$ 14.04
	Carry the Message	\$ 55.00
	Log Cabin Group	\$ 27.90
	Metro Atlantic	\$ 506.37
	Sun CA – Spiritual Awake Mtg	\$ 23.10
Illinois	IACA, Inc.	\$ 600.00

7 <sup>th</sup> Tradition Jan-Mar 2014		
Location	Category or Group Name/City	Total
Kansas	Free At Last	\$ 10.00
Louisiana	Flying Higher	\$ 100.00
Michigan	Saturday Morning Live	\$ 30.00
Missouri	Courage to Change	\$ 20.00
	Fried Pipers and Cocanuts	\$ 20.00
	Men's Meeting	\$ 25.00
	There is a Solution	\$ 10.00
New Jersey	CANJ District	\$ 500.00
New York	CANY, Inc.	\$ 5,000.00
	Circle of Life Group	\$ 222.00
	Promises	\$ 37.00
	Woodshed Saturday Night	\$ 57.00
	Sunday Serenity	\$ 130.00
	Tech and Talk	\$ 95.00
	West Side Story	\$ 108.00
	Women's Meeting	\$ 38.00
North Carolina	Friday Paycheck	\$ 100.00
Ohio	Toledo Intergroup	\$ 35.00
Oklahoma	C.A. of Oklahoma	\$ 25.00
	Freedom From All	\$ 87.00
	The Rock Stops Here Group	\$175.00
	SOD District	\$ 25.00
	Sunday Night C.A.	\$ 50.00
Oregon	C.A. of Oregon & SW Wash.	\$ 75.00
Pennsylvania	Cocaine Anonymous PA	\$ 300.00
Tennessee	Hope not Dope;Dr. Bob's Nightmare;Pioneer Grp	\$ 83.80
	Pioneer Group	\$ 36.50
Texas	Anonymous – Houston	\$ 30.00
	Anonymous – Fredericksburg	\$ 120.00
	Basic Instincts	\$ 45.00
	CA Boiled as an Owl Grp	\$ 331.00
	Drop Kick Rocks	\$ 35.00
	Freedom in the Solution	\$ 19.31
	SCTA Convention	\$ 4,700.00
	SCTA of CA	\$ 1,000.00
	Step Sisters	\$ 65.50
	Texas Area Serv.Gulf Coast	\$ 480.00
Utah	Anonymous – Roy	\$ 20.00
	C.A. of Utah	\$ 3,500.00
Washington	Bladerunner	\$ 56.82
	District 1	\$ 150.00
Wisconsin	Razor's Edge	\$ 79.00
	<b>\$30 for 30</b>	\$ 30.00
	<b>Birthday Envelopes</b>	\$ 449.00
	<b>Gratitude Month</b>	\$ 1,215.72
<b>World Contribution</b>	(See form on page 10)	\$ 4,218.69
<b>Total</b>		<b>\$ 37,236.16</b>