

NEWS GRAM

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MY FIRST CONVENTION

BY: Ruby L.

Salt Lake City, Utah, USA

The first convention I attended was the Recovery in the Rockies V Convention held in Park City, UT, hosted by C.A. of Utah in October, 1994. I had 55 days sober and it was an incredible experience that would shape the course of my recovery from then on.

The convention was announced in all the meetings I was attending. I was so new to Recovery, though, I had no idea what a convention was, I didn't understand why people would want to go to one, and I definitely didn't have any money to spend. I didn't know many people in Recovery at that time, but there was one person who had managed to catch and hold my attention, a wonderful man named Paul D. Paul tried to explain what the convention was about, but I'm pretty sure all I heard were the words 'dance' and 'party.' He also said I didn't need any money to attend the convention, just find him when I got there and he would help me out. Paul knew just how to talk to this newcomer and he said the words that got my attention, so I said I would go to the convention.

The convention was 75 miles away in a city I had never been to. I drove myself as I had no idea if I would stay (I needed the idea of an escape plan if I just couldn't handle being there), plus I figured I could sleep in my car if I did decide to stay. I took some food with me, blankets, a change of clothes, a full tank of gas, the last \$20 I had until payday, and enough anxiety to take up the remaining space in my car. What if I get lost? What if I couldn't find Paul? What if I don't have enough money? I don't know any of these people, WHY am I going to this thing anyways??? With a pounding heart, shaking hands and my head yelling at me, I set off.

I got to the hotel without incident and even found Paul pretty quickly. I figured he was going to pay my registration fee, but he did something better.

He introduced me to the people at the registration table and told them I needed to do some service work as I couldn't pay for my registration. They said I could help them for a couple hours, sat me down and gave me a few instructions. I look back on it now and see that I didn't do anything but make name badges, but I felt as if I was doing something very important, I got to meet some people, and it got me into the convention.

A couple hours later, Paul asked if I wanted to get some lunch. I figured I could spend some of my meager funds, plus he was the only one I really knew and I wanted to stick close to him. I ordered the cheapest thing on the menu. When the waitress brought the order to our table, it was way more food than I had ordered. I told her it wasn't my order, but she insisted it was and left it with me. A few minutes later she came back, acknowledged that really wasn't my order, but assured me she would only charge me for what I had ordered. I now had free food I could save for dinner that night.

Paul let me follow him to a couple of workshops and introduced me to more people. A gentleman who I later learned had been the afternoon speaker, bought a banquet dinner for me when he found out I was a newcomer. Now I could attend the banquet dinner instead of wondering what I would do while everyone else was at the banquet, plus I had even more free food. During the banquet, I was sitting at the table with most of the speakers from the convention. They talked to me and made me feel comfortable, even though I felt underdressed and out of place. To my amazement, I got the book *Alcoholics Anonymous* that was on the table as I had the least amount of sobriety at the table. Then it was time for the Keynote Speaker. I had never been to a speaker meeting before. The speaker was really funny, but I was still so new that

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MY FIRST CONVENTION

BY: Ruby L.
Salt Lake City, Utah, USA

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I had a hard time sitting still. I kept leaving the room to go to the bathroom, get a drink, make a phone call, check on my car, whatever it is that newcomers do when they can't sit still. Later that night, I had an amazing time at the dance and someone even let me stay in their hotel room that night. Yeah! I didn't have to sleep in my car.

That next morning, one of my new friends paid for my breakfast (more free food) and let me sit with them during the speaker meeting and closing event. There were only a few T-shirts left, so the Committee decided to sell them for half price just to get rid of them. There was one shirt left in my size and it was a

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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.)

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MY FIRST CONVENTION

BY: Ruby L.

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price I could now afford. I felt like I had won the lottery. When we gathered in a circle at the end of the convention, I could not say the Serenity Prayer with everyone. I was so overwhelmed with emotion; all I could do was stand there and cry.

That convention introduced me to service work. I immediately jumped on board the committee for the 1995 C.A. World Service Convention that was held in Salt Lake City, UT, the following summer. Over the ensuing years, I've been on the Rockies Convention committee many times, a couple Regional Convention committees and three more World Service Convention committees. I started doing service work in my home group, then on committees such as Hospitals & Institutions. I was later elected to Area level positions, then elected to be one of our Area Delegates where I was able to do service work for our Region and at the World Service Conference. Being of service is a huge part of my recovery and has been since that day I spent a couple hours making name badges at that first convention.

I've learned how to present announcements in a more effective manner. I remember being new and not even understanding what a convention was. When I see there are newer people in the room, instead of just saying there is a convention at this location on this date, I now throw in some quick short details to help them understand why they might want to go. One time I'll mention how people can attend the convention even if they don't have any money for registration. Another time I'll mention how amazing the sobriety countdown is, what some of the workshop topics will be or how great the speakers will be. Not every time I make announcements, but frequently enough to help people who have never been to a convention know what to expect.

When possible, I approach newer people in recovery before/after the meetings to talk with them about the upcoming convention. I try to get them excited about attending, even if it is only for a day. Over the years I've shared my hotel room at conventions with many people new in recovery. I help make carpool arrangements. I try to fill my car with people when we need to travel to attend a convention. I have bought meals for newcomers at conventions. I do my best to pass on what was so freely given to me

and to do it in such a way that it is a hand up and not a hand out.

I only heard about half the Keynote Speaker at that first convention and I didn't even remember his name. A year or so later, my sponsor at the time gave me a speaker recording to listen to. As I listened to it, I remember thinking, "I've heard this before. Where have I heard this before?" When I really looked at the info label on the recording, I realized it was a recording of that first speaker I ever heard at that very first convention. What a wonderful coincidence. All of a sudden, I was able to connect the dots between some of the disconnected memories I had from that first convention. That sponsor went on to teach me a great appreciation for recovery speakers and speaker recordings. I now have hundreds of recordings and am always getting more. I listen to speaker recordings almost every week, and I frequently listen to the recording of that speaker from that first convention. Speaker recordings are another thing that has become very instrumental in my recovery process.

Some of those people I met at that very first convention are still my friends today. The lady who has been my sponsor for the past 7 years is someone I met at that first convention. I love meeting old and new friends at conventions. The experiences we have doing the special events at conventions are some of my favorite recovery related memories. The camaraderie and bonding that happens in the hospitality rooms over coffee, during bingo games and dances, and during workshops is a big part of how I build my host of friends in Recovery.

Conventions are something I look forward to every year. I've been very blessed to have been able to attend the Recovery in the Rockies convention every year since 1994. Some years, the Rockies convention was the only convention I was able to attend. Some years, I have been able to attend conventions outside of my Area. I learned so much at that first convention. I continue to learn things about myself, about others and about Recovery every time I attend a convention. I very much hope that I will be able to attend conventions for years to come and I hope that I will be able to encourage this same enthusiasm in others.

* * *

Sobriety in Prison

By: Barry O.

Albuquerque, New Mexico, USA

It is said that the eyes are the windows to the soul. That expression makes sense of the desperation and hopelessness I felt when I looked into the mirror and saw the reflection of my blood-shot, sunken eyes. My soul was in agony from addiction to drugs. I was void of spiritual, mental and physical health.

I began using drugs in High School. I started smoking weed as a result of peer pressure, and immediately succumbed to habitual daily abuse. It wasn't long until I tried cocaine for the first time. I went out with a friend and ended up at his cousin's house, which had a seemingly endless supply on the kitchen counter. The euphoria snorting those lines produced was a new feeling unlike any other I had ever felt, but the joy of the experience was reduced by the shame I felt.

I tried to justify my party behavior with my accomplishments as a student and athlete, but it was not long before the illusion faded. I was an honor student and a three sport athlete, but my life was consumed by drug use. I smoked weed, drank hard liquor, and took pills before school. I did lines in the bathroom and library. After every football game I would immediately go out with friends to get high, and would get black-out intoxicated on any drug around; usually weed, coke, or prescription pills. My basketball coach called me and my friend out in the locker room in front of the whole team for showing up to a game stoned. I showed up to track practice during a coke-binge and vomited after running sprints. I should have been in the best shape of my life; instead, I was dehydrated, pale and weak. I could not mask the destruction of my early drug use, no matter the depth of my rationalization.

I continued my destructive behavior into college, where it became grave. During freshman year, I began smoking and injecting. As my disease progressed, I squandered my academic pursuits. Legal trouble related to my drug addiction and criminal lifestyle followed. By junior year, jail cells replaced dorm rooms. I served two of the next three years of my life incarcerated.

At 23 years of age, I finally found the gift of desperation. I was on the streets, on the run for a serious felony, and had nowhere left to turn. My relationships with family and friends had diminished,

and I could no longer survive on the path I was traveling.

I entered a rehabilitation center, where I had a spiritual awakening. I read Twelve Step literature in the solitude of my room, and felt the message with my heart rather than interpret it with my mind. I connected with C.A. members who brought meeting to the facility, as each of their stories mirrored my own.

I left rehab with a new purpose, and immediately attended C.A. meetings and found a sponsor. I still carried with me, however, the wreckage of my past; which included felony warrants that carried over 15 years in prison.

I was able to pay bond on the warrants and begin legal proceedings, all while adamantly working the Twelve Steps with my sponsor. I had fully taken in my powerlessness, and recognized the unmanageability of my life. I came to believe that a Higher Power could restore my sanity, and turned my will and my life over to God. A major theme of the process of the Twelve Steps was identifying and relieving the fears surrounding going to prison, which was an increasingly heavy burden. I was told to pray for those fears to be lifted each time they surfaced. Miraculously, they were lifted; just as the obsession to get high had been.

My sponsor made it clear that part of my amends would be answering to society for my crimes, which would include prison time if God willed it. Through the Steps, I became willing to make that amends. My sponsor also frequently repeated that he was preparing me to sponsor others, and that I would carry the message in prison – a place where recovery is sorely needed.

As my legal cases progressed, it emerged that I would indeed be required to serve a prison sentence of 4-13 years. Knowing I was prison bound was difficult; but, with the tools I gained from the Twelve Steps and my newfound Higher Power, I was able to carry on with dignity. People in the rooms would tell me that God was giving me an opportunity to be of service, that it was God's will for me to help people in prison. That wasn't always easy for me to process at the time, but I held faith that – in a way unknown to me – these people spoke the truth. When I stood before the judge

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Sobriety in Prison

By: Barry O.

Albuquerque, New Mexico, USA

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for sentencing, I told him that I wished to take accountability for my past and was ready to serve the sentence being handed down to me.

After patience and determination, I found that God did have a plan. I first landed in a prison that did not have Twelve Step meetings, but I stayed active in my recovery by joining a state-run recovery program and talking to counselors who were Twelve Step members. I continued to grow as a person. I got back into college courses, exercised regularly, and tutored other inmates who studied for GED and other college classes. I stayed in touch with C.A. members from my hometown and across the country.

After 18-months of good behavior, I was transferred to a lower-level security prison. To my delight, this new facility hosted weekly Twelve Step meetings. In one of those meetings, a young man who reminded me much of myself earlier in my journey sat next to me. As the Twelve Step volunteer from the outside spoke about sponsorship, I intuitively offered my neighbor that I was available to sponsor.

Later that night, the young man asked me what a sponsor was and expressed willingness to start the process. Excited to practice Twelve-Step service, I complied.

That young man turned out to be fresh from active addiction, and was honest, open-minded, and willing as anyone I have ever crossed. Working the Steps with him has been the most rewarding experience of my recovery. He celebrated six-months of recovery before getting out of prison and his maturation and growth was complimented frequently by those who knew him for that duration. I am grateful for the opportunity that I have been presented with, and am comforted that God had a plan for me all along.

The topic of a recent meeting was freedom, which caused me to reflect on the evolution of the meaning of that word throughout my journey. When I first started using drugs, I perceived the release I found through intoxication as freedom. When my addiction led to incarceration, freedom merely meant getting out of

jail. As my disease progressed, I knew I was a prisoner in more than one way, and freedom was an unattainable concept. After finding recovery and working the Steps, freedom now means much more. I have found freedom from the obsession to use, from paralyzing fears, from self-pity and resentment. With the serenity and peace I know today. I am freer behind bars than I ever was during the days I was tormented by active addiction.

I now look at my reflection in the mirror and love what I see. I recently graduated with an Associate's Degree, and have plans to enroll in a Bachelor's program when I get out. I have healthy relationships with family and friends, many of who are also in recovery. I value my health, relationships, education, honesty, and sanity; things I abandoned while I was addicted. I have clear eyes, and they are a window into a free soul.

* * *

QUOTE:

Hope, Faith & Courage
Stories from the Fellowship of
Cocaine Anonymous
Page 46

"I did some time in jail after being eleven months sober, as a result of the charges brought against me when I was arrested, but you know what? It was okay. God let me have a little time under my belt before he let me go to jail. By then I was well into recovery part of this Program and wouldn't have had it any other way. I was of service to the Program in jail, too. They have panels come into share their experience, strength, and hope. Thank God for that because it helped keep me focused on where I was trying to take my life.

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"Sweet Home Chicago"

CAWS 32 Convention – Chicago, Illinois - USA

June 30 – July 4, 2016

By: Kim S., CAWS 2016 Chairperson

Chicago, Illinois, USA

WE ARE ON A MISSION...

Following the World Service Conference in 2010; "thinkers" were thinking..." should we do it, should we do it again? YES, let's have a World Service Convention in Chicago... again!"...and thus the labor of love by our volunteer members rolled out - working diligently and enthusiastically to bring the World to the Middle!!!

The Illinois Area Delegates presented our bid in 2012; with unanimous approval of the Conference floor, we were on our way. The process began with the selection of a Chair and members of the Steering Committee. Over the course of the next year, our General Committee began to form. It has been exciting to watch our local Fellowship – newbies and elder statesmen – come together to form the sub-committees. We are grateful and blessed with the friendship and fellowship from the Wisconsin Area who have stepped up as well. The combined experience of both Areas is a wealth to be banked...the Midwest is getting ready to throw a party and YOU do not want to miss it!

We have selected a beautiful venue, The Swissotel, located on Wacker Drive in downtown Chicago - ideally situated in the confluence of the Chicago River and Lake Michigan, just steps away from exclusive shopping on The Magnificent Mile. The hotel, with one of the most prestigious addresses in the city, offers fabulous wrap-around views from Navy Pier to Millennium Park. The area has a flurry of sightseeing - from the towering skyscrapers of the Loop to the city's colorful mosaic of unique neighborhoods; Chicago buzzes with energy and excitement. By day - check out the beaches (23 miles of lakefront), or shopping on Michigan Avenue; by night – check out our many fine dining establishments (over 7,300 restaurants), or fabulous entertainment inclusive of jazz/blues clubs, theatres and dance venues. Maybe your interest is in one of the many museums, art galleries or zoos. Navy Pier is celebrating 100 years in 2016! We have it all - the greatness of a large city with Midwest warmth and

friendliness. On the average, the City of Chicago attracts 40 million visitors a year; come be a part of the 2016 millions!

Our sub-committees are working on bringing together informative and insightful marathon meetings, and workshops topics. The message of recovery will be shared during our speaker meetings...the camaraderie and commonness of our C.A. program of recovery will be apparent with the participation of members from around the world.

Additionally, we are putting together some special events inclusive of a Lake Michigan Boat Tour, Second City, a Meeting in the Park, and of course... a golf outing! Unique "Sweet Home Chicago" entertainment will be available for your enjoyment as well – Jessie White Tumblers, Blues Brothers Performers, and our very own C.A. – The Game Show. You don't want to miss the opportunity to show off your knowledge of our program of recovery. There is always free time to catch up over a cup of coffee, or a slice of Chicago pizza with someone you met at Conference or at last year's Convention.

We are so excited to have you come to Chicago; we welcome your help with outreach, speaker suggestions and fundraising.



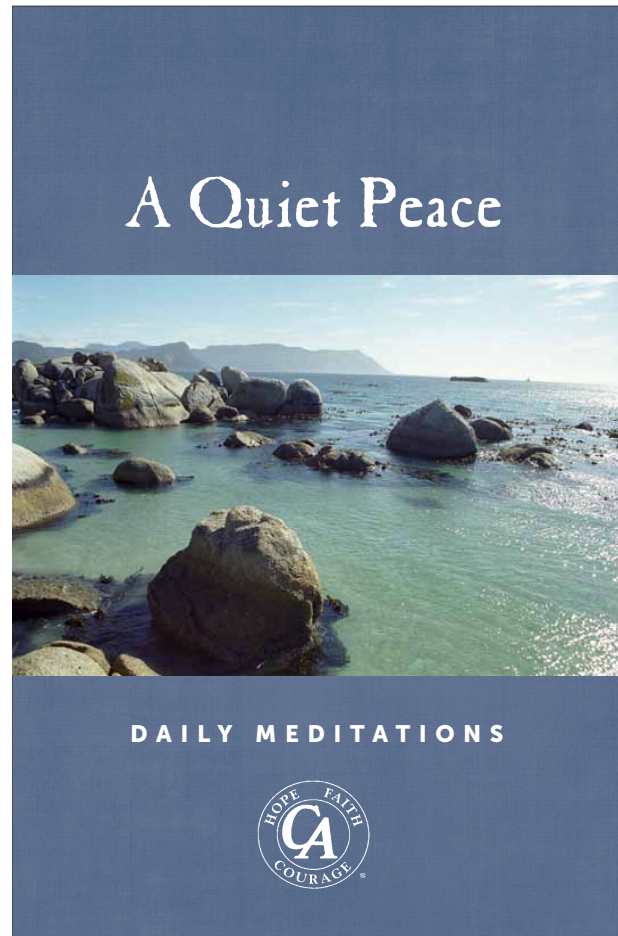
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Share Your Experience, Strength and Hope for C.A.'s First 12 Steps & 12 Traditions Book and 12-Step Workbook

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.

Trustee Corner:

WE ARE NOT A GLUM LOT

BY: Deborah G.

Pacific North Regional Trustee
Oakland, California, USA

When I finally got tired of “partying” and trying to have fun by drinking and using, I went into a treatment center. I really didn’t want to quit the “partying,” I just wanted to learn how to do things differently; to drink and use without all of the consequences. I wanted more control over the way I handled things. I wanted to still be able to party and keep some money in my pocket. But, that isn’t what I learned in those twenty-eight days that I spent in that treatment facility. What I learned changed my life forever.

It took about two weeks for me to even surrender to the fact I was an alcoholic. No one could tell me that I couldn't have champagne for my birthday or for New Years. What do you mean I can't have a glass of wine at dinner, or a beer at the bar-b-que? Where was the fun in all of this? I couldn't see it. Finally I took the cotton out of my ears and stuck it in my mouth. I began to pay attention and learn "why" I could no longer drink or use drugs. I learned that I had this disease that centered in my brain, and that once I put any mind altering substance in my system, it triggered the phenomenon of craving and an allergic reaction. You see I had an obsession of the mind and an allergy of the body. I was no longer in control.

The more I paid attention to how the phenomenon of craving and the allergic reaction worked, the easier it was for me to surrender to the fact that I was an addict. I was told that in order to live a life that was joyous, happy, and free, I would have to change some things. Not only was I to change my people, places, and things, I had to change my thinking. Okay, that sounded like a tall order for me. How was I to stop seeing all of my friends...these were my partying friends. Was I to never have fun again? Wow, what a concept.

It wasn't until I was attending my first convention in Desert Palm, NV in 2005, that I saw addicts just like me having so much fun. I was able to meet people from all over the world. This was exciting for me. I got to hear the speakers share some of the same things I had been through...but here they were, clean and sober with some years under their belts. Here I was, a newcomer and they treated me just like one of them. I felt at home. I even met some people right from

my hood, right from the area I frequented for my drugs. Here they were, “partying” without drugs and alcohol. I knew then I was hooked. I wanted what they had and was willing to do what they did.

Upon returning home from the convention I was in another meeting, and one of the men I met in Desert Palm came into that meeting. I was surprised to see him walk in. After the meeting he asked me if I wanted to go to another meeting. I was a meeting junkie by then and happily went with him. He took me to a C.A. meeting at this place called "One Puff Too Tough." It turned out to be a speaker discussion meeting and one of the best meetings I had been to. Before I knew it, I was secretarying the Thursday night meeting and I had become a part of.

We have a lot of fun together. We load up in each other's cars and roll to different cities to support other groups. We roll as far as Santa Cruz, Placerville, San Jose, Stockton, Sacramento, Marin, San Francisco, and even to Reno, NV for their convention. Every year our area has a "Play Day" at the San Leandro Marina. All of the districts come together and participate in some activity, whether it is cooking, doing kids game, selling soda and water, doing the raffles, whatever it takes to make the event a success. Our Fellowship also has an anniversary potluck/speaker meeting/dance each year. On April 11th, 2015 we will be celebrating our eleventh year at One Puff Too Tough. We will all get together and eat, fellowship, and dance. This is just a few of the things that we do to have fun. It is very true what they say; we are not a glum lot. We do know how to party, clean and sober.

* * *

**AVAILABLE AT YOUR C.A. WORLD
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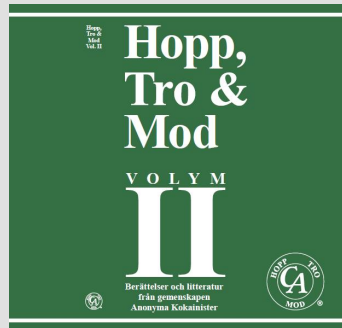
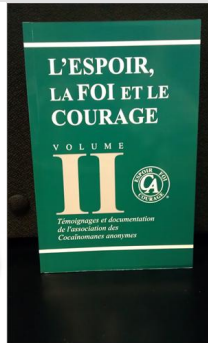
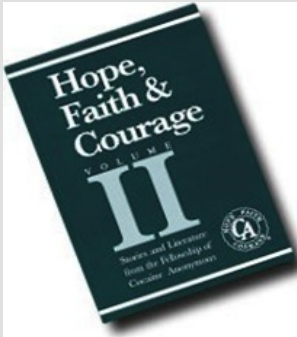
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UNITY CORNER

READ ALL ABOUT IT

By: John H.
Mulvane, Kansas, USA

“We the People” etc., etc, etc, or slogans such as this have stood for years and we have ours. That is “Unity.”

With all the struggles that we face as recovering addicts, there is a great importance for this in our activities. We have been separated from the world and now we are “a part of.” But just like anything else we are still addicts, and the need for Unity on a regular basis is of great importance to us. By sharing our common bonds, experiences, and following our Primary Purpose, these bonds will forever hold us together in Unity for the addict yet to come and personal and group growth.

So, lets keep it together. Just as the one-on-one bonds are, let’s continue to share these bonds at the Group, District, Area and World Service level for the good of us all.

WORLD SERVICE OFFICE:

HELLO C.A.!!!
BY: Keith Strader
World Service Office,
Customer Service/Shipper
Long Beach, California, USA

Greetings C.A.! My name is Keith and I am one of the new Customer Service Representatives at CAWSO. I started in September; my background in non-profit and shipping is what ultimately landed me the position. I have taken over Nicole’s shipping responsibilities while she is away on maternity leave. If you have received an order from CAWSO in the past few months, there is a 99% chance I was the one who put it together.

I have really enjoyed my time at CAWSO so far. I appreciate everyone who calls in or submits an order online. If it weren’t for people like you this whole thing would be an exercise in futility. You are the soldiers on the front lines and I’m your quartermaster.

Beyond shipping I have various other tasks including compiling the quarterly 7th Tradition report to supervising our volunteers. A quick THANK YOU to all of our volunteers, if it weren’t for them our orders would take much longer to ship. If CAWSO is Santa, then they are our elves, without them the show stops.

I look forward to continue to help C.A. in any way that I am able. If you are ever in the office feel free to poke your head into the man-cave in the back and say hello.

Keep your eyes peeled; we have some exciting new products rolling out in the next few months. If you ever have any feedback please let us at CAWSO know and remember, “We’re here and we’re free!”

* * *

Note from the NewsGram Editor: Welcome Keith! We’re glad you are here at the CAWSO Office...Keep up the good work.

Calendar of Events

August 20-23, 2015

31st Annual CALA Convnetion *Turn Down for What*

LOCATION

Renaissance Esmeralda Resort & Spa
44-400 Indian Wells Lane
Indian Wells, California, 92110 USA

CONTACT:

Sheila S., Chair, 323-251-6343
Starvin Marvin, Hotel Liaison, 310-619-4478

October 23-25, 2015

2015 Southern Ontario Cocaine Anonymous (SO)CA 19th Annual Convention

LOCATION

The Raddison Hotel Admiral
Toronto-Harbourfront
249 Queens's Quay
Toronto, Ontario, Canada

NOVEMBER 6-8, 2015

2015 MIDWEST REGIONAL CONVENTION C₁₇H₂₁NO₄ 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 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

June 30-July 4, 2016

C.A. World Service Convention

"Sweet Home Chi  go"

Chicago, Illinois, USA

LOCATION:

The Swissotel
888-737-9477
323 East Upper Wacker Drive
Chicago, IL, USA 60601-9722

CONTACT:

I 
Chi  go
June 30 - July 4
2016

NEWSGRAM POEM

Child of Life

By: Stephanie K.

Wichita, Kansas, USA

*Carved in the woodwork
Swimming in the fluid of the womb
Stagnant angels are sleeping
Hesitant to open their wings
Another happy birthday
& I smell death creeping around the corner
Could be tomorrow
Puddle eyes
You're the color of sweet brown sugar
Your fingers glide
Like spiders that dance
On their woven webs of fresh spun gold
Where do we go, in this City of Angels?
Death knocks on the door
Beautiful brown eyes
You're scraping the bowls
Before shattering them on the floor
Washing the knives
Before they tell us lies
Nothing is left for me here
We've let too much time go by
Mr. Money came for you today
Said you had bills to pay
But in the woodwork, angels hide
Watching the way others spend their lives
Wishing their wings weren't so heavy so they could fly
Wishing for a chance but still sitting still
Glass in their lives, drinking love potion
Hearts in their throats, stars in their eyes
Dreams on their minds
Empty wishes
Swimming in the ocean
Decay filling the womb with its fetal attempts to
survive
Forget the day for awhile
Any excuse to set worries aside
& while the shrine falls in battered misery
The child of life slowly dies*

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 th Tradition January-March 2015 Category or Group		
Location	Name/City	Total
Anonymous	Anonymous	\$ 995.65
CANADA		
Alberta	C.A. Calgary, Alberta	\$ 165.00
Ontario	S.O.C.A.	\$ 3,207.60
Quebec	Quebec Area Dist. 2 H&I	\$ 150.00
	C.A. District 2 Montreal	\$ 230.43
	C.A. Quebec Area	\$ 216.00
EUROPE		
Sweden	C.A. Sweden	\$ 28.00
United Kingdom	C.A. E & W	\$ 215.93
	C.A.U.K.	\$ 261.16
	Freedom From Addiction	\$ 102.39
	So.Central Dist. of C.A.	1,478.33
USA		
Alabama	Everything or Nothing	\$ 50.00
Arizona	Birds of a Feather	\$ 81.24
	Razor's Edge	\$ 244.50
	SNL Group	\$257.66
	Sun Valley Intergroup	\$ 196.00
Arkansas	Arkansas Area C.A.	\$ 300.00
Central California	Cen. Cal. C.A.	\$ 225.00
Northern California	Hope, Faith and Courage	\$ 50.00
	C.A. of Northbay Serv.Grp.	\$ 235.00
Southern California	211 in Progress	\$ 200.00
	CALA Longbeach Compton Dist.	\$ 508.40
	CALA Focus on Recovery	\$ 28.80
	CALA South Central Dist.	\$ 850.00
	CALA Westside Hollywood	\$ 292.60
	CAWSO Donation Basket	\$ 21.88
	Come Alive Hermosa	\$ 248.00
	Jacob's Ladder	\$ 25.00
	IEA C.A. Service Comm.	\$ 138.75
	Orange County C.A.	\$ 14.67
	San Diego C.A.	\$ 55.07
	Serenity Meeting	\$ 10.00
	S.G.P.V.C.A.	\$ 294.67
	Tired of Being Dogged Out	\$150.00
	WSOB Meeting	\$ 88.00
Colorado	C.A. of Colorado	\$ 653.26
	Drawing Closer	\$ 40.00
	C.A. Nirvana Group	\$ 329.76
	Stand & Deliver Speaker Mtg	\$50.00
	Surrendered Sisters	\$ 19.52
District of Columbia	Keeping it Real	\$ 104.05
Florida	District of Fort Myers	\$ 85.00
	Southeast Florida District	\$ 100.00

7 th Tradition January-March 2015 Category or Group		
Location	Name/City	Total
Georgia	C.A. Awesome Group	\$ 30.00
	Log Cabin Group	\$ 91.43
	Metro Atlanta C.A.	\$ 20.15
	Solutions Group	\$ 60.00
	Spearheads	\$68.54
Illinois	IACA, Inc.	\$ 1,200.00
	IACA, NW Suburban Dist.	\$ 357.00
	IACA South & West Dist.	\$ 59.70
	Hope, Faith and Love	\$ 22.75
	South & West Illinois CA	\$ 42.03
Maryland	DC-MD-VA	\$25.00
Michigan	Flint Dist. Serv. Comm. CA	\$ 150.00
	Sat Morning Alive	\$ 10.00
Minnesota	Red Wing MN C.A.	\$ 100.00
Missouri	Courage to Change	\$ 20.00
	Greater St.Louis Dist. of CA	\$ 100.00
	St. Louis Men's Meeting	\$ 20.00
	There is a Solution	\$ 30.00
	Working With Others	\$ 5.00
New York	NY Sunday Serenity	\$ 120.00
Ohio	AM Sunday C.A.	\$ 100.00
Oklahoma	Freedom for All	\$ 14.31
	Rock Stops Here Group	\$150.00
Oregon	CA of Oregon & SW Wash.	\$ 75.00
Pennsylvania	C.A. of Warrenton	\$ 800.00
Texas	C.A. 183	\$ 9.00
	Circle and Triangle	\$ 49.00
	Freedom & Hope Group	\$ 45.00
	TX Area Serv. Gulf Coast	\$ 46.79
Utah	C.A. of Utah	\$ 7,500.00
Washington	WSCA Blind Benders	\$ 37.00
Wisconsin	Razor's Edge	\$ 42.00
	Wednesday Big Book	\$ 96.00
Birthday Envelopes		\$ 279.00
Gratitude Month		\$ 1,676.4
World Contribution Program	(See form on Page 8)	\$ 5,080.00
Total		\$31,528.50

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