

NEWS GRAM

Volume 34 No. 2 C.A. World Service Office, 21720 S. Wilmington Ave., Ste. 304, Long Beach, CA 90810-1641 2nd Quarter 2016

HAVING FUN IN RECOVERY

BY: Baseball Bob C.

Longview, Washington, USA

I started with C.A. in Mid December 1986. I got out of treatment November 30th and was crazily going to meetings of other Fellowships that said they were closed and that I could not talk of my drug addiction, or they would not allow me to share until I had one year of sobriety. I was warned in treatment that I needed to get involved in 12 Step recovery program and that learning how to have a good time without drugs was critical for me to stay sober. My first C.A. meeting was “Hollywood Hoovers” on Sunday night in Portland, Oregon. There were 30 to 40 people in attendance and they talked about all the things I could relate to about my “cocainism.” There were designated greeters for newcomers and many of them went for coffee, pie or frozen yogurt after the meeting together. I think there were about six meetings a week in Portland at that time and I went to all of them for several years. I do not think I missed a Hollywood Hoovers meeting for five years.

We had a few events when I arrived, like speaker meetings with food, bowling and dances at a sobriety nightclub called the PASS Club. I attended all of the events, but it was hard for me. Even though I was 35 when I got here, I was painfully shy and fearful to ask someone to dance. After standing with my back against the wall watching others dance a nice lady named Laura asked me to dance. I taught her how to dance the swing (that was how I used to meet ladyies in bars while listening to country rock bands in the late 70’s and early 80’s). Then I got too paranoid and I couldn’t go to those places anymore. It was fun to dance. I was convinced that nothing would ever be fun without drugs and alcohol when I got sober – I was wrong.

I was not really excited about the music they played, as it was not in my “wheelhouse” so-to- speak.

I was into country rock, hard rock and rock and roll. Now, as I look on my iPhone now, almost all the songs are from the mid 80’s, after I got sober. I still know the old Zep tunes and others, but my favorite times are in the 80’s and 90’s when I was sober.

I liked live music and asked my new C.A. friends why we didn’t do live music instead of the recorded stuff? There were a few answers, cost being one. They had tried some bands and nobody would come and support the event. They even said nobody dances anymore (I found it hard to believe that no one ever danced but me). OK, this looks like a job for Baseball Bob to show his party skills from years gone by!!

Let’s analyze their reasons, who were the bands that nobody would support? OK, these were, at BEST, garage bands that often times could barely play a song all the way through and didn’t even know the words. After two songs, everybody left for better things to do. If I were drunk or high I wouldn’t go either.

Answers: Top bands often do favors for good causes. Many have had friends die of drugs and alcohol. When we watch a bad band we are sober and are acutely aware of how bad they are.

This touches on cost. Bands will do special deals, but only when they can do that without affecting their ability to pay their own bills. I used to go to a couple of events at an old Portland tavern. On Memorial Day and Labor Day weekend they used to get five of the area’s top bands on the same night. There were usually 1500 to 2000 people at these events. Good bands get paid good money on Friday and Saturday nights. Bands are not usually booked on Sundays and on a three-day weekend most folks don’t have to work the next day. We got a sober club to give

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HAVING FUN IN RECOVERY

(Cont. from Page 1)

us their large hall for \$100 because they liked the atmosphere that they enjoyed from having our membership around. If the band is good, you might even think dancing was kinda fun too.

There was a player on my C.A. softball team who new the drummer of a nationally known Blues Band. We approached them and they agreed to do our gig for \$300. This was actually the cost of renting an appropriate PA sound system for the room. We announced it at all our meetings and asked some of the other Fellowships and Clubs if we could promote a clean and sober event via flyers on their bulletin boards. It was amazing and is probably why we grew so much in the first five years of our Fellowships existence. As I recall, we used to get about 800 people at our event. The music was great; the faces of all the attendees were enough to warm even the coldest of hearts because of all the smiling dancing faces. We were able to pay our expenses and donate over \$4,000 to the Fellowship as well. Even the band loved it. They immediately agreed to do it again the next year. We called it "Blues Sunday" and although it is no longer with us it worked and was a major part of making C.A. recognizable from the other 12 Step Fellowships in our area for many years.

We started to play competitive softball. There were about a dozen other members of C.A. that felt the same way. We started a C.A. team. We were good. We had fun. I didn't think I would be able to play when I got out of treatment. It was the most fun and rewarding experience in my 20+ years of playing the game. Because I wasn't wasted, it of even been the best I ever played. I discovered I could still go fishing clean and sober. I caught more Salmon and Steelhead too. We started having picnics, campouts, had our first Oregon Area C.A. Convention. It was a source of pride and something for our H&I committee to talk about in their visits to the treatment facilities. People wanted to come to C.A. and be a part of this special fun Fellowship.

Thank you for being there for me. And thank you for letting me be of service!!!

It was fun to write this NewsGram article. It helped me to remember! Maybe I will try it again and talk about scuba diving and hang gliding and convention hopping!!! There are so many great things to do once you are clean and sober.

* * *

(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.)

MY TRUSTEE ELECTION COMMITTEE (TEC) PROCESS EXPERIENCE

BY: Jordan L.
S. Jordan, Utah, USA

Two years ago at the 2013 World Service Conference in between the committee breakout sessions, I remember seeing a couple friends who looked like they had been run over by a dump truck. They looked slightly dazed and definitely frazzled. I asked what they were up to. They only said a few vague things to explain they were on the TEC, had arrived a couple days earlier for some meetings, and said they had never experienced anything like it before. They also said was an amazingly positive experience for both of them.

In 2014 when I was nominated to be on the TEC, I was shocked. I was even more shocked when I was selected to represent our Region on the TEC. I thought it was kind of funny as I had never held a service position where you didn't do anything in that position but show up for the next year's meetings. I decided to show up early to this year's Conference, excited and scared at the same time. I wanted to make sure I was settled and rested, ready to serve on the TEC. I really did not know what I was doing there. I know I had spiritually prepared myself to be ready for whatever God wanted. I have to tell you that, boy, did He deliver.

Initially, when the TEC first met in the boardroom together as a group, I did what I tend to do. Usually I judge everyone in the room and then feel less than or better than others in the room. It takes me a few moments to find common ground and then remove my fear, judgment and ego. When it was time for comments, I remember having a difficult time speaking up. The TEC Chairperson said, "It's time to find your voice and quick." Everyone found their voice alright and the TEC election process began.

I have never changed my mind so resolutely so many times in such a short time. I have seen God's work on the Conference floor, in Area meetings, in Committee meetings, in Group meetings and in Step work with sponsees. I have never before felt the large majority of one group in one room so entirely ready to allow God into the process as it was in the TEC. When information came before the group, it would be critically dissected and analyzed. It was crazy to see so many different personalities view the same information so differently. Things got very serious, feelings were hurt and emotions ran high; yet, everything seemed to be in God's hands.

During the selection process, one position is discussed for numerous hours. Eventually, the group anonymously comes to a majority decision and a trustee is selected. However, the group does not know the end result at that point; only the TEC Chairperson knows the actual results. I walked away hoping we had made a correct decision, but I didn't really know if we had or not. It is an odd experience.

After the selection process was complete, we were told we would have a group inventory the next day. Personally, I thought 24 hours in a boardroom as a group was sufficient. I didn't think a group inventory was necessary. That next day, sitting in the room before the start of the group inventory, I thought I had nothing more to say and nothing to process. I was very wrong because I found myself very emotional while others shared their feelings about the whole TEC experience. I was shocked to discover the wide range of emotions and feelings I had about this process and about the people in that boardroom. I left this year's Conference feeling completely satisfied, knowing that I had one of the most spiritual experiences in my service career.

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“Sweet Home Chi go”

CAWS 32 Convention – Chicago, Illinois - USA

June 30 – July 4, 2016

By: Kim S.

CAWS 2016 Chairperson

Chicago, Illinois, USA

We have made it to the final stretch and so excited that our labor of sweat, blood, tears, and most of all LOVE will bring you all to Sweet Home Chicago!

The Swissotel, located on Upper Wacker Drive in downtown Chicago will be your home for the CAWS 32 Convention. It is just steps away from “The Magnificent Mile.” The hotel offers fabulous wrap-around views from Navy Pier to Millennium Park; if you haven’t reserved your room yet – please consider investing in a Lakeview room – the views will not disappoint you! Shopping, sightseeing, and fabulous entertainment is within walking distance - Chicago is a buzz with energy and excitement. We have it all - the greatness of a large city with Midwest warmth and friendliness.

Information regarding the convention can be found on our website: **convention.ca.org**; Navigate to **Registration** /or/ **Info** /or/ **Hotel Registration** links you to either “online” registration or a form to print. Early registration ended May 21st. **Info** links you to our “Welcome” page, general information about the Program. – At the bottom of the **Info** page, see **Special Events and Entertainment**; this will provide you with an idea of what we have planned for you on and off site. Please note although all Special Events and Entertainment will be made available “ala carte” on site until sold out; purchasing an inclusive Entertainment package is a considerable savings – basically you will get all of the onsite entertainment for a package price of \$40.00 (before 5/21), \$50.00 (after 5/21). Also...we have added an “Open Mic Night” Friday following our onsite entertainment. We have some really talented members; so bring your best voices, guitars, poems...etc, or bring your appreciation and a loud applause for “US”. **Hotel** links you to the information about the Swissotel; rooms start at \$159.00 per night. This special rate/room block will close on June 21st.

Additional information about the “happenings” at the convention can be found on our “super-secret”

social media page on Facebook. If you would like to access this page please reach out to me or the World Service Office to get invited.

We have secured a special rate for shuttle service from O’Hare or Midway to the hotel; the link is:

airportexpress.hudsonltd.net/rwd?USERIDENTRY=CAWS&LOGON=GO The discount rate is \$21.00 each way; you can make a reservation online and proceed to the AirportExpress counter in baggage claim when you arrive in Chicago.

In closing, the CAWS 2016 Committee would like to thank all of those that participated in our Opportunity Drawing, and all of our fundraising! We equally appreciate all of those that are coming to the party of the year! We look forward to catching up with you over a cup of coffee, or a slice of Chicago pizza. We are so excited to have you come to Chicago; Sweet Home Chicago!!



Save the Dates - Friday, June 30 to Tuesday, July 4, 2017!

By Cynthia C., CAWS 2017 Vice Chair, Redmond, Washington

The Washington State Area is honored to host the 33rd annual C.A. World Service Convention in Seattle. Following Chicago's lead, we are holding the convention in July so that everyone can enjoy our amazing summer weather. Seattle is also known for its world-class fireworks displays, so the convention will be starting on Friday and wrapping up on Tuesday, July 4th.



This is the first time the CAWS Convention has been held in Seattle and only the second time in the Pacific Northwest (Portland hosted in 2002). Please join us for a fabulous weekend of recovery, fellowship and fun in the beautiful Emerald City, surrounded by water, mountains and evergreen forests.

Online registration and additional information about the convention will be available online at convention.ca.org after the CAWS 2017 rollout on July 3, 2016. Speaker submissions are due by September 1, 2016 and are being accepted by mail and e-mail (michaelchiki@yahoo.com). A handful of General Committee positions are still open to members of the Pacific Northwest Region. To submit a resume or for more information regarding

the convention, contact the CAWS 2017 Chair, Gary P. (g.parker29@yahoo.com, call/text 425-239-6319). See you in July 2017!!!!

GET \$.M.A.R.T.

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CAN'T WE ALL JUST GET ALONG

BY: Duane M.

Chair WSBT, Pacific South Regional Trustee
Moreno Valley, California, USA

Of course not. Why should we? My name is Duane and I am an addict. Now that I have your attention, please allow me to continue.

As I continue along this path of Unity Recovery and Service, I meet the most interesting people and opinions. While in conversation I often remind myself that "Most of us sense that real tolerance of other people's shortcomings and viewpoints and a respect for their opinions are attitudes which make us more useful to others" (big book of *Alcoholics Anonymous* pages 19 and 20). The next sentence reminds me that my life is on the line. So to answer the question of why should we get along for me is simple, Self Preservation.

I take the Steps and get introduced to myself and learn to live and even love me. I use the Traditions and really get to know, appreciate and love you. Then there are these pesky Concepts of Service that really help me to join in brotherly and harmonious action with you.

So what I really want to speak on is Service. But for me I can't just jump right to service without combining Steps and Traditions. The definition I like most about service is; to be of use or benefit to someone else. I would hope that my life as servant to Cocaine Anonymous would reflect me as being useful. I cannot be useful until I am trained to be useful. The Steps take me from being useless and of no real help to others to someone that can be useful. There are Traditions that help me in these group settings (Home Group, Area business meetings, World Service Conference). Our service structure is not something I become experienced with just because I took some Steps or studied some Traditions. I remain teachable in learning the process throughout our wonderful structure of service. I realize that being right is not as important as being effective. I learn that to listen a little longer may gain me some more understanding. I learn that my teachers are not qualified merely by a sobriety date. If I believe that we are all volunteers then I must concede that we all want what we believe is best for the Fellowship - If I believe that, then it reduces my resentments also. So to that point, no, we cannot nor should we all get

along All Of The Time. But when the vote is complete, one must then consider that even though not in agreement it is then time for us to join in **Brotherly and Harmonious Action**. So then there is a time for us to All Get Along.

So in conclusion I must look at my own belief system and learn to respect yours. When I respect your right to have a different opinion and viewpoint, see your shortcomings as a possible reflection of my own, then I can relax and trust God to sort this thing out. Sometimes Quickly, Sometimes Slowly, but always.

* * *

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.

RELAPSE WAS UNTHINKABLE...WHAT HAPPENED?

BY: Cameron F.
Toronto, Ontario, Canada

Having worked with addicts from all over the world, the reasons for relapse amongst those with sobriety time seems to always point to same reasons—they stopped working their program of action. This article is a synopsis of their stories.

I got clean and sober working the Twelve Steps and that was a miracle in my life, because for years the only thing on my mind, morning, noon and night, was how do I get high, stay high and get higher. The desire to drink or use drugs was gone. Life was great. Family relationships improved. I started working again and I even made a little money. Then I went on cruise control. I got cocky and complacent. My program began to waver.

The first principle I let go of was unselfish work with other alcoholics and addicts. This was my Twelfth Step. Intensive work with other alcoholics and addicts was too strenuous. I was too busy to carry the message, so I stopped working with newcomers and having fellowship with other recovered alcoholics and addicts.

Next to go was Step Eleven. First, I stopped meditating (listening to God) and eventually I also stopped praying to God. My conscious contact with God diminished. What used to be an intuitive direction became muddled confusion.

Next, Step Ten ceased to be part of my daily routine. Why bother with the minutia of daily life. I stopped watching for selfishness, dishonesty, resentment and fear. I stopped asking God for guidance. I stopped discussing my shortcomings with others. I didn't bother to clean up my mistakes or make amends for my wrongdoings nor did I bother to turn my thoughts to someone I could help.

When I quit working my daily program of action, my spiritual fitness began to wane. I no longer had a burning desire to clean up my past and set matters right. I discarded my Step Eight list of people I had harmed and ceased to make any further direct amends as suggested in Step Nine. Guilt, shame and remorse over the things I had done in the past began to creep back into my thoughts disturbing my peace of mind and serenity.

When I gave up prayer and meditation, Step Seven ceased being a part of my evening prayer and meditation. I no longer asked God to remove my defects of character nor did I ask God to give me

strength to be honest, pure, unselfish and loving. With that, I ceased doing Step Six. I failed to see the futility and the fatality my character defects and their terrible destructiveness. My shortcomings were no longer objectionable and I became unwilling to let them go.

I no longer confessed my shortcomings with others (Step Five) because I also stopped taking a fearless and moral inventory of myself (Step Four). Resentments, fears, and harms to others began to pile up and I once again I became blocked from the sunlight of the spirit

Next, I stopped doing my Step Three morning prayer and meditation. I no longer turned my will and my life over to God. I had better ideas. A hundred forms of fear, self-delusion, self-seeking and self-pity drove me to selfishness and self-centered behaviors.

Next, I gave up searching for the great reality deep down within me. I became unwilling to believe in a Power Greater than myself. I lost my Step Two and lack of power became my dilemma once more.

Without power, I had no defense against the first drink or drug. My sound reasoning failed to hold me in check. The insane idea won out. All had gone well for time and relapse was unthinkable, but I failed to enlarge my spiritual life and to my consternation, I found myself high in a very short time. I was once again powerless over cocaine and all other mind altering substances and my life had become unmanageable. I was back on Step One.

Recovery is not a short sprint...it's a marathon for life!

It has been my experience from working with hundreds of addicts around the world that most untreated addicts will fail because "half measures avail us nothing". Easier softer ways often prevail and many are baffled as to why they relapse. Ultimately, if they be an addict of the hopeless variety, it's because they do not thoroughly follow our simple program of action.

QUOTE:

A Quiet Peace

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Silence is golden. God's presence is a present. All I need do is to open my heart and receive the gifts of peace and love

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NEW AND EXCITING ITEMS IN THE ONLINE STORE!

BY: Linda Francisco
Director of Operations,
CAWSO

By now – I hope everyone has seen (or received) our Specialty Coins to help you celebrate those important Sobriety Birthdays! (See pages 15 & 16) They have been available in Black, Blue, Green, Amethyst, Pink and Red. We are excited to announce we have added some new colors and designs (Crimson, Violet, Emerald, Ocean Breeze, Camo/Black as well as Orange/Black). Please visit our online store at <https://ca.org/product/metal-recovery-medallion/> to take a closer look. They are still only \$20 ea. Or 3 for \$45 (\$15 ea.).

Please allow a little extra shipping time when ordering – as they are not produced until they are ordered and shipped directly to your door from the manufacturer. Whether you are one year sober or 35 years sober...this is truly that special coin to make you proud of your accomplishment.

Our first story book, *Hope, Faith and Courage* (soft cover only) has been delivered and is available for sale from the online store as well as for our walk-in clients! All the Conference approved changes have been made and it comes to you at the same price of \$9.95 ea. Or \$208.95 per case of 28 books.

Also, for our eBook fans, *Hope, Faith and Courage* is available from Nook** or Kindle**! We are also making available as eBooks - *Hope, Faith and Courage II*, in English, French and Swedish.

Currently, we are working with the local Fellowship in Germany making the final corrections to *Hope Faith and Courage II* in German. It is our hope to have these available by Conference this year – both printed and eBook versions.

The World Service Office is busy, busy, busy gearing up for The World Service Convention in Chicago June 30th to July 4th and The World Service Conference in Los Angeles from August 31st to September 4th.

Hope to see everyone there!

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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!!**

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BACK

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Color:	Years 1-50	Quantity
_____	_____ Year	_____
_____	_____ Year	_____
_____	_____ Year	_____
_____	_____ Year	_____
_____	_____ Year	_____
_____	_____ Year	_____
_____	_____ Year	_____

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21720 S. Wilmington Ave. Suite 304
Long Beach, CA 90810-1641
Please allow 7-10 days for delivery

I WAS LOST....

BY: Mercedes B.
Oakland, California, USA

Lost in a storm in an ocean of pain, trauma, cocaine, and alcohol abuse, I clung with all I had onto a flimsy basket made of reeds. The reeds were made of my all my insecurities, lies, doubt, and fears. This basket was my will. I held on to my will with all my might but it barely kept my head above water. I floated aimlessly in this sea of self-delusion and self-destruction for years.

Fortunately six months ago my higher power directed me and my broken basket to drift right along side a life raft, that life raft was the Cocaine Anonymous Fellowship. I admitted that I was lost and powerless and they pulled me out of that cold sea of pain and addiction and showed me care, protection, and guidance. The acceptance and unity within the Fellowship made me feel I could trust again. I became more open minded and willing to believe in a power greater than myself. As my sponsor guides me through the Twelve Steps my faith in the program grows even stronger. Each day my conscious is more awakened and my relationship with my higher power is strengthened. Today I am free, free from the bondage of self and I am grateful everyday for the new community of friends and support I have found at Cocaine Anonymous.

* * *

YOUR C.A. LITERATURE

AVAILABLE WITH PURCHASE FROM THE
WORLD SERVICE OFFICE



THE NEWSGRAM IS LOOKING FOR YOU!!!!

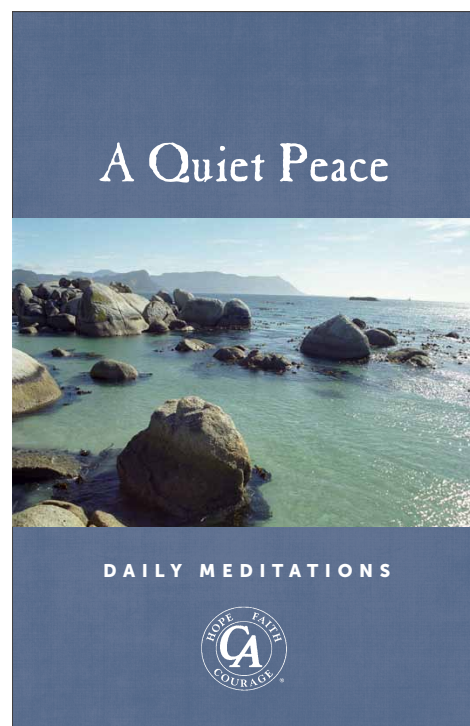
WOULD YOU LIKE TO BE PUBLISHED???
DO YOU HAVE SOMETHING TO SAY???

The Newsgram is looking for your article, recovery jokes, recovery poem, suggestions, ideas, recovery drawing, or spiritual thoughts. This is YOUR publication!! We're looking for small items of 1 or 2 lines up to articles anywhere from 200 to 1200 words.

If you write an item, please fill out the Release Form on page 5, or at www.CA.org and print out the Release Form and submit along with your item to:

**NewsGram / C/O CAWSO /
21720 S. Wilmington Ave., Ste. 304 /
Long Beach, CA 90810, USA**

ALSO AVAILABLE AT THE WSO



ONE LAST CHANCE

BY: Ryan R.

"Living Free Group" – Monroe Corrections Complex
Monroe, Washington, USA

For the last four years I was in an out of state private prison in Arizona. I was able to share time with my wife and sons who lived nearby. I was returned to a prison in Monroe, Washington and left my family in Arizona. I felt totally lost. I had been sober for a few years, but I wasn't working a program. I'd spent the last 17 years in prison but never felt so alone or afraid as I did at that moment. I hit a bottom I didn't know existed! Then one night I stood on the big yard praying for help, my Creator showed me a sign, (a pack of coyotes singing to me, from the hillside outside the wall) a sign that I could not ignore. The next morning when I woke from a restless sleep, I got out of bed and went to the yard to run, which was the only thing that allowed any type of serenity in my life at that moment. After running for hours, I went back to my spot in the yard to pray. Standing in the same spot feeling the lowest my spirit had ever felt, my prayers reached up to the east, I prayed as tears ran down my cheeks, "Oh Creator, I am lost and confused, my soul is sick and my heart is sad. I am not sure I can go on. Please show me the way back!" As I opened my eyes I witnessed something that I know now as a, "God shot." A huge male bald eagle swoops up and over the chapel and flies over me, not ten feet over head. Then all at once he pushes backwards with his massive jet-black wings right above me! I swear to this day he looked into my soul. I thanked him. I knew I was holding on too tight and trying to do everything on my own. I knew that if I kept my spirit open that I would receive my answer.

Later that night my cell door open, I stepped out to ask what this is for. The guard said, "You're on for A.A." and I thought, "What the hell, I don't have anything else to do."

It's funny, for the first time in almost a month I felt more relaxed than ever as I walk into room #2 of the Programs Building. Then those old fears came rushing back as I saw inmates and outside sponsors. With the outside sponsors were a couple of ladies, it surprised me to see women here in the prison. A guy walked over to me with a big smile and held out his hand. I took his hand as he introduced himself. "Hi, I'm Frank!" he said in a very spirited and up beat voice.

I sat down and when I looked up I saw Frank looking over at me smiling. There was something about this guy. Again I thought that maybe I did do time with this guy somewhere. The other guy who told me about the coffee now came by passing out these laminated cards, and asked if I'd like to read one for the group. I took one of the small cards and which had Step 7 and Tradition 7 on the other side.

I heard someone new speaking, "Hi, my name is Scott your chairman. Welcome to Alcoholics Anonymous." Everyone said "hello." We then went through and read everything that had been passed out. Then the chairman said, "The meeting is now open." I felt eyes on me and sure enough, Frank was looking toward me and he nodded to me. I settled back into my chair when I heard a new voice, it was Frank "Hi, my name is Frank and I'm an Alcoholic." Everyone said "Hi Frank." He started speaking about his past and how things have changed for him. How happy he is because of this program. Then he said, "You know it took a lot of hard work for me, but it all started for me right here in this room. Years ago, I sat right here in this room as a convict, I heard an old timer say "you only have to change one thing if you really want to turn your life around."

I thought, "Hell that should be easy!"

Then with a booming voice, Frank continued, "You only have to change EVERYTHING!" He had my attention. So I listened to him speak for the next ten minutes or so. I thought, "Man, this guy is just like me, high strung, full of energy, lots of body movement as he speaks." The more he spoke, the closer I listened from the edge of my chair. Then I realized I had previously done time with this guy. After the meeting, Frank and I talked for a few minutes. He thanked me for coming and he hoped to see me next month. As he shook my hand I felt such positive energy and knew deep inside he truly meant it.

That night as Frank spoke I felt that same connected feeling to him, hanging on his every word. I thought here is a guy who has done 20 years, and got sober in here. He changed everything about himself in prison and now years later, he is coming

(Cont. page 14)

ONE LAST CHANCE

(Cont. from Page 13)

back into the very prison he did ten plus years and started working his own program! Frank says tonight, "I come back here for a selfish reason. See, this is the room that saved my life. This is still my home group. It will always be and I am truly grateful to be able to do this meeting again. Other members told me that the only way for me to keep this is by giving it away! I enjoy coming back in here because it is a reminder to keep working hard on myself and my program, so I NEVER have to come back to this place!"

One night Frank says, "Hey, I want to work on starting a new meeting here for you guys if you would like. You see I am heavily involved with another 12 Step organization called **Cocaine Anonymous**. I attend those meetings the most now. It isn't just about cocaine, there they don't care if you drank, smoked, shot or popped! It's just about our recovery and what you want to do to change your walk in life today. We are just here to help one another and we'd like to bring the first C.A. meeting ever to Monroe. It will be the first C.A. meeting in Washington prisons if you want it?"

Of course we did! Over the next six months, Frank talked and called the people in charge at the Prison. Now here was an ex-con that did time in this prison, doing whatever it took to help guys out back in here at the very prison he'd been in. Most would think, "Why would a man who did so much time in prison want to keep coming back, and spend even more time here?"

So, I asked Frank one night after the meeting. I said, "Frank, why do you do so much and continue to work so hard for us in here? And why do you keep coming back in here?"

Frank smiled and replied, "It reminds me where I once was and never want to come back too. And if I don't continue to give this back, I could forget real easily who I once was and how I got here to start with. This is the room that saved my life, and it's what others that came in here before me did for me. Remember, we can only keep what we have by giving it away."

After that day I never questioned him again or had any doubt about what I needed to do myself. I took what he said to heart and since then did the best I could to apply it to my own recovery and everyday life.

About a year later we started our first C.A. meeting! It was the first C.A. meeting in Washington State prisons. I often wonder how many there are in the prison systems throughout the country.

We all were very excited. But to see the light burning so brightly in Frank's eyes that day was a gift in itself. His soul radiated with so much energy and honor! This man took more time out of his life to help anyone and everyone who walked through these doors. He didn't care about race, creed, or what your background was. His hand was there to greet you and share with you his story, strength, and courage. He was truly happy to see new and old friends he'd made over the years in this room.

Now and then Frank is unable to make it in to all the meetings, because he has a life out there and other life commitments he must take care of. But his wife and many other members take their time to always drive down here for every meeting to make sure we get to have a meeting. Frank always sends his respects and love to us. In his own way he knows what it means to have these meetings and being a part of that is important to him. I often wonder at times if he realizes how important he is to me and to the hundreds of men who come into these rooms. Even if just a few of us really hear his message and I mean really hear it! No matter, because to me Frank is my hero! He's helped save my life and I hope one day I can do as he's done for so many. Just give back what he gave so freely to me. What a great man he is. I look forward to seeing him and hearing him speak about Hope, Faith, and Courage in this program. Year after year I grow in my own program and walk in life because of him and so many others that he's brought in for them to share their Hope, Faith, and Courage with us.

We are coming up on our fourth year anniversary for our first C.A. meeting and we just lost one of our sponsors yet through it all, we found strength within each other. In the last few months Frank J. has been here and as always I sit on the edge of my seat as he speaks or one of the other great members who grace us with their story and/or knowledge hoping to hear that one thing that might help me today in my program. I'm truly grateful for all they give to us all.

To me, Frank is my pot of gold to my recovery and freedom, which I too will give away freely to others.

* * *

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.

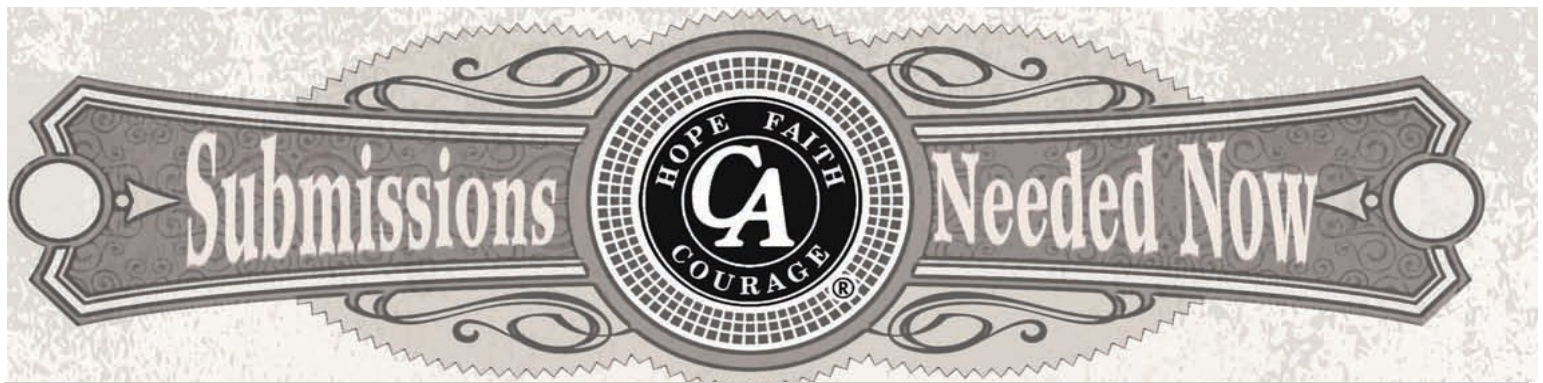
Name: _____
(Please print name as it appears on the account)

Signature: _____ Date: _____

Address: _____

City and State/Province: _____ Country: _____

Zip/Postal Code: _____ Daytime Phone: _____ Evening Phone/Cell: _____



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.

C.A. WORLD SERVICE CONFERENCE COMMITTEE PAGE 1

UNITY CORNER

UNITY – TO BE JOINED AS A WHOLE

BY: Maria K.

Northern Alberta, Canada

Unity – To be joined as a whole.

Cocaine Anonymous has saved my life, for this I am grateful. I have seen, first hand, the result of not being or feeling “a part of.” I have lost those I love to addiction. Today I choose to surround myself with like-minded people. I am passionate about centering myself in this program. The best way for me to do this is to dedicate my service to unifying the newcomers that come up behind me with the program that saved my life. I partake in every event I can that my Area hosts. I am committed to ending the cycle of death in addiction anywhere I can, strengthening Unity in my community.

WHAT UNITY MEANS TO ME

BY: Joseph G.

Cleveland Heights, Ohio, USA

I came into this Program looking for some stability in my life. I say this because I had no one, no structure, and no future. After working my way from a GSR to DSR, I am now a World Service Delegate from the Ohio Area. I have found structure after I unified my effort to service work. I need to promote Unity within the Fellowship in my Area. I have immunity from drugs, the insanity, and have a sober community that has created for me, this opportunity to promote Unity at C.A. at the World Service level. Thank you C.A. for saving my life.

PUBLIC INFORMATION

PUBLIC INFORMATION STEERING COMMITTEE MEETING

BY: Melissa W.

Conifer, Colorado, USA

The world PI steering committee along with the Colorado Area PI committee hosted the first of what will hopefully become an annual event. This opportunity allowed the committee to take on the projects outlined in an upcoming report. It was an incredible experience to sit down as a committee and knock out projects that would normally take place at Conference. The two days of hard work were followed by an amazing experience of fellowship on the third day. The committees hosted a women’s luncheon giving the opportunity to reach out to the women in our fellowship as well as the women who are still in treatment. This was followed by a Step Study hosted by local members of the Fellowship and a Concept Workshop hosted by some of our Trustees. We then had dinner and fellowship followed by a speaker meeting that is still being talked of as a “life changing experience” by many who attended. Thank you to all of you who participated.

FINANCE COMMITTEE

WHAT’S HAPPENING ON THE WSC FINANCE COMMITTEE

BY: Heidi J., Vice Chairperson

Portland, Oregon, USA

This year, as usual, the Finance Committee will be working on the 2017 WSO budget, as always, it has been sent out in the Delegate Mailing, so if you are a WSC Delegate, please take a look at it and be prepared for questions and to vote come the WSC in September. We have also sent out in the Delegate mailing the beginning of our International Finance Guidelines. You will need to be prepared to vote on that, as well.

* * *

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



July 15-17, 2016

C.A. Holland International Convention *Reaching Out*

LOCATION:

Noordwijkerhout
Langelaan 3, Noordwijkerhout, Zuid Holland

CONTACT:

cx-holland.org/conventie-2016/

July 29-1, 2016

12th Scottish Convention of CA

LOCATION:

The Village, Festival Gate
7 Pacific Quay, Glasgow, Scotland
041-375-3121 Hotel Reg. Code: COCA290176

August 4-6, 2016

26th Sycamore Cove Beach Camp Out

LOCATION:

9000 West Pacific Coast Hwy, Malibu, CA

CONTACT:

Helene H. 818-231-9228
Carleen D. 818-257-3664

August 18-21, 2016

CALA 32nd Annual Convention *A Design for Living That Really Works*

LOCATION:

Renaissance Esmeralda Resort & Spa,
Indian Wells, CA
800-446-9875

CONTACT:

www.ca4la.org/conventionregistration.html

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

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 11-13, 2016

2016 Southern Alberta CA Convention

I Couldn't, We Can

LOCATION

Hotel Blackfoot

5940 Blackfoot Trail SE

Calgary, Alberta, Canada

CONTACT:

SACA-ConventionReg@ca-ab.org

Tammy, 403-330-4359

November 18-20, 2016

2nd Annual Convention – CA South Africa

LOCATION

Heron Bridge Estate

36. R114 NIETGEDACHT, Sandton

CONTACT:

www.ca.org.za

COMING SOON

JUNE 30- JULY 4, 2017

C.A. World Service Convention

SPOONLESS IN SEATTLE



I Looked...

And I found the Answers in Recovery

BY: Madi W.

Costa Mesa, California, USA

I was always looking for something I'd never find until I found myself. I searched for it in so many places, people, and things. I looked for it in books, movies, friendships, my parents, my siblings, boys, drugs, and alcohol. I even looked for it in my dreams. The more I sought it, the further I was pushing it away. I couldn't receive it, or give it. I was only looking in other people or anything that could alter my perception of reality. I altered myself to get it many times and I thought I had it a few times, but it was all willful control either on my end or someone else's. Really, it should have been easy to find. It was right in front of me, or rather right inside of me all along.

I found the love and acceptance I had always dreamed of one day in March of this year. I got it from myself for the first time since I was a little girl, and I found that little girl too. She was in there somewhere, but someone hated her and wanted her silenced. Someone wanted to rip her away from me. For a long time I was mad at her, because she wasn't good enough, when really I should have been mad at him.

But know that I am grateful for all of my struggles. If I never lost my inner child and the love for myself, I wouldn't have experienced the joy and beauty of being reunited with myself. Finding her wasn't a destination, it was only the start of an amazing journey. The best part is that this is a process, I get to keep growing. I get to fall even more in love with myself and with God. God helped me by giving me people to love me until I could love myself. God is constantly reminding me that even when life isn't "going right", it's still going right.

I am thankful for the beauty inside me, and the beauty in this world. I am thankful for me.

7 th Tradition January - March 2016		
Category or Group		
Location	Name/City	Total
Anonymous	Anonymous	\$ 954.98
CANADA		
Quebec	C.A. Canada	\$ 308.40
EUROPE		
United Kingdom	C.A. So. Central Dist.	\$ 1,173.61
	UK London	\$ 2,442.02
Netherlands	C.A. Holland	\$ 1,687.37
USA		
Alabama	Valley Dale Group	\$ 60.00
Arkansas	Arkansas Area of C.A.	\$ 300.00
Arizona	Arizona Area of C.A.	\$10,000.00
	SNL Group	\$ 199.41
	Solana Beach Garage Grp	\$ 150.00
	Sun Valley	\$ 564.00
	Intergroup	
Northern California	C.A. of Northbay Serv. Grp.	\$ 60.00
	One Puff, Too Tough	\$ 83.09
Central California	Cen. Calif. C.A.	\$ 225.00
Southern California	Bagels by the Beach	\$ 30.00
	CALA W&H Advanced Topi	\$ 64.00
	CALA Longbeach/Compton	\$ 377.30
	C.A. Mainline Group	\$ 100.00
	CALA Southbay Beach Citi	\$ 631.20
	CALA West	
	Hollywood	\$ 141.57
	C.A. San Diego	\$ 452.77
	Inland Empire ASC	\$ 189.54
	Orange Co. GSO Mtg.	\$ 73.98
	SFVCACO, Inc.	\$ 2,000.00
	S.G.P.V.C.A.	\$ 9.00
	WIECA	\$ 100.00
	WSOB Meeting	\$ 96.00
Colorado	C.A. of Colorado	\$ 450.00
	C.A. of Colorado H&I	\$ 29.42
	Nirvana Group	\$ 112.60
	S'no More	\$ 70.00
	WhiteOut	\$ 77.00
Florida	Florida Area Convention	\$ 5,700.00
	Florida Area Mtg.	\$ 43.00
Georgia	Big Book Study & Actio	\$ 31.00
	Carry the Message	\$ 11.00
	Log Cabin Group	\$ 57.34
	Metro Atlanta C.A.	\$ 55.28
	Solutions Group	\$ 90.00
	Spearheads Group	\$ 43.00
Illinois	Forever Free Group	\$ 50.00
	IACA, NW Suburban	\$ 101.55
	IACA South & West Dist	\$ 84.60
Maryland	Keeping it Real	\$ 105.00
Michigan	Flint Dist. Serv. Comm	\$ 50.00
	Saturday Morning Alive	\$ 15.00
Missouri	Greater St. Louis Dist.	\$ 75.00
	Courage to Change	\$ 20.00

7 th Tradition January - March 2016		
Category or Group		
Location	Name/City	Total
Missouri (cont)	Men's Mtg CA St. Louis	\$ 45.00
Nebraska	Monday Miracles, Omaha	\$ 400.00
	Nebraska Area C.A.	\$ 57.60
New Jersey	CA New Freedom Grp	\$ 50.00
New York	C.A. New York	\$ 6,000.00
	Sunday Serenity	\$ 30.00
Oklahoma	Rock Stops Here Grp	\$ 100.00
	So. Dist. of CA	\$ 125.00
Oregon	CA of Ore & SW Wash.	\$ 75.00
Pennsylvania	C.A. of PA/NJ/DE	\$ 300.00
	Moon Friday Night Grp	\$ 50.00
Texas	Freedom & Hope Grp	\$ 45.00
Washington	WSCA Dist. #1	\$ 179.00
Wisconsin	C.A. of Wisconsin	\$ 1,071.00
Birthday Envelopes		\$ 245.00
Gratitude Can		\$ 45.00
World Contribution Program	(See form on Page 15)	\$5,047.00
Total		\$43,608.63

Articles in the NewsGram express the individual opinions of C.A. members and not necessarily Cocaine Anonymous.

QUOTE:

Big Book of Alcoholics Anonymous Page 564 Seventh Tradition

The A.A. groups themselves ought to be fully supported by the voluntary contributions of their own members. We think that each group should soon achieve this ideal; that any public solicitation of funds using the name of Alcoholic Anonymous is highly dangerous, whether by groups, clubs, hospitals, or other outside agencies; that acceptance of large gifts from any source, or of contributions carrying any obligation whatever, is unwise. Then too, we view with much concern those A.A. treasuries which continue, beyond prudent reserves, to accumulate funds for no stated A.A. purpose. Experience has often warned us that nothing can so surely destroy our spiritual heritage as futile disputes over property, money, and authority.