

# NEWS GRAM

Volume 33 No. 1 C.A. World Service Office, 21720 S. Wilmington Ave., Ste. 304, Long Beach, CA 90810-1641 1st Quarter 2015

## AN H&I MEETING CHANGED MY LIFE

BY: Rick G.

Portland, Oregon, USA

Hi, my name is Rick and I'm an addict. I never thought I'd be an addict. I had a "normal" upbringing. Although my parents divorced when I was five, I didn't think there was anything wrong with that. It just was. In High School I got good grades, and played some athletics. My father and stepfather both taught me a good work ethic. A lot of my friends in school did drugs, but I didn't understand why staying up all night was such a great thing. I liked to sleep. I didn't really understand the idea of using drugs.

When I graduated High School, I planned to go the military. I was signed up with the recruiter, and two weeks away from going into the Army, my uncle called me and offered me an apprenticeship with a funeral home, which was a family business. So, I took the apprenticeship and called the recruiter and told him I'd changed my mind. After starting working at the funeral home, the other apprentice there was kind of a partier and I started hanging out with him and his friends. One of his friends was a guy named Josh. I'll talk about Josh later. I started drinking and parting a lot. One day while I was drinking, I found a bag of meth on the ground so I picked it up thinking I'd sell it to one of my addict friends. But I ended up smoking it instead. And I never went back to my regular life. I left all my stuff in my apartment at the funeral home and quit paying my bills, spent all my money that I had saved up, I messed up my accounts trying to get more money. This was in 2001. Once my resources were gone, I started selling drugs to support my habit. Sometimes I'd get a job for a week, but once I got a paycheck I never went back.

On Aug. 31, 2005, I was on my way to prison for 44 months for "possession with intent to deliver." I did 38 months in prison that time, and I was paroled. My mom had started using drugs while I was in prison and all my friends were high. So, getting out and going to my mom's house was just like going back to all the

insanity. I lasted about two days in that environment, before I asked for the pipe. I didn't check in with my probation officer, I was out four months and then I was going back to prison for a possession charge. After that, I was in and out of prison and jail so many times I've lost count.

Finally, when I got busted the last time, in another state, they revoked my probation and so I had to sit in prison again. I had to go face the charges in that new State.

But this time, while I was in jail, there was this guy in there that had been sober for five years, and when he got divorced he got high again and was back in prison for drug possession. He went to the H&I meetings that were brought into the jail. He used to tell me how great it had been to be sober. He was always telling me about recovery, and that I should attend the meetings with him that were brought into the jail by another Fellowship. I thought "I'd never do that." Then he started to say that I reminded him of himself when he was that age. At that time, I thought I could beat this latest charge. I used to tell myself that this time when I got out, I'd sell drugs differently; I would think to myself "How can I do this differently so I won't get caught again." Finally, to shut my cellmate up I ended up going with him to an AA meeting in jail. I found out that when I went, I felt better. I would go and laugh and have a good time. I enjoyed hearing everyone's stories. So, I thought maybe I'd try treatment since the prosecutor had offered me a deal. He said I could be paroled to a 6-month treatment program. So, I went to a treatment facility that he recommended.

*(Cont. Page 3)*

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## 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](http://www.CA.org) and print out the Release Form and submit along with your item to:

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Inside This Edition	Page(s)
An H&I Meeting Changed My Life	1,3
C.A. Calendar of Events	14-15
C.A. Trusted Servants	2
Conference Committee Corners	13
H&I Brought Me the Message	5
It's Going to Be Epic – CAWS2015	8
Reaching Out	4
7 <sup>th</sup> Tradition Donations	
Trustee Corner	11
What's Happening at WSO	7

**(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.)**

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**Go To: [www.ca.org](http://www.ca.org) for pricing information**

## AN H&I MEETING CHANGED MY LIFE

BY: Rick G.

Portland, Oregon, USA

(Cont. from Page 1)

They told me in that treatment center that I couldn't stay sober without going to meetings. They told me to get a sponsor, so I got a sponsor. I started going to meetings and listening to what people said. I started to go to extra lengths to go to additional meetings. I started to enjoy being clean and sober, and I started to feel better about myself. I started to believe that I had options other than prison. I also became extremely compliant with my parole officer. I went to every parole meeting, I checked in regularly, and I took the UA's and passed them.

Once I got out of treatment I moved in with my grandmother first, and then to a clean and sober home. I would go to clean and sober clubs from 5:00 P.M. to 11:00 P.M. at night because I could stay sober there, and I met clean and sober people. I actually ran into friends I knew from middle school, who were now clean and sober. I started hanging out with only sober people. I started going to sober functions and having fun in sobriety. I started fishing and other outdoor activities SOBER! We even saw a bear in recovery!

I started to get involved in service right away because I saw that people who did service had time. I took a GSR position first from my C.A. home group, and started doing Area Service and I really like it. I got my friends and roommates into Area service. I am currently the Area Delegate and I get to attend C.A. World Service Conferences, Regional Meetings and C.A. Conventions.

I have a sponsor, and I've sponsored people. I work the steps and work with others. I try and help the still suffering addicts that cross my path.

I have the opportunity to be a father to a wonderful little boy. I wouldn't have that gift if it weren't for recovery! He's such a gift. He brings joy into my life.

I was able to go to college in sobriety and I have trade certificate and I'm actually working in my field. I am a good, reliable employee now. I show up for work everyday, and I collect a paycheck for a job well done. I've been promoted in my job a couple of times.

In sobriety, I have gone through some very difficult things. My mom passed away when I was two years sober...that was very difficult for me, but I went

to a meeting. I asked the Secretary of the meeting that night if I could chair the meeting. My recovery friends rallied around me during that time. Last summer, one of my friends and roommates, Josh (who I mentioned up above) died of a heroin overdose in his room, he was only 30. One of my other roommates and I found him dead in his room. We called the police and had to deal with the authorities. My roommates and I got through that with grace and clarity with the help of the Fellowship! On that day, our Area was having its yearly Unity Event. We needed to be with our recovery friends on that awful day. So after the police left our home, we went and celebrated C.A. with our C.A. friends. Also on that day I found out that I still have some outstanding legal issues that could potentially send me back to prison. The police didn't arrest me that day because they saw that I was living a clean and sober life style and was getting a good, healthy life back. I do have things that need to be taken care of, but sobriety had taught me how to take care of these types of issues. I have learned that when I go through hard times, I go to a meetings share my stuff so I can get through and feel better.

I never want to use drugs again. I know that it is a "One Day at a Time" thing, but I live one day at a time. I like to listen to others who've gone before me as well as share my experience. There are things I still need to do...but I can learn from others. I like to pay attention to what everyone has to say and how they live. I know that I don't want to go to prison again, but if I had to go back, I would do it clean and sober. I thank God everyday for C.A.

\* \* \*

### QUOTE:

*A Quiet Peace, Page 50*

*"I heard the C.A. message in prison when the H&I Committee brought in a meeting. They gave me an introduction to recovery, and I understood for the first time that sobriety was, in fact, possible. I didn't want to accept my addiction immediately; it took some time to want to do something about it. Eventually surrendered and was finally able to comprehend what a Higher Power was all about. I came to believe the God of my understanding could keep me sober if I took the Twelve Steps."*

## REACHING OUT

BY: Peter B.

Drumheller, Alberta, Canada

My name is Peter. I have been a member of CA. for 17.5 years, although I just celebrated 15 years of recovery from a hopeless state of mind and body. I work in a federal medium security prison in Canada. The statistic that has had such an impact on my life is this one: 80% of all inmates are in prison due to drug and alcohol related crimes.

I have made it known that I am a recovering drug addict since the first year that I worked here. I have spoken at the prison two times, and I have attended meetings. I continue to reach out when I am asked about my recovery by inmates. I am reminded about the addict that left prison shortly after I started, and is now back serving another sentence for drug possession. He tells me how things were going great for him, out on the streets, until he stopped going to meetings, and fell right back into his old life. The guy who told me he can live comfortably in a dumpster full of cardboard, with a small heater.

There is a fellow getting out in 12 days who I really like. He tells me he won't do any drugs when he gets out, except pot, because that only gives him the munchies. I asked him to consider this the next time he had a negative incident in his life, how had marijuana played a part in that incident

I try to make it clear in my conversations with these men how drugs impacted my life and how recovery has changed it. I suggest that they might like to go to 12 step meetings the first thing when they get out. We have had an inmate die of an overdose 2 hours after leaving the prison. I have suggested that they continue to go to meetings. Instead of slacking off, and returning to this place. I suggest that they might get involved in recovery before they get out, and find themselves with nowhere to return to except their old haunts, and friends, which many do. Wondering why they have returned to prison a short time later.

Occasionally I hear about the odd guy who is doing well out on the streets, but largely I only get to witness the men who come back into prison due to drugs, and alcohol. I continue to reach out with my story, because if it only helps one person stay sober, or plants the seed in others, then it is worth it.

By the way. It has kept me sober for 15 years now.

\* \* \*

### *Excerpts:*

#### **C.A. Pamphlet: *A New High from H & I***

*"My first experience with doing H&I work was when I had 90 days sober and went to speak on a panel at a hospital. I was sure I had nothing to offer, nothing to say. I sat there listening to the speakers before me and knew they had said everything I wanted to say. When it was my turn, I just opened my mouth and let the words pour out. I not only said what someone in the room needed to hear, but things that I needed to hear."*

*"H&I helps me to remember where I came from. It also allows me to watch the miracle of recovery change others and in doing so, it allows me to change myself. There are no words that can describe the feeling inside when someone I first met at an H&I panel gets his/her first year token."*

*"It is my belief that sharing my experience, strength and hope through H&Is, I hope that I may in some small way help another suffering addict see a glimmer of hope and a better way of life. But for the grace of God ... there go I."*

*"My reason for H&I is a selfish one: to stay clean and remain grateful for what I have. It offers me a feeling of usefulness to God and to mankind."*



## H&I BROUGHT ME THE MESSAGE

BY: Jason S.

Montreal, Quebec, Canada

My name is Jason and I am a recovered drug addict and an alcoholic.

I grew up in a normal family with no extraordinary circumstances. I started using drugs and alcohol to simply fit in with the IN crowd. A joint here and there couldn't possibly hurt me, right?

Once I experienced what it was like to be high or drunk, everything changed for me. All of a sudden, when I used or drank, I turned into this other person. I was taller, better looking, funnier, more popular and most of all at peace. Or so I thought. The chase of being this other person would bring me down a whirling spiral. As the years went on, the friends I was trying to impress were gone, and I was left behind stuck in the misery, terror and pain of addiction. Whether I was using Cocaine or any other drugs, the end result was the same. I lost control.

When I used drugs, I didn't know how the night was going to end. I did things I said I would never do. I stole, cheated and lied to - and from the most important people in my life. It came to the point where I didn't know a life without drugs. The thing that kept me using for so long is that I was a functioning addict. I had a full time job, relationship, car, apartment, etc. On the outside looking in, everything looked like I had my life together. I spent my whole life pretending everything was ok and keeping people out. I became very good at it.

Eventually I came to a point, which every addict comes to, the bottom. I had come to a point where I couldn't take the pain and emotional turmoil I was in anymore. In my head, I had two options. Suicide or reach out for help. I didn't want to die. I wanted the pain to stop.

From the second I chose to live, my life changed. I ended up in a rehab center and my journey of recovery began. In treatment I was introduced to the 12 steps and the program of recovery. The Hospitals and Institutions Committee held a C.A. meeting at the treatment center I was at every Wednesday. I looked forward to that meeting the most out of all the

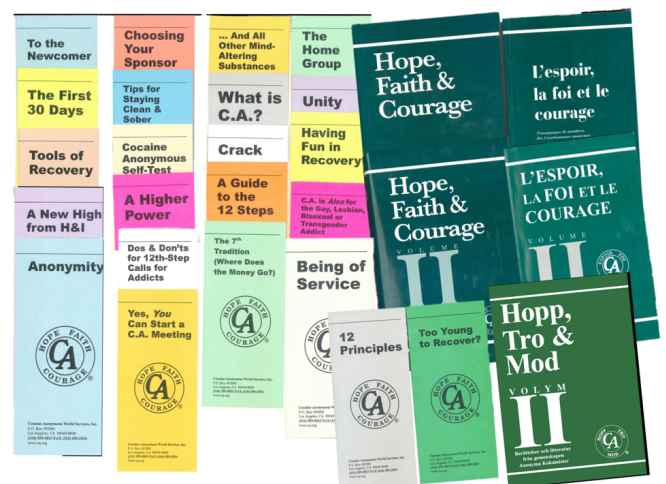
meetings. Cocaine Anonymous brought the solution of recovery and HOPE that the future is bright and clear.

When I left treatment, I dove into recovery. It was suggested I do 90 meetings in 90 days, so I did that. It was suggested I get a sponsor and start doing the Steps, so I did that too. I did everything I was told because I knew my way didn't work and I was willing to go to any lengths to recover. As the months went on, my life got better. As I picked up my 30 day chip, three month chip, six months, nine months and so on, life got infinitely better than it was before when I was still using. I finally had been given a solution that worked. I had recovered.

I now have to pleasure of doing service on the H&I Committee. I also have the blessing of chairing that same meeting at that treatment center, carrying the message, as it was brought to me.

\* \* \*

## YOUR C.A. WORLD SERVICE LITERATURE

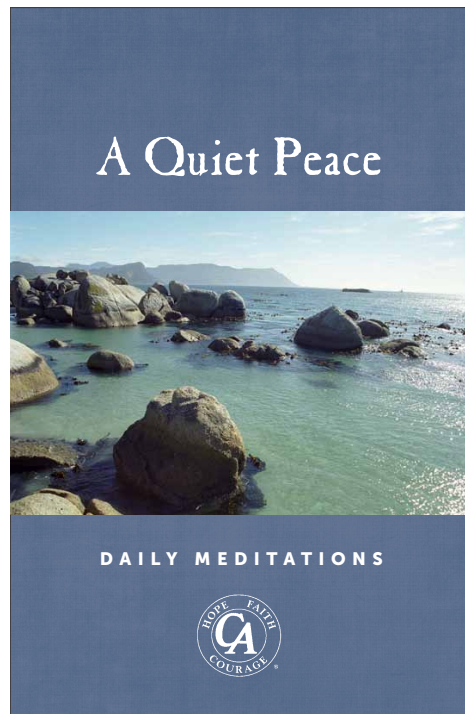


## Here's what C.A. Members are saying about the new Meditation Book!!

"Since purchasing our long awaited meditation book (+ 1 as a gift to a friend) I've found great comfort and assurance, similar thoughts, feelings, and experiences that bring me greater appreciation for our Fellowship and the men and women gone before us! Truly we've all something to be thankful for with every story written here..."

"I got my copy of "A Quiet Peace" towards the end of last year. I read the pages with my important dates first. I feel those are my special messages and they always are. Now as the New Year has begun, I read each day and feel the presence of my fellow addicts. Where we live now, there are no C.A. meetings, but this book brings you all closer to me. I am grateful for the book, and Grateful for C.A."

"I look forward to our Tuesday Night C.A. meeting, because we read out of the Meditation Book. It seems to center the entire group, and always gives us an incredible gift of a topic. It's always amazing to me how we always have similar experiences in Recovery! I purchased a copy of the book from that meeting, and now I read it every morning with my coffee. It helps to center me for the entire day. I love the new C.A. Meditation book."



***NOW AVAILABLE THROUGH THE WORLD SERVICE OFFICE***

**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](http://WWW.CA.ORG)**

## **WORLD SERVICE OFFICE:**

### **WHAT'S HAPPENING AT THE WORLD SERVICE OFFICE**

BY: Linda Francisco  
World Service Office, Director of Operations  
Long Beach, California, USA

Have you called the office lately? There are some new voices on the other end of the line...with Nicole (Shipping) off on maternity leave and Sheila off on a medical leave – you will have the pleasure of speaking with our new customer service reps, Keith, Lori or Shalom. They are ready and available to help you with your orders, and any other questions you may have.

We are excited to share that the new Meditation Book, *A Quiet Peace* is making its way around the World! With cases of these books being shipped out daily to Europe, Canada, Africa, and of course all regions of the United States! We wish to thank each of you for having and using your copy of this daily meditation book...are you sharing the daily meditations at your meetings? If you have not yet purchased a copy...they are available for only \$9.95 ea. Or only \$179 for a case of 24 books (a 25% saving!).

We are also on our second printing of the new pocketsize “Newcomer Booklet.” Did you realize that this little booklet will fit nicely in your shirt or jeans pocket and comes with or without staples for H & I distribution? It also has a space in the back to collect phone numbers and/or emails. At only \$1 each. It is a wonderful Newcomer handout – that will keep a new member “coming back.”

We have introduced a few new items to our inventory in the past year? We wish to encourage you to add our new pamphlets (*Anonymity*, *Too Young to Recover?* Or *12 Principals*) to your literature orders. We also stock a larger literature rack that will hold all 24 pamphlets as well as up to three to six books for only \$36. Please visit our online store at [www.ca.org](http://www.ca.org). We have pictures of these plus many addition items in stock for your review.

We are excited to announce that we continue to send out Starter Kits to new meetings both in the U.S. as well as all over the world. We continue to grow because

you continue to reach out to the “addict that still suffers.”

The World Service Office wishes to thank each of you for all you continue to do!

\* \* \*

**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?**

**“IT’S GOING TO BE EPIC...”**

BY: Earl H.  
Oceanside, California, USA



This is the quote we hear so often from the many committee members volunteering their time and talents to bring our Fellowship a World Service Convention that will be like none other and it is true! The World Service Office hosts our 31<sup>st</sup> annual celebration in Fabulous Las Vegas, Nevada starting May 21<sup>st</sup> 2015.

We have assembled a highly qualified, well seasoned, team of service junkies from all over the globe to facilitate our purpose, which is to promote enthusiasm and unity within the Fellowship of Cocaine Anonymous and financially support The World Service Office effort to carry the message to the addict that still suffers.

I'm Earl H. and in 1986 I showed up in San Diego for CAWS 2, C.A.'s second World Convention. I was still working on the *"what it was like"* portion of my story. I saw the Fellowship celebrating their recovery, laughing and having fun. I heard C.A.'s message of recovery there and in the speaker meetings I made a connection. You urged me to keep coming back which I did and eventually I got a sobriety date that hasn't changed for the last 27 years. You also showed me a way to live comfortably, sometimes with

unresolved conflict using spiritual principles. You gave me a design for living. I am honored to have been chosen to Chair CAWS31 and very grateful to all who are making this happen.

Our hardworking committee members have been very busy planning an incredible experience for you! We are bringing you a diverse speaker slate from all over the world. We are moving the speaker meeting times on Friday and Saturday to 5:00 P.M. and midnight. This will give you more flexibility with dinner and entertainment planning. The workshops offer an array of interesting topics and were planned out thoughtfully to enhance your recovery.

We will be offering fabulous memorabilia with beautiful convention themed artwork. Really cool one of a kind live auction items are being donated and purchased to help raise funds for C.A. We have plenty of silent auction items and baskets to bid on with items from every region of our Fellowship.

We hope you revisit our website at [convention.ca.org](http://convention.ca.org). There you can sign up to lead a marathon meeting, book your room at a special discounted rate, get the latest convention updates, and

*(Cont. on Page 9)*



*(Cont. from Page 10)*

pre-register to save time and money. Harrah\*s has recently remodeled much of the hotel and upgraded the pool area which is right next to our convention activity rooms. This will be a great place to meet up with old friends and meet new friends! There will be plenty of spots to chat and people watch.

There will be no shortage of fabulous activities. We will kick off the Convention Thursday Night with a great opening speaker meeting and then an Ice Cream Social Unity Event.

For you Golfers on Friday, the Royal Links, one of the best, most desired courses in Las Vegas would be yours to play at a bargain price! Friday Night is time to laugh. We have a great comedy show lined up for you with three very talented, funny comedians.

Saturday we will be heading out to Red Rock Canyon National Conservation Area for a picnic lunch/speaker meeting next to some very spectacular rock formations over 3000 feet in height. You will definitely want to get back to the Harrah\*s Hotel pool by 5:00 P.M. for the greatest “off the hook” Pool Party ever! It’s really a concert by a pool! Two bands, Bravo Delta at 7:00 P.M. and Rico Diamante at 9:00 P.M. will be rocking us along with the well-known local DJ Thump. Lots of food and beverages, dancing, swimming, or just hanging out listening with friends. All night long!

Sunday morning you can go tour a man made modern marvel, Hoover Dam. Its construction was a massive effort by thousands of people and cost over 100 workers lives. It is truly amazing.

We will gather in the evening for our traditional Banquet Dinner, which will be above and beyond because it is Vegas after all. We will have a brief live auction and a dynamic speaker following dinner capped off by the very funny Mac King, the headlining magician/comedian from Harrah\*s main showroom.

Monday morning you have many breakfast options to choose from all much less expensive and better than we could provide you! Don’t panic though! We will have a Closing Spiritual Speaker meeting at 10:00 A.M.

Close to our hotel is some fabulous shopping. Across the street are the Forum Shops at Caesars. New is the LINQ, a pedestrian way just south of our hotel with plenty of shops and specialty restaurants. It is also the way to the 550-foot tall “The High Roller” the world’s tallest observation wheel, an unbelievable

view at night. Also located at the rear of our hotel is a Monorail Station stop. You can purchase a multi day pass and have unlimited access to the Las Vegas Strip during the convention.

Cigar Aficionados of C.A. will be holding meetings every evening. There will be CoAnon participation at this convention as well.

The CAWS31 Convention Committee hopes you can join us for a truly “EPIC” party this May. Come out and celebrate your recovery. Bring a friend or two. **Don’t miss this one!**

\* \* \*







## **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.

## **Trustee Corner:**

### **FROM THE CONFINES OF A BATHROOM TO WORLD WIDE TRAVELER**

**BY: Anne M.**

Atlantic South Regional Trustee  
Charleston, South Carolina, USA

I love attending the World Service Convention. It is always one of the highlights of my year. Not only do I get to connect and reconnect with new and old friends, but it also gives me the opportunity to travel to places I have never been, and perhaps would never have a reason to go.

Before I came into C.A. my life was lived primarily in the bathroom. As my addiction got worse and worse, my world got smaller and smaller. One of the things I never expected from recovery was the opportunity to travel to places I had never been, and see things I had never seen. I thought sobriety might possibly be the most boring thing upon which I had ever embarked. How wrong I was!

One of my most powerful spiritual experiences happened at the first World Service Convention I attended. It was in Milwaukee in 1999. I had been in one of my bottoms in my recovery, which my sponsor told me would surely happen from time to time. I had spent months working the Steps again, with very little relief.

After I arrived in Milwaukee and checked into the hotel, I got on the elevator. Everyone was greeting each other and smiling and having a great time. I was standing in the back observing. Somewhere between the lobby and my floor on that elevator ride, I had an amazing spiritual experience. I saw God in all those smiling eyes and hugs and friendly greetings. And all that Step work that I had been pursuing that often felt for naught finally paid off and I found relief!

I spent the rest of the weekend laughing harder than I had laughed in months. I got to know the people I sit in meetings with every day in a way I had never known them before. I got to see a city I had never seen before. I got to meet new people. I got to have my spiritual life enriched by the amazing workshops and speakers. I got to feel at home among fellow trudgers.

From that year on, I was hooked. New acquaintances became old friends. Every year my eyes continued to be opened even wider by the new cultural differences and experiences I got to have firsthand by visiting other parts of the country and the world. My worldview and my place in it began to expand in ways I didn't even know possible.

In 2012 when the World Service Convention was held in Birmingham, England we had an amazing opportunity to travel overseas to visit another continent and country, to learn a new language - okay, not really...but it continued the tradition of providing a new venue for this former bathroom dweller to experience the bigness of the world.

One of the ways that I have found that really enhances my experience at conventions is finding a way to be of service. Whether it's greeting people at the registration table, helping sell tickets or chairing a marathon meeting, all of those things have provided me a wonderful opportunity to meet new people and feel a part of something so much bigger than myself.

The beauty of it is that I have found these same feelings again and again, year after year. A new city, new friends, new experiences, a new opportunity to be of service, a chance for a spiritual recharge and a chance to come home. But the thing I am most excited about year after year, and this year will be no exception, are the elevator rides!

\* \* \*

#### **Items Available for purchase through the World Service Office**



**Go To: [www.ca.org](http://www.ca.org) for pricing information**

## ***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!**

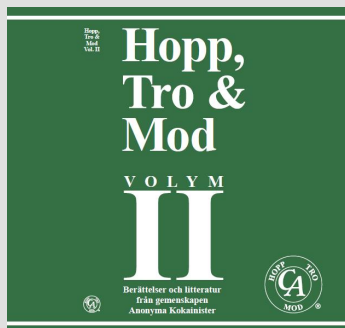
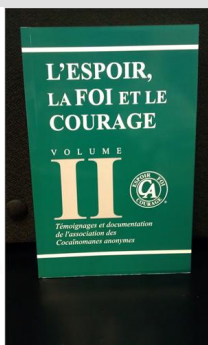
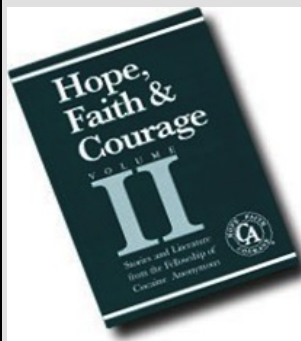
**We have available the *HFC II* in French!  
*L'Espoir, la Foi ET le Courage, volume II* for \$9.95 US Dollars**

**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**

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## PUBLIC INFORMATION CORNER

### THE C.A. ONLINE PUBLIC INFORMATION COMMITTEE

BY: Patrice L.

Vice Chair, C.A. Online PI Committee  
Brick, New Jersey, USA

Our Online Public Information Committee consists of addicts from our Online Area, from all walks of life, and globally wanting to get the message out to the addict. The PI Committee has been working diligently to find new avenues for reaching out to the addict.

Our first task was to update our flyer for the Online Area. Our committee worked together so brilliantly!! Our Public Information Video and flyer is available is located under the Public Information tab.

We began distributing the flyers to the areas that our members reside in. Several of us hit each meeting in our area, recovery centers, sharing our online experience, handing out flyers, and leaving flyers on the literature tables for anyone to take.

For our next task, the PI Committee decided to create a business card, which would be used to spread the word about our online area meetings. The business cards are GREAT and afford us the opportunity to reach so many!! The business cards were distributed through the members to their local district meeting. My experience was an incredible response!!! NO ONE knew that the online community exists! Our next step was distributing at the C.A. World Services Convention. The cards were available for all to take. Packets were designated for Canada, too! Our next distribution was in the UK! Cards were distributed at CAUK and mailed throughout Europe!!

Our Online Area offers 24/7 email based and "voice only" meetings. Visit [www.ca-online.org](http://www.ca-online.org) to join our email based meetings, and view the schedule for the "voice only meetings." Our webpage has a "Get Help Now" button, which allows the addict to reach out directly to a member of the online Helpline Committee, where an email is sent urging the addict to get to a meeting and answers any questions.

Our ability to get the word out has been a success and we are always looking for new blood and fresh ideas!! Our committee is always welcoming new members. Visit [pcomm@tradition5.org](mailto:pcomm@tradition5.org) and join! We're waiting for you!

## UNITY CORNER

### THE STATE OF BEING UNITED OR JOIN AS A WHOLE

By: David H.

Los Angeles, California, USA

I sat in on a meeting this morning. The C.A. members were from all over the world. The state of gratitude made that meeting united. The affirmative shaking of our heads in agreement to the shares, the laughter of tears of similarity in the shares, and the feeling of all being whole.

During this time, the CAWSO Conference is being held. We are in a state of being united in the business for our Fellowship. There are moments we don't agree. There are times our passionate statements feel like scratching a chalkboard or cool water on the lips. The group conscience makes us whole.

The State of Unity in the C.A. Fellowship isn't as strong as I'd like it to be. But, whenever two or three are gathered a special magic happens that makes me whole.



# Calendar of Events

**March 27-29, 2015**

## **2015 Atlantic South Regional Convention**

### **LOCATION**

Wynfrey Hotel in Birmingham  
1000 Riverchase Galleria  
Birmingham, AL 35244  
206-705-1234

**April 12-15, 2015**

## **25<sup>th</sup> 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 11 & 12, 2015**

## **European Regional Assembly 1:00 P.M. Frankfort Unity Day**

### **LOCATION**

Church of Christ  
Merianplatz 13  
60316 Frankfurt, Germany

### **CONTACTS**

David; djdj2work@gmail.com  
Claudia; claudiawf@gmx.de

**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

**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)**





## Calendar of Events PAGE 2

**NOVEMBER 6-8, 2015**

### **2015 MIDWEST REGIONAL CONVENTION C<sub>17</sub>H<sub>21</sub>NO<sub>4</sub> Anonymous**

#### **LOCATION**

Double Tree Westlake  
1100 Crocker Rd.  
Westlake, Ohio, USA 44145  
Call: 440-871-6000

#### **CONTACTS**

Clay P., Chair, 216-322-4316  
Sonya S., Hotel Liaison, 216-538-7154

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

"Sweet Home Chi  go"

### **NEEDS YOUR SPEAKER C.D.'S**

If you'd like to be considered as a speaker for the 2016 CAWS Convention, please contact Thomas W.;  
835 N. 23<sup>rd</sup> St., #311; Milwaukee, WI 53233  
Or Call: 414-336-2153

### **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!!**

7 <sup>th</sup> Tradition October-December 2014		
Category or Group		
Location	Name/City	Total
<b>Anonymous</b>	Anonymous	\$ 1,154.62
<b>CANADA</b>		
Alberta	Keep it Simple	\$ 80.00
Quebec	C.A. Quebec Area	\$ 5,160.00
Ontario	Phoenix Group	\$ 85.62
<b>EUROPE</b>		
Netherlands	C.A. Netherlands	\$ 2,297.09
Sweden	From Sweden with Love	\$ 622.82
United Kingdom	Bournemouth District U.K.	\$800.50
	C.A. – London District	\$607.79
	Freedom From Addiction	\$50.00
<b>USA</b>		
Alabama	A Day In A Life	\$ 75.00
Arizona	EVMG	\$ 1,235.67
	Razor's Edge	\$302.98
	Sun Valley Intergroup, Inc.	\$412.00
Arkansas	Arkansas Area C.A.	\$ 225.10
Northern California	C.A. of Northbay Serv. Grp.	\$ 60.00
	One Puff, Too Tough	\$ 500.00
	WS C.A.	\$ 250.00
Southern California	CALA Longbeach Compton Dist.	\$ 263.99
	CALA Westside Hollywood Focus on Recovery	\$ 59.50
	Miracle Women, Inc.	\$ 200.00
	Cen Cal C.A.	\$ 225.00
	Come Alive Wed. Night Mtg.	\$ 152.00
	Crackheads on a Mission	\$ 49.91
	First Friday Nite	\$ 5.00
	IEA C.A. Service Committee	\$351.11
	Orange County C.A.	\$ 300.00
	Serenity Meeting	\$ 23.00
	SGPV C.A.	\$ 117.38
	WIE C.A.	\$ 50.00
	Woman to Woman	\$16.00
	WSOB	\$ 49.63
	WSOB B2B	\$ 109.00
Colorado	C.A. of Colorado	\$367.72
	C.A. of Colorado – H&I	\$ 129.33
	C.A. Nirvana Group	\$ 192.14
	Drawing Closer	\$ 44.00
	Snomore	\$ 52.00
Florida	Florida Area Convention	\$ 4,656.00
Georgia	Log Cabin Group	\$ 63.07
	Metro Atlanta C.A.	\$ 7.37
	Solutions Group	\$ 90.00
	Spearheads	\$ 74.85
	Spiritual Awakening Group	\$ 28.59
Illinois	Central Illinois of C.A.	\$ 100.00
	Courage to Change	\$ 10.00
	IACA, Inc.	\$900.00
	IACA, NW Suburban Dist.	\$ 133.26
	IACA South & West Dist.	\$ 289.23
Illinois, (Cont)	Monday miracles	\$ 400.00

7 <sup>th</sup> Tradition October-December 2014		
Category or Group		
Location	Name/City	Total
Kansas	Wichita C.A. District	\$ 2,457.73
Massachusetts	Mass. Area of C.A.	\$ 465.00
Michigan	Flint District Serv. Comm. C.A.	\$ 50.00
	Sat Morning Alive	\$ 20.00
Missouri	Men's Meeting	\$ 75.00
New York	C.A.N.Y., Inc.	\$ 2,500.00
	Circle of Life	\$ 284.00
	Recovery in the Gardens	\$ 50.00
Oklahoma	C.A. of Oklahoma	\$ 100.00
	Freedom for All	\$ 65.00
	The Rock Stops Here Group	\$ 150.00
Oregon	C.A. of Oregon & SW Wash.	\$ 75.00
Pennsylvania	C.A. of Warrenton PA	\$ 300.00
Tennessee	Dr. Bob's Nightmare	\$ 46.36
	Hope Not Dope	\$ 46.37
	Off the Rocks	\$ 30.00
	Pioneer Group	\$ 73.62
	Women's Group	\$46.36
Texas	4 <sup>th</sup> Dimension Group Meeting	\$ 50.00
	Bonnie Brae Group	\$ 250.00
	Freedom & Hope Group	\$ 30.00
	TX Area Service Gulf Coast	\$ 48.65
Washington	Bladerunners	\$ 106.53
Wisconsin	Friday Uncolas Group	\$ 24.50
<b>Birthday Envelopes</b>		\$ 210.30
<b>Gratitude Month</b>		\$ 363.74
<b>World Contribution Program</b>		(See form on page 12) \$ 4,850.00
<b>Total</b>		<b>\$ 36,196.43</b>

### 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](mailto:Newsgram@ca.org)

### QUOTE:

*Hope, Faith, & Courage, Page 112-113*

*"I entered a thirteen-month recovery facility, and it was there that I was introduced to Cocaine Anonymous. It was the people I met at C.A. who not only gave me the tools to go on with my life, but also the courage and strength."*