

NEWS GRAM

Volume 35 No. 2 C.A. World Service Office, 21720 S. Wilmington Ave., Ste. 304, Long Beach, CA 90810-1641 2nd Quarter 2017

FUN IN C.A. RECOVERY

BY: Marcus W.

Darmstadt, Germany

My name is Markus and I m a recovered addict. My homegroup is in Frankfurt/Germany und I have been clean and sober for four years.

Over these first years, again and again I have heard from others in the Fellowship, how awesome it was to attend conventions in Holland and England. They raved about them and bubbled with excitement when they came back from those weekends, talking about how great the feeling of unity had been and how much fun they'd had. I could not get my head around that idea and every time they asked if I'd come along, I said no.

Summer 2016 I heard about a C.A. convention coming up at the end of November and when some of our group members decided to fly up to Sweden for it, I spontaneously agreed to join them

Looking for plane tickets and realizing who was on board and how much I needed to pay, I definitely knew this was not going to be fun for me!

First of all, the others were three women. One of them was going to see her boyfriend, a C.A. member from another country at the convention, and the other two women shared a room and were just inseparable. I thought my school English wasn't good enough to communicate with others, so my anxiety level went up. I thought, I am probably going to spend the weekend all-alone in my room, watching TV in a foreign language I don't understand and regret bitterly the money I spent for this.

But reality was going to be different ...

On my way to meeting the others in Frankfurt I was still drowning in self-pity and fear of the weekend. As we sat at the gate waiting for boarding, one of the women began to talk about her fear of flying. Suddenly we all talked about our fears...my feelings of not being

part of started melting. On the plane, a feeling of high anticipation set in. I had not been on a flight for a long time and now was heading for a weekend trip to Sweden! Both flights turned out to be enriching opportunities to share our experience working the program, we laughed and had deep spiritual conversations, which helped connecting deeper with the people in my homegroup and in the program.

Arrival at Stockholm airport – we had decided to share a taxi, but again the reality differed from my thinking. A C.A. friend pleasantly surprised us! He came to collect us and six of us squeezed into a middle-sized BMW and went to the hotel together.

The first night at the hotel - what fun we had, how we laughed, I cried tears of joy and could communicate just fine with these German, Dutch and Danish addicts, familiar and new faces.

Saturday morning joint breakfast, all very easy going and no thought of feeling alone.

I saw all these people in the large dining room and wondered... who of them is one of us?

Later the same morning the meetings started, in Swedish and partly in English. Maybe I did not understand every word that was said, but I instantly felt at home and had lots of friendly, welcoming eye contact with others.

I met so many people that Saturday and without exception connected really quick with all of them. I was stunned.

The speakers shared about their experience with the Steps and the recovery program, touched me and brought tears to my eyes. I felt gratitude wash over me for being at the right place; in a way I had not felt it

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RECOVERY GAVE ME TOOLS

BY: Sandra R.

Oakland, California, USA

When I was younger I spent years enjoying my party life and doing drugs. I never the less spent all of my money on party drugs and dancing. Many of my friends and I were consumed with parties and didn't know how to use the tools we learned now in recovery. I came into these rooms believing that our lives were normal after I met a few friends later that knew about the meeting we began learning tools to stay sober. After three relapses, I finally began learning and working the Steps. When Step Five came up I had trouble admitting my wrong doings to God and other people. Now, I can think about the physical damage that I did my body and in recovery I know the sacrifices my life was under because my life has changed for the utter most significance and I began to see things differently, my body has recovered and my thinking is different. I realize how to raise my kids on different terms than what my friends and I learned in the past. There are great aspects to recovery and not to using drugs. You can do the same things on a greater level, than if you are using, then you won't need to learn the hard way that using only becomes everyone's problems too. You look stupid if you need to lose friends because you must take care of your children, but the tools will be easier to instill to your children if you know them. The tools are the greatest, but if we know first, then we can admit that we are wrong to ourselves right away.

* * *

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FUN IN RECOVERY IN C.A.

BY: Marcus W.

Darmstadt, Germany

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in a very long time.

The highlight was Saturday evening with the banquet dinner and the auction. A hall filled with several hundreds of people from different countries, all elegantly dressed and very cool and fun. I have never seen anything like it. We sat at a table with some Swedish members and we chatted...unbelievable, they understood me and I understood them!

Sunday morning, I am standing in front of the mirror shaving and suddenly I started crying...first this almost irritated me, but I realized I was only ever so touched and grateful for this wonderful Saturday, that I had been given this amazing clean life.

Now as we didn't fly back until Monday, Sunday again was full of surprises. A C.A. guy stood at the main entrance door of the hotel and asked if he could drive me anywhere...I was frazzled and said, eh, I am not alone and one of the other two wants to go to a mall that needs to be open on a Sunday, the other want to get back to the hotel, and I need to get back to my room to change and then off to Stockholm for the evening, which is a 30 kilometer ride. He said no problem; he had not had the time to be very useful in service during the convention so he reckoned this would be a good way to make up, chauffeuring others around on a Sunday afternoon. Thus we took off in a snowstorm, got to our destinations safely, and then he patiently waited for me in the hotel and then drove me to Stockholm. I had scheduled something for later in the evening, so there was a gap and he took me to his family and we had a great talk.

Alone with him in the car I thought several times, this just cannot be true... how special, listening to someone and how he found C.A., recovered and what a wonderful life he has today... unbelievably beautiful.

On Monday, another C.A. member showed us a part of Stockholm, and that too just happened spontaneously and we had another wonderful day.

Flying back, we were only three and we read and translated an English spiritual text and that too was enriching and good and we got back to Frankfurt in good health and full of beans.

What can I say?

Tuesday I went to my homegroup meeting loaded with positive energy and raved about this awesome weekend and I was just so grateful that I had not listened to my head but just went along ...this weekend was by far the coolest in a long time and kept me flying for several weeks, THANKS.

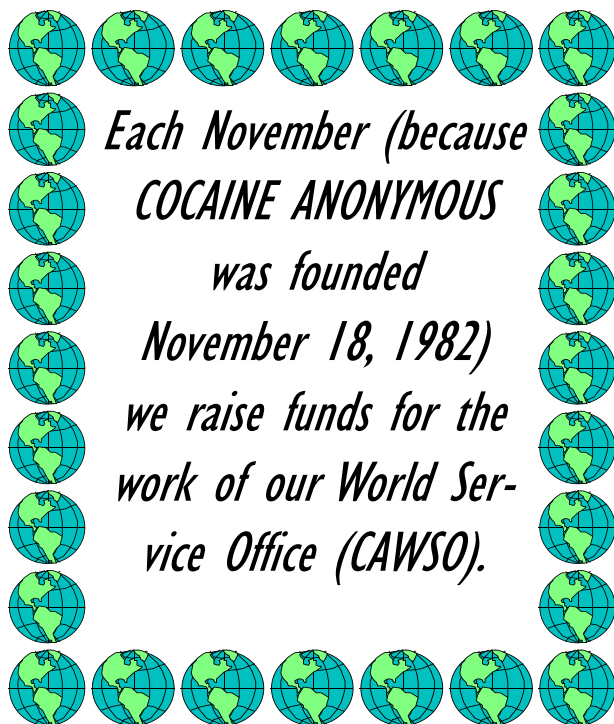
NewsGram Editorial Policy

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.

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 2017

Celebrating 35 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
- 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 2016 We welcomed four new World Service Conference approved Areas—Antelope Valley, Central UK, CA London and approved St. George Utah to move to Southern Nevada Area
- 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

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THE CLEANEST HIGH-ALIVE AT THE LAKE

BY: Petra L.

Vancouver, British Columbia, Canada

When I was thinking about what I found to be most fun in recovery, I thought about getting dressed up and going dancing at a convention, or looking at my partner in a nice suit at a banquet dinner, and then it hit me: No, I have the most fun and feel happiest at our yearly C.A. Vernon camp out, "Alive at the lake." No fancy clothes required. I fondly remember when I was invited by a C.A. member to come up to the camp out one year, when he said: "Just get up there and bring a towel and your bikini." I did just that and got up to the Okanagan that summer, and had the time of my life! I was spending most of the time in my pajama pants and a hoodie or my bikini.

The freedom and peace I experience at this event, helps me to unwind, find out what I deeply love, and recharge for the rest of the year. I had to miss the event one year, and when I entered the campground the following year, tears were rolling down my face. Tears of gratitude for giving myself this gift - to be alive at the lake. This year will be the 10th annual camp out and I am stoked to go!

The silence in the early morning at the campground is enchanting, the sun rising over the beautiful water and a few birds singing. A new day in recovery.

Feeling the freshness of the lake water on your skin after a swim or a ski, is exhilarating and yet purifying in the most amazing way.

The conversations are meaningful and span every topic imaginable. I truly enjoy connecting with people in C.A., beyond the meetings.

The fire is crackling at night and the laughter and music is free. We are free. Addicts, free from the obsession of the mind and body, free to express who we really are and celebrating life, one day at a time.

The connections I have made at this event are for life, even though I see some of the people only once a year. I remember a few years ago when I started getting to know the Albertan's. They are so fun, always have food to share and are overall generous in spirit. I cannot wait to see them this summer.

The other aspects of this camp out that I love, besides being fed on a regular basis (meals are included when you register early), are the speaker and women's meetings. The freedom to share what is really going on at our Alive at the Lake women's meetings, is incredibly healing in itself, and it always amazes me

how these meetings get women to reveal their rawest emotions and biggest fears. I like myself very much when I can support a newcomer or a woman, who is struggling. At times all it takes is being present. Truly being available for support. I feel blessed that C.A. has given me so many opportunities to be me and to feel the fullness and depth of a life in recovery.

I am: Forever grateful and excited.

* * *

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Célébrez CA Sans Frontières – CELEBRATE C.A. WITHOUT BORDERS

BY: Patrick R.

Montreal, Quebec, Canada

Montreal originated from the village of Hochelaga by the French explorers in the 16th century. The city of Montreal was so named because of Mount Royal, the mountain in the middle of the Island—*Montreal, an island, a community*.

As early as 1611, Montreal became a meeting place for the Algonquians and Hurons who came from the hinterland, and French merchants traded furs and European products. In 1680, an estimate of 800 *Coueurs des bois* who have set out to conquer undocumented (from Europeans) territories and cultures. Among the founders of Montreal, many will participate in the exploration and development of what we know today of the North American continent.

This year, the city of Montreal celebrates its 375th anniversary. It was, and it's still now the case with IT and artificial intelligence, a place open to an infinitely greater world. Thus, from all over the globe, we invite you to live it up with us in the 34th Cocaine Anonymous World Service Convention of Montreal from June 28th to July 2nd, at CAWS 2018—*Celebrate C.A. Without Borders*.

Cocaine Anonymous in Quebec, has three districts, one of which predominantly anglophone. Now we count 55 weekly meetings for all of Quebec. Through your presence from around the world, we want to see this number grow in order to get out of the dark the drug addicts who do not yet know how we, the Cocaine Anonymous, can help them.

We hope you will enjoy your visit to our city and *la belle province*. During your stay, you can also participate in the international jazz festival, the world-renowned comedy fest and the exciting Grand Prix Formula 1 of Montreal. With an extraordinary exchange rate of 40%, your American dollar will take you to the highlights of gourmet restaurants that sweep Montreal with the best-Chef du Monde (*oui oui, the best ; -*) ... You won't believe your taste buds of the culinary experience you will live.

It is undeniable that after having lived this experience, you will become our best ambassadors and we are happy to share our passion for our city with you. With the help of God, The 34th C.A. World Service Convention of Montreal won't disappoint you.

Little History of C.A. in Quebec:

- August 21, 1986—Opening of the 1st C.A. meeting in English, *Wow It Works*, by Robert, David, Zarko and 12 other members;
- October 1986—Opening of the first meeting in French, *La Nature Exacte*;
- July 11, 1988—Obtaining Our Letters Patent for *Cocaine Anonymous*;
- November 7, 1987—First regional convention at the Poupart Recreational Centre;
- 1989 - First pamphlets translated into French, *A Power Superior to ourselves?*
- January 26, 1990—First new comer tokens in French ... and it continues.
- May 22-24, 1992 C.A. World Service Convention in Montreal;
- **June 28 to July 2, 2018—34th C.A. World Convention in Montreal ... feel free to be part of our History.**



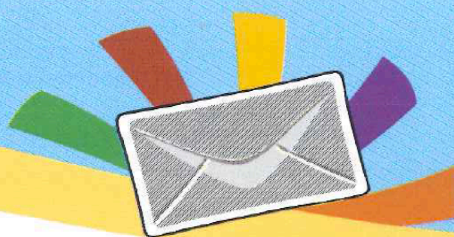
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A FUNNY THING HAPPENED ON THE WAY TO A.A.

Originally printed November 1985

(An Article from the C.A. Original publication "*The Connection*", Vol. 1, Number 1)

By: Richard L.

One of the Original Nineteen Members of Cocaine Anonymous

I have been a member of Cocaine Anonymous from its beginning and I owe my life to the people who pushed to give C.A. its own identity and took commitments to keep C.A. going. I might not have made it these three-and-a-half years without a place to go and talk about my cocaine problem.

I was nearly ninety days sober in November of 1982 when someone handed me a yellow notecard at an A.A. meeting. The card read: *A.A. for Cocaine – Tuesday Night*, and it gave an address. This was for me. Up until then I had whispered "cocaine" under my breath at A.A. meetings when they said alcohol. Nineteen sober men and women showed up at this meeting.

The Alcoholism Director of the Motion Picture Industry Health Fund had called the meeting in the hopes of finding a program he could refer all the calls he was getting from people with cocaine problems who didn't feel they had a drinking problem. Some, he said, didn't drink at all.

Most of the nineteen of us all had found our way into A.A. from cocaine; yet we didn't feel comfortable starting up an entirely new program...at least not that Tuesday night. There was discussion about how simple a process it could be – just change alcohol to cocaine in the steps and Bingo! Instant program. Still, that first Tuesday everyone's allegiance was to A.A. The group conscience was that this Tuesday night meeting would be an A.A. meeting called the "Whatever" Meeting and anyone could share and take chips. We would risk not being true A.A. meeting and not getting listed in the A.A. meeting directory for letting non-alcoholics participate and take chips.

At one time the Whatever Meeting was listed in both the C.A. meeting directory and the A.A. meeting directory at the same time. Over 150 people **regularly** attended.

One of the local hospitals had a meeting on a Wednesday night that they called Cocaine Anonymous. They just changed Alcohol to Cocaine in the Twelve Steps. There is the strong likelihood that there was another meeting doing the same thing somewhere else in the country at the same time and we

didn't know it. But it was not so much which meeting was the first C.A. meeting but what happened in the next few months, which became the foundation for the extra-ordinary phenomenon that C.A. has become.

The next week a Thursday night C.A. meeting was announced. One of the nineteen from the first Tuesday was elected Secretary. Another Tuesday night attendee started a meeting on Saturday in the Valley. And so it went...committed, sober addict alcoholics starting meetings. Shortly thereafter, a feature article on Cocaine abuse and recovery in Cocaine Anonymous appeared in the Los Angeles Times "Calendar" section. Suddenly, members with 30 days to six months were sharing their stories with people who had never been exposed to any Twelve Step recovery programs.

I was recently reminded by someone who was celebrating their Third Birthday that I was the first person he had heard share; he made it despite that. I had six months of sobriety...I shared my experience, strength and hope and what little I understood about the steps. No one had any real amount of continuous sobriety, so when we passed it on we were kinda pumping ourselves up a little, too. There's always been an up and positive slant to C.A., at least in the meetings I've attended, and I believe that's great recovery, upbeat and hopeful.

It was frequently said that Cocaine Anonymous meetings were actually only a way to "Twelve Step" newcomers into A.A.....

Well,...a funny thing happened on the way to A.A.!

A hospital gave a room for an office....a Monday night step study meeting was started and suddenly there was a C.A. meeting every night of the week....someone typed a meeting directory on a piece of paper...we took the Seventh Tradition and bought an answering machine.

Suddenly, there was C.A. Not like we know it now, but God bless us, we were helping ourselves recover by helping others find recovery. The first C.A. chips blew my mind!

(Cont. Page 10)

**A FUNNY THING HAPPENED ON THE WAY
TO A.A.**

Originally printed November 1985

(An Article from the C.A. Original publication "***The Connection***", Vol. 1, Number 1)

By: Richard L.

One of the Original Nineteen Members of Cocaine
Anonymous

(Cont. from Page 9)

Here was a place for people to go where they could feel free to share what was going on with there battle to stay away from coke.

At a recent C.A. meeting I attended, the speaker asked how many people had found C.A. through the phone line. Almost a third of the meeting raised their hand; that's a lot of lives helped because someone answered the phones.

It wasn't quite that way in the beginning. One person manned the phones for an entire day, calling in remote to the machine and calling the people back and getting them to a meeting or getting someone to call them and just talk to them. We would get calls from around the country asking for information on how to start a meeting. Meetings sprung up all over the country.

Someone brought back a pamphlet from Chicago (or maybe it was San Francisco, I don't know) called "To the Newcomer" and that was C.A.'s first pamphlet. We struggled and wrote the "First Thirty Days." As more people got sober, qualified professionals who were recovering addicts volunteered to do service, and our pamphlets became more professional and there were more of them.

C.A. just kept growing. More newcomers came in to remind us that it was still rough out there. Hospital after hospital was starting Drug programs and sending their patients to C.A. They were welcomed to the meetings and found a growing fellowship which truly cared both inside and outside the meetings.

When the World Services Board was formed, it took charge of protection our First Tradition: Our common welfare should come first; personal recovery depends on C.A. unity. Anyone who had lost the war with coke could find help in meetings throughout the country and that's a miracle.

Another miracle was the First World Services Convention in May 1985 in Santa Barbara, California. C.A. was starting to come of age.

And let us not forget the eternal debt we owe to Alcoholics Anonymous for generously letting us adapt

their Twelve Steps and Twelve Traditions, which we use as the backbone of our recovery. That's still another miracle.

But it is the ability of one person to relate to another which really made it work and that is why I am grateful to C.A. and to those who helped make it grow. Much of what I have observed in the struggle has been the strain of personalities trying to win out over principles. They haven't, thank God, and I marvel at the resilience of the human spirit and of God's grace to us all.

So, to all of you who have worked thankless hours to keep C.A. going and have said it was what you needed to do to stay sober...thank you. What you did helped give me a life I never had. * * *

***** NOTE FROM THE NEWSGRAM EDITOR**

A long time member of our Fellowship wrote the above article, Richard L. Richard passed away on May 24, 2017. He was a loyal, hardworking member of our Fellowship. I want to personally thank Richard for all he did for C.A. Many of us knew him, many of us loved him, and many of us will miss him for a long, long time. RIP Richard L! We'll see you at the Big Meeting in the Sky.

* * *

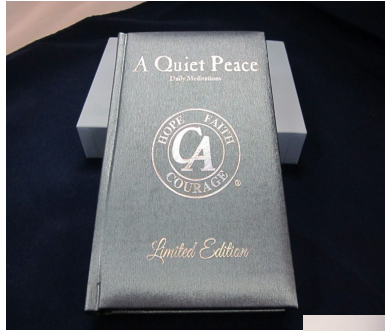
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Southwest Regional Trustee

Houston, Texas, USA

For most of my adolescence and on through my addiction I felt miserable and unhappy. I was completely uncomfortable on the inside. I felt like I didn't fit in anywhere. My ideal of fun became locking up in hourly motels and drinking alcohol, smoking crack and sexing myself to oblivion. I could be in a room full of people and feel like I was there alone. I can remember just saying to myself while I was using, "I just wished I could be happy." I spent twelve years in my addiction, from 1985 through 1997. I finally hit a spiritual bottom and my sobriety date is February 1, 1998. I drank a 40oz. on January 31, 1998. I opened the cap and before I took a drink, I said, "This is my good bye kiss to you. Farewell my love"! I turned up the bottle and didn't stop until it was empty.

On February 1, 1998 I sat in the lobby of this detox center waiting to be taken upstairs to my room. There were a bunch of other people in the lobby but they were just as spiritually dead. It felt more like a morgue than a lobby. Just a bunch of dead people existing in chairs, no one was alive or had a spirit. I was so angry and disappointed in myself. The thought of how could I have let this happen just kept swirling through my mind. I said to myself, "I'm going to do whatever these people tell me to do." I stayed at the detox center for 28 days and then I went to a men's halfway house. The program at this facility was geared around the Twelve Steps.

It was a campus of houses in a north Houston neighborhood. The sign above the office read "EAI-A Community for the Chemically Dependent." After reading this I became embarrassed and ashamed - as if I needed to feel more ashamed. This place had energy about it. There were people everywhere and the men were referring to each other as big brother and little brother. I thought is this a damn cult? There was something else I noticed. They were all laughing and seemed to be having such fun. There was nothing funny to me. My self-centered-ness was telling me that they were laughing at all of us who had just come from the detox center. I could not remember the last time I had laughed as hard as these guys were. They appeared to be so happy.

This halfway house not only stressed the Twelve Steps, it also stressed service, service and more service. I had to immediately get a sponsor and began to work the Twelve Steps. My sponsor gave me my first service assignment at this event they called "Celebrate Around the World." I had to stand at the door and greet everyone with a hug. I was mad as hell! I said, "I picked the wrong damn sponsor!" How in the hell is this going to keep from smoking crack and drinking alcohol! I reminded myself that I said I would do anything these people asked me to do. This event lasted all day long. I greeted people, got coffee, and answered questions about the events of the day. People I had just met remembered my name and that felt so good. At end of the event I went to my room feeling so worthy. I felt a sense of belonging.

I finished working the Twelve Steps in about 45 days. I went to meetings, mostly Big Book studies. Monday night was Big Book study. It was in there that I got an answer to the question I have had most of my life. We were in the chapter, "The Family Afterwards." There was a lady leading the Big Book study. We had just read this paragraph, "*We have been speaking to you of serious, sometimes tragic things. We have been dealing with alcohol in its worst aspect. But we are not a glum lot. If newcomers could see no joy or fun in our existence, they wouldn't want it. We absolutely insist on enjoying life*" (The Big Book of Alcoholics Anonymous page. 132, 4th Edition). After reading this she shared with us that she once told her sponsor that she just wanted to be happy. She then said her sponsor told her that happiness was choice. That if she was to be happy she simply had to choose to be, and that her happiness could not depend on any event or circumstance occurring in her life. I thought wow! From this moment on every day I wake up I'm going to choose to be happy!

I continued to be of service. I played volleyball, horseshoes and I even joined a sober bowling league. I got another question answered when I finally had the courage to tell those guys who were laughing so hard the day I made it to the halfway house that I thought they were laughing at me. They told me no, they were

(Cont. Page 13)

FUN IN RECOVERY

BY: Kerry W.

Southwest Regional Trustee
Houston, Texas, USA

(Cont. from Page 12)

laughing at themselves about the seemingly tragic situations of their past. They shared with me that if I couldn't laugh at myself then I missed the best joke ever told! I thought about it and burst out laughing. I was now part of the circle sharing some of my most embarrassing experiences during my using and they were laughing with me.

I began taking service positions on the district and area levels and it is there where I learned the most important rule of them all to having fun in recovery and being happy, joyous and free. That is rule 62, which tells me not to take myself too damn serious. Service can be a lot of work, but it doesn't feel like work when you're having fun and you are happy, joyous and free. As I began to take on some of the leadership positions at the Area, I asked myself how do you motivate volunteer workers? I immediately thought the work has to be fun and enjoyable. So I try to bring as much fun and joy in all that I do in recovery and service. I know it will continue to be that way for me as long as I wake up each day and choose to be happy, remember to laugh at myself because I'm one of the best jokes ever told and don't take my-self too damn serious. So fun in recovery comes when you learn to ride loose in the saddle.

* * *

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

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DON'T HAVE TO WORRY ABOUT I**

*Typically a free service with most bank accounts

A NewsGram Poem

TOUCH THE FUTURE

BY: Chris W.

Orange, California, USA

*Touch the future it's unfolding
Set free the past that I was holding
Suspended above the clouds of gray
I fly my life an upward way
Above the darkness in the light
I see my future oh so bright
The Lord does hold me with great care
The love of God is everywhere
Within the light I do delight
Above the clouds oh what a sight
The essence of a day begins
I am forgiven of my sins
And soaring higher like a kite
Within my Heart with all my might
I grab the wind that lifts me up
As kindness over flows my cup
I look around to see the sight
To do the things that just are right
The rainbow of my life I see
And all the things that I can be
Touch the future and you'll see
Of all the things that you can be
My Lord can see inside my heart
And now it's time to do my part
His will not mine, I will be fine
Gods love and mercy is divine
Thy will not mine be done in time
To find the life that I was given
And loose the life that I was living
So find the life that I had lost
A gift from God that I had tossed
I found the life that I once had
By stopping things that were so bad
A life I lived that was so sad
Today I'm happy and so glad
I was so lost and could not see
Amazing grace surrounding me
Within my heart I do believe
The hands of God are holding me*

* * *

ITEMS FOR AN EFFECTIVE C.A. FLIER

BY: Ruby L.
Salt Lake City, Utah, USA



ITEMS FOR AN EFFECTIVE FLYER

1. WHO

- Always include the C.A. logo. See the WS Manual for appropriate usage of this registered trademark.
- Sometimes specific info is needed - H&I Committee, Convention Committee, etc. If the flyer is going outside the District/Area, have the District/Area name on the flyer.
- Include a contact name for questions, volunteer sign-up, etc. Specifically state who is selling tickets, etc. Use last initials only to help protect anonymity.

2. WHAT

- Include complete info about what will happen at the event. Speaker? Potluck? Need to bring chairs/blankets? Will food/beverages be sold? Suggested donation?
- For item sales, be as specific as possible about what is for sale. What is included with the event ticket?



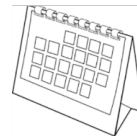
3. WHERE



- Provide complete address with zip code. Never presume everyone seeing the flyer knows where the event center or local recovery club is at. For hard to find places like campsites, give detailed directions.
- For item sales, direct people to the person, committee or website where the items can be purchased.

4. WHEN

- For events happening on a holiday, such as Memorial Day, always include the date. Do not assume everyone knows what the date will be.
- Include the year on the flyer. The Archivist in your Area will appreciate it.
- If multiple things are happening, include the time for each part – Food at 5 PM, Speaker at 7 PM, etc.
- Include necessary deadline date/times, such as submission deadlines and early registration cut off dates.



5. WHY



- Most the time, WHY is simply a fun-draising event for the WHO. This is conveyed through the other info on the flyer.
- Sometimes WHY needs to be specified, such as a fun-draiser for a convention in a different Region.

6. HOW

- If the flyer is asking people to do something, like submit a logo design, give details on HOW to submit the requested item.
- Ensuring people know HOW and WHEN to submit the requested item increases participation.

7. FORMAT

- Not everyone will have access to the program used to create the flyer. Most computer and smart phone operating systems can open PDF and JPG files. Convert the file before distribution.
- PDF works best for emails and printing. JPG works best for social media and texting.
- Both formats are good for posting on a website.

8. IMAGES

HARD TO READ

Hard to read

- Avoid hard to read fonts.
- Do not use logos/images for other entities – sporting events, hotels, movies, performers, etc.
- Full color flyers are great, but what will it look like when printed in black and white?
- Don't make the flyer so busy with images that the information gets lost in the images.

9. **REVIEW** – Always have others proof the flyer. No one likes to see flyers with typos or Tradition violations. Have the flier approved by the group/district/area conscious before distribution.



10. **DISCLAIMER** – Use it on all flyers.



In the spirit of Tradition Six, C.A. is not allied with any sect, denomination, politics, organization or institution.

May 2017 RLC

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

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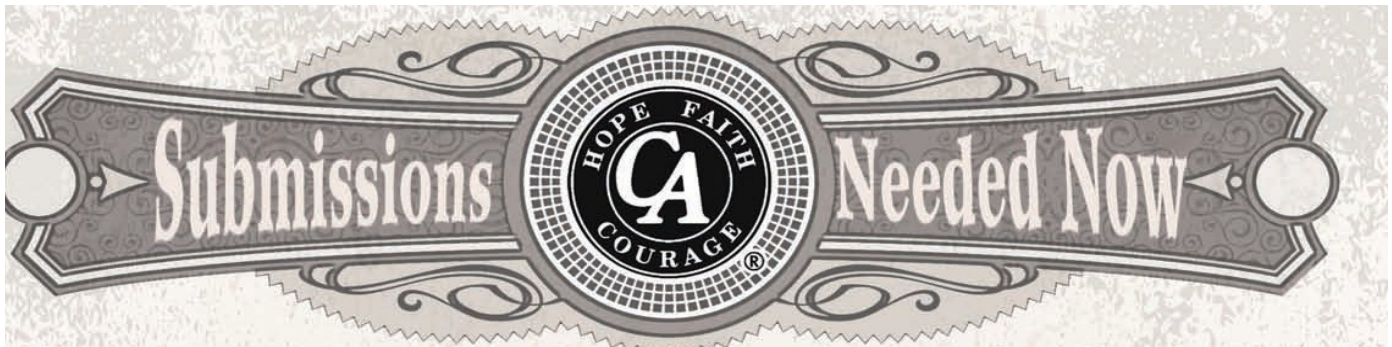
Rose



Bleu



Noir



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.

C.A.'s 12 & 12

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

Guidelines for All Submissions:

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

FROM HELL TO GRATITUDE

BY: Kathy M.

Montreal, Quebec, Canada

I can simply start by saying: THANK YOU! Thank you from the bottom of my heart for the sun on my face that I don't try to hide anymore, for the angels in my life that are still there to love and protect me, thank you to this program and especially to God. Because of Him I don't just survive anymore, I'm slowly living again and sanely.

My story is not sad anymore, it was difficult, suffering, in all the corners of hell, but it's simply mine! Who knows? One day I could really help someone with it.

I discovered the recovery movement at the age of 23 in Ile Perrot (Quebec, Canada), surrounded by wonderful members.

After a few relapses, at the age of 24, I finally started a beautiful four years of recovery. I learned how to live, to know myself, who I was, to know what an emotion was, to know my limits, to learn how to say "no" no matter what the judgment, to simply be a woman that I love. A will not even talk about all the material things I got back and fast! But unfortunately, the thought of being cured was for a long time in my head the last year, the magical thinking of "maybe I can have a drink like everyone else now" got the best of me.

Hell started.

First with the suffering game of: using/meeting/using/meeting. Lose the life of traveling around the world with my dream job, and the too last year (of my four years of relapse) I completely gave all power to my sickness and when to the dark, violent, crime, prostitute place of Hochelaga/maisonneuve in Montreal. Using 24/24 and dying, there was my ultimate incredible plan of every day! For me the false feeling of freedom, the non-responsibilities, the thoughts that my people was better without me, that all of this program was not working for me anyway, that God abandoned me, got me to stay in those streets.

For me God manifested itself through other humans in my life, and this time it was a police detective. So no matter how much I cross my old angels from the rooms in the streets, or the signs, it took me an arrest for traffic to get me out of these streets where I wanted to die. I had to make a choice: do my time in prison, or be transferred from there to a therapy place. Like I said before, God always gave me a lot of signs, so this time around was a little pamphlet of our C.A. "La ligne" that helped me. It was the "Amour" (Love) edition with a little prayer inside that made me remember the hot feeling that love can give to your heart and the feeling of

belonging the fraternities and the love of other members that got me to make my decision.

So this text is also a way to do my amends, to give back to papers like this that saved my life in a way.

Maybe one day it will go into all the prisons in the world, and by the grace of God, save just one life, or give me the chance to say to all of you "I understand you, don't worry people are here with you, it's possible to get out of this hell and to find a joyful life, just give it a chance!"

So after six months of being locked up (prison and therapy), the 24th of February, I'm back in a society that for sure scares me, but I'm learning slowly to love again. It's not easy everyday, but it is better than where I was the past four years!

I'm learning again to face me, to calm my emotions, to make peace with my past, to forget my crime life, to take every debts, every obstacles, every sadness and to put hope and gratitude in it like you are teaching me, like the program is teaching me. I have a beautiful apartment now, with the best lover in the world behind me and in the program. I'm learning once again to love me, to respect me through all of your eyes!

I have so much gratitude for all of my angels that are still there, my real friends, my sponsor...but especially to my parents. They were tortured by my absence, not knowing if their daughter was dead or alive, all the pain, but still there to encourage me and help me. I don't have enough of a lifetime to say thank you. The most important THANK YOU is to GOD, as I understand him that passed through other people to get me out of this darkness.

Thank you this program, the meetings and the Steps, for showing me once again hope to a woman that did not even wanted to stop using. And thank you to gratitude that helps me everyday to see those moments of happiness that helps me to continue.

Don't forget, I've been around the world with my old job, so I can tell you without a doubt, there will always be a meeting or people from the rooms to help you and care for you!

YOU ARE NOT ALONE ANYMORE IF YOU CHOOSE TOO!

* * *

I WON'T BE USING NOW

BY: Danny D.
Portland, Oregon, USA

Sometimes, late at night, when I'm tired, alone with my thoughts and trying to fall asleep, I start to feel the walls pressing in. I feel like I'm drowning. I can't breathe. An enormous sense of loss. Despite being exhausted, sleep does not come.

That's when the darkness within me starts to whisper. "What's it all for?" "You've ruined everything." You get the idea. I feel assailed. Under attack by my own mind.

It's at times like these \when I'm weak in some way- it resorts to brute force. It wants out. It tries hard. It tells me to go look out the window and look at all of the couples enjoying themselves. I resist. I will not fall into the trap of self-pity. I'm not a victim. "But you've made plenty of your own, haven't you?" It says. That hurts. It knows what to say to me. My resistance weakens for a minute.

Then, in my mind's eye, I see the prison. The one that I used to be in. The one that this darkness now occupies. The one that I always held the key to. The one that I STILL hold the key to. And I realize, this darkness doesn't have any real power over my life unless I grant it that power. It knows this too. I remind it of this, and its voice quiets.

It is these small victories in which our recoveries are made. These private battles that other people don't always see.

I need to always be mindful that while this battle may be over, the darkness will be back. It will never stop, and it will attack me at my weakest moments in ways that are sometimes hard to anticipate. It is clever, cunning and patient.

The thing that bothers me the most to admit, and the thing that I dare not forget is one simple, yet still hard to accept truth: it is stronger than I am. It took the work of a power stronger than IT to put it in that prison. Although it gets weaker with time, it will always be stronger than I. I pray that I always remember this and I never feel the need to use that key again.

One thing I can be reasonably assured of:

I won't be using it now.

Not today.

And that is enough.

* * *

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MY OSA EXPERIENCE

BY: Jay B.

West Sussex, England, UK

In all that 17 years, I've been part of the OSA, our C.A. Online Service Area, which hosts 24/7 online meetings available to members all over the world.

I began in one of our email meetings called Hope Faith & Courage, where I could write my innermost thoughts and share them with other likeminded addicts. It was truly amazing to know that when I placed my body in my bed, someone in this world was getting out of theirs to read and share back. To read others' sharing helped me in my recovery.

Then the Skype meetings began. When I first heard about them, I judged them without having any experience of them. I embark on this and wow a meeting online on skype just like a face to face yet tech used to be so slow back then and kept kicking me out yet 'I kept on keeping on' just like I would of if it was a dealer, and I found a host of friends who I knew from their voice. I got to know some really well. This meeting is called "The 4th Dimension," which starts at 9:00 A.M. UK time. I ended up being of service on this, even though I was not that great at The internet, yet I was willing to learn. Over time I found it really easy and fell in love with the service and with my fellows. I took it to my home group and other face-to-face meetings and was met with the same judgement I'd had.

Soon after this I took the bull by the horns, so to speak, and connected with a World Service Convention. I asked if we could link up using Skype to help those who couldn't get to the WS Convention without much luck. I felt that the online meetings, our Skype and email-based meetings were left out and set apart from the rest of the Fellowship. I prayed and spoke with lots of members within C.A. I felt we had a duty to show the power of face-to-face and modem-to-modem meetings to the still suffering addict. This really got me very enthusiastic indeed. I felt the power of my God showing me a way...one to ones and twos and fives.

I began talking with members at local meetings, and then began announcing the OSA within C.A. meetings; after all, we are all part of this. It became clear that there are C.A. members who are house bound and unable to attend face-to-face meetings due to ill health, disability, or they have children at home. There are also some who don't have the resources to travel the long distances to meetings within Scotland, the west country, and even in Wales.

I began taking on more of a role at both sides of the pond, which is on Monday and Thursday evenings at 8:00 P.M. UK time. I was shocked at the low numbers in these meetings, as the time set was to share the load with our fellows in the U.S.A.

It was around this time I began shouting about this, as I felt a passion and couldn't work out how and why there were so few members. I emailed out across the email meetings asking "Where are you all?" and "Wouldn't it be nice to place a voice to the email!" *We're Here and We're*

Free only works if everyone knows about us all doing service online.

Please remember that we sometimes are the first port of call for newcomers just dipping their toe into the recovery pool, asking questions and seeing if they might have a problem. We need service people; there's so much we could do here.

Rather than fly someone to a Convention, we could project them onto a screen from their home or a meeting to a Convention. And one year we did! It was at the 2013 CAWS Splash of Serenity. In the UK, we hired a room and connected to Skype, projecting a small part of the World Service Convention in Florida all the way back to the UK for 25 addicts. It was amazing! After that we began bringing in Skyped chairs to our home groups with amazing results. Are we not all-inclusive?

After years of struggling and being of service, the OSA now has a meeting every night of the week! ReachingOut121 starts at 11:00 P.M. in the UK, which is 6:00 P.M. in New York, so come and join us. You are missing out on another opportunity to give freely of what you have been given to offer. Remember, this is not just about what you take from a meeting, it's also about what you give. Listening, sharing, just being there shines the light on the darkness of addiction. Go to: ca-online.org to find us.

Just like every other C.A. Area, District, and Group, we need members to serve our ever-growing Fellowship. You know I used to sit up all night doing lines, now I sit up all night online! Come and check us out. WE ARE HERE! Come on and have your own OSA experience, don't miss out. You never know when you might need a meeting and can't physically get to one. Most of us have smart phones, laptops, and other forms of tech that can connect you to C.A. online. So, get online and try it. You might even enjoy it and/or know of someone it could help!

At the end of last year, we conducted our third annual New Year's Eve Online Marathon with over 12 hours of meetings throughout the night. We'll be doing it again this year so wherever you are you can party and celebrate the New Year as it happens all over the world! We are a global village today, and with technology we can end one year and start another helping those who struggle or find their first sober New Year hard.

Wouldn't it be amazing and wonderful to have a 24-hour New Year's Marathon, starting in New Zealand, then on to across to Australia, Thailand, China, India, Saudi, Africa, Europe, Finland, Sweden, Norway, UK, Iceland, Brazil, U.S.A, Canada, Hawaii?

Maybe one day WE can! Let's build it together, join hands, and stand shoulder to shoulder in harmonious action!

* * *

Calendar of Events

JUNE 30- JULY 4, 2017

C.A. World Service Convention

SPOONLESS IN SEATTLE



July 14-17, 2017

C.A. Holland International Conention

LOCATION:

Conference Centre Leeuwenhorst,
Langelaan 3
Noordwijkerhout

August 11-13, 2017

Texas Area Gulf Coast

Love and Tolerance is our Code

LOCATION:

Houston Marriott Westchase
2900 Briarpark Dr.
Houston, TX, USA

CONTACT:

Daniel G. Convention Chair, 281-299-1675
Daryl Lynn Registration Chair, 312-493-0043

August 24-27, 2017

CALA Convention

Live Free 33

LOCATION:

Renaissance Esmeralda Indian Wells
44400 Indian Wells Lane
Indian Wells, CA, USA 92210

800-446-9875, Code: CALA2017Convention

CONTACT:

Neil B., Chair, 310-795-7802
Denise S. Registration, 310-266-2803

Sept. 7-10, 2017

Big SUR-enity 2017

LOCATION:

Fernwood Campground
Highway 1, Big Sur, California, USA

Sept. 8-10, 2017

Swedish Convention 2017

LOCATION:

Karlstad
Savegatan 7 – Karlstad
Scandic Winn Karlstad Hotel
+45 54 776 47 13 Code: CASWE2017

Sept. 15-17, 2017

Florida Area Convention

Recovery Unleashed

LOCATION

Bonaventure Resort & Spa
250 Raquet Club
Weston, Florida, USA

Oct. 6-8, 2017

CA Scotland Area Convention

Power of Scotland

LOCATION

Go Glasgow Urban Hotel
517 Paisley Rd. West
Glasgow, Scotland, UK 651 1RW
+44 0141 427 3146

Get the word out about your local event! Use the form at www.ca.org/event_form.html to get your event listed both on the web and in the NewsGram, or notify us by mail to
NewsGram,
c/o CAWSO,
21720 S. Wilmington Ave., Ste. 304,
Long Beach, CA 90810

Calendar of Events (page 2)

C.A. World Service Convention

**Célébrez CA Sans Frontières –
CELEBRATE C.A. WITHOUT BORDERS**



SMCA 2018 CAWS 2018
34th CONGRÈS MONDIAL 34th COCAINE ANONYMOUS
COCAÏNOMANES ANONYMES WORLD CONVENTION
MONTREAL, QC MONTREAL, QC
28 JUIN AU 2 JUILLET 2018 JUNE 28th TO JULY 2nd 2018



LOCATION: Le centre Sheraton Hotel; 1201 Rene-Levesque West, Montreal, Quebec, Canada H3B2L7

**Below is a reprinted Article from the NewsGram Issue 4th
Quarter 2016**

**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 in 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>

7 th Tradition January – March 2017		
Location	Category or Group Name/City	Total
Anonymous	Anonymous	\$ 1,519.59
EUROPE		
United Kingdom	C.A. Southern London District	\$ 426.64
Sweden	Sweden with Love	\$ 5,270.38
The Netherlands	\$ 32.01	
CANADA	C.A. Haarlem Group	
British Columbia	Recovering Rock Stars Group	\$ 214.86
USA		
Alabama	Welcome Group	\$ 5.00
Arizona	Arizona Area of C.A.	\$10,000.00
Arkansas	AR Area of C.A.	\$ 750.00
Northern California	Northbay Serv. Grp.	\$ 60.00
	Hope, Faith, Courage Group	\$ 200.00
Southern California	CALA Longbeach/Compton	\$ 142.50
	CALA South Central Dist	\$ 900.00
	CALA South Central Dist	\$ 200.00
	CA Southbay Cities	\$ 700.00
	Tired of Being Dogged C	\$ 100.00
	WIECA	\$ 50.00
	WSOB	\$ 68.00
Colorado	C.A. of Colorado	\$ 317.85
	C.A. of Colorado H&I	\$ 58.00
	Nirvana Group	\$ 165.87
Florida	Florida Area C.A.	\$ 5,200.00
Georgia	Big Book Study & Actior Group	\$ 18.00
	Carry the Message Group	\$ 13.00
	Log Cabin Group	\$157.30
	Macai ACA, Inc.	\$ 96.37
Illinois	Forever Free Mtg	\$ 50.00
	IACA, Inc. So & West Dist.	\$ 60.00
	IACA NW Suburban Dist.	\$ 264.22
	I.A.C.A., Inc.	\$ 200.00
	Unity Point Health	\$ 456.19
Indiana	Fort Wayne Dist.	\$ 60.00
Maryland	C.A. Area Service	\$ 80.00
Missouri	Greater St. Louis Dist.	\$ 100.00
New York	C.A. of New York	\$ 9,000.00
North Carolina	Wed. Night C.A. Group	\$ 50.00
Oregon	CA of Ore & SW Wash.	\$ 75.00
Pennsylvania	C.A. of PA/NJ/DE	\$ 300.00
Texas	DTCA Group	\$ 50.00
	Freedom & Hope Grp	\$ 15.00
	No. Texas Area	\$ 50.00
Utah	C.A. of Utah	\$ 4,000.00

7 th Tradition January – March 2017		
Location	Category or Group Name/City	Total
Washington	WSCA Dist. 3	\$ 150.00
Wisconsin	First things First	\$ 45.00
	Journey of Recovery Group	\$ 3.00
CELEBRATION CONTRIBUTIONS (Birthday's, Memorials, Etc.)		\$ 210.00
GRATITUDE CONTRIBUTIONS		\$ 229.00
World		
Contribution Program	(See form on Page 15)	\$3,585.00
Total		\$45,697.78

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

YOUR C.A. LITERATURE

AVAILABLE WITH PURCHASE FROM THE
WORLD SERVICE OFFICE



(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.)