

NEWS



GRAM

Volume 36 No. 1 C.A. World Service Office, 21720 S. Wilmington Ave., Ste. 304, Long Beach, CA 90810-1641 1st Quarter

FOURTEEN YEARS AGO

By: Kiersten A.
Austin, Texas, USA

My life 14 years ago was one I thought I wanted. I thought I was living the life I was made for. I had all the money I could want. I had all the friends I could want. I had everything I could ever want. I brought the party, and the party was brought to me. Anything I needed, or wanted, I got. Doors opened for me everywhere I went. I lived and breathed to make myself happy. I strived to be the best of the best. The best Bartender. The Best Drug Dealer. The Best Hostage Taker. The Best of the Worst.

What you saw was someone who could walk into any establishment and walk to the front of the line, and be the first person served. What you saw was money changing hands, and people walking away with a smile. What you saw was someone surrounded by people who waited on her hand and foot. What you saw was a girl of 25 years old, who no one actually saw.

Because when she went home, she was alone. She didn't want anyone to see the empty house she came home to. She didn't want anyone to see the drug kits she created for herself because she didn't want anyone to know that she could only do crystal meth certain ways, ritualistically if you will. She used socially with others, days on end. But when she went home, that was a totally different story.

Assuming she wasn't falling through the doorway of her little house, she would walk in, go to her desk drawer and pull out the kits. They were all the same, but in her obsessed mind, each one was different. She made them all different for the different highs she wants to achieve. They were all geared towards achieving the most of the wonderful high she loved of Meth. She was always chasing that first high. She chased it right into the depths of her own Hell.

She couldn't keep up with the life she had built. She couldn't keep up with the being the first one through the door. She couldn't keep up with being the Best. The life she had built was crumbling down. She

still had everything though. Where that took her was on the floor in a puddle drinking anything anyone would give her, and swallowing, snorting, or smoking anything anyone would give her.

November 21, 2003, found her and her best friend sitting in a room in front of a lady asking to get help. She said she'd pay anything to get the help she wanted. The lady asked if she was currently under the influence of any drugs. She lied and said no. They separated her and her best friend into their rooms, and when she walked inside she thought the facility made a mistake. The room was not up to her standards, so of course she went and checked her friends room. It was the same. They made the decision to leave. After a few hours of being there, they both thought..."We're not like THESE people. We don't belong here. We're not addicts. We just like to party." The 28 other ladies in the facility laughed, and said, "You are like us. Please stay."

The best friend said she was staying because her family paid for her to be there, and didn't want to have them lose all that money. Well she wasn't going to leave her best friend to the wolves. If the best friend was staying then so was she. After all, they did everything together. That was a Friday.

The week after that saw them balking at everything. These people said they had to quit EVERYTHING. There was no way they could understand that. All they had was a small issue with crystal methamphetamine, not marijuana. Need to quit. They didn't have a problem drinking. Need to quit. No problems with pills. Need to quit. No problem with cocaine. Need to quit that too. They promised in the beginning that they only had to quit one thing...EVERYTHING. They wanted to leave again. They convinced them to stay...again.

(Cont. on page 3)

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SHELTER FROM HELL'S STORMS

By: Alice L. K.
 Albuquerque, New Mexico, USA

God was there to teach me,
 God began healing my damage,
 God gave me the choice to Love,
 And be Loved,
 And to see Love in all things,
 The storm came

And God lifted me up,
 Closer to his heart,
 And she was never alone again.

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FOURTEEN YEARS AGO

By: Kiersten A.
Austin, Texas, USA

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A week after they got there, some ladies show up for a Saturday morning meeting. They were from a Fellowship called Cocaine Anonymous. That instantly perked up the friends. They loved cocaine so they must know what they're talking about. The only meetings the facility had taken them too were Alcoholics Anonymous, which was fine but not something they could relate too fully. But they knew cocaine, it was their next closest friend to meth. But their hopes weren't too high because they still held out they didn't belong there.

It was such a nice break from their boring treatment center lives. They brought breakfast tacos, and coffee. When the girls did eat...it was breakfast tacos. After they had their fill of breakfast tacos, the ladies called them into another room to sit and listen. The girls always sat together no matter what. This was no exception. The girl sat on the floor leaning against the best friend's knees. They sat and listened to the stories of the first two ladies.

The third lady cleared her throat to begin telling her story. They instinctively leaned in to listen. The girl felt the best friend's hand gripping her shoulder tightly. The 25 year old girl turned and looked at her best friend and they both had tears in their eyes. The third lady was telling their story. How could that be? She told of the high life that she lived and the aloneness she felt. How when she was standing in a crowded room with everyone hanging onto every last word she was saying...she felt utterly, and desperately alone. That her stash at home was calling her name, and begging her to come home and chase that first

high for days on end.

That third lady's story reached the 25 year old girl as if she had been watching her. The story went on and that's the only thing that the 25 year old girl could hear or remember. She was in shock. This lady was clean and sober and had been for a few years. It was possible, and for the first time the girl understood that. She wanted it.

The following Friday the facility took them to a women's Cocaine Anonymous meeting and ALL of those ladies were there! She couldn't believe it. They were laughing and smiling with each other and other ladies in the group. The girl honestly couldn't remember the last time she truly laughed with her friends. After all, her friends were only her friends because of the drugs she sold them, and the things she bought them. She wanted what these ladies had.

She was released after 30 days, and the girls were nervous. But something in the 25 year old girl had changed just a little...just enough. They said 90 meetings in 90 days...she probably did 180 or more. She even went back to the Friday Women's Cocaine Anonymous meeting every week.

They said instead of chasing that first high again...chase your sobriety. So I did.

14 years later...that 25 year old girl is still sober...and two weeks ago, she took a Saturday Morning Meeting of Cocaine Anonymous to the same treatment center that saved her life.

* * *

PROMISES DO COME TRUE

BY: Patrice F.
Columbus, Ohio, USA

I was cleaning my mother's house recently and I came upon a story written by my son at age seven eight while I was still in my active addiction. The title of the story was "My Family". It was an illustrated book of the members of my son's family. I just glared at it- a picture of he had drawn of he and his father-and no me. At 28 years sober a pain pierced my heart like I hadn't felt in a long time.

Quickly rushing back came the time I only "thought" I was picking him up for my visitation. You see there was a period in my life when I was given the chance to be a fulltime mother and I smoked crack instead. It was a time when I was just so caught up, I had no idea nor could I imagine there was another way. It was before I had heard of Cocaine Anonymous.

I couldn't blame him for his reaction. My wanting to be there didn't keep me from being a mom who was MIA. For a moment I was transported to the past. A life without steps, without literature, without forgiveness, and I was

temporarily stuck in regretting the past. This was the life before I was Higher Power connected. Thank goodness for the C.A. program in which I am now well grounded. Time doesn't change the fact that I am still not responsible for the thoughts that creep into my mind.

As I read and reread my seven year old's truth, I felt like a terrible person but I heard a small voice began to repeat "shall not regret the past nor wish to shut the door on it". Those words echoed in my mind. The tears streaming down my cheeks began to change into tears of gratitude. I realized I am powerless over my unmanaged actions of over 25 years ago. I had come to believe in a Higher Power who restored my sanity. The child I hurt so long ago was a real fact in my life- but not today. Thanks to the program of Cocaine Anonymous, I am able to move past the person I was and live as the person I am today.

* * *

“HOFFNUNG, VERTRAUEN UND MUT II” HFC II IN GERMAN

By: Claudia W.
Frankfurt, Hesse, Germany

It has taken four years to translate HFCII into German, I started on the work when C.A. Germany had exactly two members in October 2013.

The book is now going into print, by the time you read this in NewsGram, you can find “*Hoffnung, Vertrauen und Mut II*” listed on the ca.org shop and a German newcomer is probably thumbing through it at a German C.A. meeting, wondering if this is worth spending 10 Euros.

I must admit it is tempting to write about this project in a self-inflating way. I have wondered how many hours it cost me, thinking I should tell them. But then the literature itself speaks back at me and says, “every hour we spend doing service is an hour we are not using.”

I have also been tempted to moan about things I could have done with the time I labored over thesaurus entries. Again, the literature speaks to me, saying we always need to remember anything done well is God’s work, not ours. For addicts of our description, doing what God puts in front of us simply is the only way we know to be safe.

Rather, let me acknowledge those who walked with me shoulder to shoulder. Looking back, translating HFCII was much about the journey from me to we. I once thought translating must be a lonely job, but found the opposite to be true.

For example the day we realized we don’t have German language for “I am an addict.” My C.A. fellow and husband, who speaks no German, started questioning the commonly used German phrase “*ich bin süchtig*,” “I am addicted.” We talked a lot and gained some clarity neither of us could have reached alone. Just like there is a certain type of hard drinker, there is a certain type of user who may be addicted to something, but, given sufficient reason, can stop. That non-addict may say “I am addicted” without qualifying for our Fellowship, thus “*ich bin süchtig*” is not good enough.

We looked for words to include the disease concept and decided on “*ich bin suchtkrank*,” “I have the disease of addiction.” Just like the alcoholic without alcohol still suffers from -ism, the “*suchtkrank*” addict without any mind-altering substance still is “*krank*,” sick, suffering from the untreated disease of addiction.

We needed C.A. and I needed HFCII in my own language to connect to the collective experience of Cocaine Anonymous. I already had ten years of sobriety, doing service, being sponsored out of the *Big Book of Alcoholics Anonymous* and trying to sponsor

others, but something was still missing.

Meetings near my home either had no opinion on substances other than alcohol or didn’t have the *Big Book of Alcoholics Anonymous*. Helping others, I got lost in step 1. How do I explain abstinence when the basic text says abstinence is not drinking? How can I, as chapter 7 suggests, describe the insanity before the first hit as the book does in chapter 3, when this book is not the suggested basic text?

I was living by the *Big Book of Alcoholics Anonymous* suggestions but could not be of real help to other people. In ten years of three meetings per week, not once did I hear in a German meeting, “I have recovered from a seemingly hopeless state of mind and body.” I had to say it myself to hear it, got funny looks, angry comments, felt isolated and was ready for a Fellowship with enthusiasm and unity.

Knowing C.A. meetings in the UK gave me a chance to do the next right thing and create the fellowship I seek. The first year, translating simply was how I surrounded myself with winners. I wanted to hear a strong C.A. share at our little C.A. meeting every week, and while I didn’t know if I could translate a whole book, I decided I could translate one share for next week.

The second year, we started asking what to do with the manuscript and submitted the meeting readings and newcomer pamphlets to the World Service Office for approval.

The third year we submitted the full manuscript for approval and with blessings from the WSBT, began printing a spiral bound copy-shop printout. Following the process, next we relied on professional proofreading to spot spelling, syntax and grammar errors, but also had to protect the C.A. message against their attempts to improve it. We assertively said no to a few suggested “corrections.” No, we do not “attend gatherings,” we go to meetings. No, we do not “graduate” from these steps, we work them. No, we don’t talk about a “consumption of drugs,” we talk about using, snorting, getting loaded.

The fourth year we were ever so close to the finishing line but still not there. We now had an approved manuscript and, being addicts not overly endowed with patience, assumed that from a script to the finished book it’s just a mouse-click. Needed to learn how the communication within the service structure works, that our initial request to print in L.A. naively overlooked the fact that to layout a German book, one needs to speak German.

(Cont. on page 6)

ON BEING RECOVERED

By: Darren G.
Toronto, Ontario, Canada

I became recovered from addiction not when my obsession for alcohol and drugs was lifted a few weeks after I started working the Steps in January of 2016, but nine months later in Toronto in October when I was attending the 2016 C.A. convention in Toronto. I met a man there who offered to take me through the Steps with a new method he was trying. Since I had been through the steps and the desire to use had left me, I thought I was doing him a bigger favor than he was doing me. But despite the obsession being gone, and having made some kind of rudimentary contact with a Power greater than myself, I wasn't entirely comfortable in my newfound sobriety. I was, as always, haunted by my past, and was always waiting for the other shoe to drop. One day an army of police officers would be waiting at my door, or some person I had victimized in my using days would speak out, on television or on the Internet, and I would be publicly humiliated. I was haunted not by the amends I hadn't made, but by those I couldn't. As a result my entire sobriety was jeopardized.

In the past I had mimicked the set of behaviours outlined in the Twelve Steps and called myself "recovered". I had gone out using on days I inventoried, prayed, meditated and worked with others. Once I met a sponsee with a six pack of beer in my knapsack, worked the Ninth Step with him out of the book and then went out drinking. I couldn't understand why the things that others did kept them sober, but not me. Every time I relapsed I came back with the intention to simply "work harder". I never considered that one can work steps Four through Twelve with a vengeance, and still stay sick. I worked those steps and kept relapsing, and no one yet had diagnosed me as having a much deeper problem though many had likely seen it. Yet taking advice from others was anathema to me. I did not want commentary about my life. I wanted them to "stick to the book", to tell me to do only the things written there. And yet the big book being very specific about spiritual action is not half so about its opposite, those activities and behaviours that can damage our spiritual condition. It would be impossible perhaps to list all the ways an addict in recovery can go astray. Yet it would be equally impossible to guide and advise a newcomer, or a chronic relapser like I was, on his spiritual condition without mentioning the behaviours affecting it. The *Big Book of Alcoholics Anonymous* makes no comment on adultery, financial dishonesty, gossip, spiritual egoism, and a host of other behaviours that can bring a newcomer, or anyone, down. I wanted to be "Recovered" because I wished to advise, and to

guide, and be looked-up to, but I did not wish to be advised and guided in turn. I did not want to be accountable. Except to God, whose message and direction I could manipulate, and deliberately misinterpret. With spiritual arrogance I was big on signs. An unexpected coincidence meant I was to do something, usually the thing I wanted to do in the first place. I ignored advice from others on the basis that God was to be the final judge. Yet since I was resistant to certain truths the God channel was broadcasting weakly and sometimes not at all. Despite doing all the work I was willful, egoistical, fearful and belligerent, though I didn't think so.

Being "recovered" to me was a status symbol, that I had reached the inner circle. I had turned recovery into the same old bullshit, a game, a competition. Who was better? Who was more recovered? Addicts love status. So many of us are failed successes, wanting fame and status and money perhaps even before we became addicted to drugs. And yet, I was, as our book says, like a boy whistling in the dark. For there was darkness in me untouched by the light of the program or God. Despite doing the exact same work as others, there was inside me something small and cold and afraid. I did not know, for those nine months, that true recovery is not just the daily spiritual discipline and practice, but my attitude towards that discipline, and towards God and His world. If this attitude adjustment, this utter surrender, does not happen, a man or woman can "do" all Twelve Steps, be active in the program, sponsor others and they will still relapse eventually, with many of the promises unfulfilled. What's worse is that when they finally do relapse they will convince themselves the recovery they had before was complete because they were free of the obsession for a time. They again will try to just mimic the behavior of others, usually without guidance, and achieve for a time what they achieved before—a hollow, meaningless, short-term victory.

This had been my pattern for years, until I met with the man who, whether he intended to or not, saved my life. The man's name is unimportant, but what he did for me was to point out the section in the *Big Book of Alcoholics Anonymous* when it came to amends that cannot be made that "we do not worry about them, as long as we can tell ourselves we would right them if we could." This simple little phrase let me out of jail in regards to the people I'd hurt but couldn't make amends to, but it did something far greater than that.

(Cont. on page 6)

ON BEING RECOVERED

By: Darren G.
Toronto, Ontario, Canada

(Continued from Page 5)

It revealed that God was working in my life, that in every action I took he was there, guiding me, sometimes warning me, and always caring for me. He spoke, I understood for the first time, through others. He had put this man in my life, and in the past he had put many others whom I had ignored. The problem was not the absence of God but my absence, evidenced through my unwillingness and dishonesty. The last of my resistance to God collapsed on that day. He came streaming into my life, and the light healed everything it touched. This healing, this full-on surrender, was what “being recovered” meant.

After that practicing the program became easy. I was imbued with an open-mindedness I had previously not known. Where being accountable and taking direction had hurt before, had bruised a delicate ego, I now listened and acted enthusiastically. I looked forward in times of pain and indecision to both consulting others and consulting God, and I felt no fear or wounded pride about admitting my part and my harms, especially those that were ego-based, a fault I had found impossible to admit before. I was afraid now of very little. If I made mistakes I was comfortable with reaping the consequences. A lost job, a failed sponsee, little money, someone talking about me, the police and jail, even death and the loss of my mother, these things were no longer to be feared. I had never in all my life, in all my previous recovery, been exposed so completely to God and the world. I had never been so without fear, so full of acceptance, so full of joy. There are times of course the light gets cut off and the shadows creep back in again. But what is so remarkable is that I now know how unnecessary that state is, and if I listen to the others and work The

Steps as they advise me I can always move back into the light again. I have a strong willingness to do God’s will, and a very open mind on where knowledge of that will might come from.

My friends often point out things that are “in the book” but they often point out behaviours which are not. No part of my life is kept “off-limits” for if any of it is, I am essentially keeping it off-limits to God. That, I’ve found, is what “being recovered” means. It is much of an attitude as a set of behaviours. It becomes very easy, once one has genuinely recovered, to practice these principles in all your affairs. We make mistakes, of course, but we are judged less on them than our willingness to right them. I hear people say they are “recovered” at meetings all the time, and many of them perhaps are. But others say it for status, and the resistance is still there, you can smell it like burning rubber. Being recovered is not the goal. The internal states I have described are the goal and saying we are recovered is our shorthand way of expressing that for the benefit of the newcomer and not ourselves. Newcomers sometimes misunderstand the truth of our program, that one is only recovered when our exposure to God is so perfect and complete that we are rehabilitated and our humanity fully restored. It has less to do with losing the desire to drink than gaining the desire to live with humility, certain in the knowledge that we are God’s imperfect servants, and we are here to do as He directs us, often through others. Being recovered is seeking, and doing, the will of God, and that should always be evidence in our actions rather than what we say, or how we identify.

* * *

“HOFFNUNG, VERTRAUEN UND MUT II” HFC II IN GERMAN

By: Claudia W.
Frankfurt, Hesse, Germany

(Continued from Page 4)

Then, once we knew we wanted to print locally, we drafted and signed a legal agreement with the WSBT, stating royalty and copyright, found out fonts and font sizes for the graphic design.

Even though I was privileged to lead from the front, having HFCII in German is not down to me, it is down to us. Different addicts proofread at different times as our Fellowship grew from two to fifty members, and I depended on others for much drug-specific language. It’s been a joy to communicate with current and former trustees. I supported my Fellowship

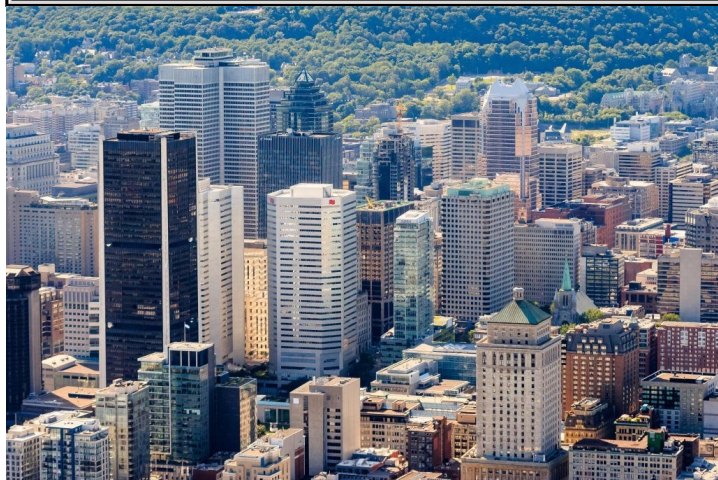
to commit to the Seven Tradition for funding layout services and printing.

In service, we just don’t ask “what’s in it for me?” But going to my home group tonight, I know I will be safe in a room where we carry the recovery message of Cocaine Anonymous in our mother tongue. I will hear those who came in after me read and quote C.A. literature in German, and that is more than I ever could have hoped for. Thank God for such an exceptional opportunity to be of service.

* * *

CAWS 2018 CÉLÉBREZ C.A. SANS FRONTIÈRES – CELEBRATE C.A. WITHOUT BORDERS

Montreal, Quebec, Canada



What about parking at the Hotel?

⇒ Hôtel parking is **25\$ CAD** Daily self-parking, **34\$** valet. There is public parking just behind the hotel, **21\$ CAD** Daily: autoparcstanley.com

The showcase for the World Service Convention is Montreal and a strong affluence of the members of the whole world will contribute to the magic that we all know... Now it's up to us to share it and celebrate humbly our personal victories. Welcome to "Celebrate C.A. Without Borders", the World Service Convention of Cocaine Anonymous in Montreal, which will be held from **June 28 to July 2, 2018**.

We all expect you at *CAWS 2018 in Montreal*.

* * *

FAQ:

Which airport should I fly into?

⇒ The Airport is Montreal-Trudeau (YUL):
<http://www.admtl.com/en>

How far from the hotel is it?

⇒ The Centre Sheraton Montreal Hotel is downtown Montreal at 20 km (12.4 Miles) from the airport

What is the best way to get to the hotel?

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- ⇒ Eco Taxi: All electric, including Tesla: reserved by phone with an app (<http://teomtl.com/en/>) fixed fare **\$40 CAD**
- ⇒ By Limo: fixed Fare (to downtown) **\$55 CAD**

Does Montreal have Uber or Lyft?

⇒ We only have Uber:
<https://www.uber.com/info/montreal-airport/>



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



WSO NEEDS YOU MAINTAINING YOUR MEETINGS ON CA.ORG

When was the last time you reviewed your Area contact info on the WSO website?
Is the phone number on the Telephone Directory page correct for your Area?
Is the website address for your Area correct? <https://ca.org/meetings/>

If you see any discrepancies, please ask your Area Delegate to provide the updated information to WSO.

SERVICE WORK AND SOBRIETY

By: David D.
Fort Myers, Florida, USA

I came into the rooms of recovery in February of 2014 and within the first week of coming out of treatment I found a home in Cocaine Anonymous. I heard over and over while I was in treatment that the only people who succeed and are able to stay sober are the ones who get a sponsor and a home group within the first few days of getting out of treatment. Within the first week of me getting out of treatment I had a home group and a sponsor. I was told by my sponsor to get a commitment in my home group which I did and I made coffee for my home group in my second week and I held that job in my home group for three months. From that point on I have held every commitment in my home group that there was and I felt good about being of service to the meeting.

My home group as well as others held several different events which I took part in and was always of service to the group as a whole. From as little as getting there early to help set up, cooking in the chili cookoffs, singing karaoke, participating in our Olympics, cleaning up after events and everything in between I have been a part of and get a great joy out of again being of service. As soon as I had six months of sobriety I started going to H&I meeting once a month and started speaking at treatment centers and detox's. When I had a year sober I started chairing the meetings at treatment centers and detox's. I became the GSR of my home group and remained the GSR of my home group for two years. I was always of service in all the conventions that I've attended and I was on the service board for our 2016 area convention that we held here in Fort Myers, FL.

I've gone on several 12 Step calls with other men to try and help the next still sick and suffering addict who's still out there. My girlfriend sometimes hates me for all the service work that I do but if I don't continue doing what helped get me sober in the beginning I am risking going back to my old ways and that is a place I never want to revisit.

My sponsor calls me a service junkie cause I'm always willing to be of service to the fellowship that helped save my life, and for that I am truly grateful/ And I was also taught by my sponsor that gratitude is an action word so if I'm truly grateful I must do something to show that I am grateful.

* * *

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.

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

A THANKSGIVING MIRACLE - WE INVITED 400 NEWCOMERS TO THANKSGIVING!

By: Terry M..
Phoenix, Arizona, USA

Miracles are real! If anyone ever needed proof they would need look no further than Prescott Arizona where this Thanksgiving weekend the new Northern District of Cocaine Anonymous Arizona with only two meetings in the host city put on the 2017 Area Convention- the 31st C.A. Convention in the state of Arizona.

Our Arizona Area had just hosted the Southwest Regional Convention in July of 2017 and the general feeling was not to have a convention this year. However in Prescott a group of incredible people had a different idea. This mellow and focused group had a dream and a vision. Their dream was a full three-days convention in a part of Arizona that had never hosted a convention before. The vision was to provide a place for the hundreds of young people from all over the country in treatment centers in this small town a place to go for Thanksgiving.

The committee's dream and vision was strengthened by the fact that there was nowhere for these newcomers to go. These visionary C.A. members wanted to put on a convention so the new person could have a fun and loving place to spend the holiday.

So this small committee, many wearing multiple hats, guided by a belief that Cocaine Anonymous could pull off what most people thought impossible- a big, rocking celebration of recovery focused on the newcomer-A weekend of Gratitude and Thanksgiving! In Prescott, because of the huge number of treatment centers many meetings of a different Fellowship are closed meetings- No Addicts Allowed! At one of the first committee meetings of this beautiful group a pregnant (now new mother) committee member said, "We are sick of watching young people die in this town- we believe a C.A. Convention can help save lives."

And believe they did. With a \$15 pre registration and free H&I throughout the entire convention including the dances and comedy show this committee believed if they kept their focus on helping the newcomer that the Higher Power would take care of the money. With a great strategy for pre convention people and fundraising along with a serious outreach to all treatment centers and recovery homes their dream and vision began to take shape. The convention featured great speakers and workshops all fueled by homemade fudge prepared by one of the committee members. Co-Anon Family Groups also had a full and well attended program that added to the unity of the weekend.

By the time Sunday came around we were sold out of all memorabilia (the logo was incredible and reflected the area of Prescott) we had also raised a wild amount of money but most importantly we had introduced hundreds and hundreds of newcomers to the message and spirit of Cocaine Anonymous. As convention goes and committee members hugged one another and looked into each other's tear filled eyes we all knew we had witnessed and been apart of a real Thanksgiving miracle. One of the smallest convention committees had pulled off one of the greatest C.A. conventions ever. Even the host hotel staff remarked "We Love C.A."

A dream and a vision of a handful of incredibly kind and loving committee members made Thanksgiving 2017 a holiday to remember. A lonely weekend in treatment far away from home was turned into a real celebration of recovery. Thirty five years after Cocaine Anonymous first breathed life into the weary world of addiction the 2017 Arizona Area Convention in Prescott, Arizona breathed new life and hope into the hearts of newcomers and long sober members alike making this convention truly a Thanksgiving Miracle.

* * *

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A Quiet Peace

A Commemorative Limited Edition

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

With only 1000 printed *** You will want to purchase this truly beautiful collector's item for only \$35.00 each. (Also available, a case of 16 books for just \$420.00)

CAWSO - FRANÇAIS

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

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

12-Step Workbook:

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

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

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_lmc@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.

No more excuses...If you have a phone, computer or tablet, you can get to a meeting!



The C.A. Online Service Area, (OSA), allows access to our Fellowship from all over the world! The OSA provides C.A. recovery to the homebound, members who travel, and to all those for whom there are no local or nearby face-to-face meetings. OSA meetings are many times the first contact newcomers have with C.A. and recovery in general.

If your work schedule prevents you from attending meetings, you spend time stuck in traffic, or you just want to expand the scope of your recovery, online meetings offer an effective solution.

We hold 16 weekly meetings via email & Skype*. Go to

www.ca-online.org

for information & meeting schedule.

*In the spirit of the Sixth Tradition, we are not allied with any sect, denomination, politics, organization or institution.

- Area and meeting service positions available.
- **Want to start a meeting? Contact webservant@ca-online.org**
- The OSA seeks to partner with other C.A. Area, Regional, and World events to raise funds and allow all C.A. members to take part in events they otherwise would not be able to, except by means of alternate meeting software.

We're Here and We're Free®

C.A. WORLD SERVICE CONFERENCE COMMITTEES

ARCHIVE

Commemorative Pieces of C.A.'s History (circa 1985-1987)



In the early days of C.A. it was "hip to be square." Business meetings occurred every Tuesday night at the home of Johnny S. (May/June 1983) to work on Public Information, phone lines, chips, formats, Steps, Traditions, and the C.A. logo. Meetings would go on for hours.

C.A. Chips were created with the hope that they would be a unifying factor in the young Fellowship.

Unfortunately, the hard, white square chip with letters and numbers would easily wear off and relapsing addicts would use them to chop cocaine.

The Octagonal Shape of Chicago's Sobriety Chip was chosen because it replicates a "traffic stop sign" signifying the amount of time a C.A. Member had "stopped" using cocaine. The early "C.A." logo (pictured right) was designed by Randy R. of Chicago.



Since Northern California had the first metal chip, the chip company would not make chips for C.A. World Service. In 1987 Northern California deeded to C.A. World Services the right to make metal chips with the C.A. logo that was voted on in 1986 first World Service Conference.

Johnny S. was asked to come up with three words to epitomize the spirit of Cocaine Anonymous. Originally it was "Hope, Faith and Willingness." But "Willingness" was too long. At the time, Johnny was listening to a speech by John F. Kennedy about having courage to do difficult things in your life. Johnny thought the word "Courage" was appropriate because it fit nicely in the circle, and he felt "it took courage to walk into the doors of C.A." .

* * *

UNITY

Unity Committee: Bring the world together

Mike H., Anthony M. Vancouver B.C. Canada

We joined the Unity Committee to both participate in building both our Area and World Unity. Our committee meets monthly via conference call to discuss what each Area represented is hosting to build the Fellowship and encourage each other in growth both personally and as a whole. We have the pleasure of hosting our Areas Celebrate Around the World event scheduled the same day as many other Areas. This years theme of Celebrate Diversity, Embrace Unity speaks to our goal as the Fellowship that accepts any and all walks of life. We have many exciting events world wide such as chili cook-offs in Orange County California and Winnipeg Manitoba, there will be A Walk and speakers in Scotland speakers and quiz games in Ireland, Speakers in Colorado sharing experience of the history of C.A. there and here in BC we are doing a pot luck with Traditions Workshop followed by a skyped speaker from another country to show how no matter what part of our world we are in, we experience the same feelings and have the same solution for recovery and growth.

Joining the Unity Committee has been a great tool to both grow our local Fellowship and make new friends , sharing ideas of what has worked well and what has been found to not work. After all isn't that what we are all about, sharing our collective Hope Faith and Courage . We would love to here your ideas and experiences so let us know by clicking on the Unity link on our world web site and drop us an email

ILAS BCCA Area Delegates

* * *

C.A. WORLD SERVICE CONFERENCE COMMITTEES (PAGE 2)

HOSPITALS & INSTITUTIONS

Home

Nina S. Austin Texas

Walking into a treatment facility, being put in a room with a bunch of people, and telling them the most intimate things about yourself... Well that doesn't sound scary at all, does it? And the first time I took an H&I to a treatment center, I was scared, I was terrified, but the feeling I had walking out of that place is indescribable. It's the best thing I ever had. I was introduced to C.A. H&I by my house manager when I lived in a sober home. I wanted to get involved.

I'd never forget when a guy came to speak at my treatment center said something that gave me that first little spark of hope, so, I tagged along with her and I've never left. Not only do I get to go to centers and try to spread that same hope that was given to me, but I also get to be part of. When I came into H&I I felt like I found a place where I belong and was with people I looked up to and wanted to learn from. I knew I'd found a place in H&I after that first monthly meeting and I wanted to keep going back. I wanted to help take these meetings out to facilities giving away what was so freely given to me. Not too long after I started going to the monthly meeting I was elected to the facilities liaison position. For me the next almost year and a half, I was blessed with the job of contacting and coordinating with all of the facilities we take meeting to, to ensure everything was going well and to bring to the group any changes and/or concerns. And I mean, what an honor! For an addict like me, the level of trust and faith my fellow H&Iers put into me was both humbling and mind blowing. In the time I've been part of, I've seen our H&I grow and flourish.

When I walk into a facility to take a meeting and see those people looking up at me, I see myself, I see the person I used to be. I see fear, desperation, indifference, willingness, hollowness, it's all there in those eyes. And my only goal in going there is to help at least one person with something I say. I want to continue to give others the chance of freedom that I was given when I was in treatment. I know how much H&I helped me and how I, in turn want to do the same for others. H&I isn't just something I do, It's my home.

WORLD SERVICE OFFICE

But First allow us to reflect on 2017

Allow us (the Staff and me) to take a minute to reflect on 2017...Thank You, Thank You, and Thank You! A well know Beatles Song comes to mind...All you need is Love, Love, Love is all you need.

- ⇒ Thank You to our Fellowship for your continued support by ordering from the Online Store, your patience in getting your orders in a timely manner and your forgiveness when we do on that rare occasion make errors.
- ⇒ Thank You to our regulars who often stop by to walk-in their orders, pick up their orders or simply stop by to say "HI" and/or bring donuts!
- ⇒ Thank You to our "Out of Area" as well as "Out of the Country" members of the Fellowship who have stopped in to enjoy the 50¢ tour (don't worry I usually only charge them a quarter!). This is usually all before they head off to Disneyland. We will even take their pictures in front of the CAWSO sign, in front of the 12 x 12 x12 and sometimes even with the Staff!

Seriously, we want the Fellowship to know what an honor and privilege to serve this Fellowship in any way that can. Over the past year, we have gotten to know you when you call in, request a Starter Kit, or send in your much appreciated 7th Tradition Donations. We are at your service and most importantly here to help you!

In Love and Service,

From your hard working "Special Workers"

Linda – Director of Operations

Sheila – Customer Service (Answers phone, Processes Orders & Payments, 7th Tradition and more,)

Adrianne – Customer Service (Starter Kits, H & I Requests, Specialty coins and more.)

Nicole – Shipping and Warehouse

Frank - Bookkeeper

CALENDAR OF EVENTS

C.A. World Service Convention

**CÉLÉBREZ C.A. SANS FRONTIÈRES
CELEBRATE C.A. WITHOUT BORDERS**



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



INFORMATION, REGISTRATION, RESERVATION

CONVENTION.CA.ORG

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.**

The Fellowship of Cocaine Anonymous is preparing to hold the 2018 World Service Convention in Montreal, Quebec, 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>

CALENDAR OF EVENTS (PAGE 2)

March 9-11, 2018

2018 Tri-state Convention

LOCATION:

Holiday Inn Boardman
Younstown Ohio

March 9-11, 2018

SGPVCA 2018 Convention - A Life Worth Living

LOCATION

Crowne Plaza Ventura Beach
Ventura California

March 9-11, 2018

CAOK 2018 Area Convention

LOCATION

Crowne Plaza Ventura Beach
Ventura California

March 30-April 1, 2018

1st European Region Convention

LOCATION

Hilton Birmingham Metropole
Birmingham England

April 13-15, 2018

2018 NEODCCA Unity Convention

LOCATION:

The Double Tree Westlake
Westlake Ohio

April 20-22, 2018

Atlantic South regional Convention

LOCATION:

Holiday Inn
Memphis Tennessee

June 8-10, 2018

C.A.tch the BUZZ

LOCATION:

Macdonald Holyrood Hotel
Edinburgh, EH 8 8AU United Kingdom

June 15-17, 2018

Cocaine Anonymous Holland Comes of Age

LOCATION:

NH HOTEL Ieeuwenhorst
Noordwijkerhout Zuid Holland

Get the word out about your local Event
Use the form at:

www.ca.org/event_form.html
to get your event listed on both the website and the NewsGram

or notify us by mail to:

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

Or email:
newsgram@ca.org

THE NEWSGRAM

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The Newsgram is looking for your article, recovery jokes, recovery poem, suggestions, ideas, recovery drawing, or spiritual thoughts. This is YOUR publication!! We're looking for small items of 1 or 2 lines up to articles anywhere from 200 to 1100 words. If you write an item, please fill out the Release Form on page 4, or at www.CA.org and print out the Release Form and submit along with your item to:

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

NEWSGRAM THEME FOR OUR NEXT EDITION

PRINCIPLES AND PROMISES

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AND ACKNOWLEDGEMENT OF ORIGINALITY**

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

I further acknowledge and agree that:

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

Signature: _____

Date: _____

Name (please print): _____

Address: _____

Phone number: _____

E-mail address: _____

**7th Tradition October- December 2017
Category or Group**

LOCATION	NAME/CITY	TOTAL
CANADA		
	CA Manitoba	\$466.70
	Steeping With the Steps	\$111.00
EUROPE		
	Our Men's Group, Haarlem, Netherlands	\$114.99
	CA NE Herts	\$194.22
	CA London £727.74	\$922.14
	CA UK Central Area	\$500.00
	CA Kent £730.5	\$939.05
USA		
Arizona	Birds of a Feather Group, Jul 16 to Sept 17	\$741.04
	Arizona Area CA	\$7,000.00
California	I.E.A.S.C., H & I	\$19.89
	C.A.L.A Long Beach/Compton	\$172.00
	One Puff, Too Tough	\$500.00
	CA Northbay Service Group	\$30.00
	WIECA	\$200.00
	I.E.A.S.C	\$214.95
	CA Los Angeles, Westside Hollywood District	\$251.61
	CA Los Angeles, Westside Hollywood District H & I	\$45.00
	Cel Cal CA, Inc	\$1,000.00
	CooCoo After..One Puff, CD Sales	\$150.00
Colorado	Nirvana Group	\$136.60
	CA of Colorado Inc. H&I	\$464.33
	CA of Colorado Inc.	\$375.00
	Beyond Human Aid Group,	\$77.00
Georgia	Carry This Message Group	\$36.00
	Log Cabin Group	\$134.32
Idaho	Magic Valley CA District	\$500.00
Illinois	Forever Free Metting Group	\$33.00
	IACA Inc. Northwest Suburban District	\$346.46
	IACA Inc., South & West District	\$216.83
	IACA Inc.	\$400.00
Kansas	Newfound Life CA	\$200.00
Maryland	DC, MD, VA Group	\$83.00
Nebraska	Monday Miracles Group	\$200.00
New York	Big Book Experience Group	\$25.00
Oklahoma	CA Southern District Oklahoma City	\$50.00
Oregon	CA of Oregon & SW Washington	\$100.00
Pennsylvania	CA of PA, NJ, DE	\$300.00
Texas	Freedom & Hope Group Conscience	\$75.00
	Texas Area Service Gulf Coast	\$2,496.00
Utah	CA of Utah Area	\$3,000.00

**7th Tradition October- December 2017
Category or Group**

LOCATION	NAME/CITY	TOTAL
S.M.A.R.T. Program	S.M.A.R.T. Program	\$585.00
Anonymous	Anonymous	\$1,543.39
World Contribution Program	See form on page 7	\$3,525.00
Gratitude Contributions		\$3,060.25
Total 7th Tradition		\$31,534.77

GET \$M.A.R.T.

SAVE MY A\$\$ RECOVERY TRANSFER

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

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- * *STEP 2: Go to "PAY BILLS"*
- * *STEP 3: Create a monthly recurring payment (\$2, \$5, \$10, ETC) AND*
- * **SEND TO:** CAWSO
21720 S WILMINGTON AVE., STE. 304
LONG BEACH, CA 90810-1641 USA

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

*Typically a free service with most bank accounts

(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.)