

NEWS GRAM

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The Delegates Job is a Spiritual One!

BY: Jeanne Ann P.

Mariposa, California, USA

The Conference in 1989 was like walking into an ocean. I had been in service since I was six months clean and at three years I had the honor of representing my Area with other Northern California delegates. I could not wait to participate and be a part of the Fellowship I so loved. There were many people and many opinions and we had to find a way to carry the message.

The energy of the other addicts was so high it was contagious. We were actually running from room to room while concentrating on remembering to apply the Traditions and Principles to what we were doing next. People were hyper-aware of the responsibilities awaiting us. We were asked to pick sub-committees that interested us and then we broke out to meet our peers and get started. I met several people in the Literature, Chips and Formats Committee for the first time (who I just spent time with again, at the Las Vegas Convention..... 26 years later! Those are some strong bonds). We met, and we talked, and we began to outline what pamphlets and books we would like to see our Fellowship have. The world of Literature was wide open and we had big ideas of how to fill it.

The smaller details of the Conference have left my memory, but the big feelings of being united with others like me, have never faded. I loved watching us disagree and argue and then pray....and take a group conscience. I loved how sometimes a minority speaker could change the mind of the whole group. There was an ultimate authority leading the individuals. Trustees were elected, rotation of Areas and Districts delegates took place, committees completed their work and the

Fellowship grew.

As a newly clean and sober person working in a relatively new Fellowship, I loved every moment. I learned to pray before talking, make amends, and understand the power of the Group. Those experiences have guided me through years of service at many different levels.

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A FELLOWSHIP OR A BUSINESS?

BY: George S.

Any Area, Anystate USA

Is our organization, a Fellowship, or are we a business? In actuality, we are genuinely both.

Fellowship: Fourth Tradition of C.A. "Each Group (District, Area) has but one primary purpose to carry its message to the still suffering addict."

Business: Financial Guidelines of C.A., page 3: "We are in the Business of carrying the message."

Most of us in the Fellowship did not want to consider the Fellowship as a business, but in order to carry the message efficiently and responsibly we need to follow sound business practices. The Financial Guidelines for Groups, Districts and Area's contains all the information needed for our Fellowship to run as a business efficiently. Here are a few reminders from this document:

- * Choose people who will be handling Fellowship money with the appropriate sobriety time, Honesty in lifestyle, and some financial capability.
- * Treasurers or others DO NOT personally borrow from funds from the Fellowship or co-mingle personal funds with Fellowship funds.
- * Decision on spending money should come from the Group Conscience of a Group, District or Area.
- * Large purposes of \$500 or more should be put out for bid.
- * Give complete financial reports once per month.
- * If appropriate, create budgets for District and Area's and follow them.
- * Carry liability insurance at the Area level.
- * File once per year a document of the Area Financial Reconciliation with the IRS and appropriate State organization. If this is not done, you are compromising your non-profit status and it may be withdrawn from the IRS and the State. (In Countries outside of the USA, please find out what organizations, legal entities, or regulations are required to protect your Fellowship.)
- * Read and follow the Financial Guidelines.
- * After expenses are made and a prudent reserve kept monies should be forwarded onto the next level of service. It is concerning when C.A. treasuries accumulate money with no stated purpose and that can destroy our spiritual heritage.

Without these procedures, the Fellowship does not reach out efficiently to the still suffering addict. And sometimes, lives could be lost.

* * *

**MY EXPERIENCE AS A DELEGATE
TO THE WSC**

BY: Rose J.
Twin Falls, Idaho, USA

In the early 90's, I had the honor to go to Los Angeles, CA., to serve as Delegate for my Area. I was excited, nervous but very grateful. When I arrived, I met people from all over the country; there was a kindred atmosphere and an energy that made me feel I was right where I belonged. The fear of speaking in front of large crowds left me and I was at home. People helped with questions about how Robert's Rules of Order worked and we broke into sub-committees. We would stay up really late working on projects, to promote C.A.'s message all over the world. Then we'd get up early and start all over again. It was a lot of work, but we did get to go out with life long friends to eat and go to the beach for the Unity lunch and a speaker meeting. At night some of us would go down to the pool and unwind.

I had the honor of being the Celebrate Around the World (CATW) chair for many years, during that time, my husband died of cancer in June and I was back at the Conference in August. It was a safe and comforting place to be. Of course we all had our heated debates then we would pause and read the daily meditation, and the group conscious would take the helm. I am so grateful for the experience and the life long friends I still have today.

As the years passed, more and more countries from all over the world came, it's so true to watch a Fellowship grow up around you. I came back again, in the mid 2000's. I am a service junkie. So I want everyone to have the opportunity to service our beautiful Fellowship that gave me back my life beyond my wildest dreams. I continue to be of service at home, not only for C.A., but for my community. I must always remember to never rest on my laurels and be willing to do whatever it takes to carry this message of recovery.

In closing, I love all my brothers and sisters who have crossed my path and helped me on this journey. I love C.A. Both the ones who are no longer with us and the ones who continue to Trudge the Road of Happy Destiny. Thanks for letting me be of service, don't forget Rule 62!

* * *

WORLD SERVICE OFFICE

FROM VOLUNTEER TO EMPLOYEE

BY: Nicole B.
CAWSO

Long Beach, California, USA

The first time I stepped into the World Service Office I was not here to apply for a job but for community service. I had 472 hours to do, obviously with that many hours I was not here for a traffic ticket. I, too, have "a not so great past." But with sobriety and time, I have managed to prove to others and to myself that I am much more than my history. It took me a year to complete my volunteer hours in which time I was able to observe how the C.A. World Service Office operated. Finally after all my community service was over, I was hired first to do the cleaning for the office. Then when the position for shipping and warehouse clerk became available I was told I should apply for that position. I applied and sadly didn't get it. However, when that same position opened again (six months later), I once again applied. This time I was hired. As of July 30th 2015 I have worked for the World Service Office for three years (four years if you count my volunteer service).

In the time that I have been here I have seen many changes and advances in the way we reach out to our Fellowship. *Hope Faith and Courage II* has been translated and printed into French and Swedish. We currently have pamphlets translated into Dutch, Swedish, Spanish, French, and Portuguese. We also produced new foreign language chips in Swedish and Farsi. We haven't just been translating either! We added six new English pamphlets.

As our inventory has changed our shipping methods have changed as well. Before, we would ship out orders 80% by UPS (United Parcel Service) and 20% by USPS (United States Postal Service). Now, with USPS's flat rate shipping, it is just the opposite! We have also expanded our international carrier rolodex to provide a less costly, faster delivery service to our Fellowship outside of North America.

The best parts of my days are when I have the opportunity to interact with members of the Fellowship or assist callers that are looking for help. It makes me feel proud to work in a place where I get to make a difference. I look forward to the time when I will get to meet and/or hear from you all. Thank you for being of service.

* * *

C.A. CHANGED THIS ADDICT

BY: John S.

Glasgow, Scotland UK

My name is John and I am an addict. I was born in Glasgow, Scotland's largest city, and I come from a working class family. From early on in my life I knew something wasn't right. I was always striving to be someone I wasn't. I ran with an older crowd of boys, always seeking approval & acceptance in every area of my life. My friends started to abuse solvents so naturally I wanted to be part of that as well. As soon as I took a substance all the internal feelings of separation and anxiety went away. It had such a profound effect on me that I used the A-Z of substances (everything from alcohol to zanax) for the next 30 years just to cope with the universe and the people in it.

How I ever came to hit bottom I don't know. I have tried countless rehabs, treatment centers and imprisonment just to separate myself from drugs and alcohol! The methods I tried to get clean were extreme, I have been put in comas, home detox, implants, methadone program and I even moved my household to a different town..... all to no avail!

I had given up on trying to give up. This was all to change.....!!

I went in to rehab to escape the consequences of my addiction; I was physically beat and looking at further imprisonment. I never went in to fully surrender but God was doing for me what I could not do for myself, my addiction had me beaten into a state of reasonableness and I was ready to listen. I attended a C.A. meeting while in the rehab center (H&I) when I heard the chairperson talking about their addiction and drug using I identified and thought if they can do it so can I. They told me it was an abstinence program and I freaked out! I didn't think I could go through life never being able to use drugs again. The C.A. member asked me if I could do ONE DAY, I said yes probably. He said that's all we do one day, that settled me down and inspired me to find out more, I soon realized that abstinence was the ONLY way I could live. I abused every drug I ever used and they abused me!

When I left the rehab center something was different inside of me, I phoned a C.A. member straight away and he took me to a local meeting and I have never left. I embarked on the 12 steps the same way I embarked on drugs. My sponsor told me what ever I put in for effort he would match it. I travelled miles on trains and buses to meet him because I

wanted what he had. I went through the steps in 60 days and have never looked back. As a result of C.A. and the 12 Steps, I have gone from being a selfish, violent, drug taking drug dealer to someone who genuinely cares and helps others without seeking anything off of them. C.A. has transformed my life. I have my family back in my life today.

I attend college and I am studying in the field of health and social care. I opened a C.A. meeting in my area to carry this message that "WE CAN RECOVER," my life is indescribably wonderful today and its all thanks to C.A.!

* * *

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C.A. EUROPE - GERMANY
Wir Sind Hier und Wir Sind Frei
By: Linda M. and Valerija P.
Frankfurt, Germany

Writing this are two female recovered addicts who heard the C.A. recovery message in 2014 in Frankfurt, Germany. When the European NewsGram Delegates asked us to share our journey of recovery in writing, we said what our sponsor had taught us to say when asked for service in C.A. "it's a privilege."

We are cocaine addicts. We came into the rooms of Cocaine Anonymous with no clear perception of what the problem was, but with a noisy head and an overdose of desperation. Previously we had been told many things that did not suffice, like "learn to be good to yourself", "easy does it" and "one step a year", sinking deeper into the quicksand of that darkness before dawn.

In C.A. we learned that the disease of addiction is a physical allergy combined with a mental obsession and that it can be arrested through a spiritual experience. Cocaine Anonymous offered us a tried and tested method of accessing the Spiritual power we lacked.

OK. Reluctantly we decided to try it ourselves.

Difficult to say with hindsight where that decision came from, but we know that the collective experience of Cocaine Anonymous, beautifully expressed in the stories in *HFCII*, was vital. Week in and week out we heard 26 recovered addicts giving testimony that the C.A. program works, that the recovery program laid out in the Big Book of *Alcoholics Anonymous* works for us, substituting the word addict for alcoholic. Our sponsor explained that for us, *HFCII* is basically our second half of the Big Book.

Our sponsor did not allow us the luxury of hanging around and doing a lot of thinking, reading, understanding, highlighting. She said we would not recover by what we think but by what we do. She got us into good habits from day one: daily phone calls with other women in recovery, service at our home group, daily prayer, gratitude list and doing everything the big book says we should do.

Within weeks we finished Steps Four and Five, within months we were on Nine. We were given healing family relations, we came back into the world, we became productive members of society, one of us doing living amends in her work environment by

showing up and being useful, the other by finishing school and preparing for University.

Thus we fully committed to recovery as the one and only first priority in our life, before work, education, friends and family. Our sponsor said that's great because she needed us in service for the first German C.A. Unity Day. We laminated signs, set up chairs, made coffee, prepared sandwiches, cooked chili, washed dishes, etc.

We couldn't believe the humility of the people who showed up, recovering addicts from Amsterdam, Berlin, Denver, Geneva, Glasgow, London and Stockholm arrived for the European assembly and to support the event. Every single one of them asked the same question, "How can I be helpful?"

Thus we fell into the triangle of recovery/service/unity and in love with C.A. as a whole. We decided to make some financial sacrifices and went to our first C.A. convention in Holland. What a buzz! We danced with you. We identified with you. We sat at the banquet dinner table with you. We laughed with you and we wept with you. We pricked our ears with you when the nervous newcomer had the courage to raise her hand and ask the question: What do I have to do?

Our hearts extend to all who helped carry the C.A. message to our area. These two addicts would still be out there using and suffering if you had carried on with your lives and forgotten about us.

That's where our gratitude begins.

* * *

QUOTE:

TWELVE STEPS & TWELVE TRADITIONS

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Moreover, he finds he cannot keep this priceless gift unless he gives it away. Neither he nor anybody else can survive unless he carries the A.A. message. The moment this Twelfth Step work forms a group, another discovery is made – that most individuals cannot recover unless there IS a group. Realization dawns that he is but a small part of a great whole; that no personal sacrifice is too great for preservation of the Fellowship. He learns that the clamor of desires and ambitions within him must be silenced whenever these could damage the group. It becomes plain that the group must survive or the individual will not.

ONE PUFF TOO TOUGH

BY: Ernest M.

Oakland, California, USA

One Puff Too Tough is my home group in Oakland California, which is in the Northern California Area. What makes this group so special is I started it with the help of my Higher Power.

A C.A. friend in Sacramento gave my phone number to an individual who wanted to start a methadone clinic in Oakland and they had a large room available and asked if I would I be interested in starting a C.A. meeting. My response was yes! They asked me what day would I like and my response was Tuesday and Thursday. It was my belief that a speaker discussion meeting needed to be supported by a Big Book study. I contacted our Webmaster and he put the meetings on our Northern California Area website.

For four months I sat in our meeting hall by myself. Our meeting is not in the best part of town, and to be quite honest it was kind of scary to me. There were drug dealers across the street, prostitutes frequently walked by and all that comes with being in "that part of town." Actually, it is the perfect place for a meeting! I kept the doors closed due to fear and relied on the website for people to come to the meeting. Several times my truck was broken into and it never occurred to me that I would quit. I somehow managed to get a file cabinet to put supplies in even though at that time there wasn't much to put in it. A member in San Jose District donated some Big Books of *Alcoholics Anonymous* for the Big Book study and a member from San Francisco District donated a literature rack.

During the meetings that I attended by myself I would practice the 7th Tradition and I would put \$5 in an envelope each meeting and put the money into a shoe box, so when the meeting finally got started we would have some money. The friend who asked me to start the meeting bought a coffee pot and found a place to get some chairs. I acknowledged to myself that my Higher Power was truly at work. During the meeting time I would read the Big Book of *Alcoholics Anonymous* and it came to me, where it says "We asked for his protection and care with complete abandon" I inwardly asked myself "did I ask for his protection and care?" The answer was yes. I also knew C.A. is a program of action so I opened the door. About two weeks later a guy came in and asked, "what was this place?" I told him it was Cocaine Anonymous and I shared our First Step emphasizing the "all mind-altering substances." He was excited and said that he would return.

The time of the meeting was 7:00 to 8:30 pm. It would have been easy to leave early since no one was coming but I never knew when someone might show up. I got a list of the treatment centers as well as sober living environments and

I took C.A. pamphlets and meeting schedules for the directors of the various programs to let them know that C.A. was more than just a local Fellowship, but an international Fellowship. I purchased scrolls with the 12 Steps and 12 Traditions on them because I remembered when I was in early recovery whenever someone spoke about the Steps I would look up at them; so I thought it was very important to have the 12 Steps of Cocaine Anonymous visible to the newcomers.

After sitting there by myself for awhile a woman named Mona R., told me that she had heard about this guy who was sitting in a room by himself, so she decided to come to the meeting - thus we had our first meeting on April 10, 2004. We did the readings and she shared the entire meeting. Several weeks later 16 people came through the door. We had seven readings at that time because everyone wanted to read but know one wanted to chair the meeting, they would rush to get too the meeting to get the reading of their choice. After a month we elected a GSR, then Mona became our treasurer. I asked a member would they be willing to do the birthday board, another person to put C.A. events on the bulletin board and in the announcement book. Then we got someone to make coffee and to serve it. People would say "I'm going to your meeting" and I would say "you mean our meeting." After about three weeks we decided to name our Group "One Puff Too Tough" by group conscience.

We recently celebrated our 11-year anniversary, something we've been doing for the past seven years. We have dances, dinners, fun-days for our members, we travel to all the meetings in our Area and we make donations to our Area as well as to C.A. World. Above all we have six meetings a week and we just voted to add a seventh. We have two H&I and are adding a third. We participate in our Area meetings and we elected a DSR. We all got together several years ago and made a C.A. logo six feet across with the words "One Puff Too Tough" above it, our membership loves it's home group. We welcome all who come to our meeting and we hope to see you too. I guess what I am really saying is, We started a C.A. group and I hope anyone reading this article is inspired to start a C.A. group, too.

* * *

QUOTE:

TWELVE STEPS & TWELVE TRADITIONS

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They do not drive by mandate; they lead by example.

“Sweet Home Chi go”

CAWS 32 Convention – Chicago, Illinois - USA

June 30 – July 4, 2016

**By: Vanessa J., CAWS 2016 Co-Hotel Liaison
Chicago, Illinois, USA**

Congratulations to CAWS 2015 Convention Committee. They did a wonderful job with this year's Convention. I would like to thank Earl H., 2015 Convention Chair for being a great leader.

The roll out of CAWS 2016 on Sunday Night at CAWS 2015 in Las Vegas, NV was so exciting! I was there along with other members of the CAWS 2016 Convention Committee. We are so fortunate to have our Wisconsin Area Fellowship on the Convention Committee as well. Other Fellowships in the Midwest Region have stepped up as well to help us with the Convention. What started out as a vision four years ago has turned into less than a year before the Illinois Area of Cocaine Anonymous host the 2016 Cocaine Anonymous World Service Convention in Chicago, Illinois to C.A. members around the world! I can't wait!

I thank God for the honor and privilege to serve as your CAWS 2016 Co-Hotel Liaison. I share this responsibility with our other Co-Hotel Liaison, Debbie W. Our theme is “Sweet Home Chicago.” Come on to“Sweet Home Chicago” and celebrate with us the biggest worldwide recovery celebration in C.A. at CAWS 32 in Chicago, Illinois over the Fourth of July weekend from June 30-July 4, 2016! Today, I am just as excited as I was when I made my very first C.A. World Service Convention in life hosted by the Ohio Area in 1994 in Cleveland, OH. I am just as excited as I was when the Illinois Area hosted the C.A. World Service Convention in 2003! When all the addicts around the world in C.A. gather at the C.A. World Service Convention, I experience a wonderful feeling that is indescribably good!

The Convention will be held at the beautiful Swissotel located at 323 East Wacker Drive, Chicago, Illinois. Ideally situated in the confluence of the Chicago River and Lake Michigan and just steps away from exclusive shopping on The Magnificent Mile in downtown Chicago, with fabulous wrap-around views from Navy Pier to Millennium Park, Swissotel Chicago offers an exclusive setting with one of the city's most prestigious addresses. The room rates start at \$159.00 US per night. There are several types of rooms to choose from as follows: Classic City View, Classic Riverview, Classic Lakeview, Premier Corner

King, and Corner Lifestyle Suite. The block code is: COCA0616_002 and the reservation number is (888) 737-9477. Reservations are made directly with the Swissotel. We have the reservations set up via phone only. If you call and do not use our block code, you will be told that the rooms are sold out because CAWS 2016 has the run of the hotel.

The hotel reservation cut-off is June 12, 2016. Please do not wait until the last minute to make your hotel reservations. Make your reservation early in order to assure that you receive the room type that you want. Also, you can register for the Convention online at www.ca.org. The message of recovery will be shared during our marathon meetings, speaker meetings and workshops. We have some exciting special events inclusive of a Lake Michigan Boat Tour, Second City, a Meeting in the Park, and a golf outing. You can register for all of these fun activities on the online registration form.

We are so excited to welcome you to Chicago in 2016! If you have any questions regarding your hotel or your hotel reservations please contact me at Vanessa J. at vanessa.hotel.caws2016@gmail.com or Debbie W., Co-Hotel Liaison, at: debbie.hotel.caws2016@gmail.com. If you have any questions about the Convention, please contact our Convention Chair, Kim S. at: kim.chair.caws2016@gmail.com



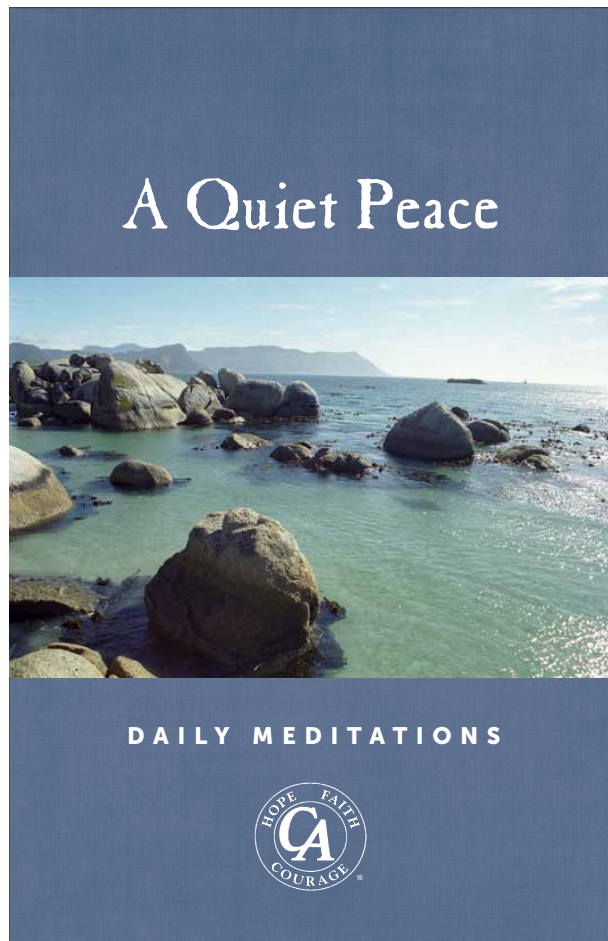
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DOES GROUP AUTONOMY TRUMP THE TRADITIONS?

BY: Bob C.

Los Angeles, California, USA

Tradition 4: "Each group should be autonomous except in matters affecting other groups or C.A. as a whole."

Tradition 2: "For our group purpose there is but one ultimate authority-a loving God as he may express himself through our group conscience. Our leaders are but trusted servants, they do not govern."

Tradition 6: "A C.A. group ought never endorse, finance or lend the C.A. name to any related facility or outside enterprise last problems of money property or prestige divert us from our primary purpose."

What do the Traditions have to do with the title of this article?

If a C.A. Group holds a group conscience and passes a motion which might violate one, or more of the Traditions, is it still OK because the group is autonomous?

A few weeks ago I was visiting a C.A. H&I Service Committee meeting and heard them start to discuss buying *Little Red Big Books* to distribute on their panels because they were cheaper than the *Little Big Books* sold by A.A. I asked if the red books were printed by A.A. and was told "no but it does have the first 164 pages so what does it matter?" I responded that the ONLY Big Book recognized by the C.A. World Service Conference was the one printed by A.A. The C.A. World Service Conference did not "approve" the Big Book of *Alcoholic Anonymous* but recognized it as a valuable tool of recovery.

I expressed my opinion that A.A. did not print the *Little Red Big Books* but more importantly they contained substantial material at the back, which was extra and not material approved by the WSC. Therefore I said to buy and distribute these books was to distribute "non C.A. literature."

Then, this last week the meeting held another group conscious and 1) voted to buy and distribute the *Little Red Big Books* at C.A. panels and 2) refer the issue at the next C.A. World Service Conference (WSC).

I have heard that groups in Arizona and Florida are already buying the *Little Red Big Books* and that a local L.A. District passed a similar motion.

As a former trustee as well as a member of the first several WSCs where all of these issues of adopting the Steps and Traditions as well as adopting the actual

A.A. Big Book of *Alcoholics Anonymous* and A.A. *Twelve Steps and Twelve Traditions* took place, I am saddened that C.A. members would decide as a group to buy and distribute a book in which it's contents is not approved by the C.A. WSC simply because it saves money.

Also, I do not think the "autonomy of the group" applies because this is only half of the Tradition. I believe distributing non C.A. literature does 'affect C.A. as a whole.' If we do this, where does it end?

Lastly, shouldn't the Group take this issue to the WSC BEFORE they risk violating traditions?

* * *

**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 11**

**ARE YOU WILLING TO
DONATE???**

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: _____

LOVE FROM THE FIRING LINE

BY: Terry M.

Phoenix, Arizona, USA

It's Cocaine Anonymous meeting time at the Arizona State Penitentiary in Florence, Arizona, a desolate town in the blazing hot desert. The inmates answer the call for Cocaine Anonymous by lining up waiting to clear security in order to participate in the meeting. Inmates value their meetings and line up early to make sure they get to attend. This makes me both grateful and aware of just how spoiled I am and how I don't always connect with how fortunate I am to be able to pick and choose when and where I go for my meetings. I wonder sometimes how I would act and listen at a meeting if it was the only one available to me that week or even month.

The long drive to the prison tests my patience every time I make it. Sometimes my disease tells me to make this five-hour round trip my last. My higher self counters with a Big Book quote "an occasional good deed won't suffice," "the constant thought of others" etc. The inmates come through the door and my doubt leaves, the Higher Power and the spirit of Cocaine Anonymous takes over.

The first inmate to share tonight begins to tell the story of being so stuck on the crack pipe that he committed a crime just so that he would be sent back to prison where he could get clean again. Cocaine in all its forms is unbelievably addicting. Only those who have been driven to the brink of insanity and death by cocaine can relate to both the way this inmate felt and what he did. Imagine that, deliberately going to prison because you didn't know there was another option, an option called Cocaine Anonymous. The inmate went on to say that he committed the minor crime and then waited for the police to arrest him. He got to jail and started sobering up. But when he went before the judge, thinking and believing that he would get two years or less, the judge sentenced him to six years in the Arizona State Prison. His plan for getting clean and sober had gone terribly wrong. The prison yard he was sent to is a violent one and he shares with tears in his eyes the repeated beatings that he has been given by inmates for things like smoking a cigarette and smelling like smoke when he returns to the prison run.

He told of the sadness and depression he felt, of the self-hatred he had come to know and how with less

than two years served, the horrible thought of more than four years to go. He reels from the torment of his failed plan and failed life. He shares about shaving with the prison issue razor and wondering if he can cut his throat deep enough and not be discovered long enough so that his living hell can come to an end. And then he says, "then I think of the men of Cocaine Anonymous who come so far out here to help me and others, I think of the hope they bring and I know the solution they speak of is real! So I place the razor down one more time and I walk across the prison yard into the waiting and loving arms of Cocaine Anonymous."

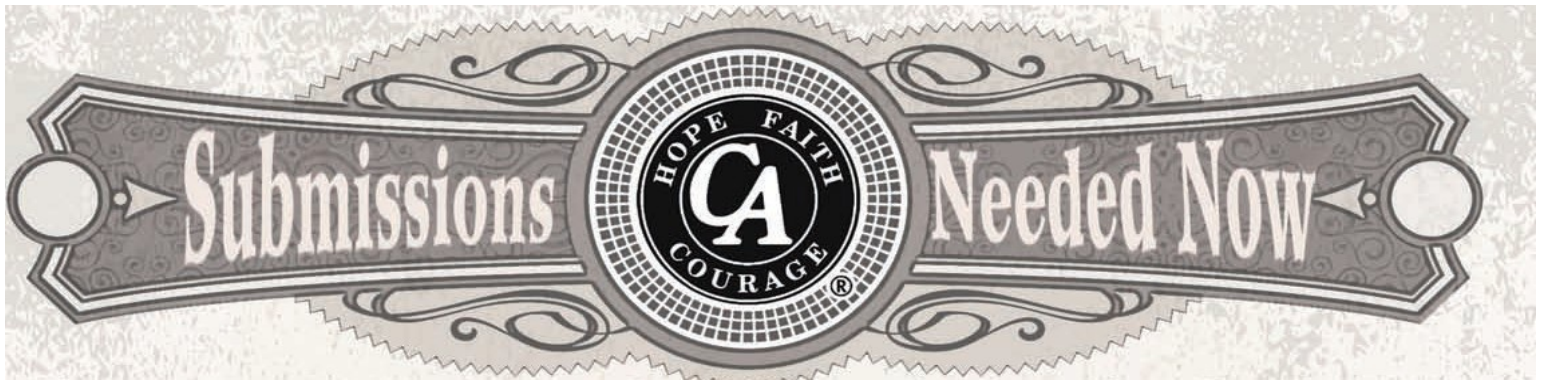
You see when you take the time to carry the C.A. message to others you never really know all the backstories. What pain is driving this persons life? What struggles and challenges they are facing?

The two hour meeting ended with a prayer. We said our goodbyes and the inmates returned to their cells as we headed to our car knowing that the Spirit of Cocaine Anonymous is alive and well. The drive home is usually a mix of reflective silence and gratitude interspersed with comments about how once again we had been blessed to attend perhaps the best C.A. meeting ever. When we finally get to our destination back in the Valley of the Sun we promise to gather again for the next scheduled meeting of the Free on the Inside Group of Cocaine Anonymous.

* * *

AVAILABLE AT YOUR C.A. WORLD SERVICE OFFICE





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.

MY LIFE CHANGES, THE STEPS HELP ME EVERYDAY

BY: Ginger L.
Phoenix, Arizona, USA

Five years ago this week I almost died. I went in for surgery and a few days later I went septic. I ended up in ICU with a tube that went up my nose and down into my stomach. By far the most unpleasant experience of my life. If it wasn't for my amazing nurse I might not have made it. Due to the complications I now have to live with certain unpleasant changes in my life. I was so mad at God for a long time. I didn't understand why he would do this to me. I didn't want to live like this. I absolutely refused to pray to him for a long time. I was miserable and I no longer trusted God. I realized I may not trust God but I did trust the process of the 12 Steps. So I had worked my Steps again and found my way back to God. Found my way back to happiness and to some acceptance.

Over the past year I have experienced profound joy like never before. I started to see there were possibilities I never dreamed possible for me before. Then suddenly it all fell apart and I was as profoundly sad as I had been happy. Which was profound indeed. Again I found myself questioning God. Why would he give me a taste of such joy and then rip it away from me? I was better off not knowing what I was missing. My faith and trust in God was again on shaky ground. But I still trusted the process of the 12 Steps. This time I didn't stop praying. I have shared authentically how I have been feeling even though I was afraid it would make me look bad. I worked Steps and followed suggestions given by my sponsor. But I have to say; working with my sponsees has helped the most. I find myself saying things to them that I needed to hear. Like: if you can't trust God, trust the process; we do not need other peoples love or approval to validate our worth; and When all else fails, helping another person always saves the day.

I have come to believe that God showed me what was possible so I would not settle for a mediocre life. So I would stop living small. I have a say in my future. I am creating a life filled with love, joy and inspiration. I am living big. I have wasted too much of my life living small. I wasted so many hours thinking of the past or waiting for some magical future instead of living in the now. I spent so much time waiting. Waiting for the right job, the right meeting, the right guy. I am learning how to be fully in the present.

Learning to stop recreating the past and to stop trying to clear the wreckage of my future. Pain has been a great motivator. I am living a life I love and loving the life I live. I am grateful for every experience in my life that has brought me to this moment. Right here. Right now.

* * *

NEWSGRAM POEM

Why not?

BY: Annie B.

San Francisco, California, USA

*Why do we walk the recovery halls
When so much else in our life calls,
Demanding our time and attention now.
Year upon year, why must we all vow
To keep returning, to keep coming back,
When everything seems to be on track?
When years have passed and all is "well"
Is this a question that rings a bell?
Have you been asking it recently?
Maybe the odds don't apply to me.
Maybe my life is ok today.
It might be the time to back away
And move along like the normies do.
Yes, we have many options, it's true.
We could experiment, play some roulette,
Roll the dice and see just where we get.
We could back away and try to be free,
From the steps and this program of "one days" and we.
For this is an option we always can choose,
If we have decided that we've paid our dues.
But if you should plan to depart in this way
You might take a moment to pause and to pray
For those we have lost in recent days,
To this disease, in so many ways.
And ask yourself what you can do now
To honor their memories somehow.
To stay, and to live, when they could not.
To give, and be grateful for all you've got
To give your heart to a new arrival,
Desperately grasping for survival.
Desperately wanting what you have attained.
There might still be some things to be gained.
And I hope my friend, that I'll see you here
For year up clean and sober year
So we all have a chance to stay and find out
What the truest blessings of life are about.*

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!

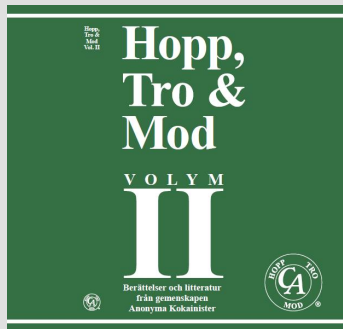
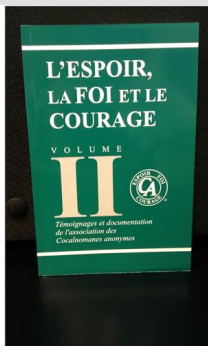
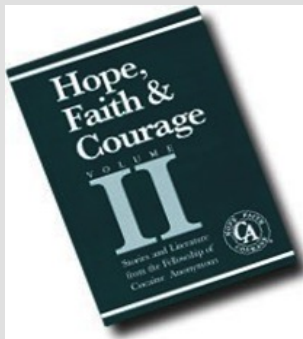
We have available the *HFC II* in French!
L'Espoir, la Foi ET le Courage, volume II for \$9.95 US Dollars

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!



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

A NEW HIGH FROM H&I

HOW H & I AFFECTED MY LIFE AND SOBRIETY

By: Felicia O.

Chicago, Illinois, USA

Hospitals and Institutions (H&I) sounded very scary and unappealing to me, the weary one. The thought of an institution made my skin crawl. I was a prisoner of my own mind and body but an institution scared me more than the hellish prison of my own unfitting skin. Who knew one or both of these places would my introduction to the one thing that saved my life.

H&I affected and changed my timeline and possibly my funeral date. The first meeting I went to was a meeting at my detox center in Fort Lauderdale, Florida. I sat there a young woman 21 years young. A woman nonetheless. A woman who was scared, alone, unsure of my fate, and in complete and utter fear of the discomfort I was facing in that very moment walking through those doors. Little did I know I would go to a meeting in that very detox. What I did later that night, that very night that would change the course of the rest of my life.

Unaware at the time, but later came to understand the scenario I was in, looks a little like this; it was a closed evening meeting of Cocaine Anonymous ran by a young, beautiful, successful woman. My definition of success at this point was anyone who didn't have a crack pipe in their mouth or a needle hanging out of their arm. High standards I know. Put that aside, she had a sense of peace about her I could piggyback on. She read these readings off a piece of paper. I was unsure whether she herself wrote them or she was reading my thoughts and talking about my life. Unaware of meeting format or etiquette I wanted to disrupt her many times to talk about the things she was saying. This was the first time in a long time, I FELT UNDERSTOOD. I felt a sense of ease and release come over me when I realized the very essence of this program and the people in it were the solution to my problem and this very woman was that essence. She was living free of the bondage of self and drugs about which she talked in her story. The readings told me in others words that, I wasn't just maladjusted to life and in full-fledged flight from reality. I suffered from a mental obsession beyond my control. It was at this moment I knew, *I was home*.

I know your probably thinking as you read this, who doesn't know what A.A., C.A., N.A., or any A. was. But honestly, I was clueless. I was homeless living in a bubble of those who were just like me. My "associates" had no desire to look for a way out. What I was doing was totally acceptable or in others words the only reason I never left. I shouldn't of ended up in Florida on this day, but I know now that God put me there for this very woman to touch my heart and open my mind to a power greater then my and at the time, that power was the Fellowship of Cocaine Anonymous.

Looking back through my life now, I can recall seeing or hearing things that screamed C.A. but in this very moment it became something that I could grasp because it was simple. Not easy, but simple. I had a long road ahead of me if I wanted lasting sobriety like this young woman had. The road was in fact long, but totally worth every second.

I wholeheartedly believe that God was in control of my story and my fate. Because I'm sure if he knows me like I believe he does, he knew it was going to take more than that little reading to convince a hardheaded individual like me.

As the speaker began to tell the group about herself and what she had experienced while using, and what her life is like now, I was in utter awe. She was from the same area in New Jersey as I was, she did the same drugs as I

did, we never crossed paths yet she told my story. I was alone in an unfamiliar state with a woman I'd never met before, yet she was me and I was her. She was an agent of God that sold me on this idea. That human experience of being able to relate alone, something so simple became enough to open my mind to the solution that she later offered in her story.

I was in an unfamiliar place with unfamiliar people doing unfamiliar things and didn't have the one thing I typically used to feel like I could fit in, my drugs and alcohol. It was just me, Felicia, whoever that was because at this time, I saw myself as the homeless prostitute off the streets of Camden, New Jersey. **Period.**

The shell that was left of me had no sense of identity. I lost my self in the process from my pain, guilt and shame. Formally Felicia C., the daughter of a cop, a straight "A" student, the Rutgers premed student that grew up in a prominent town on the Jersey shore. Whoever that girl was, she was gone to me and everyone else that knew me a long time ago. The woman in that meeting had no sense of identity. That woman lost herself in her pain, guilt and shame. At this point in my process I saw my self as the broken soul that was incapable of being loved, liked, or even tolerated. My absolute truth was that I was worthless. Yet I sit here today, a strong sober woman that is deserving of love, life and being that role model for a young woman in detox just as another woman had been for me.

The previously described experience was obviously the very beginning to a long and painful process. Because of course this was where I was told there was a solution. Now, whether I was willing to go to any lengths for victory over alcohol was another story. That woman hadn't had enough pain yet. Beaten, battered, broken, abused, and self-neglected, I still had strength to dig my grave.

Well, I can proudly say I stopped digging. Today I sit her typing this story because the Big Book of *Alcoholics Anonymous* tells me I am an agent of God. I work for him now and the way to pay him back is to help share the solution with other sick and suffering addicts and alcoholics.

I do that today by taking commitments on an H&I committee in Chicago IL. I bring a meeting into a women's treatment center twice a month that is state run and the bottom of the barrel. I was scared the first time I walked in there, scared that I couldn't live up to the women who touched me doing H&I and service work. Little did I know God was working through me as he was always working through her. Because left to my own thoughts and actions, I couldn't help a single soul. Today service and sponsorship are the foundation of my sobriety. I will continue to give back what was so freely given to me.

What makes H&I so crucial in this continuous cycle of addict and alcoholics? It typically reaches those who don't make it to the rooms left to their own devices. Those individuals that think they are too far gone to go to a meeting or locked up with no free will, its those individuals that need to be reached and that can only be done through H&I. I compliment those men and women who do service at this level, providing Hope, Faith and Courage to those of the hopeless variety such as myself.

Until next time, I'm putting my shovel down. But I can assure you; it will always be there. It will always be there waiting for me to pick back up if I don't maintain my spiritual condition.

Just for today I have a solution, that one is GOD, may you find him now!

* * *

September 18-20, 2015

**Arkansas Area Cocaine Anonymous
Keep 12 Steppin'**

LOCATION

Crowne Plaza Little Rock
201 Shackelford, Little Rock AR
502-223-3000 Use Code: A.A.C.A.

CONTACT:

Maxine M. Convention Chair; 501-779-3748
Catrina R., Convention Vice Chair, 501-519-6994

October 16-18, 2015

**2015 Southwest Regional Convention
New Freedom**

LOCATION

El Tropicano Riverwalk Hotel
110 Lexington Ave.
San Antonio, Texas 78205
Online: www.eltropicanohotel.com Group Code:CA
See Online Registration Flyer

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

NOVEMBER 20-22, 2015

**11 Annual South Scottish Convention
Born in Desperation – Recovered in C.A.**

LOCATION

The Park Hotel
Rugby Park
Kilmarnock KA1 2
Specify CA Convention when booking your room

CONTACT:

Eddie G., Convention Chair: 07793457679
Chris Mc, Registration: 07891343093
Registration form online

April 15-17, 2016

**Pacific North Regional Convention
When the Pain of Staying the Same Becomes
Greater than the Pain of Change**

LOCATION

Best Western Chateau Granville
1100 Granville St
Vancouver, British Columbia, Canada
604-669-7070 or 800-633-0575, Group code 02G

CONTACT:

Vince H., Convention Chair 604-649-4912
Tim C., Hotel Liaison, 778-834-8648
Nadine M., Registration, 778-883-3922



Calendar of Events

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:



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	\$725.00
CANADA		
Alberta	Beat the Drum	\$227.18
	C.A. Calgary, Alberta	\$ 40.00
Northern Alberta	No. Alberta Area	\$175.62
Ontario	Simcoe	\$100.00
	Phoenix Group	\$200.00
Quebec	C.A. Quebec Area	\$3,122.56
EUROPE		
United Kingdom	C.A. London District	\$3,729.27
	C.A. E & W	\$623.33
	So. Central Dist. of C.A.	\$71.85
	Watford UK Monday	\$87.00
USA		
Alabama	Everything or Nothing	\$50.00
	Lakehouse C.A.	\$24.00
Arkansas	Arkansas Area of C.A.	\$150.00
	Log Cabin Group	\$20.85
Arizona	East Valley Men's Grp	\$268.27
	SOL BCH Group	\$120.00
Northern California	C.A. of Northbay Serv. Grp.	\$60.00
	C.A. Southbay	\$125.00
Central California	Cen. Calif. C.A.	\$225.00
Southern California	2 nd Tues. of/Month House Group	\$120.00
	CALA Longbeach Compton Dist.	\$182.00
	CALA Westside Hollywood	\$451.80
	C.A. South Beach Cities	\$200.00
	Faith & Courage Mon.	\$38.00
	Inland Empire	\$39.44
	Orange County C.A.	\$500.00
	S.G.P.V.C.A.	\$306.46
	W.I.E.C.A.	\$163.96
	WSOB Meeting	\$92.00
	WSOB Change Basket	\$6.82
Colorado	C.A. of Colorado	\$350.00
	C.A. of Colorado H&I	\$205.29
	Drawing Closer	\$34.00
	C.A. Nirvana Group	\$235.52
	Whiteout Group	\$37.50
Florida	C.A. Central Serv. Brd.	\$30.00
	District of Fort Myers	\$60.00
	Florida Area C.A.	\$25.00
Georgia	Carry the Message	\$79.00
	Metro Atlanta C.A.	\$237.73
	New Life Group	\$14.50
	Solutions Group	\$90.00
	Spearheads Group	\$106.00
	Spiritual Awakenings	\$16.50
Illinois	IACA	\$59.42

7 th Tradition January-March 2015		
Category or Group		
Location	Name/City	Total
	IACA, Inc.	\$600.00
	IACA, NW Suburban	\$123.21
	IACA South & West	\$146.70
Kansas	Newfound Life C.A.	\$150.00
Louisiana	Flying Higher Group	\$50.00
Maryland	Positive Attitudes	\$25.00
Missouri	Come and Get It	\$30.00
	Men's Meeting	\$65.00
	Working With Others	\$5.00
Nebraska	C.A. of Nebraska	\$56.00
	Monday Miracles	\$300.00
New Jersey	Bradle Beach C.A.	\$145.00
New York	C.A. New York, Inc.	\$5,000.00
	Circle of Life Group	\$100.00
Ohio	Akron C.A.	\$1,000.00
Oklahoma	C.A. OK	\$50.00
	Rock Stops Here Group	\$150.00
Oregon	CA of Oregon & SW Wash.	\$50.00
Pennsylvania	C.A. of PA/NJ/DE	\$300.00
Tennessee	Off the Rocks	\$30.00
Texas	Basic Instincts Group	\$40.00
	Freedom & Hope Group	\$30.00
	North Texas Area of C.A.	\$50.00
Utah	C.A. of Utah	\$3,500.00
Wisconsin	C.A. of Wisconsin	\$1,000.00
	Sunday Night Strength	\$300.00
Birthday Envelopes		\$142.00
World Contribution Program		(See form on Page 8)
Total		\$4,681.34
		\$31,945.12

(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.)