SPIRITUALITY www.ca.org



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SPRITUALITY BY: Richard D. Molalla, Oregon, USA

Hi! My name is Richard and I am an alcoholic and drug addict. I have been in recovery since 8:30 PM on September 19th, 1982.

It has been suggested to me that the topic of "Spirituality." I have been this article be, contemplating this topic for about two weeks now. I was a little overwhelmed by the thought that this is a topic that can be different for every single person that thinks about it. With that in mind, I found myself in need of a little help, I asked the God of my understanding to please help me so that it not feel so overwhelming. After asking, my very next thought was what I believe to be a Godsend. That thought was simply, "Keep it simple." That thought grounded me and it made me kind of chuckle and smile when it came to mind. The feeling of being overwhelmed subsided and things began to come to mind that are of a great help for this writing.

Just to get a clear picture in my mind of what Spirituality means to myself and maybe a little more understanding, I searched the definition of "Spirituality." The definition I found was as follows: Spirituality is a broad concept with room for many perspectives. In general, it includes a sense of connection to something bigger than ourselves, and it typically involves a search for meaning in life. As such, it is a universal human experience—something that touches us all.

Well, That definition certainly makes sense to me, and seems that it was a clear and simple statement.

Just to try to give a sense of what my personal journey has been to date. Here are some of the directions that I have pursued to find a more personal perspective of spirituality. I tried Church, attended spiritual channeling's, I have read many books on the

subject from a lot of different cultures and authors. In 1987, I observed what was called the "Harmonic convergence" which was supposed to bring in the "New age." I was also raised in a spiritually open minded family in which it was very normal to consult different kinds of psychics. I worked as a jeweler in a psychic mall. People that practiced the art of reading personal auras, Reiki practitioners, massage therapist's. It was an environment that was very well suited for things like learning meditation, which I also practice to the best of my ability. All the while I was doing this, I was practicing sobriety. I became the secretary of an A.A. men's group that was a Big Book Study on Monday nights. I also attended a Twelve Steps and Twelve Traditions book study on Thursday night. I ran a Twelve Steps and Twelve Traditions book study for C.A. on Sunday nights at the "Hollywood Hoovers" meeting in Portland, Oregon. I was accepted to a training program to become an alcohol and drug treatment counselor. My training was grounded in the methods taught at Hazelden treatment Center. While in training I was also attending college classes to become a counselor. I was still attending my meetings and working with others. I also went to Arizona for a month to get treatment for Codependency at a treatment center in Wickenburg Arizona. You might be asking while reading this long paragraph, what does all this have to do with Spirituality?

Well, for me it is simple, it has to do in part with "Love." Also, interpreting the feelings from my heart and expressing them with thought. Thought that comes with the blessing of a clear heart and mind. A process that I have to confess I am still (at 34 years of sobriety) learning. I have heard mentioned that

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WAS IT BROKEN?

BY: Jeanne Ann P. Mariposa, California, USA

For many years the World Service Convention has been in held in May, over what in the USA is the Memorial Day weekend. The first three conventions were in July, over the USA Fourth of July weekend, with the last one in San Francisco 1988. After that, the Conventions were held in May. That held true for decades, until recently. Now it seems the Convention is being held in July again. I wonder why? What advantage is it to travel and book convention locations when everyone else is traveling? What advantage is there to go to cities that can be very hot and crowded in July? Schools are out, and people are on the move a lot in July. In May we had wonderful weather, not as many crowds to deal with in airports, not over booked hotels and other local venues being full by the time we get there.

Weather is mild in May in most locations. And I won't even start to talk about C H A N G E. Were there reasons the office and those making decisions have decided to do this? Was input from the Fellowship solicited? Just wondering, if we are "fixing" something that is not broken.

* * *

(The A.A. Book Alcoholics Anonymous, the book Twelve Steps and Twelve Traditions, the book Hope Faith & Courage, book HFCII and A Quite Peace are used with permission.)

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SPRITUALITY

BY: Richard D. Molalla, Oregon, USA

(Cont. from Page 1)

sobriety is contingent on the daily maintenance of a spiritual program. Well for me, the single most spiritual thing I have ever practiced in my entire life? The Twelve Steps as printed in the Big Book of *Alcoholics Anonymous*. Those simple yet complicated, and even hard at times to practice, "suggested Steps."

You see, while practicing those Steps and principals as they are written in the Big Book of Alcoholics Anonymous, I started to grow. Grow from the 27-year-old addict I was when I went into treatment and was given this spiritual gift. I have learned to listen with my heart and mind. I have a much better understanding of humility, when I feel it in my heart. An understanding of what it can mean to actually reach out to someone else in need and be able to let the program, as written in the Big Book of Alcoholics Anonymous. To put myself aside and let this program work through me. To let go of ego, to be, as humanly possible non judgmental of others and let others make their mistakes without trying to control and or change them. But be there in case they become in need of assistance in their process, to in other words, practice these principals in all our affairs.

The Twelfth Step starts out reading, "Having had a spiritual awakening as the result of these steps...." I sometimes get goose bumps when I contemplate all of these things. I get an overwhelming feeling of well being when I am truly being what this program has taught me to be. Which in my understanding is simple. An open-minded servant and person who just wants to get through the day sober today. To me sober doesn't mean just not drinking and using. In my heart and mind, sobriety is a very precious gift that I was given on September 19th, 1982. I will restate the most important part of the last sentence again, "I was given." Strangers handed me this when I was ready to receive it. Sobriety has saved me - my person has been saved. The quality of my life has been changed for the better no matter what malady or challenge I might be going through at any given moment. I have been given so much love in this process that I finally started to understand what love is to me. I have also learned to give it back and give it freely without expectation. I have been blessed with friendships that have been of so very much value that I

have no way to say in words how much they mean to me. This all started with having a "Spiritual awakening." After that awakening I was given the permission to not be perfect in my pursuit of the promises and the rest of life. Also given a way to correct my mistakes and bridge relationships, and in this process, my heart has been undertaking its own mending and I as a person can say I am grateful and know just what that means to me. To me, that is certainly no small thing. I have tears in my eyes at this moment of reflection. That is happening because I am so overwhelmed with emotion that my body simply cannot contain it, so it is spilling out of me in the form of those tears.

In closing, I will say this, nothing else in my life in any part of my life has been a more moving or greater spiritual experience aside from one single thing that I can think of: In1980, my Son Joseph was born. After his birth, I was in the lobby of the delivery rooms of the hospital. I was standing in the hallway when a nurse walked up to me. She was holding something in her arms. She then looked at me and asked, "would you like to meet your son?" I then apprehensively walked over to her and she took the cover off of my sons face and she held him up close so I could get a really good look at him. This may sound corny, but it was at that moment that it seemed to me that everything around me just stopped. No noise, I could not hear anyone speaking and I was just not aware of anything going on outside of the introduction of this little baby boy. He was the single most beautiful thing/person that I had EVER seen in my entire life and still is. I have never had another experience like that. In that single moment, I learned what it was to feel like my life did not matter and that I would choose in a nano second to give my life for that little seven pound person in that nurses hands. He was born two years before I got clean and sober. So, without hesitation, I can honestly say to anyone who reads this. I have been given two gifts in my life that no other gift can even begin to equal. My Son and my Sobriety. In both instances I had a spiritual experience.

* * *

SPOONLESS IN SEATTLE

BY: Kasandra H. CAWS 2017 Secretary Mt. Vernon, Washington, USA

Washington State Cocaine Anonymous is on fire about hosting the CAWS 2017 Convention! It is the first time Seattle has been chosen to be a hosting city and we are inexplicably excited to show the world everything the Pacific Northwest has to offer. The saying "we are not a glum lot" perfectly describes the Washington State C.A. Fellowship. We are definitely the life of the party, and this will be an experience you do not want to miss!

The Pacific Northwest in general is so indescribably beautiful. I live in Skagit Valley, about 60 miles north of Seattle. If you take a 25-minute drive West from here, you will reach Anacortes which is the gateway to the San Juan Islands. One of my favorite things to do is hop on the ferry and adventure to Orcas Island or Friday Harbor. I almost always see an Orca whale or two during my ferry ride! It's the perfect day trip. I would absolutely suggest giving yourself some extra time around the convention and plan an excursion to the San Juans!

Seattle is, hands down, the most magical city I have had the pleasure of visiting. There is something to entertain and captivate every kind of person. The landscape of Seattle is absolutely breathtaking. The city is surrounded by water and mountains, and offers the most beautiful lush green scenery I've seen in a large metropolitan area. I love the fact that you don't have to pick between a bustling city adventure and a serene experience in nature, because Seattle provides both at the same time. Although Seattle is the home of the first Starbucks (which you can visit across the street from the famous Pike Place Market), it isn't all rain and coffee. Seattle's annual rainfall is actually less than that of Houston, Chicago, and New York City. But that doesn't mean we are lacking in water—Seattle has over 200 miles of shoreline booming with opportunities to go boating, swimming, or to catch some rays on the beach. There are two cruise ship terminals downtown, which host cruises varying from local day-trips to adventures to Alaska. If nightlife is more your style, have no fear! Seattle has over eighty venues and clubs regularly hosting live music. There is always something exciting going on in Seattle every night of the week. Seattle is the birthplace of grunge,

and one of my personal favorite things to do is go to EMP: a 140,000 square foot museum dedicated to the history of music in Seattle as well as pop culture, science fiction, and video games. The museum is located in Seattle Center, right next to the iconic Space Needle. An entire day could be spent simply exploring this small chunk of the city. Personally, I love to eat and shop. Seattle never disappoints in those two categories. I regularly visit Seattle, and I constantly find new restaurants to try. The city has a nearly overwhelming selection of cuisines from all over the world and I can guarantee my fellow foodies will be on cloud nine. Shopping in the Emerald City is especially fun because there is an entire spectrum of stores—from high-end brand names to small local companies and everything in between.

I truly believe you can't put a price tag on the amazing, memorable experience that CAWS 2017 is offering. Washington State Cocaine Anonymous holds such a passion for unity and fun—something I think is essential to hosting a successful convention—which guarantees this event will not disappoint. Be there or forever wish you had been!

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







The Online Service Area Carries Recovery All Over the World

Although the Online Service Area (OSA) has been in existence since 1997, I have been surprised at how many C.A. members are unaware of it and the value it has to addicts who are still suffering. Frankly I had never really thought about online C.A. meetings until they became the only option available to me.

This first occurred because I moved and there were no C.A. meetings in my new location (there are now). Then I had surgery which prevented me from attending face-to-face meetings. The online forum kept me connected to the Fellowship I love! And although I am able to attend face-to-face C.A. meetings again, I choose to stay connected with meetings in the OSA as well.

The OSA is sometimes the only way people have of connecting with C.A. In my mind this makes it all the more important in fulfilling our primary purpose to carry the C.A. message to addicts who still suffer.

Ever Wanted to Attend a Meeting in the UK? Now you can! - The Thursday night Both Sides of the Pond meeting (8pm UK time) has arranged to patch into the High Wycombe Buckinghamshire meeting in the new London Central Area. Check it out!

We would like to express our gratitude to San Fernando Valley C.A. for partnering with us to hold a successful Bingo Night fundraiser.

YOU CAN SUPPORT THE OSA BY:

- Attending a meeting
- Making an OSA meeting your Area's "Meeting of the Month"
- · Partner with the OSA in fundraising efforts
- Contribute to the Area by being of service
- Donating to our 7th Tradition http://www.ca-online.org/7th_Tradition or through PayPal to treasurer@ca-online.org. Use for sending "to family or friend" choice. This eliminates fees.

Respectfully submitted, Susan B., Acting PI Chair of the OSA

MY DESIRE WAS NOT ENOUGH

BY: Yvette H World Service Trustee Los Angeles, California, USA

Three Tradition states; requirement for C.A. membership is a desire to stop using." My desire to stop using cocaine was not enough to keep me in the rooms of Cocaine Anonymous. I wanted to stay stopped; I wanted to recover from this seemingly hopeless state of mind and body, but I could not muster up the strength. I lacked the power to choose "life" over "death."

I was naïve. I was sheltered growing up as a child and I did not know of the grave consequences that came along with drug and alcohol use. It was 1983, I was a senior in an all girls Catholic High School. At this time, I was preparing myself to leave home for college. I excelled academically and fancied myself as a prestigious physician in the near future. My family saw my future as bright and promising. We were all excited as the opportunities poured in from the different colleges. Then crack cocaine entered into my life. I had been experimenting with marijuana and alcohol for a couple of years, but nothing too crippling. I thought all drugs were created equal. I had no idea that crack cocaine was destroying peoples' lives. I had no idea that people were losing their jobs, their homes, their pensions, their children and their lives. I had no clue what I was about to experience in my life. I had no clue that the first hit would change my life forever. I had no clue that all my desires, dreams and goals were about to be snatched away from me in a blink of an eve.

I was hooked after my first hit. I wanted more and more. I did not understand what was happening to me. I was spiraling out of control. Crack cocaine had me in its grips from the beginning. I smoked the pipe without impunity and with blinders on. The feeling was indescribably euphoric; I needed more. The next hit on the pipe was the only thing on my mind. Nothing else mattered. Cocaine came for me like a thief in the night. The bad part is, I did not even see it coming. It blindsided me and stole everything in my life that meant anything to me. Cocaine even stole my soul.

I started to change. What was once so important to me was now a distant memory. College was no longer an option. The little naïve Catholic schoolgirl was no more. I was now experiencing the street life. I was now living in dope houses and doing whatever I could for the next hit of cocaine. My only desire at this point was to keep my pipe hot.

I had a "sponsor" in the streets. She showed me how to provide for myself financially while living on the streets. She said it was important for me to have my own money to buy my own drugs, cigarettes, and alcohol. She informed me that sleeping with the dope man was not the answer or the smart way to meet the needs of my cocaine habit. I followed her directions to the tee and I stayed high for years.

My life started to get progressively worse. I was getting raped, beat up, robbed, stabbed and having guns placed at my head on a regular basis. How did I get here? What happened to the life I had once knew? Where had all my dreams and goals gone? It felt as if I was living in another dimension, in a dark world of sots. Everyone was wandering around aimlessly, like zombies, looking and searching for the next hit of cocaine. I did not know how I ended up in this other dimension, but I wanted to get back to the real world. I felt like I would die soon; either by someone killing me or by busting my heart with an enormous hit of cocaine. I wanted to stop using cocaine but I did not know how. What happened to my desire to

I thought about a friend of mine that had smoked cocaine like me, she went to a treatment center and stopped. Surely if this worked for her, it would work for me. I reached out to her and she invited me to my first C.A. meeting. It was at 3801 in Los Angeles. I remember it being very dark and smoky, it looked like I was in a bar. The people seem so happy, they were laughing, and socializing with each other. I could not understand why everyone seemed so happy to be in a meeting of Cocaine Anonymous. They told me all I needed was a desire to stop using and God would do the rest, but (Cont. Page 7)

MY DESIRE WAS NOT ENOUGH

BY: Yvette H.
World Service Trustee
Los Angeles, California, USA

(Cont. from Page 6)

I did not have enough power to even generate a desire. I was broken, physically, mentally, and spiritually.

Thus started my bouts to treatment centers. Surely this would work for me. I was in 15 recovery homes (long term treatment six months or better), four detoxes (seven days) and two hospital programs (14-30 days), and still I could not stay stopped. Once I left treatment, I always went back to cocaine. I had so many ideas on how to stop using cocaine, but none of them worked. I felt so hopeless. I did not understand how others could stop and stay stopped but I could not. Still my desire for cocaine was stronger than my desire to stay in the rooms of C.A.

May 21, 1996 I finally surrendered to the idea that I was going to die a cocaine addict and there was nothing I could do to stop smoking. I entered treatment for the last time, not to stay sober, but to get some rest. I was physically tired, malnourished, disheveled, and weak. I knew that this was just a pit stop because that had been my experience for so long. I knew that my desire to stay stopped was not enough to change my life. I felt defeated. Cocaine was my master.

Then something happened while I was in treatment. I embarked upon the 12 Step process. I was sure this was not going to work for me, but I did not have anything else to do. Wow, this was the best thing that could have ever happened for me. What a blessing I have received by taking this journey. God was able to come into my life, my heart, my soul and save a wretch like me. I learned that the only requirement for C.A. membership is a desire to stop using, but to stay around here you must get into the 12 Step work. That is what was missing all those years I was going in and out of treatment, The 12 Steps.

I am so grateful to Cocaine Anonymous for introducing me to the 12 Steps, which introduced me to a God of my own understanding that saved my life. I thank God for the process of recovery that has rocketed me into the Fourth dimension of existence. I no longer live in a dark place. The

world is bright today and has so many new opportunities to experience. I continue to work the 12 Steps, work with others and be of service and my life continues to get better daily. I am a member of Cocaine Anonymous and I am so glad that I am a member when I say I am a member. I thank God daily that my desire is enough to continue to seek him and help others. My desire today is to live in a recovered state, which is a gift from God that I will cherish and nurture

* * *

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IMPORTANT NOTICE FOR PERSONS WITH CRIMINAL RECORDS WHO PLAN ON ATTENDING THE 2018 WORLD SERVICE CONVENTION IN MONTREAL CANADA

BY: Steve A. and David J.

Tempe & Phoenix, Arizona, USA

The Fellowship of Cocaine Anonymous is preparing to hold their annual World Services Convention in Seattle over the 4th of July weekend at the Doubletree in Seattle Washington. At the end of that Convention there will be a presentation for the 2018 World Service Convention in Montreal, Ontario, Canada. Canada has stringent laws regarding Convicted Felons and persons that have DUIs and this article is designed to help our members with those challenges prepare for traveling to Canada and perhaps to other parts of the world (remember, the World Service Convention will be is Sweden in 2019). The time to begin the process is now because it will take some time and considerable effort.

Many of us have suffered the consequences caused by some of our choices and having a DUI or Felony on our record can give us some of the biggest headaches. There are several methods to have some of our rights restored. The Internet offers many assets that address these issues and give very helpful hints for us to reestablish our rights as citizens again.

There are several issues in Canada's immigration law that will restrict people with felonies and/or DUIs from entering into Canada and name them as "inadmissible." Some of those are; security risk, human or international rights violations, criminal history, health problems, financial problems, dishonesty with applications to enter Canada, failure to meet conditions in the Canada's immigration law, and a member of your family is not allowed into Canada. You can find a list of criminal offences in the Criminal Code of Canada and the Controlled Drugs and Substances Act.

Any and all of those issues could make one inadmissible to Canada; you will not be allowed to enter. However, if travel to Canada is necessary, they may issue you a temporary resident permit. "To be granted a TRP, the applicant will need to demonstrate a required need for entering Canada, such as work, an emergency situation, or a humanitarian/compassionate reason. "The goal of a TRP application is to demonstrate that the individual is not a threat to Canadian security during the period they will be in Canada, and to

convince the office that their reason for being in Canada during that period may be a benefit to Canada (for example, if the person is attending a work meeting and will be bringing business to Canada). The benefit of a TRP is that unlike Criminal Rehabilitation, it can be applied for at either a Canadian consulate or at any Canadian port of entry (borders, airports, etc.) Making the application at a port of entry will most likely be significantly faster than through a consulate – which often have long wait times. Wherever you file it, a TRP application can take up to six months for processing and a personal interview may be required."

If convicted of driving while impaired by alcohol or drugs, probable cause will be found to make you criminally inadmissible to Canada. As of March 1, 2012, you may be able to get a temporary resident permit for one visit without paying the \$200 processing fee (Canadian dollars).

Check with your local State authorities before booking travel, as every State has different paths to reestablish your rights. This will help make sure that when you arrive in Canada, a border services officer has enough information to decide if you can enter Canada. The officer will still check to make sure you are not inadmissible for other reasons.

Depending on the crime, how long ago it was and how you have behaved since, you may still be allowed to come to Canada, if you: convince an immigration officer that you meet the legal terms to be deemed rehabilitated, or applied for rehabilitation and were approved, or were granted a record suspension or have a temporary resident permit.

Most states have now passed laws to have felonies forgiven once all of the prescribed requirements are met. (Time Served, probation completed, fines paid, etc.) Please check with your individual state and local for their regulations.

Resources to assist in deciding what path to take: http://www.ezbordercrossing.com/

http://www.cic.gc.ca/english/information/inadmissibility/conviction.asp

https://exoffenders.net/felon-voting-rights

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MY STORY

BY: John W.

Santa Clarita, California, USA

When I first came into the rooms of Cocaine Anonmous, my sponsor gave me a few MUSTS, if I wanted to have him as my sponsor. I had to call him every day and if he didn't answer, I had to leave a message, I had to go to 90 meetings in 90 days (I went to 120 in 90 days ... some are sicker than others) and at 90 days I needed to go to the Hospitals & Institutions meeting. Although we were in different Areas, I had the choice of going in my own area, SFVCA or to the CALA Area (his area). I had told myself that I was only going to give C.A. 90 days of my undivided attention and then possibly go out because I wasn't so sure that I could stay clean AND sober with NO MIND ALTERNING SUBSTANCES for the rest of my life ONE day at a time.

On or about my 90th day, at my sponsor's behest, I went to my first (SFVCA) H&I meeting held on the first Monday of the month at the church on Moorpark and Colfax. Since I had already been going to a number of C.A. meetings, I was familiar with many who were currently serving on the H&I Committee. I was welcomed at the H&I meeting as I had been at the regular meetings, and greeted by supportive messages such as, "here's where the winners are." "If you support H&I you are 85 times less likely to relapse." I didn't want to relapse and I've always wanted to be a winner, so it was natural to be impressed with this new meeting. At my first 'business' meeting of C.A. there seemed to be a lot of 'business' being done and a lot I didn't understand.

Just before the break, one committee member made the following comment. "We have only a few panels left, they are going like hot cakes so at the break come and see me and I'll get you a panel. Hurry, now don't let someone else get your panel."

Well, I only remember a flurry of people clamoring over the precious few panels that were left. (I know today looking back; it was only what it appeared to me) When I got over to him, there were only two panels left and so I took the fifth Wednesday at the Wayside Men's Treatment Center. Whoo hoo!! I

got a panel! I got a panel! As the night went on, I also was invited to join a few other panel leaders on their panels. I think I had one young person's mental ward at a hospital and the Salvation Army.

As the evening was closing someone made the comment that you needed only 90 days to speak on a panel but six months to be a panel leader. But, I was a panel leader and I had less than six months clean and sober. I raised my hand to explain that I had to give up my panel because I had less than six months. I also, was kind of glad, I didn't want that kind of responsibility and besides, I was probably going to go out soon, as that was my plan.

Well, those in charge who, in my opinion, were listening to the spirit of the law and not the letter of law asked me, "What panel do you have?" I responded, "The fifth Wednesday at Warm Springs." "Well, let's just see when the next fifth Wednesday comes up?" We looked at the calendar and it was two days after I turned six months clean and sober. "You mean I can have it even though I don't have six months now?" I asked hoping they would answer in the negative. "Well, if you stay clean and sober for the next three months, you have every right to be the panel leader. Plus you will get to go on a lot more panels and be a professional panel leader in three months." I had been given a sacred trust of this Fellowship. I, this drunken, crack smoking piece of crap was entrusted with an H&I Panel. If I kept my side of the bargain, three more months of sobriety. God was doing for me what, at the time, I couldn't do for myself.

I am so grateful for those H&I committee members who listened to the Spirit of the Sunlight and made me feel like I was a worthy and trusting human being. I am so grateful for H&I that has helped me maintain my sobriety and this Fellowship which I love with all my soul.

* * *

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.

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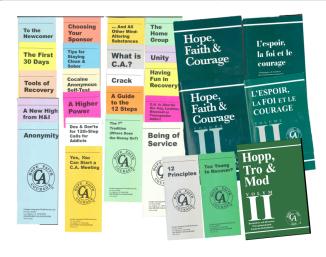
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World Service Contribution Program

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.

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C.A. WORLD SERVICE CONFERENCE COMMITTEE PAGE 1

H&I CORNER #2

MY EXPERIENCE

BY: Greg I.

Crenshaw, California, USA

I am a 12 year sober Japanese American, 66 year old addict, from the Crenshaw area of Los Angeles, California. Before being sober, I had been to jail, seen A.A. meetings in the 1970's, been thru recovery programs, and never had periods of being sober. January 2004, I did an unbelievable act. I turned myself in to the courts, while having two felony drug possession warrants over my head. Too tired and sick to continue, somehow I understood there wasn't an option and this was to happen sooner or later. After months in jail, I was allowed to go to a small recovery facility in Burbank called the "Victory House."

That first week there, I heard my story. A 6'4", 280 lb black man stood in front of the main meeting room at the facility, and talked about using from a young age, driving thru all the areas of Los Angeles to get drugs and smoking cocaine from the 1970's & 80's. He grew up where I grew up, did what I did. One year ago on Feburay 1, his birthday, he was in jail realizing it was his thinking, his decisions which had landed him exactly where he was. WHAT!? I just celebrated my birthday on February 1 in jail and had the very same thought! How could he be telling my story so exactly? Obviously, he caught my attention, as did the process.

I found a sponsor that I could relate to, unbelievably a Japanese crackhead from Crenshaw! He introduced me to the big book of *Alcoholics Anonymous*, the 12 Steps and 12 Traditions and being of service. I learned early to stick with the winners. He brought me to his recovery family, as his grandsponsor gathered his sponcees and their sponcees once a month at a meeting they referred to as Generations. The very first meeting, one of them set me up for my first H&I panel speaking experience. I was so nervous, I spoke only about seven minutes, but a guy came to me at the end, and talked about relating to what I had said. I was touched and, because I had just heard my story, I knew the feeling.

I did panels in San Fernando Valley, going to their monthly business meeting, and it was there that I heard them say, 'Those who stay with H&I, stay clean!' and after returning to Crenshaw to help my mom, I got involved with H & I again. Since that time, I have been fortune enough to hold the H&I chair for the Westside Hollywood District of Los Angeles for three years, been given an opportunity to run Holiday marathons for C.A. H&I at the Veteran's Administration in Westwood on Christmas and New Years long enough to develop great relationships with a number of veterans there. This year, I've been allowed the honor of chairing the World Service Conference H&I Committee, which has been another great learning experience. I cannot remember not being involved with H&I, and it appears they were right. I am still clean and sober and the experience keeps getting better!

* * *

FINANCE CORNER

HELP US HELP YOU!

BY: Heidi J.

Portland, Oregon, USA

As the Chair of the World Service Conference Finance Committee, we would like to offer to help your Area's with their financial structure. Did you know that there is an approved Finance Guidelines available at the World Service Office? There is even one in Dutch! We are trying to have International Finance Guidelines for all Area's outside of the US. We can't make this happen with out the interest and assistance of Area's outside of the US. If you would like to help us in that, please contact me! E-mail: hj-jonathan@comcast.net. Thank you for your support!

* * *

C.A. WORLD SERVICE CONFERENCE COMMITTEE PAGE 2

ARCHIVE CORNER

HISTORICALLY GRATEFUL

BY: Your CAWS Archive Committee

The Southern California members of the World Service Conference Archive Committee, headed by Norma Jean S. and Henry A., continue to meet monthly in service of our ongoing (and daunting) task of cataloging the C.A. Master Archive; we are making progress! Additionally, our members who do not reside in Southern California are engaged in other projects: Bob L. and Matt H. are working on creating a chronology of C.A.'s growth via State and Regional maps; Natalie P. is serving as Archive Chair for the 2017 CAWS Convention in Seattle; Susan B. is developing a CAWS Convention Archive Display Plan; Sylvester R. is putting together an Archive Committee in Memphis, TN, USA, and Cameron is assisting Matt H. with forming a committee in the UK, along with keeping everything moving forward as our fearless Chairperson. We are not a glum or lazy lot!

Many Areas are in the process of planning their Celebrate Around the World (CATW) events. **WE ARE SEEKING ARTWORK OF LOGOS** from the beginning of this event, when it was called 'Dance Across America', through the 'Dance Around the World' era to CATW. We call on our elder statesmen and former WS Delegates to please see what information or artwork they may still have. Photos of logos on memorabilia are welcome. Please send to archives@ca.org.

We urge members of the Fellowship in Seattle, Portland and surrounding Areas to consider loaning items to the 2017 CAWS Convention for display during "Spoonless in Seattle".

JNITY CORNER

DIVERSITY. SO IMPORTANT

BY: John H.

Wichita, Kansas USA

Over the years, I have seen so much come out of this Fellowship coming together for our common welfare. Such strong diversity in Cocaine Anonymous at times may make some of this look impossible! I truly believe that this has only made the common bond even stronger. The fact is that with our purpose we must stay Unified for the addict yet to come. So, with this in mind, I truly keep Unity in my heart. May my gratitude always be expressed in some form or another towards Unity in C.A.

* * *

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! 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.

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.

CALENDER OF EVENTS

February 10-12, 2017

NEODCCA 23rd Unity Convention

LOCATION:

Embassy Suites Beachwood 3775 Park East Dr.

Beachwood, Ohio

March 3-5, 2017

2017 SGPVCA Area & Foothill Convention LOCATION:

Don Laughlin's Riverside Resort Hotel

1650 S. Casino Dr.

Laughlin, NV 89029

CONTACT:

Jerome M, Chair, 626-534-2449

Elizabeth S., Vice Chair, 626-689-6999

April 21-23, 2017

Pacifc North Regional Convention 2017

LOCATION

Red Lion Hotel

1357 Blue Lakes Blvd. N.

Twin Falls, Idaho

May 5-7, 2017

2017 Atlantic South Regional Convention

LOCATION

Crowne Plaza Little Rock

201 Shackelford

Little Rock, Arkansas

CONTACT:

Tamika J., Convention Chair, 501-613-1911

Dino D., Registration Chair, 501-612-4975

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| 7th Tradition July-September 2016 Category or Group | | | | |
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| Location | Name/City | Total | | |
| Anonymous | Anonymous | \$ 3,423.27 | | |
| EUROPE | 7410117111045 | ψ 3/12312/ | | |
| Spain | C A Chain Area | \$ 2,124.36 | | |
| United Kingdom | C.A. Spain Area | \$ 55,977.51 | | |
| Officea Kingaoffi | C.A. London District | \$ 293.51 | | |
| USA | UK C.A | Ψ 2 3 3 . 3 1 | | |
| | V II | \$ 45.00 | | |
| Alabama | Valley Dale Group | \$ 158.00 | | |
| Arkansas | Arkansas Area of C.A. | <u>'</u> | | |
| Arizona | Birds of a Feather Grp | \$ 208.16 | | |
| | Sun Valley Intergroup | \$ 3,368.00 | | |
| Northern California | Northbay Serv.Grp. | \$ 90.00 | | |
| Southern California | CALA Longbeach/Compton | \$ 193.00 | | |
| | C.A.L.A. Westside | \$ 180.00 | | |
| | Hollywood District | ¢ 272.00 | | |
| | Foothill District | \$ 373.00 \$ 1,272.70 | | |
| | San Diego C.A. | | | |
| | San Gabriel-Pomona Valley Tired of Being | \$ 11,122.03 | | |
| | Dogged out | \$ 100.00 | | |
| | West Inland Empire | \$ 50.00 | | |
| | WSBT | \$ 155.00 | | |
| | WSOB Meeting | \$ 49.00 | | |
| Colorado | C.A. of Colorado | \$ 611.13 | | |
| | C.A. of Colorado H&I | \$ 95.25 | | |
| Georgia | Carry the Message | \$ 13.00 | | |
| 220.3.4 | Metro Atlanta C.A. | \$ 251.04 | | |
| | Solution Group | \$ 90.00 | | |
| | Magic Valley C.A. | \$ 300.00 | | |
| Idaho | District | , | | |
| Illinois | Hope, Faith & | \$ 23.00 | | |
| 11111013 | Courage Group | 4 21 41 | | |
| | IACA, Inc.So & West Dist. | \$ 31.41 | | |
| Massachusetts | Massachusetts Area C.A. | \$ 811.50 | | |
| | Saturday Morning | \$ 5.00 | | |
| Michigan | Alive | Ψ 5.00 | | |
| Nebraska | Monday Miracles Group | \$ 300.00 | | |
| Ohio | AM Sunday Group | \$ 75.00 | | |
| Oklahoma | Rock Stops Here Grp | \$ 75.00 | | |
| | So. Dist. of CA | \$ 50.00 | | |
| Oregon | CA of Ore & SW Wash. | \$ 75.00 | | |
| Pennsylvania | C.A. of PA/NJ/DE | \$ 300.00 | | |
| South Carolina | There is a Solution | \$ 100.00 | | |
| Texas | No. Texas Area | \$ 65.00 | | |
| . 5.445 | Freedom & Hope Grp | \$ 30.00 | | |
| Utah | C.A. of Utah | \$ 4,000.00 | | |
| Wisconsin | Razor's Edge Group | \$ 130.00 | | |
| | Lazo. o Lago Group | , , , , , , | | |
| World | (Coo forms and | | | |
| Contribution | (See form on | \$4,174.00 | | |
| | Page 15) | - | | |
| Program | | | | |
| Total | | 87,553.87 | | |

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NEWSGRAM EDITOR



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