

NEWS GRAM

Volume 32 No. 4 C.A. World Service Office, 21720 S. Wilmington Ave., Ste. 304, Long Beach, CA 90810-1641 4th Quarter 2014

Trustee Corner:

MEET YOUR NEW TRUSTEES ATLANTIC SOUTH REGIONAL TRUSTEE

BY: Anne M.

Charleston, South Carolina, USA

Hi. My name is Anne, and I am an addict. Those were not the first words I wanted to utter in front of a roomful of strangers when I came to C.A. That was not, I thought, what I wanted as my identity. On June 24, 1996, I attended my second C.A. meeting and picked up a white chip. The previous week I had attended my first C.A. meeting, but I did not pick up a white chip because I wasn't sure I wanted to quit smoking pot. I still wasn't convinced.

I had attended a few meetings in another Fellowship, but never felt comfortable there. What first drew me to C.A. was the very thing I feared most, complete abstinence. The First Step said "We admitted we were powerless over cocaine and all other mind-altering substances - that our lives had become unmanageable."

I knew of my well-honed skills of justification and rationalization. I knew I could convince myself that since I had never been addicted to Valium, that I could successfully switch to that on occasion when I needed to take the edge off. Or since I had never been addicted to pain pills that I could definitely manage to use those just on the weekends.

What I needed, and what I found, was a program that took away all my loopholes. I had always been a lover of loopholes. But that one line in the First Step "and all other mind-altering substances" left me with no choice but utter and complete surrender of my ideas that I could substitute and switch and maneuver and finagle my way out of sobriety.

Well, the really rough week that followed that first C.A. meeting put me in enough pain to be convinced. And so on June 24, 1996, when the person was handing out the chips and called the newcomer chip

the "white chip of surrender" I was ready to grab hold of it, and all of you, and start a new way of life.

My service career in C.A. started with being the banner girl at my home group, which meant I brought the banners with The Twelve Steps and Twelve Traditions to the meeting every week. After some time I became the chairperson of my home group, and then the treasurer, and then the GSR and then the DSR. Eventually I became a Delegate for the Arizona Area.

After serving on the Structure and Bylaws Committee for three years, I was selected as one of your Conference Co-Secretaries and served in that capacity for four years. It was during this time that I got married and moved across the country. I was so grateful that my service in C.A. was able to be the one constant in my life as everything else around me changed. I got to be a part of watching a new Area form and grow up around me.

When I was in the midst of my cocaine addiction, my world consisted of spending most of my time in the bathroom. I rarely ventured out in the light of day. Darkness was my friend. What I soon realized when I got to C.A. is the more I worked the Steps, the more I found relief. And the more I served the Fellowship the more my life improved.

With each new success I was able to achieve in my life, I knew it was a direct result of sitting in that business meeting on Wednesday night when I really wanted to be home sitting on the couch watching TV. This Fellowship helped me get out of the darkness that was my life, and opened me up to a whole new world that's big and open and bright.

I know my greatest gifts in life come as a direct
(Cont. Bottom Page 3, right hand side)

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WHY I DO SERVICE

BY: Heidi J.
NewsGram Editor
Portland, Oregon, USA

In early sobriety, my sponsor told me it was time for me to start doing service. Of course, I balked! "No way," I thought, "If I start doing service, then I am really joining this thing, and I'm not sure if I want to be a part of all of this." And then I realized....that had been my MO my entire life! Don't ever join anything; don't ever let anyone get to know you. It's safer that way. So, I took a commitment on our Area Helpline. Then, I was the Helpline secretary...then a GSR...and then I was off and running.

Service has always been a HUGE part of my sobriety. It has many, many, many times gotten me to a meeting when I didn't want to go to a meeting. I thank God for the service I've done in this Fellowship every day, because it keeps me coming back, one more day.

I have been fortunate to do service at all levels of C.A., meetings, District, Area, Region, World Service Conference, World Service Board of Trustees, and now with the World Service Office as your NewsGram Editor. Take it from me; service is one of the Tools of Recovery. It can help you to stay sober!

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

Trustee Corner:

MEET YOUR NEW TRUSTEES PACIFIC NORTH REGIONAL TRUSTEE

BY: Deborah G.
Oakland, California, USA

My name is Deborah and I'm an addict. My sobriety date is January 4, 2005. I came into these rooms lost, confused, and broken. I never thought I was an addict, nor did I know what one was. I just wanted to learn how to use "successfully." I wanted to know how to still get high and keep money in my pockets.

Crack is a drug that I said I NEVER wanted to try. I was able to use all other drugs and function normally. But that one hit of crack took my life to a whole different level. I began doing things I never dreamed of doing; I became a liar, a cheat, and a thief. I stole from my family, stole time from my job, and took penitentiary chances. It is only by the Grace of God that I am able to tell you this today. Never say what you will NEVER do, because you really don't know until that time comes.

On January 3, 2005 I decided I had enough and went into a twenty-eight day in-patient program. After the first week of not abiding by the rules, I finally got up, went to my groups, and began to listen to all the excuses that people used. They were just that...excuses. It made me sit up and take a real good look at myself. I realized that I used because I liked the effect. It was there at that treatment center that I surrendered to the fact that I was an addict and my life had become unmanageable.

I got a sponsor my third week in treatment and I began working the Steps. Since then I have had a few sponsors but my current sponsor I have been with for quite a few years now. I am a service junky, I love being of service. I have served as a secretary of our Thursday night meeting for about two or three years. I served as secretary of an H&I meeting that I asked to start at the treatment center I attended for five years. I became DSR for our district. Then I was elected as Vice-Chair of our Area, but took the role of Chair the first day of office as the new Chair had to step down. I did two terms as chair, five years as a delegate (first year alternate), and now I am honored to be your new

Pacific North Regional Trustee. It is definitely a great honor and a privilege to be of service at this capacity. I will continue to work diligently with my sponsor and my sponsees, and work on serving the Fellowship of Cocaine Anonymous to the best of my ability. I am but a humble servant doing God's will. I love Cocaine Anonymous for saving a wretch like me.

* * *

(Cont. from Page 1)
**MEET YOUR NEW TRUSTEES
ATLANTIC SOUTH REGIONAL TRUSTEE**
BY: Anne M.
Charleston, South Carolina,

result of being willing to fit myself to be of maximum service. It is an honor to be selected to serve the Fellowship I love as the Atlantic South Regional Trustee, and I look forward to continuing this adventure in recovery that C.A. has given me.

* * *

THE NEWSGRAM IS LOOKING FOR YOU!!!!

WOULD YOU LIKE TO BE PUBLISHED??? DO YOU HAVE SOMETHING TO SAY???

The Newsgram is looking for your article, recovery jokes, recovery poem, suggestions, ideas, recovery drawing, or spiritual thoughts. This is YOUR publication!! We're looking for small items of 1 or 2 lines up to articles anywhere from 200 to 1200 words. If you write an item, please fill out the Release Form on page 6, or at www.CA.org and print out the Release Form and submit along with your item to:
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Trustee Corner:

MEET YOUR NEW TRUSTEES WORLD SERVICE OFFICE TRUSTEE

BY: Frank P.
Newport Beach, California, USA

Greetings and good day, my name is Frank P., I am a cocaine addict with a sobriety date of May 5th, 1989. I started my sober life in Cocaine Anonymous and have remained in this Fellowship through my entire sober life. I had stopped drinking in 1984 so when I attended my first meeting in May 1989, it was an A.A. meeting and I proudly announced "My name is Frank and I am a cocaine addict".

I was promptly asked to leave and never looked back. Similar to many of our original members I did not identify with alcohol; it was cocaine that was the problem. I found the Friday Night Seacliff meeting of Cocaine Anonymous and then the Saturday night C.A. and I was HOME. I changed my introduction to "I am Frank, a cocaine addict who chose never to drink again." I found the Fellowship that could help me change my legacy from dying a cocaine addict to living as a recovered cocaine addict.

My relationship with C.A. has evolved from my early service commitments like coffee maker, cigarette picker upper, chip person and any other service that would help me stay in touch with the necessity of living sober.

The days passed and I became involved in Area service. I was GSR for various meetings and then became Delegate for the Orange County Area. Then there was choosing a World Service Conference Committee to serve on and I chose Archives. I believe we cannot move forward without an understanding of our beginnings. My Archive service has been incredibly rewarding. I've watched this committee expand and grow over the past few years. I have conducted interviews with some of the original members of Cocaine Anonymous. During this last World Service

Convention, I had the privilege of recording three original members as they reviewed Ray G's boxes of archive material. Ray G., Bob L., and Bob C. recounted the many memories of the beginning of this storied Fellowship.

Last year I was asked to join the World Service Office Board (WSOB) and, as of the 2014 Conference, now honored to be your WSOT – World Service Office Trustee.

All of these service commitments, coupled with my dedication "to helping the addict who is still suffering," keeps me grounded and humble. God is doing for me what I could not do for myself and Cocaine Anonymous will always be my Hope, Faith and Courage for my life, that I may depart this great earth as a recovered cocaine addict.

* * *

QUOTE: From The C.A. Reading *Reaching Out*

"Something else I have done is that I have forgiven myself. I have forgiven myself for being an addict. I have forgiven myself for all the damage I did to my life, to my physical health, and to my career and finances. But most of all, I have forgiven myself for all of the horrible, negative and unloving things I have felt about myself. It was not until I offered and accepted my own forgiveness, that I was truly able to grow in my sobriety."

FULLY SELF-SUPPORTING 2.0:

It's Not Just About the Money!

BY: Susan B.

World Service Delegate

San Fernando Valley

In our C.A. Preamble, adapted from A.A.'s, we say that "there are no dues or fees for membership; we are fully self-supporting through our own contributions." This may lead one to believe that "self-supporting" simply means the ability to pay rent and provide chips and literature. Reading Tradition Seven would support that belief.

However, I think we are selling ourselves short to think that being "fully self-supporting" begins and ends with passing the basket. Is a C.A. meeting really being self-supporting if its service positions aren't filled?

Upon further reflection, what does it say about us to a newcomer attending a meeting for the first time when those with service positions aren't there, or one person is doing all the commitments? I would wonder why that was and perhaps leave or resolve to not come to that meeting again.

Meetings go dark when they are not self-supporting on all levels. Granted, meetings go through changes and sometimes it is necessary to take on more than one commitment until someone else steps up to fill it.

Then there is service junkie burnout. Yes, sometimes even service junkies crash and burn. There is such a thing as having too many commitments, taking "ownership" of those you have or becoming overwhelmed with life and service responsibilities. That can leave one vulnerable to unchecked character defects, which further erodes the primary purpose of being a trusted servant. I speak from having had some personal experience with this phenomenon.

What about Districts & Areas?

Districts and Areas face many challenges when service positions are not filled. Sometimes Trusted Servants are wearing more than one hat when this happens. There is often someone who will say they will cover the commitment until someone else steps up. Although it may be necessary (for a short time), the

problem is often no one will because someone is already doing it!!

When the group gets smaller, so does its conscience. Situations like this, in which those with multiple positions may carry only one vote, cause the voting body and quorum to diminish, leading to less people making more decisions.

Our primary purpose in carrying the message of C.A. recovery should always be inclusive of the concerns of all our meetings and members and reflected in the decisions of our service committees, in a perfect world. However, the world of C.A. is perfectly imperfect.

We do our best; we learn as we grow; and we forge on for the addict who still suffers. To me, that's what C.A. service is all about.

* * *

**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 12**

Will you be one to donate?

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SERVICE WORK AND ME

BY: Cathy R.

Drumheller, Alberta, Canada

This is my second time around in recovery and I think the only thing I learned during my first visit was that time was my enemy. I didn't know what to do with myself when I wasn't using my "mind altering substance." Although I was still employed when I sobered up, I found evenings and weekends particularly difficult and disconcerting. I felt at odds with myself and any spare time provoked feelings of fear, probably because I was starting to remember my real history—not the stuff I had made up as an ego-maniac with an inferiority complex. I remember feeling that I had no other place to go and I really wanted to belong to something that would give purpose to my life other than what I did to make a living.

When I first showed up at meetings and because I felt so awkward and ashamed of myself, doing service work provided me with a way of focusing my attention. Tasks like setting out the chairs, making coffee, cleaning out ashtrays (yes, I sobered up when smoking at meetings was acceptable!!) gave me a sense of having done at least one thing that I knew helped with organizing the meeting. It allowed me to arrive early to a meeting room to fill up the awful period of time that was lurking to get me to relapse. It allowed me to stay later to help clean up and then be invited to coffee "the meeting after the meeting" because I would have never thought anyone wanted to spend time with me. The regular meetings and coffee shop talks allowed me to open up to others and to start to feel comfortable in my own skin.

What I saw in others who seemed happy in sobriety was what I wanted. I have heard it said at meetings that I should hang out with the winners and I started doing that. I found, as so many others have that the happiest recovery members were those working the Twelve Steps, who have Higher Power and who practice the Twelve Traditions by doing service work. One of my first sponsors was a woman I admired because invariably in her sharing she would mention how service work had helped her practice principles before personalities, not only in recovery rooms but also in her life in general.

The group (belonging to another Fellowship) that I joined while I still lived in Calgary, Alberta was one that really emphasized service work. Our group had

regular business meetings and all service positions of running the group were considered extremely important. Further, the Intergroup and Area positions were supported and seen as vital in maintaining the structure of the Fellowship at all levels. This focus on service allowed me to commit to any position from birthday chair to secretary to treasurer with enthusiasm. It gave me a sense of accomplishment and pride that I was doing activities that I had never thought I was capable of doing. I had done volunteer work while in my twenties but I never lasted too long at any cause because I never felt committed to anything I had undertaken.

Later on, because of that awful word "time" and my huge fear of relapsing, I would volunteer to do other service positions at the intergroup and area levels. When I committed to whatever the activity was, I would tell myself that I couldn't relapse because I had a duty to do and I had told others that I would do the task. I might be able to let myself down but I couldn't let others down.

These services positions allowed me to meet so many people that I felt a connection with and knew that we were all trying to make whatever the event or activity be successful. I can't always say that I didn't get into "personalities before principles" but when I was reminded via the reading of the Twelve Traditions, I would work to change my perception of others. Also, as I was working the Twelve Steps, I could take the focus off of others and put it back on myself, where it belonged.

I still do service work at all levels to this date and what it has given me is my sobriety. I'm not sure that I would have stayed as long as I have, had it not been for service work. Despite myself, the Twelve Steps and Twelve Traditions and service work has kept me sober!! What a gift my Higher Power has given me.

* * *

QUOTE:

From The Pamphlet
Being of Service

"We discovered that the best way to serve God was to serve our fellow humans, and we found humility in the process."

WE ABSOLUTELY INSIST ON ENJOYING LIFE!

BY: Randy G.
Phoenix, Arizona, USA

“Happy, Joyous and Free” is the calling card and motivation that we hear at meetings across the world to represent the payoff for the effort that we put toward our sobriety. It represents the outcome of our individual and collective efforts on a daily basis to carry the message of recovery in C.A.

Being one of the fortunate drug addicts that found C.A. when my life was in shambles, I have experienced a Fellowship rooted in responsible sponsorship, commitments to service and guidance to establish and maintain a relationship with a power greater than myself. My life has forever been changed by not only the message of C.A., but following the path of men and women that live their lives based on the spiritual principles of our recovery.

This didn’t mean that my life has not been without trials, disappointments, difficulties and sorrow. What it meant was that I was taught that all of life – good and bad – is to be held precious, honored and consistent participation in my recovery would bring me through those times – clean and sober. That I was to come out the other side and carry the success of that experience in my life and lives of others.

In the recent weeks, our Fellowship and my circle of friends have experienced some real loss. Men and women that have lost their battle with this disease and left family and friends in a perplexing sorrow. The lethal nature of this disease has brought the battle against addiction to a new personal resolve, a front and center commitment to honesty, open mindedness and willingness to continue my growth in my own recovery.

I have found myself in the past finding comfort in my new life and blessings. When the gifts of my recovery begin to stack up so high that the daily efforts of recovery seem to take time that I “just don’t have anymore.” That’s a dangerous place for me and it just isn’t true. Everything I have and everything I have become in my life is the direct result of C.A. Only a spirit of gratitude and commitment to continue this effort will even allow me to continue to have this life.

So where is the energy to handle even more going to come from? Where is the motivation to participate in the intense work with others going to come from when life is so “full?”

The answer for me is always in the Steps, spiritual growth, sponsorship and active participation in serving our Fellowship. These tools when infused in my life have always provided me the energy to meet the commitments to C.A., my professional life and my personal life. And as much as I have experienced those facts in my life, there is something else I have experienced in this trip through sobriety.

I don’t believe the intense effort that so many in this Fellowship bring to their recovery is meant to tear them down and leave them empty and tired. To the contrary, the men and women I respect as true soldiers in this Fellowship have all learned that the “insistence to enjoy life” is not just the result of their efforts, but a commitment to the time and effort to do so as well.

They maintain efforts to meet with each other consistently to celebrate our recovery. They schedule their fun with the same commitment they schedule their recovery efforts. In every possible way imaginable, these soldiers have made the laughter and intimate joy of spending time with each other as important as our work “in the trenches.” I have found that through this commitment to smile, laugh and share our new life, the energy to stay in the middle seems easy to find.

So for me today, “we absolutely insist on enjoying life” takes on new meaning. If enjoying life is not only fun, but produces the positive energy to match the tireless effort of our recovery work, what a bonus!

With the upcoming 2015 CAWS Convention in Las Vegas, maybe – just maybe – I can’t afford not to go – lol. Not only does the convention produce a very important percentage of our Fellowship’s financial needs, but it provides a beautiful opportunity to celebrate our recovery and enjoy our lives together. And if that celebration and fun brings us the added energy to recommit our efforts to share our recovery with others – I don’t want to be anywhere else.

Come join us in Vegas, INSIST ON ENJOYING LIFE and find the new energy that comes from the experience! See you there.

* * *



QUOTE:

**From: *The Twelve Steps and Twelve Traditions*
Page 18**

Everywhere there arose threatening questions of membership, money, personal relations, public relations, management of groups, clubs and scores of other perplexities. It was out of this vast welter of explosive experience that A.A.'s Twelve Traditions took form and were first published in 1946 and later confirmed at A.A.s First International Convention, held at Cleveland in 1950. The Tradition section of this volume portrays in some detail the experience which finally produced the Twelve Traditions and so gave A.A. its present form, substance, and unity.

* * *

A NewsGram Poem

BY: Annie B.

San Francisco, California, USA

You Say Goodbye....

Yes, our dear friend has departed
And though we are broken hearted
There's a lesson from the leaving,
Lots to do, besides our grieving,
Lots to notice, and hold dear,
Now that we're so very here.
In this flash of shock and pain
Comes a burst of light we gain,
Comes the memory of such good
Such great things, for which he stood,
Such great kindness, such great laughter
Such a legacy. Long after
He has left the earthly plain,
So much goodness will remain.
We, his beneficiaries
Have a moment here, to seize
And turn, with all the love he gave
To all the dear hearts we would save
And give them all that he would give
While we still have time to live.
Thank you Robin, from this cast
Of thousands, for whom you will last
A thousand years as we recall
And cherish you, who gave it all.
May you rest and may you know
That friends await you, where you go.

(Dedicated to Robin W.)

THE RIGHT PEOPLE FOR THE RIGHT JOB

BY: George S.,
Anywhere, The World

Where do service positions in C.A. come from? First of all, not by magic! The service positions that keep C.A. running in order to reach out to the Still Addict (which is our primary purpose) come from dedicated Fellowship volunteers from all backgrounds. They contribute to the many, many tasks that keep our Fellowship working.

What are these positions? Let's start with Group Secretary; then GSR (Group Service Representative); then District/Area officers, Chairman, Vice-Chairman, Treasurer, Secretary, Committee Chairs; World Service Office Board members; and Trustees.

Many of us are familiar with these positions, but now, how do we fill them? Let's look at what we experienced when we first started in recovery. We came to meetings and we just assumed what was going on was run by the meeting itself to contribute to being sober. We are unsure, scared, many of us angry, or all of these! But maybe we kept coming back and got some sober time by working with a sponsor and doing the Steps. Then a sponsor said "now you do service." What does that mean? Our sponsor explained "service for sobriety." So what is the thing that would be best for us to be useful to the Fellowship? We talk with others and learn so we may contribute in the most productive way.

So, now how should sponsors and others get us into the right positions to contribute the most? Sometimes the word "grooming" seems manipulative, but it is teaching and encouraging a person to seek positions they will feel comfortable in and be productive in. The best thing may be to watch people as they come into the Fellowship and ask "which position might this person fill?" Then go and personally ask them to run for a position when it becomes vacant. Sometimes, they may say "no," so then we go on to another possible candidate.

Let's look at the responsibilities in Service that we need to fill. Not everyone is suited for every job in C.A. It is best to fill the position with someone who has sobriety time, dedication and capabilities. It is not productive to ask a person to step in or run for a position that they are not really suited for. It is an injustice to the Fellowship, the individual, and to the still suffering addict.

District/Area Officers, PI, Helpline, H&I, Entertainment, Delegate, World Service Office Board and Trustees, all have different areas of responsibilities. To see a list of these positions and their responsibilities, refer to the C.A. World Service Manual.

Grooming is to be honest. Grooming is to be mature. Grooming is to be encouraging. Grooming is to be educational. These things contribute to finding and choosing the right person for the right job. It comes down to being spiritual in choosing our trusted servants. And don't forget, teachers are extremely important. Without these teachers, it can become a disservice to the Fellowship.

Let's groom with love!

* * *

QUOTE:

From: *A Quiet Peace*
Page 120 (April 25)

When I do service, I am continually blessed with a wide range of positive spiritual experiences. My obsession to use has been removed and replaced with the continued desire to be of service to our Fellowship. For that I remain ever grateful.

NewsGram Puzzle Answers from page 17

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*** IT'S HERE!!! ***

THE C.A. MEDITATION BOOK

A Quiet Peace



DAILY MEDITATIONS



Interested in the new Meditation Book: \$9.95/book + Shipping and Handling, or \$179.00 + Shipping and Handling for a case of 24 books. Contact: CAWSO, 21720 S. Wilmington Ave., Ste. 304, Long Beach, CA 90810-1641, or by fax to 310-559-2554, Attn: CAWSO. You can call the WSO at 310-559-5833.) Or go online to: WWW.CA.ORG

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)



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.

JUST A SUGGESTION...

BY: Tammy H.

Phoenix, Arizona, USA

My recovery started with a suggestion that I get sober. My life continues today with suggestions being given to me, and by the grace of God I accept suggestions today. This morning my sponsor “suggested” that I write an article and submit it. As with most suggestions that come my way I get a little nervous at first, however in my experience the suggestions that have been given always make me a better person in some way or another. With pushing my nerves aside I inquired to my sponsor what I should write about. She suggested that I write about what inspires me whether it is the Steps, the Traditions, sponsorship, service work or even the events I have attended in Cocaine Anonymous. I’ve reflected on this and have found that I’m inspired and grateful for everything that I have experienced in C.A., even the suggestions that I found to be so difficult in the beginning of my journey.

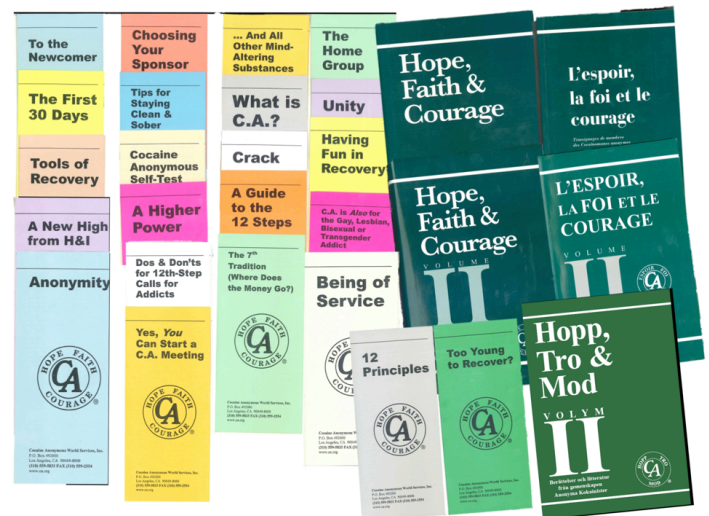
My first major suggestion from my sponsor was to start reading the Big Book entitled *Alcoholics Anonymous*, next she suggested that I start my steps. At the time those suggestions seemed so insignificant. As I look back that was the beginning of my new life as a member of Cocaine Anonymous. Every suggestion she gave me helped me grow a little bit more. Eventually she suggested I step up my game and be of service to the Fellowship that saved my life. It was suggested of me to join a home group and chair a meeting. What an amazing experience it is to chair a meeting with other addicts just like myself. I started to meet people and make friends with many of the addicts that came through our doors. Little did I know chairing a meeting was still just the beginning. Next my “service junkie” sponsor suggested that I hold a position within my home group, soon after I became secretary. I diligently attended all of our home group meetings and participated to the utmost of my ability. I again met more people that I now call friends. That commitment eventually led me to a GSR position. This is where I was opened up to a new level of service that I had no idea even existed. We all meet once a month and conduct the business of Cocaine Anonymous for all of our meetings in our District and once again I began to meet people and grow my friendship circle. The suggestion of being of service to the Fellowship that saved my life has changed my world in many ways. I am accountable, reliable and

enthusiastic about the work I do for Cocaine Anonymous.

Today I am honored when someone suggests something of me. I have come to realize they suggest something for me because they love me and want to see me grow. Among the suggestions of service work it has also been suggested of me to sponsor, join committees, and attend conventions and other events within Cocaine Anonymous. I have gladly accepted all of these suggestions from my sponsor along with other members of the Fellowship. My life is rich with fun, fellowship and love. I repay what was so freely given and suggested of me by actively participating in my recovery and being open to suggestions today. I am beyond grateful for the life that Cocaine Anonymous gave back to me, all starting with *just a suggestion*....

* * *

YOUR C.A. WORLD SERVICE LITERATURE



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**

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

BUY ONE FOR YOURSELF, BUY ONE FOR A FRIEND!



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Zip/Postal Code: _____ Telephone Number: (____) _____

C.A. WORLD SERVICE CONFERENCE COMMITTEE PAGE 1

ARCHIVE CORNER



The WSC Archive Committee is pleased to report that we have installed shelving to organize the many boxes that make up the archive in the Archive Room at the WSO. This will enable us to more easily access and sort materials to create the Master Archive.

As we look forward to CAWS 2015 (It's in Vegas, Baby!) the committee will be busy creating digital presentations to optimize traveling archive options.

To this end, we would like to know what information you would be most interested in seeing! Please send your suggestions to Archives@ca.org. This is your Fellowship and *your* input is important.

Recovery is Our History; Our History is Our Legacy

UNITY CORNER

A PITCH FOR UNITY

Eric F.

San Marcos, California, USA

Four years ago I came to the World Service Conference as a new delegate. I was excited and a little nervous to be among so many people from around the world who loved C.A. as much as I did.

I wasn't sure which committee I would serve on, but was leaning towards Finance or IT. As a part of the new delegate orientation the committee chairpersons each made a pitch for us new delegates to join their committees.

The Unity Committee Chairperson made an appeal that really spoke to me. He clearly had a passion for Unity and the good we can do for our Fellowship. He said that it was usually only after problems arose that people would bring up the idea of Unity and how our common welfare should come first. He suggested that if Unity was more of a priority; maybe we could prevent some problems rather than pick up the pieces afterwards.

This idea really struck me and I decided to join the World Service Conference Unity Committee, where I've been for four years. At the time of my first conference, we had considerable turmoil in our Area. Our Area monthly service meetings were often shouting matches and it was driving good people away from service.

I came back from the Conference with a lot of ideas on how to "fix" things within my Area. Before I got a chance to try any of my ideas a funny thing happened. There was some turnover within our Area service structure. The new service leaders had knowledge of the Twelve Traditions and the Twelve Concepts, more experience, tolerance, and that special quality that I often wish I had more of...the ability to allow others to be wrong.

Our monthly Area meetings have been much more harmonious and effective since that time. I have seen the idea of preventing the problems before they start to take shape. I didn't do any "fixing." Love and tolerance in the spirit of Unity did!

NEWSGRAM PUZZLE

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

Clues:

CHIPS
 DELEGATE
 FORMATS
 HELPLINE
 LITERATURE
 NEWSGRAM
 OFFICE
 SERVICE
 SPONSORSHIP
 STEPS
 TRADITIONS
 TRUSTEE
 WORLDSERVICE

(Answers on page 10)

QUOTE:

From: *A Quiet Peace*
Page 67 (March 4)

When I first came into these rooms, I knew that if everyone in my life could just follow my instructions, life would be fantastic. As if only I could control the *whole* performance. As if I could just manage well enough. Even with sobriety time, I often forget that I gave my life to God when I did my Third Step, so I have to do it again and again each day. I remind myself how I made a decision that God *is*. Now I need to trust that decision, get out of my own way, follow through by putting one foot in front of the other, and do what I believe God would want me to do. I remind myself that I am not running this show.

Calendar of Events

January 16-18, 2015

28th Annual C.A. Quebec Area Bilingual Convention/congres regional bilingue de C.A. Quebec Eternellement Reconnaissant/Foreveg

LOCATION

HILTON GARDEN INN
380 Sherbrooke W.
Montreal, Qc H3A 0B1
Call: 1-887-840-0010 Reduction Code: COANO1

CONTACTS

Roberto V., Chair 514-814-3938
Pascale M., Hotel Liaison 514-371-7787
Sylvie C., Registrations 438-821-0391

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

April 12-15, 2015

25th Annual Tri State Convention Undiscovered Territory

LOCATION

The Double Tree Hotel
6200 Quarry Lane
Independence, OH 44131
Call: 216-447-1300

CONTACTS

Olivette B., Chair, 234-738-5379
Terry D., Vice Chair, 330-283-4105
Debbie D., Co-Registration 330-283-7260

April 17-19, 2015

PNRC 2015 Conference in Salt Lake City

LOCATION

Sheraton SLC
150W 500 S.
Salt Lake City, UT 84101
Call: 888-627-8152, Promo code: PNRC

CONTACTS

Rob C., Chair, 801-750-3061
PaAuna L., Hotel Liaison 801-833-6874
Mary P., Registration 801-512-5920

A NewsGram Poem

By: Stephanie K.

Wichita, Kansas, USA.

A child, thinking she is grown
Makes a decision
Lays down with her pictures
Listens to her music
And takes another piece of freedom
This is it, everything will be better now
No more pain, no more anger
Only a quiet senseless sleep
But every piece of grief cuts a deeper tear
in the face of its name
Names are lost, memories are faded
Far away, the people who are lost
Don't even realize that they are missing
That there is someone watching
Waiting
Hoping that they return
Time spent dying gives the mind a chance to think
Beneath the warm comfy covers
She regrets her judgment
The photos in her hand remind her
That she loves being in love
and that the pain might go away someday
The poison threads lace underneath her skin
And she wishes she had the strength to rip them out
As her eyes start to close she knows she's sorry
But some mistakes can never be erased

Calendar of Events

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



November is Gratitude Month

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

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

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

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

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

ASK YOUR MEETING SECRETARY TO
PASS THE GRATITUDE CAN!!

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

7 th Tradition July-September 2014		
Location	Category or Group Name/City	Total
Anonymous	Anonymous	\$
CANADA		
Alberta	Beat the Drum	\$ 59.25
Quebec	Montreal Quebec Area	\$ 2,000.00
Ontario	Niagara District of SOCA	\$ 393.95
	Southern Ontario C.A.	\$ 250.00
EUROPE		
United Kingdom	Anonymous – Rickmansworth	\$ 25.00
	Anonymous – UK	\$ 490.00
	Central CAUK	\$ 700.00
	South Central CAUK	\$ 760.82
USA		
Alabama	Everything or Nothing	\$ 50.00
Arizona	Birds of a Feather	\$ 55.59
	Razor's Edge	\$ 187.00
	Tues. Sol Beach Garage	\$ 120.00
	Sun Valley Intergroup, Inc.	\$ 2,568.00
Arkansas	AR Area	\$ 150.00
Northern California	Anonymous - Eureka	\$ 4.00
	C.A. of Northbay Serv. Grp.	\$ 30.00
Southern California	Anonymous – Hawthorne	\$ 45.00
	Anonymous – Los Angeles	\$ 150.00
	Anonymous – Newport	\$ 3.52
	Anonymous – Pamona	\$ 20.00
	Anonymous – San Diego	\$ 7.98
	Anonymous – San Gab Valley	\$ 4.32
	Anonymous – Tarzana	\$ 20.00
	Back Benders Mtg – CALA	\$ 180.00
	CALA Longbeach Compton Dist.	\$ 224.85
	C.A. San Diego	\$ 221.34
	Cen Cal C.A.	\$ 900.00
	Crackhead on a Mission	\$ 8.08
	Inland Empire Area Serv. of CA	\$131.24
	Orange County C.A.	\$ 2,000.00
	SGPVCA	\$ 138.32
	WSOB	\$ 91.00
	CAWSO Anonymous Change Basket.	\$ 9.23
	TEC Conference	\$ 155.00
	WSBT	\$ 179.00
Colorado	Anonymous – Denver	\$ 56.00
	Art in Action	\$ 62.00
	C.A. of Colorado	\$ 608.42
	Drawing Closer	\$ 12.00
	Nirvana Group	\$ 183.00
	Starting Over	\$ 30.00
	White out Group	\$ 53.00
Florida	District of Fort Myers	\$ 177.00
	Florida Area of C.A.	\$ 7,158.08
	Southeast Florida	\$ 175.00
Georgia	Carry this Message	\$ 58.00

7 th Tradition July-September 2014		
Location	Category or Group Name/City	Total
	Cocaine Anonymous, Inc.	\$ 44.14
	Log Cabin Group	\$ 44.28
	Spearheads	\$ 52.72
	Sun Spiritual Awakening grp	\$ 27.08
Idaho	Anonymous – Twin Falls	\$ 100.00
Illinois	Chicago District #1	\$ 155.04
	Fri. Hope, Faith & Courage	\$ 20.18
	IACA, Inc.	\$ 1,900.00
	IACA, NW Suburban Dist.	\$ 139.50
	IACA South & West Dist.	\$ 65.70
	Turning Point	\$ 45.00
Maryland	DC-MD-VA C.A.	\$ 25.00
Michigan	Sat Morning Alive	\$ 20.00
Missouri	Courage to Change	\$ 20.00
	Greater Missouri Area of C.A.	\$ 19.00
	Men's Meeting	\$ 52.00
	Northland Group Donations	\$ 35.00
	There is a Solution	\$ 10.00
Nevada	Anonymous – Las Vegas	\$ 100.00
New Hampshire	Weigh Out Group of C.A.	\$ 100.00
Oklahoma	C.A. of Oklahoma	\$ 25.00
	Freedom for All	\$ 33.00
	The Rock Stops Here Group	\$ 150.00
Oregon	C.A. of Oregon & SW Wash.	\$ 75.00
Pennsylvania	Cocaine Anonymous	\$ 300.00
Tennessee	CA Nashville	\$ 111.81
	Dr. Bob's Nightmare	\$ 6.95
	Hope Not Dope	\$ 6.96
	Pioneer Group	\$ 6.96
	Women's Group	\$ 6.96
Texas	Anonymous – Fredericksburg	\$ 120.00
	Anonymous – Houston	\$ 20.00
	Circle and Triangle Group	\$ 70.00
Utah	Anonymous – Roy	\$ 30.00
Wisconsin	Big Book Study	\$ 15.00
Birthday Envelopes		\$ 23.00
Gratitude Month		\$ 100.00
World Contribution Program		
	(See form on page 12)	\$4,740.00
Total		\$ 29,720.27

A NewsGram Question for you....

Would you like to see a "Letters to the NG Editor," where you could comment on previous articles, or items you've seen in the NewsGram? Do you disagree with something that was written? If so, e-mail the NG Editor at: Newsgram@ca.org