

# NEWS



# GRAM

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## **CÉLÉBREZ C.A. SANS FRONTIÈRES / CELEBRATE C.A. WITHOUT BORDERS À MONTRÉAL**

PAR: Eric K..

Montréal, Québec, Canada

Qui l'eut cru? en tout cas pas moi!

Il y a encore 13 ans, me sentant totalement perdu, désespéré, inutile, rempli de peurs et de ressentiments et incapable de passer une journée sans consommer j'étais alors persuadé que d'une manière ou d'une autre, ma vie touchait bientôt à sa fin.

Pourtant le 1er septembre 2005 un miracle s'est produit pour moi. Sans en avoir conscience à ce moment, j'ai admis mon impuissance devant les drogues et l'alcool et j'ai accepté, sans vraiment y croire, d'embarquer dans le programme des C.A. Ce fut la meilleure et la plus importante décision de ma vie.

Grâce à la pratique de nos 12 Étapes, de l'implication continue dans les services et du parrainage, les promesses énoncées dans le Gros Livre d'*Alcooliques Anonymes* se sont ou sont en train de toutes se réaliser.

Aujourd'hui, je n'ai plus peur et c'est le cœur rempli de gratitude envers C.A. et ses membres, que je m'adresse à vous en tant que vice-président du 34e congrès des services mondiaux « Célébrez C.A. sans Frontières. »

Pendant 5 jours, du 28 juin au 2 juillet, Montréal va vibrer à la fois au son du Congrès des Services mondiaux de C.A. et du Festival international de Jazz.

Situé en plein cœur du centre ville, Le Centre Sheraton où a lieu le congrès permet aux membres participants d'être à seulement quelques minutes de marche de toutes les activités qui font de Montréal la ville la plus chaleureuse, vivante, vibrante et accueillante d'Amérique du Nord pendant l'été.

Quoi de mieux qu'après avoir écouté un conférencier avec traduction simultanée pour ceux qui

en ont besoin, participé à un atelier, un meeting marathon, discuté avec des membres C.A. venant du monde entier, que d'aller prendre une marche de quelques minutes et de se retrouver à écouter un des nombreux shows gratuits du Festival international de Jazz, ou encore aller flâner une petite heure dans le vieux port, faire un peu de shopping, goûter une des nombreuses spécialités culinaires montréalaises. Puis de retour à l'hôtel, écouter le prochain conférencier et ensuite participer aux spectacles et jeux présentés chaque soir.

Vos jeunes enfants vous accompagnent? Pas de problème! Une garderie et des activités leur seront offertes chaque jour dans une suite spécialement aménagée pour eux. Pour les amateurs de cigares, il y aura une réunion-cigare tous les soirs dans un des plus fameux salon-cigare de Montréal réservé exclusivement pour les membres C.A.

Et enfin, qui n'a jamais entendu parler du fameux décompte d'abstinence des congrès de C.A. Québec. Cette année encore, vous allez vivre une expérience inoubliable en célébrant l'abstinence dans la joie, l'amour, la fierté, la musique, la danse.

Tout ça n'a finalement qu'un but, permettre à C.A. d'être encore et toujours là pour accueillir et offrir une solution à tous les toxicomanes qui souffrent et ce partout à travers le monde.

Merci mes frères et sœurs C.A. d'avoir été et d'être toujours là pour moi.

J'ai maintenant très hâte de vous voir tous à Montréal pour Célébrer tous ensemble C.A. sans Frontières.

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## **FELLOWSHIP**

Excerpt from A Quiet Peace, May 19

Have you ever attended our annual CAWS Convention (or any C.A. Convention for that matter)? They exemplify diversity at its finest—all ages, shapes, colors and cultures, converging on a setting so beautiful and serene, with one objective: to celebrate life.

We know what death is like; all of us lived in our disease as zombies. At C.A. Conventions, we revel in life, greeting the day head-on, looking forward to meeting new friends from all corners of the world; listening to heartfelt stories of hope, faith and courage; laughing, crying, dancing, and sharing meals. It's an electric few days of high-voltage charging for our souls—without cocaine or any other mind-altering substances! We return home filled with love and wonder, somehow richer in spirit, and start saving our money for next year's event!

Where else but in recovery can I travel the globe and find instant friendship simply by walking into a meeting or picking up a phone to call the local hotline? Before planning my next vacation, I can check out the C.A. Convention schedule on our world website ([ca.org](http://ca.org)). Perhaps I'll find a destination where I can incorporate a weekend of fun and Fellowship.

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## LEADERSHIP IN C.A.

By: Jay F..  
Littleton, Colorado USA

Tradition 2 of the C.A. Traditions reads: "For our group purpose, there is but one ultimate authority — a loving God as he may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern."

In order to understand the role of leadership in C.A. we need to first look at what makes good leaders in our "other" (non-addict) world. Then we can look at how these traits interplay with the demands and history of the Concepts and Traditions.

Bill W. wrote an article which was published in the April 1959 edition of the Grapevine entitled "Leadership in A.A.: Ever a Vital Need." Other writings by Bill and others in 1961, 1966, 1972 helped to further refine this initial writing.

Bill's initial article is inserted directly into the Twelve Concepts for World Service in Concept 9 which provides in part: "Good service leaders, together with sound and appropriate methods of choosing them, are at all levels indispensable for our future functioning and safety..."

This article will look at the traits and qualities of leaders and how the leaders might serve our Fellowship in a variety of levels as service leaders. Our inverted triangle and basic addict mistrust of those in any authority position make these issues even more interesting and challenging.

A leader is defined as one who leads or guides or inspires others; one who is in charge or in command of others, and one who has influence or power, especially of a political nature, one who goes first, leadership, follows this and is defined as the position or office of a leader capacity or ability to lead; guidance, direction; and the activity of leadership - "her leadership inspired the team."

The qualities/traits of leaders are among the following: takes risk, is willing to be wrong, is willing to be right, is a consensus builder, finds creative ways to solve problems, can think outside the box, is willing to stand for his/her decisions; Others will follow them for whatever reason(s), they can be trusted, passionate integrity, show maturity in thoughts and actions; Leaders have charisma, are articulate, have vision and believes in himself/herself - would even vote for himself/herself.

### **Leaders in C.A./Recovery— Who Are We?**

It is insightful to look at who we are first in recovery and then as leaders. We must remember some of the unique traits which make us so vibrant as a Fellowship: First we are still addicts and will always be. We still may be sick, not every day but some days.

We still have egos, sometimes big egos. We may think or believe that we are right and everyone else is wrong. We may still have broken brains. We have a passion for the Fellowship like most people and want to give back to the group that gave us our life back - in doing so we may lose our perspective, focus, sense of humor, ourselves. We are still capable of drama, resentment, acting out, being too serious, passive aggressive actions and more - all at the same time.

While we strive for humility and balance, sometimes we may be too passive or too quiet and not speak even when we have a different opinion people pleasing may remain as a character defect. We can still be fear-based. We can be easily persuaded sometimes. We can play "gotcha" with anyone. We can argue for the sake of arguing. We might rebel against anyone in an authority position - even against ourselves. We still may not function particularly well in a group While we are not supposed to deny someone the chance to fail and thereby learn, we sometimes do not do a real great job at finding the right time to come in and act, we may quit before the miracle. We may be too forgiving or not forgiving enough. We may be willing to put someone in a position they should not be in just to fill that slot. We may want to stay in a position too long thereby ignoring the right of rotation. We fight/ misunderstand- the inverted triangle. We may struggle with the group conscience versus our own conscience. We may oppose just for the sake of opposing. We do not like compromise- we are all or nothing types.

Bill wrote this wonderful article a few years before the 12 Concepts were first developed. At the time. He was concerned with the future of A.A. in terms of he and a few others turning over the "reins" to the next generation of leaders within A.A. These leaders were the some of the early groups of world trustees of A.A.

Throughout the article he speaks of the dilemmas which are at opposite ends of the cornerstones of our Fellowship. On one hand the Fellowship wants people who do not govern - who are but trusted servants. Almost as if there were only principles and no personalities in leadership at all. On the other hand, the Fellowship wants people who can and will lead if asked and who are willing to exert some real personality when appropriate. We members want structure, but when the structure is set in place we do not like it at all. We want people to lead yet we challenge them and rebel against them and their authority at every chance we can.

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## LEADERSHIP IN C.A.

By: Jay F.  
Littleton, Colorado USA

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He then goes on to finally state that the solutions are somewhere in the middle on these many points.

First, while our leaders are but trusted servants and they do not govern, they still remain leaders. There is a basic notion that everyone, even in our lives and in the Fellowship, has someone in authority over them. Someone has to run the WSO, make the decisions on what chips to buy and when, where our meetings will grow, etc. It is almost a serenity prayer issue - the fact that someone needs to be in charge we cannot change, not only do we ask for the serenity to accept authority, but the wisdom to recognize its value, and the courage to work with it.

Second, Bill indicates that no leader is faceless, and neither is any leader perfect. He urges that the Fellowship is best served if it is most diligent in the selection of its leaders and that we must carefully indicate in each level of service what special skills will be required and the Fellowship must continually review how leaders are found, selected and trained. "We have only to seek these folks out and trust them to serve us."

Bill then discusses the qualities of leaders in the Fellowship:

*"Our leaders do not drive by mandate, they lead by example." In effect we are saying to them, "Act for us, but don't boss us."*

*A leader in A.A. service is therefore a man (or a woman) who can personally put principles, plans, and policies into such dedicated and effective action that the rest of us want to back him up and help him with his job. When a leader power drives us badly, we rebel; but when he too meekly becomes an order-taker and he exercises no judgment of his own - well, he really isn't a leader at all.*

*Good leadership originates plans, policies, and ideas for the improvement of our Fellowship and its services. But in new and important matters, it will nevertheless consult widely before taking decisions and actions. Good leadership will also remember that a fine plan or idea can come from anybody, anywhere. Consequently, good leadership will often discard its own cherished plans for others that are better, and it will give credit to the source.*

*Good leadership never passes the buck. Once assured that it has, or can obtain, sufficient general backing, it freely takes decisions and puts them into*

*action forthwith, provided of course that such actions be within the framework of its defined authority and responsibility.*

He then goes on to urge leaders, that when something very vital is at stake, and even if only a part of a small minority, to take a stand against the storm, to effect change. He then adds that when called upon, leadership must always give its reasons, and good ones. And further a leader must realize that even very prideful or angry people can sometimes be dead right, when the calm and the more humble are quite mistaken.

Some qualities that Bill identifies in good leaders are:

- The desire and ability to exercise careful discrimination and soul searching.
- Give and take - the ability to compromise when a proper compromise can lead to progress.
- The ability to realize that progress is made by a series of "improving" compromises.
- The ability to know when not to compromise also
- Vision - the ability to plan for the future of the Fellowship and to make those things happen.
- Evaluation - to learn from what worked and did not work and then change.
- To not forget about the harmful precedents or consequences that we may or may not be setting in motion.
- To recognize the continual need for: tolerance, responsibility, flexibility and vision at ALL levels of Fellowship service.

He also makes some very helpful points about being in a service position and being criticized. Leaders will face both constructive as well as destructive criticism. Constructive, criticism, we are often thankful for and welcome, even if we disagree. Destructive critics, though are harder to deal with. Here is what Bill suggests:

*They (destructive critics) power-drive, they are "politickers," they make accusations. Maybe they are violent, malicious. They pitch gobs of rumors, gossip, and general scuttlebutt to gain their ends - all for the good of A.A., of course! Well, in A.A. at least, we have at last learned that these folks, who may be a trifle sicker than the rest of us, need not be really destructive at all, depending entirely on how we relate ourselves to them.*

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## LEADERSHIP IN C.A.

By: Jay F.  
Littleton, Colorado USA

(Continued from Page 4)

*To begin with, we ought to listen carefully to what they say. Sometimes they are telling the whole truth; at other times, a little truth. More often, though, they are just rationalizing themselves into nonsense. If we are within range, the whole truth, the half truth, or no truth at all can prove equally unpleasant to us. That is why we have to listen so carefully. If they have got the whole truth, or even a little truth, then we had better thank them and get on with our respective inventories, admitting we were wrong. If it is nonsense, we can ignore it. Or we can lay all the cards on the table and try to persuade them. Failing this, we can be sorry they are too sick to listen, and we can try to forget the whole business. There are few better means of self-survey and of developing genuine patience, than the work-outs these usually well-meaning but erratic brother members afford us. This is always a large order and we shall sometimes fail to make good on it ourselves. But we must keep trying.*

The discussion turns to how leaders are selected in the Fellowship. We must recognize that we all bring different life skills to service, with the key being trying to match those skills with the service positions. He does note that we still must seek the best talent we can find.

In another Grapevine article from 1961 entitled "Leadership vs. Dictatorship," the author notes just how hard it is to be thrust into the leadership role. The point is made that it is often hard for a leader to know how and when to lead, when to act locally or for the good of the entire Fellowship, and when to help create the group conscience by actively participating in the process. When all is said and done, the leader must therefore act according to the best information, according to the dictates of his/her own conscience and then according to his/her concern for the overall welfare of the Fellowship.

### **Being a Leader in C.A.**

Some of the main points to consider are: to remember that we are all addicts; remember that we

are all volunteers; that the proverbial buck stops here applies to us in our respective service positions; we can still be mindful though of the right of appeal of the 5th Concept, Also note that leadership should never be punitive as in our 12th Concept. Sometimes we have to make the really hard choices like not filling a position or even under the 10th Concept. The gift of ail this is that the opportunity to serve and lead is a very special gift that is humbling every day.

### **Conclusion**

Leadership in C.A. or in recovery from a service standpoint is a rich topic full of many subtleties and constraints because of who we are as members and as a Fellowship collectively. The key is striking that fine balance between leading and not leading, about serving and not serving and the ability to change and evolve along the way. It is hoped that this information will lead to further discussion on both how leaders are selected and how leaders are supported in their respective capacities.

Bill's article concludes with the following:

*While this article was first thought of in connection with our world service leadership, it is possible that some of its suggestions can be useful to everyone who takes an active part in our Society.*

*This is true particularly in the area of Twelfth Step work, in which nearly all of us are actively engaged. Every sponsor is necessarily a leader. The stakes are about as big as they could be. A human life and usually the happiness of a whole family hang in the balance. What the sponsor does and says, how well he estimates the reactions of his prospects, how well he times and makes his presentation, how well he handles criticisms, and how well he leads his prospect on by personal spiritual example—these qualities of leadership can make all the difference, often the difference between life and death..*

\* \* \*

## **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.

## “...AND PRACTICE THESE PRINCIPLES IN ALL OUR AFFAIRS.”

By: Susan B..  
St George, Utah, USA

In early recovery, I was taught to view each of the 12 Principles as corresponding to an individual Step. This was helpful at that time. I remember being guided by my sponsor to look each word up in the dictionary, so I could at least be clear on its definition!

As I grew in awareness of what “all my affairs” meant I began to have a different perception and understanding of the Principles, and the longer I stay sober and continue practicing this program of action, the more able I am to consciously apply them.

These Principles mean much more to me today than their definitions. When I take the time to reflect on them and how they continue to weave the fabric of my recovery, I am grateful for the rich tapestry of my life. I have found that they continue to grow in meaning when I use them as touchstones of Step 10.

**Honesty** – I’ve learned (sometimes the hard way) that being “rigorously honest” always applies to being honest with myself and has nothing to do with expressing my opinions of other people, people places, and things.

**Hope** – Solutions and miracles are always possible when I do the footwork and stay out of the results.

**Faith** – allows me the freedom to make choices based on belief in a Higher Power and not on what I think I know.

**Courage** – helps me accept the things I cannot change. It also means that nothing will change until I face it head-on.

**Integrity** – To have integrity is to be trustworthy. It is not necessary for me to react or even respond to everything that happens; I don’t have to need to justify or rationalize my actions. I can honor my feelings and move on.

**Willingness** – is the place where I prepare myself to do the things I don’t want to do. Sometimes it takes my willingness to be willing.

**Humility** – I continue to be teachable. I have found humility to be a balancing tool between what I want and what I need; between a rock and the hard place.

**Love** – is an action. It is constant. It does not sit idly by and wait for one to apply meaning to it. It provides meaning.

**Forgiveness** – is a gift I give myself, so I can find it in my heart to forgive others. It is a key component of happiness.

**Discipline** – Trusting in a Higher Power that I understand, cleaning house (sometimes literally), and somehow helping another addict keep C.A. recovery alive for me.

**Awareness** – is a great motivator in 12 Step programs. Once I am aware, I am no longer naïve; I can take the next indicated action.

**Service** – has become a mutated gene in my DNA. I don’t have to look for opportunities to be of service; they are everywhere.

The descriptions above represent only the best of my personal experience with these Principles. There are days I fall short. What an order! Their influence has not manifested overnight but has grown over the course of my sobriety.

I have hope that you will find your own meaning in the practice of them. .

\* \* \*

## I AM A COMPULSIVE EGOMANIAC

By: Troy H.  
Orange County, California, USA

I am a compulsive egomaniac who desires to be in control at all given points in time. This is what alcohol turns me into and without proper spiritual care that person is reborn anew. With proper spiritual care I am able to do amazingly beautiful things. I have recently started a garden with my roommate, so we got digging. A lot of digging. After tilling and applying fertilizer we got to do the fun part, actually planting! Getting vegetable plants and seeds for flowers we were off to the races to plant and did so accordingly. I water them, wish for them to grow and wait. After three days I ask my roommate why the flowers haven’t sprouted yet? He said, “We only just planted them.

What did you expect, a miracle?” I did, we did all that hard work, they should be jumping out of the ground with joy. He laughed because he was a seasoned pro where as I had no idea about what was going on in the world of plants.

What does this teach me? Well I still need more patience to let nature take effect, and that recovery is a lot like gardening. If I sow hard work I will reap long lasting pleasure, but if I sow instant gratification I will reap long lasting pain. Even after all the hard work is done don’t expect to get results right away, we are changing nature, our nature, to something better. It takes time.

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## TRADITIONS GROUP INVENTORY

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The Twelve Traditions are to the group what the Steps are to the individual. The Traditions help keep the program of recovery alive and successful. They support and maintain the balance and integrity of our individual and collective program of recovery. These traditions are fully explained in the book, *Twelve Steps and Twelve Traditions*. We know there are no "musts" in our Fellowship, but to how many of these questions can your group or you as an individual answer "Yes"? We urge you to read this with an open mind.

### Tradition 1

Our common welfare should come first; personal recovery depends upon C.A. unity.

- Do I refrain from talking about people behind their backs? Do I walk away when others begin to gossip?
- Do I focus on my own program of recovery?
- Am I patient and tolerant of those who offend me?
- Do I encourage and support harmony within the group?
- Do I withhold negative remarks about other groups or Fellowships? Do I show others the same respect I want for myself?
- When I attend meetings, do I participate in reading, sharing, and helping others?
- Am I willing to share all aspects of my experience, strength, and hope at C.A. meetings?
- Do I attempt to change my behavior when I notice it conflicts with the Traditions?
- Do I maintain a feeling of gratitude for being a recovering addict?

### Tradition 2

For our group purpose, there is but one ultimate authority - a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.

- Am I supportive of my group's trusted servants?
- Do I trust the group process, including group conscience, sharing, decisions, voting, elections, etc.?
- Am I willing to do C.A. service work?
- Do I accept responsibility for my 12-step work and my C.A. commitments?
- Do I ever perform service work anonymously?
- Am I able to support a majority decision opposed to my own?
- Do I feel the group conscience is informed?
- Do I refrain from sounding off on subjects about which I know nothing?
- Am I able to perform C.A. service work without seeking personal reward?

### Tradition 3

The only requirement for C.A. membership is a desire to stop using cocaine and all other mind-altering substances.

- Do I accept newcomers to Cocaine Anonymous unconditionally?
- Am I tolerant of a newcomer's inexperience at sharing?
- Am I able to carry a C.A. message to any addict, despite race, religion, education, age, gender, sexual orientation, or social standing?
- Am I able to welcome all newcomers alike, no matter their status or profession?
- Do I understand that a newcomer's desire to be sober need not be sincere or honest?
- Do I help make newcomers feel welcome by doing such things as
  - remembering their names and saying hello?
  - starting a conversation with them after the meeting?
  - giving them my telephone number?
  - offering them a ride to a meeting?
  - introducing them to other addicts?
  - inviting them out for coffee, etc., after the meeting?

### Tradition 4

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

- When making autonomous decisions, does my group consider other C.A. groups and C.A. as a whole?
- Do I make an effort to familiarize myself with other C.A. groups and open the lines of communication?
- Do I understand that there are many ways to look at an issue? Do I understand that there are many ways of doing things?
- Do I realize that to some non-members who know I am in the Fellowship, my actions and behavior may represent Cocaine Anonymous as a whole?

### Tradition 5

Each group has but one primary purpose - to carry its message to the addict who still suffers.

- Do I believe I have something to offer another addict?
- Am I willing to explain firmly to a newcomer the limitations of C.A. help? Do I help my group in every way possible to fulfill its primary purpose?

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## TRADITIONS GROUP INVENTORY

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*(Continued from Page 7)*

- Am I mindful that C.A. old-timers can also be addicts who still suffer? Do I try to help them as well as learn from them?
- Am I willing to do 12-step work regardless of what is in it for me?
- Do I share my knowledge of C.A. tools with others?
- Do I make certain to carry the C.A. message and not just my own opinion?

### **Tradition 6**

A C.A. group ought never endorse, finance, or lend the C.A. name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.

- Do I understand that doing anything that does not fulfill our primary purpose may harm the group?
- Am I aware that non-C.A. fundraising functions/activities divert us from our primary purpose?
- Am I aware that endorsing or financing a clubhouse or related facility may imply affiliation and can harm C.A. as a whole?
- Am I aware that lending the C.A. name to any outside business or enterprise can take the focus off Cocaine Anonymous?

### **Tradition 7**

- Every C.A. group ought to be fully self-supporting, declining outside contributions.
- Do I contribute all I can to help maintain the group's ability to support itself?
- Have I ever put extra money into the basket because I knew a newcomer could not contribute? Do I take an interest in the treasurer's report?
- Do I realize that service work for the group helps C.A. remain self-supporting?

### **Tradition 8**

Cocaine Anonymous should remain forever nonprofessional, but our service centers may employ special workers.

- Do I remember when I share that I am not an expert on recovery, addiction, medicine, sociology, psychology, relationships, or God?
- Am I aware of the differences between C.A. step work and that which is done by professional counselors, doctors, and clergy?

### **Tradition 9**

C.A., as such, ought never be organized, but we may create service boards or committees directly responsible to those they serve.

- Am I willing to give up control of my C.A. group and those around me?

- Do I exercise patience and humility when performing service work in C.A.?
- When performing service work, do I view the people I serve as individual members of C.A.?
- Am I aware of the importance of the spirit of rotation? Am I able to end my term of service and exit gracefully?

### **Tradition 10**

Cocaine Anonymous has no opinion on outside issues; hence the C.A. name ought never be drawn into public controversy.

- Am I ever mindful that Cocaine Anonymous has no opinion on outside issues, especially when I share my personal experience concerning treatment centers, churches, hospitals, jails, and my opinions about such topics as alcohol, legalizing marijuana, religion, etc.?
- Do I understand that if Cocaine Anonymous expressed any opinions on outside issues, it could create exclusion and controversy?
- Do I make every effort not to breach this tradition, even in the slightest way?
- Do I continually remind myself that I cannot control anyone's thinking or beliefs, especially other addicts, sponsees, etc.?
- At the group level, do I refrain from expressing my opinions on outside issues?

### **Tradition 11**

Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, television, and films.

- Are the qualities of my sobriety and recovery program attractive to other addicts?
- Do I understand the importance of personal anonymity when dealing with the media?

### **Tradition 12**

Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

- Do I anonymously help others and perform service work seeking no recognition?
- Do I respect the anonymity of an addict who shares a confidence with me?
- Do I refrain from complaining about other members' negative behavior?
- When it will help another addict, am I willing to share that I am a member of Cocaine Anonymous?
- Do I refrain from fanatically promoting C.A.?

\*\*\*



**HOPE**  
By: Nina S.  
Austin, Texas, USA

Anyone who has been to rehab knows that if the people in charge tell you someone is coming to bring a meeting, you have no choice but to go. That scenario was my first experience with H&I. Of course, I didn't know H&I was even a thing at that point, I just thought individuals came to speak, but I was told to go sit in a room so that's what I did.

I remember a couple coming out a few times and me being physically in the room but not hearing a word they said. Then there was the guy who yelled the entire time which now, I know where the passion was coming from, but at the time I just couldn't understand what we'd done wrong for him to yell like that. There were others that came and with all of them, sometimes I would listen a little but mostly the thoughts swirling around my head tuned them out.

Until that one day when something broke through. I'll never forget it. Sitting in that room waiting to listen to yet another person, doing what I was told, wanting so badly to stay sober but not thinking it was possible and then the guy said something that hit me like a ton of bricks. He said: "Right here, right now, right this second, everything is ok." Woah! That was a mind blowing, Aha moment for me and I heard every single word he said after that. See, at that point in my story I had nothing to soothe me in the moment, to stop the swirling tornado of thoughts in my head. I didn't have prayer or meditation or any other adage that could quell the horrible things I was thinking until I heard him say that. It was so simple, but it gave me something that, up until that point, I didn't have and that's hope.

That was the first time I felt what I now know is a little freedom, I used that saying as a tool. When I'd get overwhelmed, started future tripping or obsessing over the past, I'd say that to myself and it would bring me back to where my feet were and give me a sense of peace. I still say it to this day, three years later. And now it's something that I get to pass on to others. If it weren't for H&I and that dude coming out to share his story I wouldn't have had that glimmer of hope planted in my head, and that first tool I used to combat my diseased mind. After that I started listening when others came and brought meetings. What a blessing H&I has given me. It brought that first burst of light where before there had only darkness.

\* \* \*

### **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.

## CÉLÉBREZ C.A. SANS FRONTIÈRES / CELEBRATE C.A. WITHOUT BORDERS À MONTRÉAL

BY: Eric K..

Montréal, Québec, Canada

Who would've believed that? In any case not me!

Thirteen years ago, feeling totally lost, desperate, useless, filled with fear and resentment and unable to spend a day without using, I was convinced that somehow my life was soon coming to an end.

Yet on September 1, 2005 a miracle happened for me. Without being aware of it at the time, I admitted my helplessness to drugs and alcohol and I accepted, without really believing, to get into the C.A. program. It was the best and most important decision of my life.

Through the practice of our 12 Steps, ongoing service commitments and sponsorship, the promises in the Big Book of *Alcoholics Anonymous* have been or are being realized.

Today, I am no longer afraid, and it is my heart filled with gratitude to C.A. and its members, that I address you as Vice-chair for the 34th World Services Convention "Celebrate C.A. without Borders / Célébrez C.A. sans frontières"

For five days, from June 28 to July 2, Montreal will vibrate at the same time with the sound of the C.A. World Service Convention and the International Jazz Festival.

Located in the heart of the city center, the Sheraton Center, where the convention is held, allows participating members to be only a few minutes' walk from all the activities that make Montreal the warmest, liveliest, most vibrant and hospitable city in North America during the summer.

What could be better than listening to a speaker with simultaneous translation for those who need it, attending a workshop, a marathon meeting, talking to C.A. members from around the world, than going for a walk of a few minutes and to find yourself listening to one of the many free shows of the International Jazz Festival, or go for a stroll in the old port, do some shopping, taste one of the many culinary specialties of Montreal. Then back to the hotel, listen to the next speaker and then participate in the shows and games presented each evening.

Your young children are accompanying you? No problem! Daycare and activities will be offered daily in a suite setup for them. For cigar lovers, there will be a cigar meeting every night in one of Montreal's most famous cigar lounges reserved exclusively for C.A. members.

And finally, who has never heard of the famous C.A. Quebec area convention's sobriety countdown. This year again, you will live an unforgettable experience celebrating sobriety in joy, love, pride, music, dance.

All this has only one purpose, to allow C.A. to be again and always there to welcome and offer a solution to all drug addicts who suffer and this all over the world.

Thank you, my C.A. sisters and brothers, for being and always being there for me.

I cannot wait to see you all in Montreal to Celebrate altogether C.A. without Borders.

\* \* \*

### Subscribe to the NewsGram

**For the low price of \$10 U.S. per year, you can receive 10 copies of the NewsGram** to share with your friends or your group. Complete this form and include your credit card information, or enclose a \$10 check or money order (U.S. dollars only) and send to: NewsGram, c/o CAWSO, 21720 S. Wilmington Ave., Ste. 304, Long Beach, CA 90810-1641. A subscription form is also available for download at [www.ca.org](http://www.ca.org).

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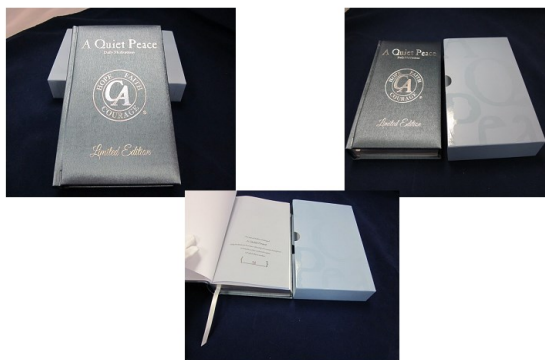
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## A Quiet Peace

### *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.

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Brise d'océan



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Camouflage



Orange/Noir



Améthyste



Vert



Rouge



Rose



Bleu



Noir

## DERRIÈRE



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## **Share Your Experience, Strength & Hope in 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 formats, pamphlets, HFC or HFC II, The Big Book of Alcoholics Anonymous (US), The Twelve Steps and Twelve Traditions, or Service Manual);
- Your personal experience on a 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);
- 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](mailto: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. A reply 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 <https://ca.org/service/world-service-conference/cocaine-anonymous-newsgram/>). You may send your submission(s) and release via e-mail to [submissions@ca.org](mailto:submissions@ca.org) or by regular mail to: CAWSO, Inc. Attention: LCF Committee, 21720 S. Wilmington Ave., Ste. 304, Long Beach. CA 90810 -1641. For more information, please call 310-559-5833.



# C.A. WORLD SERVICE CONFERENCE COMMITTEES

ARCHIVE

## And Then C.A. Became an International Fellowship

The date was October 26, 1983. Robert F. started rehab and 30 days later, after completing treatment, he was told that he had a 95% chance of maintain his sobriety if he attended a 12-step Fellowship and less than a 5% chance if not. He was able to stay sober by attending A.A. and N.A. meetings.

But there were some elements in the meeting rooms that were bothering. Seemed some people in A.A. did not like shares and talks about cocaine. He was even told: "shares like yours we do not need to hear." Some people in N.A. did not like when the word sober was used instead of clean.

In 1985, A.A. held their 50th World Convention here in Montreal, and over 50,000 alcoholics took over the city. Dave S., a buddy who Robert met in the rooms, had met a girl from California in one of the marathon meetings that were being held at the convention. A few months later he went down to visit her in Los Angeles. And at the same time, he attended some C.A. meetings. He was so excited about them; "Everyone was blond" he said, and there was a common thread that held all together: cocaine ... A Fellowship where all were free to speak about their drug of choice.

A request was sent for a starter kit. How exciting it was when the starter's kit arrived from Culver City!!! Seeing C.A.'s First Step for the first time, "We admitted we were powerless over cocaine and all mind-altering substances and that our lives had become unmanageable."

Robert spoke to a local church and told them he would like to start a meeting for cocaine addicts, called Cocaine Anonymous. This was a taboo subject as cocaine is illegal and he was very glad when they replied asking him "What night would you like?" Little did we know that we would not only be starting a meeting but a Fellowship! On a Thursday night, August 21, 1986, the first C.A. meeting was held in Montreal. About 20 people attended. Dave S. was the speaker and Robert F. was the secretary.

All it took, was a couple of addicts, a little resentment and a girl.

Within three months there were six meetings going, so any addict could work the Steps exclusively in C.A. There was such a buzz and enthusiasm in the rooms, and the Fellowship grew very quickly. A couple of months later the first French speaking C.A. meeting started. There was a bilingual meeting called "Saturday Night Live" where we had over 200 people attend on a regular basis. People shared in French and in English, together as one. Growing pains were enormous as this was a completely new Fellowship. Area meetings lasting hours, doing the best to practice principles over personalities, but unity did prevail over all. We were all so

young- in our early twenties, and the meetings were jammed. We were the new kids on the block, so to say. But the message was being passed on, that you could get clean and sober in C.A.

Robert F. was elected as the first delegate to the Quebec Area. He attended the World Service Conference in California in 1988. People were so excited that there was a delegate from outside of the United States. C.A. had

finally become international! In 1992, C.A. held its annual World Service Convention in Montreal! The first convention that was held outside of the United States. Over 1000 people attended from all over the world.

C.A. Quebec incorporation document

C.A. Quebec 1st meeting list

\*\*\*

DIM / SUN	LUN / MON	MAR / TUE	MER / WED	JEU / THUR	VEN / FRI	SAM / SAT
2:00 PM St. Patrick Cath. 1110 St. Alexandre st. (ENGLISH)	8:30 PM Queen Elisabeth Hosp. 2100 Northcliffe 2nd floor, Room 25 (ENGLISH)	12:00 NOON Baron Byng High School 4251 St-Urbain Room 121 (ENGLISH)	8:00 PM Baron Byng High School 4251 St-Urbain st. Room 103 (ENGLISH)	8:30 PM St. Ignace Loyola 455 West Broadway rear lounge entrance (BILINGUAL)	12:00 NOON Baron Byng High School 4251 St. Urbain st. Room 121 (ENGLISH)	9:00 PM Maison Jean Lapointe 361 Yoville st. Vieux Montréal (BILINGUAL)
					7:00 PM 2273 boul. des Laurentides Vieux, Level (FRANCAIS)	
					8:30 PM Westmont Bpt. Church 411 Roxlyn ave rear entrance (ENGLISH)	

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

### **HOSPITALS & INSTITUTIONS**

#### **LIFELINE**

Certainly, we can remember our own fear and nervousness upon arriving to a meeting the first time after treatment. That transition can be difficult, perhaps not knowing anyone, not knowing what exactly to do or say or even where to sit, but desperately seeking help; seeking a solution to our addiction that we hope to find in the C.A. meeting. A C.A. Lifeline (aka Helpline or Hotline) addresses this circumstance by taking the time to be in contact with the new person and bring them or meet them at their first meeting after treatment.

To personally welcome a newcomer (while keeping in mind how they may be feeling), introducing them to some of our friends, and finding them a seat with us can go a long way to helping them relax and be able to hear the message. It certainly worked that way for me. Grab hold of the "Lifeline" that we offer and share our Hope, Faith and Courage. We all want to be able to give to others what was so freely given to us; this is a wonderful way to be able to do so.

Bill D.  
Orange County California

\*\*\*

I've been involved with the C.A. Lifeline in Arizona for over four years now and grateful to have held multiple positions during that time. Lifeline was welcomed inside of rehab facilities and we have presented our services in front of hundreds of patients. Not only have we been able to tell these patients about the Fellowship of Cocaine Anonymous, but we have also helped a number of these people get to a meeting when leaving rehab, sometimes their first meeting.

Some patients may or may not sign up, some may or may not answer when released, some may or may not accept the Lifeline offer, and some may or may not stay for another meeting. The bottom line is that they now know there are others who have recovered from addiction and there is a way out. For those who do stay, they are immediately immersed in the Fellowship. They have a point of contact and are easily introduced to many other members of Cocaine Anonymous.

Our hope is to overcome whatever someone's hesitations for attending a meeting may be; whether it's denial, inconvenience, fear, over-confidence, or a limit of resources. Just by having a fellow addict and member of Cocaine Anonymous accompany this person to a meeting can influence them to stay.

Lifeline has shown me all sides of the triangle with recovery, unity, and service. Helping our Fellowship stay strong and continuing to grow.

Brian C.  
Phoenix Arizona

\*\*\*

### **FINANCE**

#### **WHAT WE ARE WORKING ON**

**BY:** Maya B., Chair  
North Salt Lake , Utah, USA

The Finance Committee is working on new Financial Guidelines that are world inclusive! This way we don't have to have a separate set of financial guidelines for each country since we are growing so rapidly! We also have an amazing fundraising idea proposed by a member. We want to keep a lid on the specifics until the Conference, but for sure something new and exciting is coming!

\*\*\*

# CALENDAR OF EVENTS

**CAWS 2018 CÉLÉBREZ C.A. SANS FRONTIÈRES – CELEBRATE C.A. WITHOUT BORDERS**  
**JUNE 28—JULY 2, 2018**  
Montreal, Quebec, Canada



**INFORMATION, REGISTRATION, RESERVATION**

**CONVENTION.CA.ORG**

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

## 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?

- ⇒ No shuttle available to hotel
- ⇒ By Bus 747 Express 45-70 min. to the Hotel, the Bus stop is #3 **\$10 CAD**
- ⇒ By Taxi: fixed fare **\$40 CAD**
- ⇒ 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/>

### 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](http://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*.

\*\*\*



SMCA 2018 34 <sup>ème</sup> CONGRÈS MONDIAL COCAÏNOMANES ANONYMES MONTREAL, QC 28 JUIN AU 2 JUILLET 2018	CAWS 2018 34 <sup>th</sup> COCAINE ANONYMOUS WORLD CONVENTION MONTREAL, QC JUNE 28 <sup>th</sup> TO JULY 2 <sup>nd</sup> 2018
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## CALENDAR OF EVENTS (PAGE 2)

**June 1-3, 2018**

**Thus We Grow - 4th Unity Event of C.A. Germany**

**LOCATION:**

Frankfurt am Main  
Frankfurt am Main Hesse

**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 IJmuiden  
Noordwijkerhout Zuid Holland

**June 23-24, 2018**

**AVACA Presents our 2nd Annual Marathon**

**LOCATION**

Antelope Valley, Lancaster CA

**June 28-July 2, 2018**

**CAWS 2018 - 34th Annual Convention**

**LOCATION:**

Le Centre Sheraton Montreal Hotel  
Montreal, Quebec

**August 2-5, 2018**

**Serenity By The Sea**

**LOCATION:**

Carpinteria State Beach  
Carpinteria, California

**August 10-12, 2018**

**The Time is Now**

**LOCATION:**

Scandic hotel, Infra City  
Stockholm, Sweden, Upplands Väsby Sverige

**September 6-9, 2018**

**BIG SUR-enity 2018**

**LOCATION:**

Fernwood Campground  
Big Sur, California

**September 21-23, 2018**

**Sunlight of the Spirit**

**LOCATION:**

Sundial Beach Resort & Spa  
Sanibel, Florida

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**Use the form at:**

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**or notify us by mail to:**

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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](http://www.ca.org) and print out the Release Form and submit along with your item to:

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**NEWSGRAM THEME FOR OUR NEXT EDITION**  
***GRATITUDE IN SERVICE***



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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:

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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.

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

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

**7<sup>th</sup> Tradition January - March 2018  
Category or Group**

LOCATION	NAME/CITY	TOTAL
<b>CANADA</b>		
	CA British Columbia CA (\$ 272 CAD)	\$211.39
	Recovering Rock Stars Group	\$193.80
<b>EUROPE</b>		
	Hampshire & Berkshire District of CA UK (£ 282.11)	\$375.63
	CA England & Wales (£10431.01)	\$14,082.90
	CA NE Herts UK	\$1,437.64
	CA North Herts UK GB £156.83	\$214.18
	CA Sverige Sweden	\$7,728.12
	CA South Central District UK	\$1,296.55
<b>USA</b>		
California	C.A.L.A Long Beach/Compton	\$344.40
	SFVCACO	\$1,000.00
	CALA Area	\$5,000.00
	CALA Women At Another Level Group	\$100.00
	CA Southbay Beach Cities	\$500.00
	CALA Westside Hollywood District	\$700.00
	I.E.A.C.A.	\$125.00
	CA Northbay Service Group	\$30.00
	Come Alive Group	\$278.25
	WSOB	\$45.00
Colorado	CA of Colorado	\$182.24
	CA of Colorado, H&I	\$214.75
Florida	No Show Group	\$25.00
Georgia	Spearheads Group	\$188.33
	Log Cabin Group	\$187.80
	Carry This Message Group	\$21.00
	New Life CA Group	\$35.24
Illinois	IACA Inc.	\$200.00
	IACA, Inc South & West Dist.	\$47.40
	IACA Inc. Northwest Suburban Dist.	\$159.79
Massachusetts	Foundations Group	\$45.00
Michigan	Saturday Morning Alive	\$50.00
Missouri	Greater Saint Louis District CA	\$20.00
	Get to Steppin Group	\$25.00
	End of the Line Group	\$62.00
Nevada	CA Las Vegas & Southern Nevada	\$222.23
New York	The Last straw	\$100.00
Ohio	AM Sunday CA Group	\$100.00
Oregon	CA of Oergon, & SW Washington	\$50.00
Pennsylvania	CA of PA, NJ, DE	\$300.00

**7<sup>th</sup> Tradition January - March 2018  
Category or Group**

LOCATION	NAME/CITY	TOTAL
Texas	Heart: Soul Sisters Group	\$100.00
	Square Pegs CA	\$40.00
	North Texas Area CA,	\$25.00
	San Antonio Unity Group	\$30.00
	Freedom & Hope Group Conscience	\$30.00
Washington	WSCA District 3	\$253.31
	Not In Vein Group	\$100.00
<b>World Contribution</b>	See form on page 7	\$3,308.00
<b>Anonymous</b>	Anonymous	\$2,066.88
<b>S.M.A.R.T. Program</b>	S.M.A.R.T. Program	\$435.00
<b>Gratitude</b>	Gratotie Bucket	\$2,050.98
<b>Birthday envelope</b>	Come Alive Meeting,	\$31.00
<b>Total 7<sup>th</sup> Tradition</b>		<b>\$44,368.81</b>

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

**SAVE MY A\$\$ RECOVERY  
TRANSFER**

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

- \* STEP 1: Log into your Bank Account
- \* 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.)*