

# NEWS GRAM

Volume 34 No. 3 C.A. World Service Office, 21720 S. Wilmington Ave., Ste. 304, Long Beach, CA 90810-1641 3rd Quarter 2016

## ARCHIVE CORNER

### SEEING HOW MY OWN SMALL C.A. STORY FITS INTO THE LARGER STORY OF C.A. AS A WHOLE

BY: Henry W.A.

Secretary, CAWSC Archive Committee  
South Pasadena, California, USA

I became involved in the CAWS Archives committee at the 2013 World Service Conference. Since then I've noticed that the biggest thrill to me is often the biggest thrill to others who are seeing archives materials for the first time. It's not the awe of some holy relic. It's linked with a feeling of my own small story fitting into the evolving one that's the Fellowship of Cocaine Anonymous. It's the thrill of a simple list. Maybe a tri-fold, maybe a stapled booklet, or maybe just a single typed and photocopied page. And it's the conversation that happens when two or more members start reading that list, and passing it around.

Now I have seen many documents that represent aspects of C.A.'s history—some legal, some spiritual, some social, and some technical. As an amateur archivist, it's my dream to see them organized, catalogued, and eventually made available to those doing legitimate historical research on behalf of our worldwide Fellowship. We have been working to see this dream come true. Someday it will. But out of all the stuff in our tightly packed Archives storage room, there's one thing that made my eyes pop wide open. It made my mind fill with the wonder of discovery, and explode with a hundred new questions.

One day I found a simple list, a 1986 tri-fold meeting directory for my Area. I had heard that a couple of the meetings that I attend regularly were almost as old as C.A., but here it was in print—the original locations. Some of them surprised me, others matched up with stories I had heard from C.A. old timers. And I had new questions to ask when I talked

to my old timers again.

It isn't just me. I was doing Archive Committee work at the World Service Office, one day, when I met a visitor there on business. His drive home was several hours away. But when he asked if we had stuff from his hometown in the Archives, I just happened to have one document close at hand—a meeting directory from 1991. His interest became excitement as he learned the original location of his home group, identified an intermediate home of an old and famous meeting, and said of another, something like, 'They used to have meetings at that place?'

After that I was pretty sure that old meeting directories should be part of the Traveling Archives Display. We had two single page lists of the original six meetings described in our book, *Hope, Faith, and Courage*, the history of early C.A. by two of the Pioneers. We photocopied both sides in order to include the circular coffee cup stains, scribbled phone numbers, and all. Then there was the first national directory. Printed some 20 months later, in 1984, it includes 13 pages covering ten states and dozens of meetings. So you have a real picture of the phenomenal growth of the Fellowship. But I don't think it's these simple lists of meeting names and places that make C.A. history. It's what happens when you put them in front of a couple of members and hear the memories spill out, the conversations begin.

This is exactly what happened when we took them on the road. At Long Beach 2014, Las Vegas

(Cont. Page 2)

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## **SEEING HOW MY OWN SMALL C.A. STORY FITS INTO THE LARGER STORY OF C.A. AS A WHOLE**

*(Cont. from Page 1)*

2015, and the Conferences of both years, people from all over the country (and the world) would look at that 1984 booklet and start talking. If more than one old timer was there at the same time, the conversation would really pick up momentum, one story leading to another. And someone would say, "You know who knows about that..." or "you know whom you should ask..." So if you want to know the history of C.A. in your Area, just get two old timers together and show them an old meeting directory. At least that's how the Archives have come to life for me. It's been a lot fun.

\* \* \*

**(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.)**

## **TWO VOTES, OUTGOING BY: Valisia C. Delegate, CANV, Outgoing Las Vegas, Nevada, USA**

"Two votes, outgoing." I have looked forward to saying these three words for five years. Now the time has come, and I really don't want to go!

My experience as an alternate delegate, and then four years as a delegate has brought a host of feelings. I've created memories that can never be exchanged and, made friendships that will last a lifetime!

I have ended my time at the Conference on the Unity Committee, which will assist me in securing the lasting friendships and the memories and help me ensure and reiterate the "Unity Statement" in my Area. "Unity is a common bond that transcends all differences." I can only trust that the tools I have been equipped with and with the help of my Higher Power's direction I can be a help to my Area and continue in the Fellowship that I crave

I love Cocaine Anonymous and helping the newcomer, therefore Unity will forever be apart of my mission  
C.A. for Life!

\* \* \*

**SERVICE...Without Reward...The Depth and Weight of a Principled Journey...Leaving the ME...  
Discovering the WE...An Eternal Life of Freedom Without End...**

**BY: Chris P**

**Tulsa, Oklahoma, USA**

On September 1, 1986 I raised my hand and uttered for the first time my name is Chris and I am a cocaine addict. That day in that C.A. meeting began the chapter that gave actual meaning to every aspect of my life and subsequently lead me on a journey that continues to this day. While my actual sobriety date is 10/21/86 and I had been attending meetings in both N.A. and A.A. for several months it was the vibrancy of C.A. and the urging of Allen S., H. Lee S., and others that encouraged me to get involved in Service. Of course my sponsor walked with me through the Steps and the Principles contained therein, telling me at Step Twelve the following during several conversations:

\* If you are going to take credit for all those you have sponsored, twelve stepped or helped you need to also own all the ones with whom you failed or may have killed. It's your Twelfth Step.

\* If you don't want to be on a pedestal don't put your ass on it!

\* Remember those that suffer are not always the newcomers, that those with time and history with you may need help too.

\* When sharing, you are not there to preach or teach, you're there to listen and share your experience and through that gain understanding and peace.

Thus began a journey in Service built upon the principles of The Steps, repeated in The Traditions, and further again in The Concepts. During which I learned that the only way for me to save my bum and my face was to firmly implant one in the other - or let go of the ego.

Those with whom I have had troubled history will bring me the greatest gifts in my service. Attachment to a particular outcome will invariably cheat me and/or others out of the best outcome.

In the end "Service Without Reward" as a principle lived and inventoried repetitively in my life has allowed me to develop a deeper sense of humor, a

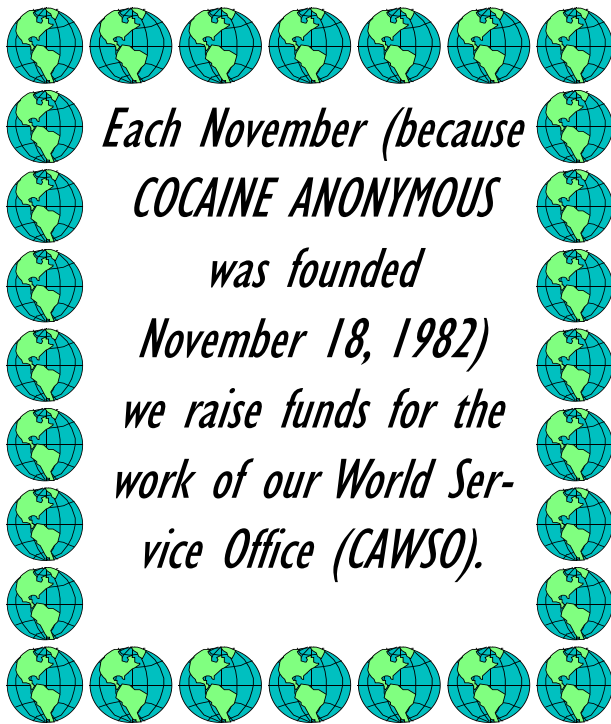
deeper sense of humanity, and ultimately permitted me to live one day at a time sober with an ever increasing awareness of the moment, and thus as my sponsor once put it "the closest thing we can get to eternal life and freedom on earth."

It only required the destruction of the Little ME and the embrace of the Big WE...good luck!

\* \* \*

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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.



*Each November (because  
COCAINE ANONYMOUS  
was founded  
November 18, 1982)  
we raise funds for the  
work of our World Ser-  
vice Office (CAWSO).*

Cocaine Anonymous World Service Office, Inc.  
(CAWSO)

November 2016

Celebrating 34 Years of C.A.

# What is Gratitude Month?

As members we carry our message to still suffering addicts at meetings and our CAWSO works to ensure that that message is carried as far and wide as possible. Here are just some of the ways it does so:

- Publishing and translating books, literature and chips
- Maintaining and updating [www.ca.org](http://www.ca.org)
- Access to drug court conferences, where we promote Cocaine Anonymous (C.A.) to judges and court workers nationwide and encourage the Drug Court programs to include C.A. meeting attendance as an option when a sentence is rendered.
- Sponsorship of the National Hotline—1-800-347-8998
- Providing administrative support for new Districts, Areas and Regions— In 2013 We welcomed three new World Service Conference approved Areas—Russia, Peru and Switzerland
- Mailing free meeting starter kits
- Providing free books and literature to inmates
- Facilitating an annual World Service Convention and C.A.'s yearly World Service Conference

*Please, 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 the Cocaine Anonymous World Service Office carry the message worldwide.*

CAWSO, Inc.

21720 S. Wilmington Ave, Suite 304

Long Beach, CA 90810

USA [www.ca.org](http://www.ca.org)





### UNITY – THE INEXPENSIVE TRADITION

BY: IRA L.

World Service Trustee  
Glendale, California, USA

Our literature says this about Tradition One: *“Each member of Alcoholics Anonymous is but a small part of a great whole. A.A. must continue to live or most of us will surely die. Hence our common welfare comes first. But individual welfare follows close afterward.”* (The Twelve Traditions, The Long Form, page 189). In the *Twelve Steps and Twelve Traditions*, Unity sounds like “United we stand, divided we fall.”

These statements seem to be very consistent with the Big Book of *Alcoholics Anonymous*, which, if I can paraphrase, compares us to shipwreck survivors, in a lifeboat, who depend upon each other for life itself. I sincerely believe this to be true. Even though I was lucky enough to go through a treatment program, it was at my very first twelve-step meeting that I found HOPE. Coincidentally, it was a Cocaine Anonymous meeting, and I have remained clean and sober ever since, due to a unified Fellowship.

I hope that some of you noticed that I said “I” have remained clean and sober ever since, like that was something “I” did. It was not. It was because you guys introduced me to my first Higher Power. You people in the meetings. That’s where the God of my own understanding began. The program began to work for me, thanks to all of you. I began to learn a little about the program and life, but very slowly. One of the things I learned was that the first word in the First Step was “WE.” As in, “We admitted...” and we do this thing together. Bill and Bob supposedly anguished over that first word, arguing back and forth whether “I” or “We” should be that first word, and why one was better than the other. Finally, thank God, they agreed that “We” was the better choice and thus we have a “We program.”

Getting back to that lifeboat, it appears that one of the considerations the survivors made was what direction they should row in. It would seem to be a waste of precious time and life energy to all who intend to go in different directions or paddling in opposition to one another without some sort of discussion and agreement. But however they came to that directional agreement, they arrived at a decision, headed out, unified, and they were saved.

For most of my two decades of sobriety, I’ve attended mostly unified meetings and put money in the

basket, and had service as a part of my life, either at the meeting, area, and/or at the World Service level. I even had a commitment for a couple of years on our SGPVCA Unity Committee. Recently, it occurred to me that while most everything has a cost, like the special events, meeting rooms, cakes, cookies, and coffee, etc., - Unity is free. Yes, “We’re Here and We’re Free.” But, Unity is really free - NO cost, nothing. As an addict, I like free. I want more - free. I have the disease of more. I love it when I see unity and I want more, and I know that if I don’t see it, it’s coming soon. We’re on the same team in C.A., we’re all for C.A., and we know there’s no “I” in team, though there is in Unity, but it’s a small “i”. “WE” outweighs “i” anytime, anywhere.

So, I want to suggest (and I was taught that a suggestion is a subtle command) that “we” all go BIG with Unity. I have seen amazing things, like Special Events, Conferences, and Conventions, when we have Unity. Let’s remember to treat Unity like it was the first foundational tradition, to the Group as the Steps are to the individual. After all, our life may depend upon our Unity. And we’ve got nothing to lose, because it’s free.

\*\*\*



*A Quiet Peace...*

*Commemorative Limited Edition*  
*Numbered Only 1000 Copies*

The distinctive cover of this beautiful limited edition features textured blue faux leather with silver lettering, as well as silver foil edged pages. The cover opens to an onion skin hand numbered page also includes a white satin ribbon page marker and comes in a handsome raised gloss printed gift/display box.

With only 1000 printed...You will want to purchase this truly beautiful collector's item for only \$35.00 each. (A case of 16 books is also available for just \$420.00 per case)



# A Quiet Peace

## *A Commemorative Limited Edition*

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## RECOVERY THROUGH ACTION

BY: Jan V.

Spijkenisse, The Netherlands

My name is Jan and I am a grateful and blessed addict and alcoholic in recovery in Rotterdam, The Netherlands. This is the small country next to Germany in Europe.

My recovery I completely owe to the fellows and fella's within the C.A. Holland Area. I am so lucky to have an experienced Sponsor. After four months of selling nonsense at different meetings I was asked to do service as a Greeter at a meeting. In short, this was the beginning of a list of different service positions within the C.A. Holland.

Before my recovery my life was a mess and my life in recovery is ten times better. It is also because of the service positions that I had and still have.

I became Chair of the Literature committee in C.A. Holland after I heard that this position was vacant for more than six months. The Big Book of *Alcoholics Anonymous* changed my life so I felt I had to make sure that this book was available for everyone at a meeting.

The things that changed the most are my character defects, where I can work through them with

different positions in service. I regained the trust of my wife when it comes to handling money. This comes directly through my service as Treasurer at a meeting.

I've learned to always be on time due to my service as a Greeter and Coffee person

I've learned to be precise and accurate with administration due to my service as Chair of the Literature committee. I especially have worked on my laziness with regards to postponing things.

The most important thing I am very grateful for, due to my service positions, is the relationship that I now have with my father because he helps me with the "Poor Man Shop" (as my oldest daughter calls the stock of the literature). I now have contact with him at least twice a week and it is really fine. I am able to show my gratitude to him and he helps me to process and ship all of the orders.

I consider myself as a rich person and that is certainly due to my service positions.

\* \* \*

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

### SAVE MY A\$\$ RECOVERY TRANSFER

**DID THE FELLOWSHIP OF COCAINE ANONYMOUS SAVE YOUR A\$\$? DO YOU WANT TO SHOW YOUR APPRECIATION? JUST FOLLOW THESE SIMPLE STEPS!!**

*STEP 1: Log into your Bank Account*

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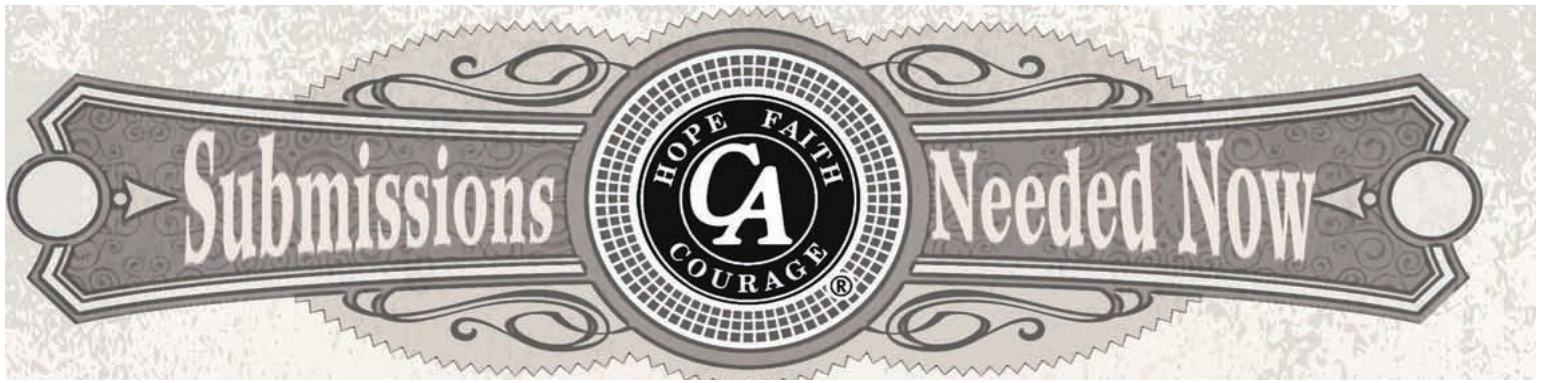
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**THAT'S IT!! JUST SET IT UP AND THEN YOU DON'T HAVE TO WORRY ABOUT IT**

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

We need **YOU** to help make these books a reality! The Conference has approved the concepts, but as with all new C.A. books, the Literature, Chips, and Format Committee needs YOUR submissions. Be a part of C.A. history and help write these books!

### **12-Step Workbook:**

This workbook will be a tool to be used with a sponsor and in conjunction with literature approved for use at C.A. meetings as listed above. Submissions should be 1-2 pages long and include the following:

- Quotes or references to suggested readings from literature approved for use at C.A. meetings (C.A.'s meeting format, pamphlets, *HFC* or *HFC II*; The Big Book *Alcoholics Anonymous*, *The Twelve Steps and Twelve Traditions*, or *Service Manual*);
- Your personal experience on a particular Step;
- Four to twelve questions to help the reader have his or her own experience with the Step;
- A worksheet applicable to the Step (optional); and
- A prayer or spiritual exercise to conclude the section on that Step.

For more information, please contact Kellie F., Subcommittee Chair, via e-mail at [flowerz2@telus.net](mailto:flowerz2@telus.net).

### **C.A.'s 12 & 12**

Help us write C.A.'s own 12 Steps & 12 Traditions book based on our Fellowship's experience with the Steps and Traditions. Provide 1000-2000 words on the Step/Tradition focusing on your own experience, strength and hope, with a closing paragraph summing up your gratitude for that particular Step/Tradition and how it relates to your recovery. For more information, please contact Jason L., Subcommittee Chair, via e-mail at [jason\\_lrnc@yahoo.co.uk](mailto:jason_lrnc@yahoo.co.uk).

### **Guidelines for All Submissions:**

Don't worry about grammar, spelling or punctuation; we have people to help 'polish' whatever you write. Other than cited quotes, each submission must be the author's original writing. In keeping with the 11th Tradition, submissions will be reviewed anonymously and the authors of material ultimately selected for publication will be asked to maintain their anonymity. Replies will be sent when the selection process is complete for each project. Electronic submissions are preferred. Each submission also requires a properly executed release form (available at [www.ca.org](http://www.ca.org) or on page 11). You may send your submission(s) and release via e-mail to [submissions@ca.org](mailto:submissions@ca.org) or by regular mail to: CAWSO, Inc. Attention: LCF Committee, 21720 S. Wilmington Ave., Ste. 304, Long Beach. CA 90810-1641. For more information, please call 310-559-5833.

## A VIEW OF C.A.'S TWELVE CONCEPTS OF SERVICE:

### CONCEPT #1

BY: Dalton T.

Any Area, USA

I have a well-founded love for Cocaine Anonymous and have, at times, served the Fellowship in many capacities. During a period of service over 20 years ago I was introduced to our Twelve Concepts of Service. What follows are my opinions. I not only will use what can be found in our World Service Manual but also the writings of Bill W. in his Twelve Concepts for World Service found in the World Service Manual of A.A. You may disagree with what I share and you should feel free to share your disagreements. This is about how we grow as a Fellowship.

Now, C.A.'s Twelve Traditions provide our Fellowship with guidance on how we relate individually to our C.A. groups, groups to each other and to C.A. as a whole and to the outside world. Many issues such as membership, finance, autonomy and anonymity are answered with our Twelve Traditions.

But what about the operations within the service structure of C.A.? How do we deal with the inevitable conflicts that arise in any organization, which can become even more pronounced given the tendencies of addicts given authority over others?

We use the Twelve Concepts of Service. C.A.'s Twelve Concepts of Service are taken from those adopted by Alcoholics Anonymous in 1962. The 2016 C.A. World Service Manual lists the Twelve Concepts (short version) on page 8.

The First Concept: *"The final responsibility and the ultimate authority for C.A. World Services should always reside in the collective conscience of our whole Fellowship"* (CAWS World Service Manual 2016 Edition pg. 8).

In the beginnings of C.A. there were some attempts in organizing the Fellowship. Even before the first World Service Conference incorporated entities were started in California and other states to handle the affairs of groups formed into areas. Cocaine Anonymous World Services was formed and was responsible for holding the first World Service Convention. And, just as happened in A.A., our Fellowship started to experience growing pains and conflicts.

Thus was born the idea, in 1985, to hold a World Service Conference. Prior to that three

individuals held positions of authority and responsibility as Trustees. The active World Services were handled by Cocaine Anonymous World Services ("CAWS") and while the Trustees were but observers at that point certain issues were always brought to their attention for guidance. But the Trustees recognized that in order for the Fellowship to continue to grow and flourish they had to surrender their authority to the Fellowship.

We did not suffer the same situation, as did A.A. in the 40's. But we did have the knowledge that A.A. had to move the authority of making decisions for C.A. as a whole from a handful of individuals to the Fellowship. C.A. saw the pathway laid down by A.A. and chose to follow it.

That was done at the World Service Conference and the Fellowship received both the responsibility and authority to manage C.A. World Services. However, it should be clear that this structure, having each member group directly participate in the operations of C.A. World Services, is both cumbersome and unworkable.

But, we look to our Second Tradition to see how this can work. *"For our group purpose there is but one ultimate authority — a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern."*

The main points here are that while the group conscience of the Fellowship has the authority over the activities of C.A. World Services; the leaders of our Fellowship are entrusted with only delegated authority and responsibility to directly manage those affairs.

So this is the start of our system of checks and balances. This democratic system was adopted so *"...that would prevent unqualified authority from running unrestrained."* (Twelve Concepts for World Service by Bill W. pg. 4) As Bill also wrote, "Well known our own propensities for power driving, it is natural and even imperative that our service concepts be based on the system of "checks and balances."

(Cont. on Page 10)



## A VIEW OF C.A.'S TWELVE CONCEPTS OF SERVICE: CONCEPT #1

(Cont. from Page 9)

In the hope and belief that our Fellowship can withstand the pressures that exist in our society the original members handed the reins of C.A. World Services to the Fellowship. They believed, and this Concept ratifies, that the spiritual underpinnings of our Fellowship, as expressed so well in Tradition Two, insures that our "democracy of world service will work under all conditions.

\* \* \*

### 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.

## TRADITION FOUR

BY: George S.  
Any Area, USA

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

Let us look at the word autonomous as defined by Webster's Dictionary: "Existing or capable of existing independent of the whole."

This definition maybe interpreted as existing outside of the "whole" or "the body of C.A." This outside of the "whole" (C.A.) has become in many cases an excuse to do anything the meeting choses to do, even though, on occasion, other C.A. structure is not adhered to.

Meetings through their group conscious decisions should be ever mindful that they are not contrary to all other meetings in their District, Area, or World Service Structure.

The Fellowship as a whole needs consistency, so as to provide the same recovery message that all participants can feel accepted no matter where the meeting may be.

Simple autonomy may be what kind of coffee may be used. Autonomy may not be that the Twelve Steps of C.A. recovery not be used. Meetings should look carefully that their meetings reach out to all the same way.

\* \* \*

### QUOTE:

The Big Book, *ALCOHOLICS ANONYMOUS*  
Page 565

**The Twelve Traditions, The Long Form, #4**

*"With respect to its own affairs, each A.A. group should be responsible to no other authority than its own conscience. But when its plans concern the welfare of neighboring groups also, those groups ought to be consulted. And no group, regional committee, or individual should ever take any action that might greatly affect A.A. as a whole without conferring with the trustees of the General Service Board. On such issues our common welfare is paramount."*

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AND ACKNOWLEDGEMENT OF ORIGINALITY**

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4. CAWS and/or CAWSO may change, modify or revise this work to whatever extent either or both deem necessary. I understand that, if selected for publication, this material will be edited in keeping with C.A.'s understanding of the Twelve Steps and Twelve Traditions. Submissions will also be copyedited to ensure ease of comprehension and adherence to standard rules of grammar and punctuation as well as current CAWS and CAWSO style guidelines. In addition, editorial staff may also substitute different words and/or revise sentence structure for clarification. I further understand that this material may be retitled and/or reprinted in more than one CAWS or CAWSO publication.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Name (please print): \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Phone number: \_\_\_\_\_

E-mail address: \_\_\_\_\_

## A RETURN TO BEING ME

BY: Petra L.

New Westminster, British Columbia, Canada

When I was young, I used to write short stories and poems, lived in Europe and was surrounded by artists of all kinds. My mother, was a painter and really well connected in the arts community in our area. Our house was always buzzing with the liveliness of creating something new or rearranging the existing.

Expressing myself was encouraged, and as I was going through different phases in my young adulthood, I smoked hash with the hippies, used speed with the punk- rockers, and went on countless acid trips, trying to find out who I was supposed to be and how I was going to fit into this world. I travelled and explored Europe every chance I got. Lots of hours were spent in churches and art galleries, connecting with strangers over an espresso or a Kir Royal.

When my travels took me to Asia, I was open to be culture shocked to the max and wound up spending weeks, high on magic mushrooms, in a hammock by the beach, smoking Opium in the Golden Triangle and riding elephants through the jungle.

I wasn't surprised when I met the love of my life on a small island in Thailand. He was originally from Europe as well, introduced me to meditation, and swept me off my feet with his cooking and philosophies. A lot of evenings started with a fantastic meal cooked on a camping stove and ended with us talking, smoking ganga, until the sun was rising over the turquoise water.

Life was grand.

Needless to say, I decided to stay on that tropical island, married the guy and embraced a whole new me. Petra, the wife and then the mother, the homemaker, business partner and artist.

So for the next ten years I was busy looking after our kids and the house and business. I lost parts of myself, taking care of so many things, and started smoking B.C. weed in an attempt to reclaim the artist in me.

I didn't know then, that I was taking the first step towards a world of mental anguish, emotional death and spiritual void.

I noticed though, that the possession of weed had become a priority and that I smoked first thing in the morning, all through the day and last thing at night.

Since the constant weed smoking made me pretty sleepy and lazy, I started looking for cocaine. It

wasn't hard to find, even for a West Vancouver hippie soccer mom.

Through some unfortunate circumstances, I became a widow at 38 with two children and only a part time job. I didn't know what to do and when a friend suggested smoking some crack in order to brainstorm a bit more efficiently, I thought that was a great idea.

When I took my first hit, I couldn't believe that nobody had told me about this before. It was perfect. When I was high, there was no grieving, hardly any eating or sleeping. I was good to go- until two years later, when I had become a slave to a merciless crack addiction. Slowly but surely I was going insane.

I ran my life into the ground, my kids and friends were baffled and confused about my behavior and I knew that suicide or a miracle were left as the only options here. Through Divine intervention I found recovery and a new lease on life. The first five years my Higher Power and I spent, rebuilding my life, we started to take care of everything I had neglected while using. It felt like I had been in a coma and progress was slow but steady. However I made new friends, who were in recovery and who were seemingly fearlessly leading the way in this new life without using any mind altering substances.

In the following three years my Higher Power and I solidified what we had built and I noticed that I started to have dreams and goals again.

So finally, two years ago, I moved to a completely new area in order to be closer to my children, who were by now living by themselves. I got two new jobs in my new community and started to plan to become financially stable and debt- free.

In the last year my creativity has started to emerge again and here I am writing, coloring, making collages, dancing and feeling like me again.

Today my way of life, as revealed by my Higher Power on a daily basis, is my most fulfilling art form.

Recovery allowed me to find my way back to truly being me.

\* \* \*

**NEW AND EXCITING ITEMS IN THE ONLINE STORE!**

**BY: Linda Francisco**  
Director of Operations,  
CAWSO

**Attention H&I:** We have available the latest version of *Hope, Faith and Courage* which has been printed with on old cover (Printer error). Because of this...we are able to provide this soft cover version for H & I use at the cost of only \$2.50 per book or \$52.00 a case of 28 books. The supply is limited and once they are gone – they are gone. This books will be marked \*\*\*H&I Only\*\*\* Do Not Sell. Plan to order immediately – as this will be available only as long as the supply lasts.

**Special Edition: A Quiet Peace**

- Looking for that special gift for a Sponsor, or a Sponsee?
- Are you a collector of amazing things?
- Want to possess an inspiring peace of daily motivations?

Introducing the Commemorative Limited Edition of *A Quiet Peace*. The distinctive cover of this beautiful blue faux leather with silver lettering, as well as silver foil edged pages is available for only \$35.00. There are only 1050 copies available and each copy opens to an onionskin hand numbered page. A white satin ribbon page marker will keep your place for an inspiring daily devotion. The book comes in a handsome raised gloss printed gift/display box to keep it protected from dust. With only 1050 printed...You will want to purchase this truly beautiful collector's item for only \$35.00 each. (A case of 16 books are also available for just \$420.00 per case.)

**\*\*Disclaimer:** eBook files are published in formats owned by their respective companies. We neither endorse, nor lend our name to either eBook publishing company but use these formats in order to publish and distribute our printed literature in a readable electronic format

\* \* \*

**YOUR C.A. LITERATURE**  
AVAILABLE WITH PURCHASE FROM THE  
WORLD SERVICE OFFICE → → →



**ON SALE NOW**

**Hope , Faith & Courage**

**Special For**

**H&I Outreach**

**HFC Soft Cover**

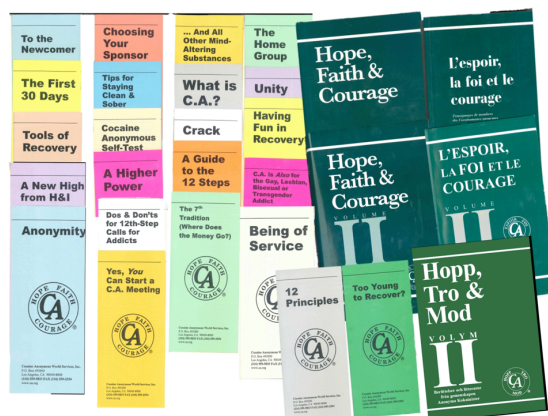
**Special Pricing**

**While Supply Lasts!!**

**\$2.50 Ea. Or \$52.00 Per Case**  
**(28 Books Per Case)**

Offered for a brief time a special printing of our HFC soft Cover Book for H&I. While this special supply lasts. Don't wait \*\*\* order yours now!! Great opportunity to provide books to your H&I Community.

H&I \*\*\* Not For Sale



## NEW COMMERATIVE CHIPS NOW AVAILABLE THROUGH THE WORLD SERVICE OFFICE

Available in Bright Bronze





Price per coin \$20 USD or 3 for \$45 USD  
Plus \$3 USD for each coin Shipping and Handling



Ship to:

Name \_\_\_\_\_

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CA Recovery Medallions – Bright Bronze Coin

Colors: Amethyst, Black, Green, Red, Pink, blue

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

Total Coins \_\_\_\_\_ plus

\$3 shipping x \_\_\_\_\_ coins      Total \$ \_\_\_\_\_

Make Checks/Money Order/Cashier's Check payable to: CAWSO  
Contact CAWSO for credit/debit card payments and for availability/cost to ship  
to addresses outside of the USA. Phone 310-559-5833 Fax 310-559-2554

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

*A NEWGRAM POEM*  
*BY: Heather M.*  
*(Daughter of a C.A. Member)*

*Today the future is white and bright,  
Who would have known things were black and not right.*

*Tired and frustrated is what comes to mind,  
When I think of a woman who was never on time.*

*Broken promises and unanswered calls  
Waiting on my wedding day is what hurt most of all.*

*Detained for possession,  
I had no clue that was her obsession.*

*Just married and dealing with an addict for a mother,  
Sometimes I wish I didn't have to choose –  
But in my heart, I knew she was about to loose.*

*I met with Cindy at Austin Recovery,  
How sweet she was to me, but all I wanted was a guarantee...  
For my mother to stay sober that is.*

*Everyone always came before me, who would have known,  
Where are your so-called friends now that you have grown?*

*Seven year SOBER today; I am so thankful for your sponsors Norma and Dave.  
Plus everyone else you have met along the way.*

*Your guardian angels watching from above,  
You've come along way Momma so there's no need to be judged!*

*Trust, respect and honesty is the correct way  
Live life to the fullest in each and everyday.*

*Happy and Healthy it's the only way to be,  
Now that recovery has set you free.*

*Addiction is a disease and I do understand.  
It might have taken me many years, but here I still stand.*

*So today...  
I am proud to say that I am the daughter of Deborah May.*

# Single Celebration Donation Form



THIS FORM IS FOR YOUR CONVIENCE IN SENDING DONATIONS TO THE  
C.A. WORLD SERVICE OFFICE. ALL DONATIONS ARE TAX-DEDUCTABLE.

Feel free to use this form in Celebration of your Sobriety Birthday; Memorializing a be-  
loved member of your Fellowship; Honoring a friend in the program; Celebrate your  
Sponsors/Sponsees Birthday, or anything else you want to honor.

I, \_\_\_\_\_, would like to contribute \$/£/€ \_\_\_\_\_ to:

\_\_\_ Celebrate my \_\_\_ years of Sobriety

\_\_\_ Memorialize my Friend \_\_\_\_\_ who died on \_\_\_\_\_

\_\_\_ Celebrate my Sponsor's Birthday of \_\_\_\_\_ years of Sobriety

\_\_\_ Honor a member of our Fellowship for \_\_\_\_\_

\_\_\_ Other \_\_\_\_\_

Amount: \_\_\_\_\_ Check enclosed/Or \_\_\_\_\_ Visa \_\_\_\_\_ MC \_\_\_\_\_ AMX \_\_\_\_\_ Discover

Acct. No. \_\_\_\_\_ Expiration: \_\_\_\_\_ 3/4 Security Code: \_\_\_\_\_

Card Holders Signaature \_\_\_\_\_

Name as it appears on the card: \_\_\_\_\_

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City: \_\_\_\_\_ State: \_\_\_\_\_ Postal Code: \_\_\_\_\_ Country \_\_\_\_\_

Telephone( ) \_\_\_\_\_ Email: \_\_\_\_\_

\_\_\_\_\_ To receive paperless confirmation/thank you for this donation. OR,

Call CAWSO if you prefer to give your credit card over the phone to: (310) 559-5833

Mail this for to: CAWSO, 21720 S. Wilmington Avenue Suite 304, Long Beach, CA 90810

## Coming Soon Single Donation Envelopes!

## MY LIFE IS TRADITION TWO

BY: Marcus H.  
Oakland, California, USA

I'm here for the Promises. Then they told me I had to work the Steps. But I figured there could or has to be an easier way than some old Twelve Steps! Maybe I can just use two, or maybe three of these Steps and with my self-knowledge, along with my book knowledge and street knowledge I'll be just fine. I'll show all those C.A. members up! That, no, I'm not an addict and I'll show A.A. no, I'm not an alcoholic. Yes, I will take your suggestion. I will step over to the nearest bar or drug house and do some controlled drinking and smoking. Better yet, I'll just drink as much as I can and I'll just smoke a joint, it's perfectly fine, cause weed grows natural, right? Well. Wrong answer! It doesn't work like that. See, this is a "Spiritual Program" and God is a part of this program. It says that in Tradition Two "...A loving God as He may express Himself in our group conscience..." They told me back when I was in Kansas, and a C.A. member said "A man who stands for nothing will fall for anything." I kept falling and I couldn't figure out why? How dumb of me. I figured it out, once I take that first drink or first hit I release the addiction all over again. It was so simple it went right past my head. I really **AM** powerless over drugs and alcohol. My life really **IS** unmanageable. I really **DO** have to practice Step One with 100% willingness. In my head, I was telling myself "these old timers are still having a drink they just aren't telling anyone!" But now I know, the one thing I cannot do is hold on to my old ways and old ideas. It was like trying to put a whale in a fish tank. All the time God was growing inside me spiritually, mentally and emotionally but I was still holding on to the past. When God wants you to grow, he makes you uncomfortable. Until I let go absolutely, the result was nil, meaningless, nada, zero, zilch. Remember we are dealing with a disease that is cunning, baffling and powerful and without help, it is too much for us. So stay connected so you won't be affected by the unexpected.

\* \* \*

## 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](http://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**



## SPONLESS IN SEATTLE

BY: Kasandra H.

CAWS 2017 Secretary

Mt. Vernon, Washington, USA

When I hear the word “service,” I immediately think about the person who brought me to Cocaine Anonymous. Because of him living in God’s will and reaching out his hand, I was given the chance to save my life and become a person I never imagined I could be. Service has become one of the most crucial elements of my personal recovery. I have been blessed with a sponsor that “bleeds green” so to speak and I choose to follow what she does. My goal is to be of utmost service to God and my fellows; however that manifests itself in my daily life. Over the course of my recovery, I have been able to be of service in a number of different ways in Cocaine Anonymous. Whether it is facilitating panels in treatment centers and jails, serving a home group as GSR, or being a member of a committee, the overwhelming feeling of helpfulness to the newcomer is always present. I know that in whatever capacity I am being a-part-of, I am helping the Fellowship grow and reach out to those who truly need it.

Service work has taught me a myriad of skills and helped me realize my own usefulness to others. I am accountable today, and follow through with the things I say I will do. My longest standing commitment currently is serving as secretary on the CAWS 2017 Steering Committee. I remember when I submitted my resume for that position. Four years felt like such a big commitment, and I was worried that I may not be chosen because I had significantly less time sober than the other members on the committee. God saw fit that it was something I was going to do, and here I am. I am absolutely honored to be a part of hosting the CAWS 2017 Convention. I don’t even know how to begin to explain my experience over the last three years of serving on this committee. It has been a lot of fun, first and foremost, but also an opportunity for a massive amount of work, learning, and growth. 2017 will be the first time Seattle will host a World Service Convention, so it has felt almost like a blank canvas that the entire committee has painted this amazing experience on. I am grateful for the nature of helping others that the Fellowship breeds, because from that comes the assistance of past convention’s committee members, help from the Board and Trustees, and useful things like Timelines and Pass-It-On reports. There truly has been an “All Hands On Deck” attitude while this convention has come together.

I believe the world is going to have an unforgettable and amazing time in Seattle. Something about the water views, mountains and city skyline is downright spiritual to me. The Pacific Northwest is, hands down, one of the most beautiful places I have ever been. Every time I visit Seattle, I find something new and exciting to do. There are so many wonderful parks, museums, restaurants, and venues to visit. You can have the big-city experience and enjoy beautiful forestlands all in one day. Seattle will always hold a special place in my heart, and once our Fellowship attends the 2017 World Service Convention, that feeling will absolutely be shared. I am personally counting down the days until members from all over the world are here, sharing their Hope, Faith, and Courage and reaching out to the newcomer on the largest scale our area has yet to see.

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

\* \* \*

### QUOTE:

*A QUIET PEACE*

Page 142

#### ARE WE HAVING FUN YET?

*“Think back to your early days of recovery. Remember wondering what on earth you would ever do to fill up the empty hours when you used to get high? We kenw we were never going to “have fun” again! Program veterans soon discover that those empty hours quickly become filled*

*Participating in Life is a joyous occasion. Sports, hobbies, entertainment, education, travel, career, and family – the list goes on and on, endless choices for how to fill our days and nights. Quite frequently, our problem becomes a lack of time to do everything we’d like. We need to remember that Sobriety must remain our number one priority. Home Group meetings must always come first. Complacency is an offender for setting up a relapse. Stick with the winners – they are consistently involved with healthy, sober activities. Fun is a requirement in our Fellowship, and the laughs are guaranteed!”*



## ***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: ☐ 1<sup>st</sup> of month ☐ 15<sup>th</sup> 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: \_\_\_\_\_

## The C.A. Online Service Area Carries Recovery All Over the World!



**www.ca-online.org**

**Email Meetings** - Run 24 hours a day, 7 days a week. The address that you join with will be used to send and receive meeting emails using email list software on the C.A. online system. After you have joined you will receive a welcome email and then start to receive meetings emails.



**Hope, Faith & Courage** - Discussion for all addicts seeking recovery

**Sisters in Sobriety** - Discussion for women seeking recovery

**There Is A Solution** - Discussion for men seeking recovery

**Steps Online** - Discussion focused on one of the 12 Steps

**The Study** - Book Study (C.A. uses the 1<sup>st</sup> 164 pages of the Big Book as a tool of recovery)

## Voice Meetings

You need Skype™ software and a Skype™ account (both free) to participate in the Skype™ Voice meetings.

**Every Day!**

**Reaching Out** - Topic - Share - Steps - Discussion **Meeting Contact (MC):Reachingout121**  
@ 6pm East USA/ 3pm West USA / 11pm UK Time/ 10am Sydney / 8am Perth Australia / 6am Indonesia

**Monday**

**Both Sides of the Pond\*** @ 8pm UK Time/ 3pm East USA/ 12 noon West USA/ **Tuesday** 7am  
Speaker Meeting on the first Monday of the month! Sydney/ 5am Perth Australia

**Tuesday**

**A Vision for You\*** @ 7pm West USA/ 10pm East USA/ **Wednesday** 3am UK/ 2pm Sydney/ 12pm Perth Australia

**Wednesday**

**Welcome to Cocaine Anonymous** - Sign up @ <http://mobile.intherooms.com> for access  
@ 2pm West USA/ 5pm East USA/ 10pm UK Time/ **Thursday** 9am Sydney/ 7am Perth Australia

**Thursday**

**Both Sides of the Pond\*** @ Thursday 8pm UK Time/ 3pm East USA/ 12 noon West USA/  
**Friday** 7am Sydney/ 5am Perth Australia

**Saturday**

**The 4th Dimension** - Big Book Study **MC: the.4thdimension**  
@ 9am UK time/ 4am East USA/ 1am West USA/ **Saturday** 8pm Sydney/ 6pm Perth Australia

\* = Meeting Contact is avision4you164



In the spirit of our 6<sup>th</sup> Tradition, C.A. is not allied with any sect, denomination, politics, organization or institution.

# C.A. WORLD SERVICE CONFERENCE COMMITTEE PAGE 1

## H&I CORNER

### A FLIMSY REED

BY: Mike C.

St. Louis, Missouri, USA

*"What seemed at first a flimsy reed, has proved to be the loving and powerful hand of God."* The Big Book of Alcoholics Anonymous, page 28.

I was sitting in a group session during my second time as a patient in a Drug and Alcohol Treatment Facility when the guest speakers came through the doors. I immediately recognized one of the speakers as a friend of mine from high school. Right after we quoted the Serenity Prayer someone stood and said, welcome to the H&I Meeting of Cocaine Anonymous followed by his name. I had no idea what Cocaine Anonymous was and certainly didn't know what an H&I meeting was, yet here was a friend whom I hadn't seen for some time speaking about a Fellowship that had helped him transform his life. I tried to blend in so that my friend wouldn't notice me, but he pointed me out and actually had some really complimentary things to say about the person he knew me to be back in high school. The speakers went on to speak of things such as finding a new way to live, about applying some new found principles in their lives and they also spoke of owing their very lives to the Fellowship of Cocaine Anonymous. Although I was attentive and very much attracted to what was being said, I really had no idea what was being planted within me during that H&I meeting, how that flimsy reed would someday grow into the love I have for the Fellowship of Cocaine Anonymous and the love I now have for H&I service work. It truly has proven to be the loving hand of God that led me and my friend to be at that H&I meeting that day. Since I grabbed a hold of that flimsy reed that day it truly has taught me a new way to live, it truly has brought me a new set of guiding principles and I truly do owe my very life to the Fellowship of Cocaine Anonymous.

\* \* \*

## UNITY CORNER

### UNITY COMMITTEE – H – E – L – P !!!!!

BY: Tammy L.

Pflugerville, Texas, USA

I decided to come to the Unity Committee because our Area suffers with putting on Unity Events, and struggles with keeping a Unity Chairperson. I believe that the new chairs become overwhelmed with not having any ideas or especially leadership. My sadness is there is no "Pass it On" done in our Area. My goal is to achieve getting some ideas and some guidelines with the hope of assisting newly elected Unity Chairs with putting on a few, small, Unity events and forming a committee because together we stand, divided we fall. It seems our Area needs and is starving for Unity - just fellowshiping.

\* \* \*

### Subscribe to the NewsGram

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](http://www.ca.org).

☐ I have enclosed a check/money order payable to CAWSO

☐ Visa/MasterCard/Discover/American Express # \_\_\_\_\_

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Name: \_\_\_\_\_

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City and State/Province: \_\_\_\_\_ Country: \_\_\_\_\_

Zip/Postal Code: \_\_\_\_\_ Telephone Number: (\_\_\_\_) \_\_\_\_\_

## CALENDAR OF EVENTS

<b>September 8-11, 2016</b>
<b>Big SUR-enity 2016</b>
<b>LOCATION:</b>
Fernwood Campground Highway 1, Big Sur, California
<b>October 7-9, 2016</b>
<b>Irish Area Convention</b> <i>Came to Believe</i>
<b>LOCATION:</b>
Red Cow Moran Hotel Naas Road, Dublin, 22, Ireland
<b>October 21-23, 2016</b>
<b>2016 Southern Ontario CA 20<sup>th</sup> Convention</b>
<b>LOCATION</b>
Radisson Hotel Admiral, Toronto Harbourfront 249 Queen's Quay Toronto, Ontario, Canada
<b>CONTACT:</b>
<a href="mailto:chair@socaconvention.org">Cameron F., Chair; chair@socaconvention.org</a>
<b>October 28-30, 2016</b>
The Greater Missouri Area of CA <i>2016 Midwest Regional Convention</i>
<b>LOCATION</b>
Sheraton Clayton Plaza Hotel 7730 Bonhomme Ave. St. Louis, Missouri
<b>CONTACT:</b>
Carl R., 314-602-7740
<b>November 11-13, 2016</b>
<b>2016 Southern Alberta CA Convention</b> <i>I Couldn't, We Can</i>
<b>LOCATION</b>
Hotel Blackfoot 5940 Blackfoot Trail SE Calgary, Alberta, Canada
<b>CONTACT:</b>
Tammy, 403-330-4359

<b>November 18-20, 2016</b>
<b>2<sup>nd</sup> Annual Convention – CA South Africa</b>
<b>LOCATION</b>
Heron Bridge Estate 36. R114 NIETGEDACHT, Sandton
<b>CONTACT:</b>
<a href="http://www.ca.org.za">www.ca.org.za</a>
<p><b>Get the word out about your local Use the form at:</b></p> <p><b><a href="http://www.ca.org/event_form.html">www.ca.org/event_form.html</a></b>  <b>to get your event listed both on the website and in the NewsGram or notify us by mail to:</b></p> <p><b>NewsGram, c/o CAWSO, 21720 S. Wilmington Ave., Ste. 304, Long Beach CA 90810</b></p>

**COMING SOON**  
**JUNE 30- JULY 4, 2017**  
**C.A. World Service Convention**  
**SPOONLESS IN SEATTLE**



7 <sup>th</sup> Tradition April - June 2016		
Category or Group		
Location	Name/City	Total
<b>Anonymous</b>	Anonymous	\$ 1,556.69
<b>CANADA</b>		
Quebec	C.A. Canada	\$ 878.00
Northern Alberta	No. Alberta Area	\$ 82.16
	Noon Awakenings Group	\$ 417.0
	Stepping with the Steps	\$ 21.87
British Columbia	CA of British Columbia Area	\$ 956.15
<b>EUROPE</b>		
United Kingdom	C.A. London Dist.	\$ 3,832.45
	South Central Dist.	\$ 776.75
<b>USA</b>		
Alabama	Valley Dale Group	\$ 48.00
Arkansas	Arkansas Area of C.A.	\$ 150.00
Arizona	SNL Group	\$ 448.14
Northern California	C.A. of Northbay Serv.Grp.	\$ 120.00
	One-Puff, Too Tough	\$ 400.00
Southern California	Bagels By The Beach	\$ 60.00
	C.A.L.A. Area	\$ 1,500.00
	Come Alive Birthday Mtg	\$ 228.00
	Faith & Courage	\$ 201.00
	IEACA	\$ 125.00
	Miracle Women	\$ 200.00
	WSOB Meeting	\$ 42.00
Colorado	C.A. of Colorado	\$ 393.55
	C.A. of Colorado H&I	\$ 491.10
Florida	Dist. of Fort Myers	\$ 210.00
	Florida Area Mtg.	\$ 2,156.00
Georgia	Carry the Message	\$ 42.00
	Log Cabin Group	\$ 77.02
	Spearheads Group	\$ 131.00
Illinois	Forever Free Group	\$ 50.00
	Faith, Hope & Courage Group	\$ 25.00
	Winners Group	\$ 160.00
Maryland	DC MD VA	\$ 50.00
Michigan	Saturday Morning Alive	\$ 15.00
Missouri	Courage to Change	\$ 10.00
Nebraska	Nebraska Area C.A.	\$ 173.70
New Jersey	CA NJ District	\$ 500.00
	Hope, Faith & Courage Group	\$ 100.00
Oklahoma	Rock Stops Here Grp	\$ 150.00
	So. Dist. of CA	\$ 100.00
Oregon	CA of Ore & SW Wash.	\$ 75.00
Pennsylvania	C.A. of PA/NJ/DE	\$ 300.00
South Carolina	Three Pertinent Ideas Group	\$ 51.00
	There is a Solution	\$ 6.14
Texas	Freedom & Hope Grp	\$ 30.00
Wisconsin	First Things First	\$ 60.00

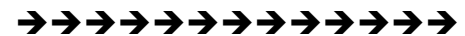
7 <sup>th</sup> Tradition April - June 2016		
Category or Group		
Location	Name/City	Total
	Razor's Edge Group	\$ 64.00
<b>Birthday Envelopes</b>		\$ 0.00
<b>Gratitude Can</b>		\$ 0.00
<b>World Contribution Program</b>	(See form on Page 15)	\$4,760.01
<b>Total</b>		<b>\$22,223.73</b>

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

## NEWSGRAM MAZE

By: Heidi J.  
NewsGram Editor

THIS IS HOW I THINK I'M HEADING...



BUT HOW I REALLY GO:

