

NEWS GRAM

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HAVING FUN IN EUROPE

BY: Claudia W.

Frankfurt, Germany

Today I know I am an addict. Some may disagree (no problem) because I always took the single same mind-altering substance in liquid form, but I can only tell my own truth and that is: I do not suffer from heroinism, crackism, cocaineism, barbiturism, etceterism, and alcoholism. I suffer from the disease of addiction and I never took a drug of choice (no choosing involved, it was a must), but a drug of circumstance. I lapped it up until it stopped doing the miracles it once had done and then it ate me alive while my soul was dead already.

Thank God I found the Fellowship of Cocaine Anonymous, because I could not have stuck for longevity elsewhere. I found I cannot work this program on my own. I cannot sit on my sofa with The Steps and the book and do it alone and just dip into a pastor's office for visits when I need someone's ear to share inventory. And I cannot work this program in the middle of a half measures- suffice-for-me-easy-does-it fellowship. I need to be surrounded by other addicts who have that deadly earnestness Bill talks about: *"There is, however, a vast amount of fun about it all. I suppose some would be shocked at our seeming worldliness and levity. But just underneath there is deadly earnestness. Faith has to work twenty-four hours a day in and through us, or we perish."* (The Big Book of Alcoholics Anonymous p. 16)

Because our lives do depend on it. Two Londoners, two young Dutch, and a Dutch woman were there to share their experience, strength, and hope. The food was good and gracious Lord, were we on the same page!

I really don't want to perish. My life depends on full measures, full program, full on, and I know it. And the book tells me "create the fellowship you crave" (p. 164) and I heard a C.A. old-timer talk about

the buzz, nodding away – yes, I am with you, I too crave and need and want that buzz. I had worked all the steps with a sponsor, finished my amends, was living based on the principles of the whole beautiful 12 Step program, but it was not enough. I did not have a homegroup of other addicts with the same deadly earnestness. Not yet.

Next thing I know is I am married to a CAUK service junkie, I am sponsored by a CAUK member and my husband and I decide to commit to doing what we can to carry the C.A. message in our own community here in Germany.

Thanks to a Swedish addict mentioning how the European assembly coming to Stockholm gave his Area a vital boost, we organized the first German event 2015, hosted the European assembly in Frankfurt, received so much C.A. love and a similar awesome boost. Today we are preparing our second event. It's young and raw and vulnerable and great and it just doesn't get boring.

I am not a Pandora's box of entertainment event experience, but a couple of little things I have noticed may be worth sharing.

Just these last weeks, it seemed like the enthusiasm for our second event was not yet there. We spoke about budget and insurance and it felt a bit dull. We could sense new group members go skeptical if the event will be worth the effort.

And then in our committee meeting last week, the lights went on! It was almost tangible. We looked at our first draft for the projected balance sheet and at our upcoming Area agenda and God showed up when one of us said, hey look, whatever profit we will make at the Unity Day in May, we'll send that to Area of course ... and then Area will have a budget to work

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HAVING FUN IN EUROPE

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with for a PI event in September, how cool is that? Meaning, all the fun we will have will be secondary. It will be all about Tradition Five, reaching those addicts still out there, now, suffering, and who do not yet know they too can recover. So for them addiction truly is deadly earnest, in places with such unsexy names as Wuppertal and Wanne-Eickel

With all the service groundwork we have been shouldering the first two years, it seems that not often enough did we have the energy to organize another fun event. Two small group anniversaries, a Christmas party as a simple table reservation at a café, shared pizza after the meeting, BBQ in our garden, a girls' film night here and a boys' field trip there – they were all good and it sometimes seems the simpler the better. These modest little events created unity, gave us shared memories, taught us about The Traditions in action, and most of all made us attractive to newcomers. The most frequently asked question we hear in H&I is “do you guys do stuff together?”

One big eye-opener for me has been how these events have set us in motion onto a forward time line, us addicts, who once had only the next hit to live for, who once talked the talk of “power of now” as a pitiful excuse to go stealing and using now-now-now. Today, in recovery, we can have a future to work for with those we love and planning those fellowship events really is the best practice. Wow. I wouldn't want it any other way. That's what I call having fun in recovery and living a life worth living.

Thank you, C.A.!

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NEVER A DULL MOMENT

BY: Deborah G.

Pacific North Regional Trustee
Hayward, California, USA

I always thought I knew how to party. I thought I was having fun. When I was using drugs and alcohol, it would start out as fun but always ended with pain, guilt and shame; feelings of remorse. I was the person that liked to drink and smoke and play cards and dominoes. I liked to talk crap to the losers and laugh and joke. To me, this was fun. Even in my addiction, I would throw big parties for my relatives and close friends. I can remember hosting a big party at this club for my husband, brother, and a few others who shared the same month for their birthdays. I spent the whole day cooking for over 50 people, but when it was time to show up to the party I was stuck. I had been getting high towards the end, knowing that I was supposed to be getting ready. Even knowing that, my mind kept telling me "just one more and I'll go after this". That "just one more" never ended for three days. I had to finally go home with my head tucked between my tail, not wanting to face anyone. My children, my husband, my brother, everyone looked at me and I could feel the chill run down my spine. I knew they hated me, and I hated myself. This was just one time that I didn't show up; there were many more to follow. I remember not showing up for my sons' graduation, track meets, baseball games, and football games...anything that was important to them. I was too selfish. All I cared about was the next high and how I was going to get it. It didn't matter if I had to lie, cheat, or steal from someone, as long as I was successful in getting my drug. It was all about me and what I wanted. I was a pitiful mess.

It wasn't until January, 2005 that I realized that my life was leading me into an early grave. I had gone from a size 14/16 to a size seven and didn't noticed that I was that small. I remember looking in the mirror one day and scaring myself. There was a monster looking back at me; dark rings around eyes that were sunk in and skin so ashy it scared me. I recall shrinking away from the mirror, peeking to see if the monster was still watching me. That monster was me. Finally, I reached out to God and begged him to please help me. I knew then that I didn't want to live like that anymore. I know if I scared myself, my children had to be terrified of this horrible looking creature. It was then that I made a decision to let God into my life. That was the beginning of my new life.

The best decision I ever made was to go into treatment. I knew I needed an inpatient program because it was too easy to walk out those doors and get loaded. I began a new life and met a host of new friends. I began going to conventions, parties, dances; all clean and sober functions, having fun. I didn't know what fun was until I came to Cocaine Anonymous. Here were people, addicts just like me, having more fun than I ever dreamed of. I began meeting people from all around the world. I have had the time of my life with people I would have never even socialized with. Life is awesome for me now. I have many friends that love me and want to be in my presence. I can remember a time when that wasn't true. I can say that life is a great big party today. I didn't know what fun was until I came to Cocaine Anonymous. I'll end by saying one thing; Ain't no party like a C. A. party! I will be a member until my last breath!

* * *

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WHAT IS C.A. ABOUT? UNITY, SERVICE AND RECOVERY, ALL TOGETHER

BY: Yves W.
Atlantic North Regional Trustee
Montreal, Quebec, Canada

Being of service is for me the one thing that kept me in my recovery, at first just to feel part of the group, mainly to ensure I would stay clean and I wouldn't feel rejected and seeking love. But as I was told so often, work one quarter part and the program will work the last three.

So service, after keeping me in this program, also started to bring me a new way of living, a new way of being myself, for myself and for others. And most of all, it brought on the path a lot of wonderful people.

This introduction was to talk to you about my last experience in service, being part of the renewal of our ca.org website. This started a few years back with the idea of renewing our window to the addict who still suffer in the virtual world. This idea became a project to the World Service Office who was tasked by the Conference and the WSBT to bring this live.

This project brought together the World Service Office, the World Service Board of Trustees, members from the European, Atlantic South and North region first to complete the design and then to have it developed. This took three to four months to complete and then another month to test it live. With the help of a lot of pairs of eyes from WSO, the trustees, the LCF committee, we were ready to go live. This occurred on the last weekend of January.

We are now live since then. What a wonderful gift for me to have been part of this. It always amazed me to find out how a few addicts when working together can tackle any project with the sole objective to share the message of Hope, Faith and Courage to the addict. I am a proud member of Cocaine Anonymous. Thank you for allowing me to be of service.

* * *

WHAT'S BEEN HAPPENING AT THE WORLD SERVICE OFFICE?

BY: Linda Francisco
Director of Operations,
CAWSO

This last quarter and beginning of a new quarter has been very busy for the CAWSO office and our staff.

❖ We have introduced a Special Sobriety coin that is available in six different colors (Black, Green, Red, Blue, Amethyst, and Pink). They are only \$20 each or \$15 if you order 3 or more and are shipped directly to you within 10 business days. (See order form on page 11)

❖ You can currently purchase "*A Quiet Peace*" eBook from either Amazon.com (Kindle) or Barnes and Nobel (Nook). (See disclaimer below)

❖ If you haven't checked it out yet...check out the 2016 CAWS Convention in Chicago...<http://convention.ca.org/> - You won't want to miss this party!

❖ We recently introduced our plastic sobriety chips in German and Danish...Yes we have C.A. chips in 8 languages: English, Dutch, Farsi, French, Spanish, Swedish, German and Danish!

❖ Have you visited our new Website yet...ca.org – You'll be impressed!

○ You will want to visit the site often, as it will be updating, expanding and adding new information daily.

○ You will be able to make one time donations or set up reoccurring monthly donations from your home group, Area or personally

○ With one click you can browse through our new Online Store

❖ Let me assure many, many other things have been happening but I will leave that for the next Office Update.

Thank each and every one of you for all you do for C.A. We appreciate it and are extremely grateful for the opportunity to be a part of C.A. history!

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CONFESSIONS OF A BIG BOOK SPONSOR

BY: Cameron F.

Toronto, Ontario, Canada

I am a Big Book Sponsor. I practice the 12 Step Program as outlined in the Big Book of *Alcoholics Anonymous*, the original recipe for recovery as practiced by the original 100 who recovered from a seemingly hopeless state of mind and body.

By working the Twelve Step program as described in the Big Book of *Alcoholics Anonymous*, I have had a spiritual awakening. The obsession to use cocaine or any mind-altering substances has been removed. My progressive addiction illness has been arrested. My disease has been placed into remission. I have recovered from a seemingly hopeless state of mind and body. As a result, I am able to remain, almost effortlessly, abstinent from cocaine and all other mind-altering substances. I have ceased fighting anything or anyone, even cocaine. My sanity has been returned. I am not fighting temptation, nor am I avoiding people, places and things on a trigger list. I feel as though I had been placed in a position of neutrality safe and protected by a Higher Consciousness. I have not even sworn off. Instead, the problem has been removed. It does not exist for me. I am neither cocky nor am I afraid. This is how I react so long as I keep in fit spiritual condition. Furthermore, by living in the disciplines of Steps 10, 11 and 12 everyday, I have a daily program of action that really works in rough going. I have way of living without cocaine or any mind-altering substances.

You can recognize me at 12 Step meetings because I am armed with the facts about myself. As an ex-problem addict, you will see me making an approach to the newcomer—looking for someone who is open-minded about our common solution—someone with an honest desire to stop using cocaine or any mind-altering substances—someone who wants what I have and is willing to follow the instructions as outlined in the Big Book—someone who wants to be joyous and free of active addiction.

To show other addicts precisely how I have recovered is the main purpose of this book. I carry a common solution—a recipe for recovery on which we can absolutely agree and upon which we can join together as brothers and sisters in harmonious action. My deportment shouts that I am a person with a real answer. I carry no attitude of Holier Than Thou. I do not talk down to the addict from any moral or spiritual hilltop. I ask for no payment. I have no axes to grind

nor people to please. You can expect to endure no lectures from me. My only desire is to be helpful. I offer friendship and fellowship.

I have carried the message of the Big Book of *Alcoholics Anonymous* to many addicts and rarely have I seen a person fail who thoroughly follows our path. But untreated addicts are unlovely people. My struggles with them are strenuous, comic and tragic. Those who could not or would not see our way of life are often consumed by their temptations which leads them to the gates of insanity or death. Helping other addicts is the foundation stone of my recovery. A kindly act once in a while isn't enough for me. I have shared time, energy and money. My business and personal life has been interrupted by the telephone ringing at any time of the day or night. My spouse sometimes feels neglected. I have made innumerable trips to police courts, detox centers, hospitals, jails and asylums. I have counseled frantic spouses and relatives. Occasionally I have to meet such conditions.

I have worked hard with many addicts on the idea that only an addict can help another addict. I have had many failures. I often hear that this is a "selfish program", but whenever I put my sobriety first I could never stay sober. When I started showing the newcomer how to stay sober, I have found no trouble staying sober. As Doctor Bob once remarked, "strenuous work one alcoholic with another was vital to permanent recovery."

Sometimes I am confronted with Big Book of *Alcoholics Anonymous* animosity, but my program tells me I have to look at my part. Have I been crusading, righteous, or critical? Have I been engaging in frothy debates or windy arguments? Have I been demonstrating an attitude of intolerance? Yes, there have been times when I have been all these, but I claim spiritual progress not perfection and I am no saint. I must remember that when I focus my mind on what is wrong with the fellowship and the meetings today, the more I become restless, irritable and discontented. I must remember that the meetings are filled with many suffering and untreated addicts. Love and tolerance of others is my code. So, I practice acceptance and focus on what is good about the meetings and the fellowship. I try to see what I can positively add to the meeting—my only desire is to be

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CONFESSIONS OF A BIG BOOK SPONSOR

(Cont. from page 5)

helpful. I must remember that I have no monopoly on recovery, but I do know that the Big Book solution works.

Why do I continue to work with other addicts?

Having had a spiritual experience, I try to practice the 12 Step principles in all my affairs. First, I take care of family, for sobriety is not enough and I am a long way from making good to my spouse, parents and children whom for years I have so shockingly mistreated. Second, I take care of my business, for there can be no family if I am not self-supporting. And third, in my spare time, I carry this message to other addicts. For me, this approach, in this order, is a balanced program.

Over the years I have witnessed a fellowship grow up about me. I have watched the spirit grow in the eyes of a suffering individual and seen them recover from a seemingly hopeless state of mind and body. I have seen them make a 180 degree turn in life, only to help some other suffering addict do the same. This is the experience I would not miss. I know you will not want to miss it either. Frequent contact with newcomers and with other Big Book sponsors is a bright spot in my day.

My life has taken on a new meaning and I seem to be of benefit to others. I have found a new freedom and happiness. I know serenity and peace. I continue to lose interest in selfish things and gain interest in the people in my life. My attitude and outlook on life has changed. Fear and economic insecurity is down and I know how to intuitively handle situations which use to baffle me. I realize that my Higher Power does for me what I could not do for myself alone.

Thus I grow spiritually and so can you with a Big Book in your hand. It contains all you will need to begin working with the addict who still suffers. I know what you are thinking, "I'm a newcomer myself and I do not have enough clean time to be of use to anyone. What could I possibly offer another newcomer? Maybe I should wait a year or two." Rubbish! By working the Big Book solution, you will tap a source of power greater than yourself. To duplicate, with such backing, what I have accomplished is only a matter of willingness, patience and labor. Remember your reliance is always upon your Higher Power. It will

show you how to create the fellowship you crave. Ask in morning meditation what you can do for the addict who still suffers. The answers will come if you work your program. But if you are shaky you had better work with another addict instead. Remember you have recovered and have been given the power to help others. You will soon find out that when all other measures fail, work with another addict will save the day. Give freely of what you have been shown and join us on the Broad Highway of the Fellowship of the Spirit. You will surely meet some of us as you trudge the Road of Happy Destiny.

Trust God, Clean House, Help Others.

* * *

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SOME CHARACTER DEFECTS LAST LONGER THAN OTHERS

By: Ginger L.
Phoenix, Arizona, USA

Some character defects last far longer than we would like. I recently attended a seminar where they were discussing how we (as people...apparently this is not unique to addicts!) operate largely on "Looking Good/Avoiding Looking Bad." This is something that plagues my life. I have known this for years. It shows up all over my Fourth Step (fear list). Heck it shows up all throughout my Step-work. Here I am with two decades of sobriety and it can still paralyze me. The seminar assignment was "Find some area that is important to you where you are stuck inside of looking good/avoid looking bad, and cause a breakthrough in that area. Some ways to go beyond looking good include honoring your word and taking actions that are consistent with your stand, cleaning up messes that you made inside of looking good, and communicating with others what is really there for you." The area I chose was 12 Step meetings.

I had pretty much stopped sharing in meetings. I especially disliked ticket and tag meetings. I would get so worried I would get called on that I obsessed on it and thought only about what I would share. I could barely hear anything that anyone else was sharing because my internal dialogue would not shut up... until I get called on... then it had NOTHING TO SAY. My mind would go blank, because I became full of fear. I would worry about what you would think of me. I would worry you would think I am not working a good enough program. That I am not good enough. Not spiritual enough. Or worse, that I don't belong. All of this is nonsense, of course. I know a lot of you like me. I do work a good program and I have a good relationship with my Higher Power. I most definitely belong in the rooms. Yet my internal dialogue wants to debate this. Wants to tell me I don't have anything of value to share. Wants to tell me that if I share someone will share after me and say that I have it all wrong and don't listen to me. And then I would look bad, when all I want is to look good! LMAO. So crazy!

I have been opening up in the meetings. Being authentic. Telling them (and you) that you all scare the crap out of me! LOL I tell them about the evil committee in my head. Funny how when we share it starts taking the power away from the insanity. Its kind of hard to do when sharing IS my insanity!!!

Now I practice really listening to others and not so much to the dialogue in my head. Being present for others. Opening up, whether it makes me look good or not. I have learned that I can create my life. I can leave the past where it belongs and stop bringing it into my future. I am creating the possibility of being inspiring and extraordinary! I know I can be. I know I am. I am putting these old fears behind me. I am leaving them in the past, where they belong.

* * *

NewsGram Editorial Policy

The NewsGram publishes articles that reflect the full diversity of experience and opinion found within the Fellowship of Cocaine Anonymous. No one viewpoint or philosophy dominates its pages, and in determining the editorial content, the editors rely on the principles of the Twelve Steps, Twelve Traditions, and the Twelve Concepts. The heart of The NewsGram is in the shared experience of individual C.A. members working the C.A. program and applying the spiritual principles of the Twelve Steps. Yet what works for one individual or C.A. group may not always work for another. For this reason, from month to month, articles may be published that appear to contradict one another. Seeking neither to gloss over difficult issues, nor to present such issues in a harmful or contentious manner, The NewsGram tries to embody the widest possible view of the C.A. Fellowship.

The Charter of the World Service Conference guarantees The NewsGram editor the right to accept or reject material for publication. The NewsGram staff members evaluate articles and, while some editing is done for purposes of clarity, styling, length and content, the editors encourage all writers to express their own experience in their own unique way.

Articles are not intended to be statements of C.A. policy, nor does publication of any article constitute endorsement by either Cocaine Anonymous or The NewsGram. Articles are invited, although no payment can be made nor can material be returned.

MY DELEGATE EXPERIENCE

BY: Stu E.

Los Vegas, Nevada, USA

I am a long-time member of the Online Service Area. I served the Area some time ago as a GSR for one of the meetings for a short time but really never quite understood the purpose of having delegates. One reason is that it was never quite explained to me; the other was that I was never exposed to the annual World Service Conference since it is always held in Los Angeles. In this digital age we really don't need to be locked in to the LA Area. Someday, I hope they will move the Conference around from time to time allowing other Areas and Regions the opportunity to see what really happens at the WS Conference and they even the newest member has the ability to walk up to the microphone and participate.

My original belief was that it was just another free trip for people and that impression wasn't changed by the delegate reports I read post-conference. It seemed like most of the reports centered on gratitude and how wonderful the Fellowship experience was, that a lot of work was done but no real understanding of what the whole thing was about. When I was nominated for the position I was still very skeptical but was reminded of "contempt prior to investigation." I decided to go in with an open mind.

My first Conference I attended as an Alternate Delegate with one vote. (Our delegate was unable to attend). My head was spinning around because so much was happening and I had no idea what was going on. I joined the IT Committee and was made to feel very welcome by all the committee members. I remember I was thrilled that they listened to my suggestions while we worked on referrals and were very patient with me when they realized just how little I knew about the IT world. It was a wonderful experience and I even got to present a motion on the Conference floor.

I decided that I wasn't going to file a gratitude report. While I was completely filled with gratitude after that experience, I didn't want to send the wrong message out to those members who like me were skeptical about the need for this conference. I gave a brief synopsis of all the different committee closing reports, including motions and vote results and kept my personal notes as brief as possible.

My second Conference I decided to spend each year on a different committee so I could get the feel for

everything the Fellowship does. I joined the Convention Committee. Apparently God had other plans for me because I was nominated to be Vice-Chair and decided to stay on the committee. Looking back it was logical because I'm a convention junkie, having only missed two World Service Conventions since 1993. I spent the next three Conferences on that committee. I was lucky to have a very enthusiastic Chair in Gary P. As Vice-chair I was basically there to help the chair and watch how it was done since the expectation was that I would take over at the end of his term. The following year I took over as chairperson and was blessed with what I believe was the best committee at conference. We laughed, we argued, we voted and we always walked away confident that we did our best to represent the needs of the Fellowship. This year I finished up my term as chairperson and passed on the responsibility to Jerico M.

Having completed my term as delegate for the Online Service Area I am a changed man. While there are certainly some things that I think need to be changed, I have no doubt that God is truly in charge of this fellowship and that the conference does answer the needs of the Fellowship. As I turn my focus on to helping my local Cocaine Anonymous Area, I'm truly grateful to the Online Service Area for supporting me through this whole process and allowing me to be of service. As I finish this report I'm reminded of what Dr. Bob wrote about service: *I spend a great deal of time passing on what I learned to others who want and need it badly. I do it for four reasons:*

1. *Sense of duty.*
2. *It is a pleasure.*
3. *Because in so doing I am paying my debt to the man who took time to pass it on to me.*
4. *Because every time I do it I take out a little more insurance for myself against a possible slip. (Big Book of Alcoholics Anonymous, page 180-181.*

If there is one thing that I have learned over the course of my sobriety it's that I have no laurels to rest on, just the next commitment.

* * *

“Sweet Home Chi go”

CAWS 32 Convention – Chicago, Illinois - USA

June 30 – July 4, 2016

By: Nick B.

CAWS 2016 Program Chair

Chicago, Illinois, USA

I had about six months sober. I was living in a half way house in Scottsdale, Arizona. My entire life was contained within a three-block radius (work, the meeting hall, and the halfway house). My roommate had heard about an event called the Apache Lake Roundup. He described it as a bunch of sober people who were going to be camping together and having meetings. We packed up his car with some jackets, old blankets, and a tent we found in the closet (which happened to have broken poles) and drove out. That night, I watched as people emerged from every direction to come to the large speaker meeting. After the meeting around 200 people circled up under the night sky to say the closing prayer and I felt truly connected. The next morning we ended up on a boat with about nine other sober people (all but one of whom we didn't know). We spent the whole day on the water exploring, swimming, and jumping off cliffs into the lake. This experience was the first time I saw a large group of sober people having fun. It was a truly amazing experience and the people I met at that event led me to a meeting that would ultimately become my home group.

Since attending that first C.A. event, I have been involved with many conventions, round ups, and retreats. I was fortunate enough to serve on the 2011 CAWS committee (In Phoenix, Arizona). At the time of the convention I was preparing to move from Phoenix to Chicago. I was able to meet some members from the city that was to be my new home, so that when my wife and I arrived in Chicago a few months later, we were already connected. We immediately joined these guys serving on the Illinois Area Convention Committee and took up positions. We've continued to serve on C.A. committees in Chicago ever since. When the opportunity came up to serve on the CAWS 2016 committee I submitted a resume and was chosen to be the Program Chair. Service on C.A. committees has given me the opportunity to give back to the program that has given me so much, show the newcomer how much fun they can have in sobriety, and meet people from all over the world.

I am very excited to share a bit about the program at the upcoming CAWS 2016 convention. Let me start by saying I have a great committee who have put in many hours of hard work to get everything together. We have a great lineup of speakers from all over the United States and Europe. Our speaker committee listened to numerous tapes to find speakers who were carrying a strong message. Throughout the weekend we hope you can have a new experience with the 12 Steps during our Step-oriented workshops. We will have round the clock marathon meetings starting Thursday afternoon and ending Monday morning. In addition, we will have a number of meditation meetings and a dedicated meditation room. There will also be Yoga/Pilates classes every morning. Our entertainment and special events committees have put together some amazing events, many of which are specific to Chicago. If you are traveling to the convention with your family, there will be a “kids room”, with toys and games where you can play with your younger children. We will also have some dedicated kids events. If you want more details about any of the events at the convention please check out our new website: <http://convention.ca.org/>

We look forward to seeing you June 30th – July 4th in Chicago!!



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THE WORLD SERVICE OFFICE**

CAWSO COLOR GUIDE



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BLACK



GREEN



BLUE



AMETHYST



PINK



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_____	_____Year	_____
_____	_____Year	_____
_____	_____Year	_____
_____	_____Year	_____
_____	_____Year	_____
_____	_____Year	_____

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CAWSO
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Long Beach, CA 90810-1641
Please allow 7-10 days for delivery

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AND ACKNOWLEDGEMENT OF ORIGINALITY**

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With this document, I, the undersigned Cocaine Anonymous (hereinafter referred to as "C.A.") member, hereby grant permission to COCAINE ANONYMOUS WORLD SERVICES, INC., a California corporation (hereafter referred to as "CAWS") and COCAINE ANONYMOUS WORLD SERVICE OFFICE, INC., a California corporation (hereafter referred to as "CAWSO"), their successors, assigns, and those acting on their authority, to publish the attached material entitled or described as follows:

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Date: _____

Name (please print): _____

Address: _____

Phone number: _____

E-mail address: _____

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

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Amount in U.S. Dollars: \$ _____ Date of first payment: ☐ 1st of month ☐ 15th of month

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(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: _____

NEWSGRAM LETTER TO THE EDITOR:

Back in the First Quarter, 2015, I asked the Fellowship if they would be interested in a “Letters to the NG Editor” portion of the NewsGram. It was, and is, to be a place where members of the Fellowship can disagree, or comment on something that was written in a previous issue. This is our first Letter to the NewsGram Editor. This is in regards to an item that was in the 3rd Quarter, 2015 NewsGram Issue entitled “Does Group Autonomy Trump the Traditions?” Here is a response:

Hi family –

As a former trustee, I have embraced new roles of service in my recovery and support the new representatives of our Fellowship at all the levels of our service structure. As an elder statesman, I have watched and reserve my opinion in most cases to allow the spirit of our World Service Manual, Twelve Concepts and Twelve Traditions to guide the service related decisions of our Fellowship. But there are some exceptions to this silence when I believe the information we give our Fellowship to make informed decisions is questionable.

In the third quarter Newsgram, there is an article entitled “Does Group Autonomy Trump the Traditions?” The title itself grabbed my attention as the group’s autonomy IS the 4th Tradition. Upon reading the article with some confusion as to the content, I reminded myself of the beauty of each member’s opinion regarding questions such as these. And I don’t want anyone confused as to my understanding that the rest of this article is only my opinion as well.

The crux of the issue in my opinion is what is and what isn’t C.A. Conference approved literature? And does C.A. take a position regarding the utilization of literature that is not C.A. Conference approved for our members and in our meetings?

Specific to the little Red Book (containing the first 164 pages of the Big Book of *Alcoholics Anonymous* published by Anonymous Press) being used by some H&I groups:

I was part of the H&I subcommittee in Arizona back in the day when the decision was made to use the area’s generosity to the H&I can to distribute the first 164 pages of the Big Book of *Alcoholics Anonymous* to as many addicts confined to hospitals and institutions as we could. Discussion on the subject was informed and the voices for all the angles were heard. With approximately 100 H&I meetings each week in Arizona, the expense to provide the Big Book of *Alcoholics Anonymous* to those individuals or the little Red Book to seven or eight times as many was discussed. The loyalty to A.A. vs purchasing literature from another organization was discussed. Possibly removing the back pages of the little Red Book to remove affiliation concerns before distribution was discussed. The “approved” or “not-approved” question addressed above was discussed. Does the choice of either avenue of purchasing the literature affect C.A. as a whole was discussed?

Any individual’s position or concerns were allowed to be brought forward and discussion was fair and informed. The decision was our Area would provide the Big Book of *Alcoholics Anonymous* to our regular meetings where our members are most likely to purchase the book themselves and the H&I committee elected to provide the little Red Book to the confined addicts free of charge. The result of that action was, and still is, truly in the spirit of our 4th Tradition and I support the areas across our Fellowship to have their own discussion.

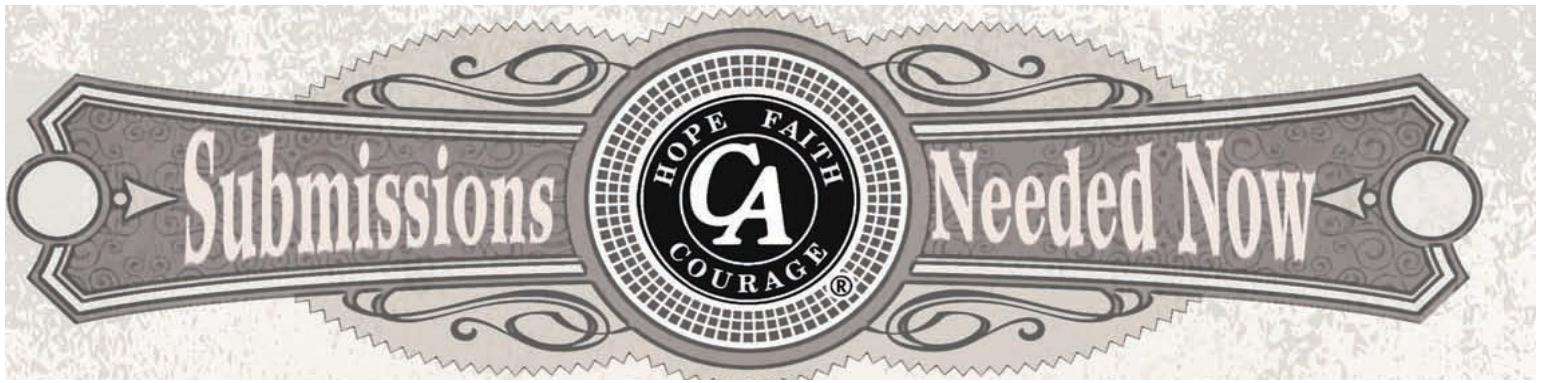
I love our Second Tradition: **For our group purpose, there is but one ultimate authority – a loving God as he may express himself through our group conscience. Our leaders are but trusted servants, they do not govern.**

I don’t believe it’s my role to convince anyone on which way they should vote on the issue if it was before them, so I don’t believe it’s my role as a former trustee to dictate which way would be right or wrong. But I do believe it’s our roles as members of this Fellowship with some experience to educate and inform our Fellowship. I believe in the Steps, Traditions and Concepts of our Fellowship and can only pray that Bill’s fear for his Fellowship doesn’t become a reality for ours.

BY: Randy G.

Former: Southwest Regional Trustee

Phoenix, Arizona, USA



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.

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

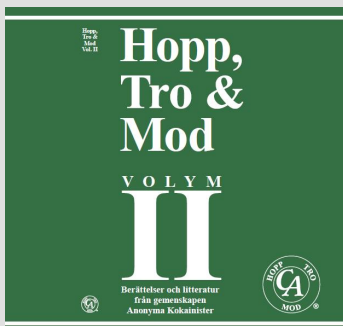
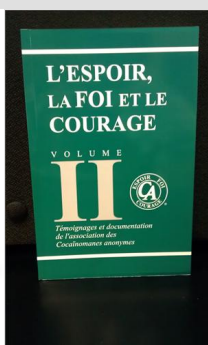
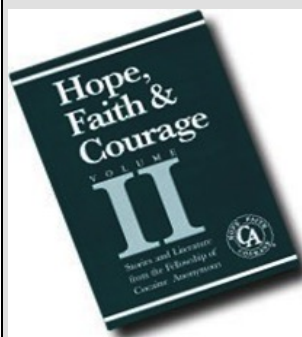
We have available the *HFC II* in Swedish!

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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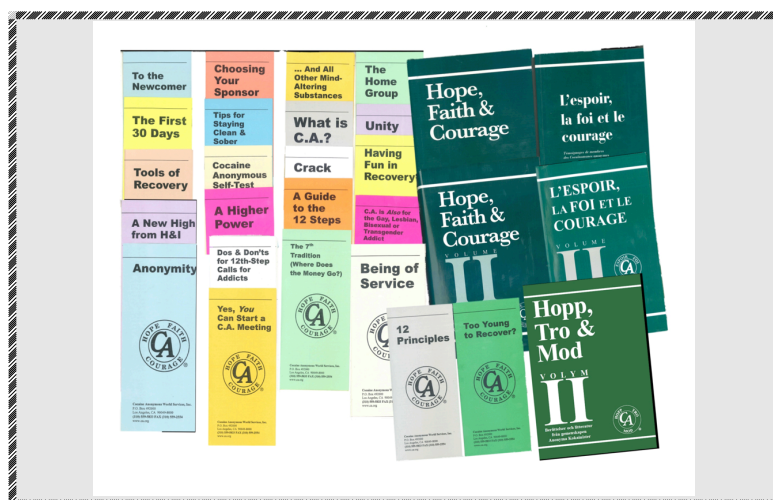
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WHAT UNITY MEANS TO ME!

BY: David H.

Azusa, California, USA

Through Unity we create opportunity to our community!

I love the diversity of my C.A. Fellowship. Just when I think I'm so unique, I meet someone at a convention, or meeting who is similar to me.

I sponsor an Asian gentleman and when I hear his story, I so much relate. He's from Northern California, I'm from Southern California. Yet, our stories are so alike, except in some areas.

I really like that the process has taught me to only look at myself, but love my neighbor.

At the World Service Conference, I was drawn to the Unity Committee. I wanted to see how I could apply the gifts that God gave me to help others. The decision process is as diverse as we are, but the group conscience always wins in the process.

I love that the Unity Committee is concerned with drawing all people of different origins to come together for a common purpose.

Love, Tolerance, and Respect! As we unify our Fellowship, we can unify with the world and our families. Through it all, I feel better about myself, through helping others.

FINANCE COMMITTEE

FINANCE COMMITTEE – January 2016

BY: Keith B.

Chair, WSC Finance Committee

Bedford, Texas, USA

It has been a great beginning to 2016. As of this printing the WSC Finance Committee will have had our second conference call. Items being addressed are:

- * Currently received referrals
- * International Financial Guidelines progress
- * Review of CAWS Budget

The International Finance Sub-committee has received recommendations from Holland, which we are very grateful. Also, we are continuing to address the World Service Contribution Program and gathering information for Event Guidelines.

Check out C.A.'s website or page 24 in this NewsGram issue for information regarding our Seventh Tradition and how our contributions are used to help keep our doors and phone lines open for the addict yet to find us: ca.org/literature/the-7th-tradition/

We are grateful for the opportunity to serve you and look forward to another great year.

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For the low price of \$10 U.S. per year, you can receive 10 copies of the NewsGram to share with your friends or your group. Complete this form and include your credit card information, or enclose a \$10 check or money order (U.S. dollars only) and send to: NewsGram, c/o CAWSO, 21720 S. Wilmington Ave., Ste. 304, Long Beach, CA 90810-1641. A subscription form is also available for download at www.ca.org.

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Calendar of Events

March 11-13, 2016

2016 SGPVCA & Foothill Dist. Convention *A Life Worth Living*

LOCATION

Riverside Resort Hotel & Casino
1650 S. Casino Dr.
Laughlin, NV 89029
800-227-3849 Group Code C/NCA16

CONTACTS

For additional information, please contact
Convention Committee at:
2016conventioncommittee@sgpvca.org

March 11-13, 2016

26th Annual Tri-State Convention *High on My Higher Power*

LOCATION

Caribbean Cove Hotel & Water Park Conf. Ctr
3850 DePauw Blvd.
Indianapolis, IN
www.caribbeancovehotel.com

CONTACT

Daphne R., Chair, 317-840-7965
Diane W., Vice Chair, 317-506-1234
Thomas J., Hotel Liaison, 317-363-3375

March 25-27, 2016

CAUK 23 Annual CAUK Convention *Step by Step*

LOCATION

Hilton Birmingham Metropole
Online: group.hilton.com/stepbystep
Phone: 0121 780 4242
C.A. Code: GCAUK

CONTACT:

cauk23.evebtbrite.co.uk

April 1-3 2016

29th Quebec Area Annual Bilingual Convention *A New Freedom*

LOCATION

Delta Montreal Hotel
475 President Kennedy Ave.
Montreal, QC H3A 1J7, Canada

Online: deltahotels.com/groups/delta-montreal-groups/cocaine-anonymous-quebec

CONTACT

Michael S., Hotel Liaison: 514-889-2942
Jason S., Convention Chair, 514-966-0397

April 1-3, 2016

Colorado Convention *Steps to Freedom*

LOCATION

Crown Plaza DIA
15500 East 40th Ave.
Denver, Colorado, 80239
604-669-7070 or 800-633-0575, Group code 02G

CONTACTS

Aaron C., Convention Chair, 720-275-2014
Alex J., Vice Chair, 303-875-9869

April 15-17, 2016

2016 Atlantica South Regional Convention *Clean in 16*

LOCATION

Hilton Atlanta Airport
1031 Virginia Ave.
Atlanta, GA 30354
404-767-9000, Use Group Code GCA

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

May 19-22, 2016

C.A. PORTUGAL

www.ca-portugal.com

Calendar of Events (Page 2)

May 20-22, 2016

Unity Day
Christuskirche

LOCATION

Christuskirche
Merianplatz 13
Frankfurt, am Main

CONTACT:

Convention@ca-deutschland.com

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

October 7-9, 2016

Irish Area Convention
Came to Believe

LOCATION

Red Cow Moran Hotel
Naas Road,
Dublin, 22, Ireland

October 21-23, 2016

2016 Southern Ontario CA 20th Convention

LOCATION

Radisson Hotel Admiral, Toronto
Harbourfront
249 Queen's Quay
Toronto, Ontario, Canada

CONTACT:

Cameron F., Chair,
chair@socaconvention.org
Paul H., Vice Chair, vice-
chair@socaconvention.org

October 28-30, 2016

The Greater Missouri Area of CA
2016 Midwest Regional Convention

LOCATION

Sheraton Clayton Plaza Hotel
7730 Bonhomme Ave.
St. Louis, MO
314-863-0400

CONTACT:

Carl R., 314-602-7740
John B., 573-291-4112

November 11-13, 2016

2016 Southern Alberta CA Convention
I Couldn't, We Can

LOCATION

Hotel Blackfoot
5940 Blackfoot Trail SE
Calgary, Alberta, Canada

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



7 th Tradition October - December 2015		
Category or Group		
Location	Name/City	Total
Anonymous	Anonymous	\$ 2,624.69
CANADA		
Alberta	Noon Awakening Grp	\$ 92.22
Ontario	So. Ontario C.A.	\$ 1,452.80
EUROPE		
United Kingdom	South Central Dist. UK	\$ 2,258.45
USA		
Alabama	Everything or Nothing	\$ 40.00
	Lakehouse C.A	\$ 10.00
Arkansas	Arkansas Area of C.A.	\$ 225.00
Arizona	EVM Temple	\$1,150.03
	Razor's Edge	\$ 487.67
	Solana Bch Garage	\$ 120.00
	Grp Mens Sun Valley Intergroup	\$3,539.00
Northern California	C.A. of Northbay Serv.Grp.	\$ 45.00
Central California	Cen. Calif. C.A.	\$ 225.00
Southern California	12StepRadio.com	\$1,692.00
	Advance Topics in Sobriety	\$ 30.00
	CALA Longbeach	\$ 279.75
	CALA South Central	\$ 500.00
	CALA West	\$ 415.50
	Hollywood	\$ 415.50
	Coo-Coo After One Puff	\$ 100.00
	Crack head on a Mission	\$ 50.00
	Come Alive Group	\$ 129.00
	Focus on Recovery	\$ 30.00
	Inland Empire ASC	\$ 149.83
	It's About Time	\$ 15.00
	Last House on the Block	\$ 31.00
	Miracle Women	\$ 200.00
	One Step at a Time	\$ 25.00
	Orange County CA	\$ 1000.00
	S.G.P.V.C.A.	\$ 344.27
	Sisters in Sobriety	\$ 6.87
	"To Be" LB/C	\$ 15.07
	WSOB Meeting	\$ 76.00
Colorado	C.A. of Colorado	\$ 450.00
	C.A. of Colorado H&I	\$ 51.60
	Nirvana	\$ 316.14
	Primary Purpose Grp	\$ 51.00
	S'no More	\$ 80.00
Florida	District of Fort Myers	\$ 90.00
Georgia	Awesome Grp-Athens	\$ 110.00
	Big Book Group	\$ 73.00
	Carry the Message	\$ 47.50
	Log Cabin Group C.A.	\$ 84.60
	Metro Atlanta C.A.	\$ 139.22
	Solutions Group	\$ 120.00
	Spearheads Group	\$ 67.00

7 th Tradition October - December 2015		
Category or Group		
Location	Name/City	Total
	Spiritual Awakenings	\$ 44.10
Illinois	IACA, Inc.	\$ 900.00
	IACA Honeymooners Grp	\$ 9.00
	IACA, NW Suburban	\$ 268.96
	IACA South & West Dist	\$ 36.25
	Turning Point	\$ 50.00
Kansas	Newfound Life in CA	\$100.00
Louisiana	We Care Too	\$ 100.00
Michigan	Flint Dist. Serv. Comm	\$ 50.00
	Saturday Morning Alive	\$ 15.00
Missouri	Men Meeting StL	\$ 60.00
Nebraska	CA of Nebraska	\$ 55.80
New Hampshire	The Weigh Out Grp	\$ 100.00
New York	Last Straw Woodside	\$ 200.00
	Sunday Serenity	\$ 70.00
	West Side Story	\$ 30.00
North Carolina	Wed. Group of CA	\$ 25.00
Ohio	AM Sunday Morn. CA	\$ 100.00
	Cleveland OH District	\$1,000.00
Oklahoma	Rock Stops Here Grp	\$ 150.00
	So. Dist. of CA	\$ 75.00
Oregon	CA of Ore & SW Wash.	\$ 75.00
Pennsylvania	C.A. of PA/NJ/DE	\$ 300.00
Tennessee	TACA 5-00	\$ 300.00
Texas	Bonnie Brae Group	\$ 500.00
	Freedom & Hope Grp	\$ 60.00
	No. Texas Area	\$ 75.00
	S.W.R.C. 2015	\$5,719.37
	Texas Area Serv. Gulf Coast	\$4,497.00
Washington	WSCA Area	\$ 915.08
Wisconsin	Journey of Recovery	\$ 20.00
	Wed. Nite Big Book	\$ 60.00
	Wisconsin Area CA	\$ 10.88
Birthday Envelopes		\$ 95.00
Gratitude Can		\$ 731.91
World Contribution Program		
(See form on Page 13)		\$4,680.00
Total		\$40,517.54

(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.)