

NEWS



GRAM

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GRATITUDE IS MY ATTITUDE

By: Vanessa J.
Chicago, Illinois, USA

My name is Vanessa J. and I am a grateful addict. I know that I am sober only through the Grace of God, the Steps, sponsorship, and service work. Service work saved my life when I first came into the program, and through out my entire sobriety. I have an attitude of gratitude when it comes to helping others through Service work because the members of Cocaine Anonymous helped me when I first came into the rooms. The members of Cocaine Anonymous have been there for me for the past 25 years.

I started doing service work in 1992, after I had two months in the program. I was not asked either. The secretary of the meeting gave me the meeting bag with the readings, coffeepot and coffee. She asked me to chair the meeting the following week. I chaired the meeting, and she did not come back to the meeting. We used pay phones back in 1992, so I called my sponsor, and asked her what I should do. My sponsor said, "chair the meeting." She told me not to share during the meeting because she wanted me to learn how to listen. So at the end of the meeting, I told the group, "thank you for allowing me to be of service, I am grateful to be alive, and grateful to be of sober, and I will keep coming back." I chaired this meeting for two years, and I made a beginning on the 12 steps with a sponsor. I started going to the Illinois Area Service Meeting in 1993. In 1993, it was called the Chicago Area Service Meeting. I became involved in service work at the Area level at six months sober. I was not a part of a district at that time where the meeting was located because we didn't have a district. The Inner South City District was formed in October 1993. I started doing service work at the District level, too. I was elected Alternate Delegate, and then Delegate of the World Service.

Each position I've held I became even more humbled than the last. Service work taught me "to

become one in a family, to be a friend among friends, to be a worker among workers, to become a useful member of society. *"The primary fact that we fail to recognize is our total inability to form a true partnership with another human being"* (12 & 12, step 4, pg. 52). I fall short on a daily basis, but I have learned through the 12 Steps and 12 Traditions to dust myself off, keep trying to put one foot in front of the other every day that I am blessed to wake up sober. Service work has taught me how to talk to people like they are human beings instead of raising my voice hollering at others which is what I learned in the street using. I learned how to negotiate and take care of business with my own affairs as well as in service work for Cocaine Anonymous. I was the hotel liaison for two World Service Conventions held in the Illinois Area. I learned how to debate with friends doing service work, pray at the end of the meeting, hug and go out together after the service meeting. Last year, I was elected Trustee at Large. I am even more humbled by this position. I heard an old timer speak at a Marathon Meeting on step 7 at a convention when I had 11 months in the program. He said that, "Humility means I ain't it, God is." I try to find something everyday to be grateful for and happy about. I smile and laugh a lot because I use to be sad, unhappy, and hurting all the time during my 18 year run during my addiction. I became a "rock star" from the very first time I started using and smoking cocaine until the end when I was driven to the rooms of Cocaine Anonymous. I know that I did not come in the rooms for the "coffee and donuts". I came in because I was "tore up from the floor up," unemployed, homeless and hopeless." I had smoked up my home, my job, and my integrity. I was hopeless and helpless.

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GRATITUDE IS MY ATTITUDE

By: Vanessa J.
 Chicago, Illinois, USA
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I will always keep the door cracked so I remember what happened to me. All I know is that I experienced the death of my grandmother at two months sober. This was around the same time that I started chairing the meeting. Service work helped carry me thru that experience, and the compulsion to use every day was lifted right after my grandmother died. Thank God for a praying mother and a praying grandmother! I thank God for the rooms of Cocaine Anonymous. For giving me something to do, and something to live for through Service work. I love doing Service work! I hope you do too! Smile!

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A GLIMMER OF HOPE

By: Randy M.
Orange County, California, USA

My name is Randy M., and I am the current World Service Office Board Chairman. The theme of "Gratitude In Service" could not be more relevant to me than it is at this very moment. I am humbled and honored to serve the Fellowship of Cocaine Anonymous in this way. The trust and responsibility bestowed upon me by the WSOB and World Service Board of Trustees (WSBT) is both exciting and terrifying.

For me, gratitude begins every morning when thanking God for another beautiful day. I go on from there in the Third Step prayer to turn my will and my whole life over to God; this God who saved my life by directing me to Cocaine Anonymous so many years ago. It is by no means an exaggeration to say that my life was saved that day – I had lost my job, my wife and family, and all hope of a decent life. When hearing "Who is a Cocaine Addict" for the first time, as well as the many voices of guidance and inspiration, I found a glimmer of hope.

That hope has blossomed into an incredible life of service in sobriety. In taking the 12 Steps of Cocaine Anonymous, working with a sponsor and working with others, I have had a spiritual experience sufficient to overcome a merciless obsession to smoke cocaine. In addition, my life now has meaning. It is not to say that my life was bad before (leaving aside the addiction for a moment), but it had no meaning; no purpose. I now know from reading page 102 of the Big Book of Alcoholics Anonymous that my "job now is to be of maximum helpfulness to others" – not only in C.A., but all others. This has given my life purpose and meaning.

My service commitments in Cocaine Anonymous started very early on. I was the coffee person for my home group, "Clean and Serene" Thursday nights in Costa Mesa. Eventually I was elected Secretary of that meeting. It gave me a sense of responsibility and belonging – things I hadn't had for many a year! At two years of sobriety, my sponsor invited me to my first area meeting, the General Service Organization of Orange County Cocaine Anonymous (OCCA). This service at the area level pulled me deeper into the arms of this loving Fellowship. I received a more profound sense of unity and gratitude. It became THE way to show gratitude and appreciation to the Fellowship that saved me, and helped me to understand how to align my will with God's will. All I needed to do was the next right thing, in grateful and humble service.

I served at the area level for many years. I held positions of Activities Chair, Treasurer, Literature

Chair and Chairman of the G.S.O. I tried to teach others who came after me of the joys of area service, and mentor them whenever possible to take on positions and serve as I had done. It is truly an honor to serve with others whose commitment to C.A. is similar to my own. We worked together to solve problems, tried to grow our local meetings through activities and H&I, and we grew as a family of trusted servants. I still draw inspiration and guidance from those in service at these local areas, as I watch God express Himself in their collective actions.

My first experience at the world service level was as Special Events Chair of the 2014 CAWS Convention in Long Beach, California. I was privileged to work with so many dedicated and experienced people, who truly love this Fellowship and serve with an enthusiasm that is, indeed, contagious. They helped me every step of the way, showing amazing patience and understanding; taught me once more the meaning of gratitude in service. Our convention went off well; we had a great time and welcomed addicts from all over the world to our humble home state. (Of course, the Dinner Cruise on Long Beach harbor was the highlight of everyone's trip!).

And along comes Frank P. - my dear friend and service mentor. He invited me to come to the World Service Conference being held in Los Angeles. Presumably, I was invited to a lunch for me to meet some of the WSOB members, as he was World Service Office Trustee at the time. But I believe now that there was an underlying purpose for me. I was to meet Richard L., the WSOB chair at the time. And for those of you who knew and love Richard, you know he was a man of deep gratitude and humility for his position. In fact he said to me, "Yes, I finally made it to the bottom of the triangle!" I also met another trustee who has become a dear friend and mentor, Yves W. He has taught me compassion for all and given me some of his incredible love for Cocaine Anonymous, and his infectious smile and warmth are constant reminders to me of how love and service can strengthen and warm the heart. That was the beginning of my time at the WSOB. I came on as a Director at Large, was elected the Secretary, and served as such through two world service conferences. Earlier this year, Chairman Tim A. left to take a business position in Chicago. I submitted my service resume and was subsequently elected by the WSBT to finish out the current term of Chairman.

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A GLIMMER OF HOPE

By: Randy M.
Orange County, California, USA
(Continued from Page 3)

The morning after my interview and subsequent election to this position, I looked back at my service career, especially the last three years. I saw clearly how God had directed my thinking and my actions, with my consent but certainly without my knowledge. For I had other plans, but His plan will always prevail, and will always be better than mine. So I say in summary, whether you are serving at the World Service Conference table, or the kitchen table across from a new addict in recovery, you will reap the benefits of Gratitude in Service. You will truly understand the meaning of the words, "God is doing for us, what we could not do for ourselves."..

AM I READY TO BE A TRUSTED SERVANT?

By: Susan B
St George, Utah, USA

Service is no substitute for doing the personal work for recovery laid out in the 12 Steps. We can do great damage to our personal growth and the Fellowship by taking positions for which we are not yet ready. We are not a one-size-fits-all Fellowship when it comes to service either.

Ignoring the spirit of rotation by taking ownership of service positions, H&I panels, and the like, flies in the face of our legacy of service. If newcomers are the lifeblood of our organization, at some point we need to allow them to grow in service too.

I believe that if more of us would be willing to take the time to provide a pass-it-on of their experience - outlining what worked and what didn't - it would go a long way to encourage new (not newcomers) people to step up for service, and preserve the infrastructure that our experience, strength, and hope provides.

Throughout my recovery, I've had to learn to let go of the people, places and things, that raised red flags in my personal growth. Letting go is sometimes very difficult, but I have found when I am willing to do that, it can have the effect of a spiritual experience, clearing the way for me to move forward.

The C.A. Fellowship has been instrumental in allowing me to experience the gratitude of being a channel of good orderly direction. Service has also offered me ample opportunity to practice humility, to be wrong, and to make mistakes; I am just as grateful, if not more so, for the ability to learn from them and

accept my humanity. I highly value the spirit of the group conscience, even if I may not agree with it. The spirit of cooperation rules!

When all is said and done, it is important for me to be true to myself and make decisions that serve the greater good. *The Serenity Prayer* is always a good yardstick by which to consider this. I have choices today. In the words of a popular song...*You got to know when to hold 'em, know when to fold 'em, know when to walk away.*

GRATITUDE IN SERVICE

By: Patrice F.
Columbus, Ohio, USA

I have been told nothing will so much insure immunity from using as intensive work with other addicts.

That is service.

I answer the phone, even if I don't want to, listening as the newly sober rattles on about what seems to them the worst crisis in the world.

I have a vehicle now to drive an hour out of my way, past my meeting to pick up a car full of treatment center ladies who only want to get out of the house and have the chance to stop unobserved at the store. Knowing as soon as they get the opportunity they will run from that six month key tag. That woman used to be me.

I hear the story and hope that one day "She" will realize the "we're going to recover together" boyfriend is not as important as her own life. I remember not too long ago that boyfriend was mine.

I pick up cigarette butts-when I don't even smoke.

I hang out at the meeting after the meeting because "He" needs to see sobriety isn't just about what happens between the "Serenity Prayer" and the "Our Fathers".

I become humble enough to share that "I don't have all the answers" is not a crime even after many years of trudging this road.

I work the program and live to go the funeral to pay respects to the family who needs to know the program does work even if their child didn't hold on to it.

I am aware enough to know I couldn't help everyone but I have helped at least one.

That is gratitude.

SERVICE ON ANOTHER LEVEL

By: Tammy H.
Glendale, Arizona, USA

Right before a sobriety birthday I always reflect on where I'm at, where I've come from and what lies further ahead. I always think I have no idea what one thing keeps me sober so I continue to do EVERYTHING that was suggested. I go to meetings, I talk to other addicts, I pray and meditate every day, I sponsor, talk to my sponsor regularly and I continually be of service to the Fellowship that saved my life.

One week before my fourth sobriety birthday I went to my first world conference just to "check it out" and see if that would even be anything I'm interested in. I do quite a bit of service work at our district and area level that I truly cherish; it's brought out a spirit inside me to serve other drug addicts that I didn't know even existed. Attending the conference was service on a whole other level. I did only get a small taste of the conference. I only went Friday and Saturday. Anyone who has gone knows that those days consist of breakout sessions in the committees and then a full day on the conference floor. I have this service junkie sponsor and I thought that I was fairly prepared for what was about to play out in front of me. Boy had a grossly underestimated the power of those drug addicts working together.

On Friday when we arrived everyone was in their committees. My first stop was at the LCF committee, this felt like a natural spot that I fit in to. My sponsor has sat on the committee as well as hers and so on. Being a part of my amazing lineage and a product of these strong women, this was where I needed to start. The first order of business was a pamphlet that the committee had been working on. This pamphlet that had been so diligently attended to throughout the year brought tears to my eyes. Not only the content of the pamphlet but the thought of the hard work that went into creating that. There was much discussion over this one particular pamphlet and to watch the process of the committee coming to a group conscious to agree that the pamphlet was ready to submit to the trustees was truly inspiring, everyone working so passionately together for the growth of this Fellowship. What struck me most was the Lead on this project said that "this pamphlet will live on, even after we are all gone". How incredible to be a part of something so great! Lots of other very exciting things happened during this committee meeting, however it was time to check out some other committees and see how they work as well.

Next it was off to convention committee. Wow

this is for sure the party committee. How fun it was to sit in and listen to this committee discussing how the best party of the year could be guided. The energy in this room is very infectious; clearly they have been doing a great job. As much enthusiasm as the convention committee had

I'm not sure they compared to the excitement and passion I found on the archives committee! This committee has a passion for the history and preservation of our Fellowship that I've never seen before. This committee was working feverishly preserving memorabilia that had been submitted to them and reviewing interviews from members whom were around at the start of cocaine anonymous. The excitement to construct the most accurate history of the birth and early years of C.A. is a pure adrenaline rush. I've always had a passion for the history of our Fellowship and it's exciting to know that this committee is so devoted to what they are doing and from what I saw they are doing an amazing job!

On to finance. I tend to be one of those nerdy girls that works with numbers in my professional life. I love bookkeeping programs and excel spreadsheets. Walking into this committee felt effortless. This committee does such great work staying on top of our finances and balancing our budget. It's clear they take much pride in what they do and I have great confidence in this amazing committee. Structure and by laws in all sense of the name sounds like it is not up anyone's alley. However in this committee they were going over their floor strategy.

Again anyone whom has ever attended conference knows there is a little bit of strategy when it comes to making motions on the conference floor. This committee is large and strong for sure they had their floor strategy figured out! The energy in this room is also infectious. Who knew there were so many great drug addicts that have a passion for our fellowships structure and by laws? These people are so amazing and are a vital part of our growth. Unfortunately I was not able to attend each individual committee during their breakout sessions. However it was very clear that all of the committees are comprised of our most amazing members and they all work very hard throughout the year. Your service does not go unnoticed. Thank you to all of you for your endless efforts. You are all so inspiring and I'm beyond grateful for each and every one of you.

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SERVICE ON ANOTHER LEVEL

By: Tammy H.
Glendale, Arizona, USA

(Continued from Page 5)

Saturday started early with roll call. Incredible watching a line of drug addicts check in at the conference from all around the world. It was time for the committees to address the conference, show what they've been working on and make their motions. The committees stand united together. Delegates stand at their mics ready to air their thoughts on the motion. Great debate takes place, both sides being argued for. Votes are cast and the motion is passed or shot down. I hear a record number of votes this year.

During the public information report they talk about all of the amazing outreach they are working on. I didn't think I would be very interested in this report until their presentation on "we see it too". Instantly I understood what they were getting at, even though it was clear not everyone in the room followed along until explained. This entire presentation brought chills to my entire body. Tears welled throughout the video they played. In early recovery I remember looking at the most simple of things and my brain saying it was something else, mainly my addiction talking. This presentation was profound and I'll never forget the feelings I had during the entire thing. There was much discussion over this motion. The side of the conference room I was sitting on was filled with chatter not it total support of the idea. Finally when the mic was approached by one addict after another the support came flooding in. I am so moved but the outpour of love and support sent to this committee to further their work on this venture. I'm filled with anticipation what comes of this particular project.

Probably the most energy in the room is during the bid presentations for the world convention. The individual areas hand out bid packages to everyone in the room and then untied they go to the podium and make their presentation to earn the vote to hold the biggest party we throw. All three areas are moving in their presentation and their bid packages handed out. The amount of work that goes into these bids is

indeed great. These amazing people work so hard; but only one can go. Congratulations New York! It was so fun to watch all of the presentations from Atlanta being such a "peach" to receiving "a little pot" from Colorado! I have much more respect for the amount of work that goes into those presentations now.

A few days after I got home from this conference I celebrated 4 years of sobriety. I try regularly to keep myself "right sized" and as I reflect on all of the great things sobriety has given me I can't help but think of all that came before me. Everyone that has been of service at the conference all the way to the person making coffee and setting up chairs at the meetings. I wouldn't be where I am today if these angels hadn't come before and paved the way for me. I'm extremely grateful to the Fellowship for allowing me to grow within it. I owe more than I could possibly repay in one life time to the Fellowship that saved my life. Service is where I get my greatest reward of giving back. I've learned so much from this experience and had the greatest time watching all of these drug addicts perform the work that our members have entrusted them with. I can assure you they all took great pride in the work they did throughout the conference and it is very apparent. At the end of the conference a member addressed the conference expressing her love and devotion for our Fellowship. She states "I found my tribe" and "I bleed green". Instantly upon her saying these things I feel the connection with everyone in the room. This completely sums up the vibe and energy of the entire conference with everyone in the room. We all do this work within our tribe for the growth and long life of our Fellowship. I'm eternally grateful for this experience, thank to everyone that made this experience possible. I have in fact discovered I bleed green as well. Until next year...

* * *

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.

THE DEATH OF A C.A. GROUP...AN OBITUARY ON WHAT WENT WRONG

By: Cameron F.
Toronto, Ontario, Canada



"There is only one thing more contagious than enthusiasm and that is a lack of it!"

A C.A. Group closed its doors due to lack of support and attendance. Those few remaining members expressed a sincere sadness that the group was no longer. Other members in the Fellowship commented that it was sad for them too, because it was the first group they attended when they came into the Fellowship.

Factors that cause a C.A. Group to close its doors

C.A. Groups are dynamic entities—members come and go as the please, they relapse, move away, join other groups, pass away, or just stop coming to meetings altogether. There are other reasons for a C.A. Group to close its doors, perhaps it holds its meeting at an inconvenient time or day of the week or is located "off-the-beaten path". These reasons should be considered when a Group notices its membership dwindling--prudent action is for a C.A. Group to take regular Group inventory.

Many groups periodically take a "group inventory," for an honest and fearless discussion of the group's weaknesses-and strengths.

Questions may include:

- What is the basic purpose of the group?
- What more can the group do to carry the message?

- Considering the number of addicts in our community, are we reaching enough people?
- What has the group done lately to bring the 12 Step message to the attention of physicians, judges, members of the clergy, and others who can be helpful in reaching those who need help?
- Is the group attracting only a certain kind of alcoholic, or addict or are we getting a good cross section of our community?
- Do new members stick with us, or does turnover seem excessive?
- How effective is our sponsorship? How can it be improved?
- Has everything practical been done to provide an attractive meeting place?
- Has enough effort been made to explain to all members the need and value of kitchen and housekeeping work and other services to the group?
- Is adequate opportunity given to all members to speak and participate in other group activities?
- Are the Group's Trusted Servants picked with care and consideration on the basis that officership is a great responsibility and opportunity for Twelfth Step work?
- Does the group carry its fair share of the job of helping out at District or Area?
- Do we give all members their fair chance of keeping informed about the whole of 12 Step Recovery, Unity, and Service?

Carry the message NOT the addict

Another reason many Groups close their doors is because they have lost focus on Tradition Five: Each group has but one primary purpose -- to carry its message to the *addict* who still suffers. Furthermore, Tradition Five (Long): "*Each Alcoholics Anonymous group ought to be a spiritual entity having but one primary purpose--that of carrying its message to the alcoholic (addict) who still suffers.*"

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THE DEATH OF A C.A. GROUP...AN OBITUARY ON WHAT WENT WRONG

By: Cameron F.
Toronto, Ontario, Canada

(Continued from Page 5)

One aspect of this focus is the "message" that a group carries. "It has been my experience that too many times a group turns into a social club or an hour-long rap session. Many newcomers have been taught in treatment centres that it is a good thing to talk over your problems, to let it out. Don't let them or even veterans of the program turn your meetings into a whining session...we all need to remember our primary purpose, the core of our being. The one thing we all have in common and know will work, regardless of where we came from or what is going on in our lives at the moment. We need to always talk the solution and not the problem. We need to find within our groups those with the time and desire to reach out. To 'carry the message to the addict who still suffers.'" (C.A. NewsGram, Second Quarter 2004, Vol. 20 No. 2 "Carry the Message not the Wreckage")

Our Sole Purpose

A.A. Co-founder, Bill W. says in his book, As Bill Sees It, pg. 79: "*A group cannot take on the personal problems of its members—the primary responsibility for the solutions of all their problems of living and growing rest squarely upon the individual themselves. Should a group attempt*

this sort of help, its effectiveness and energies would be hopelessly dissipated. Sobriety—FREEDOM from the obsessive thoughts, compulsive feelings, and physical cravings that ruled our lives, through the teaching and practice of the Twelve Steps, is the SOLE PURPOSE of the group. If we don't stick to this cardinal principal, we shall almost certainly collapse, and if we collapse, we can't help anyone."

On page 86 of the Big Book of Alcoholics Anonymous it says: "*But we must be careful not to drift into worry, remorse or morbid reflection, for that would diminish our usefulness to others.*" Furthermore, when members are focused on Tradition Five it says on page 89 of the Big Book of Alcoholics: "*Life will take on new meaning. To watch people recover, to see them help others, to watch loneliness vanish, to see a Fellowship grow up about you, to have a host of friends -- this is an experience you must not miss. We know you will not want to miss it. Frequent contact with newcomers and with each other is the bright spot of our lives.*"

P.S. Dead Groups serve no one.

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A HEART FOR SERVICE

By: Jacqueline R.
Glendale, New York, USA

Last Saturday July 21st we had a delegate's fundraiser event call Taste of Recovery/Big Book Bingo. We had a great turnout and so much food we were able to donate half to our local shelter. One of the things I remember most was the joy I felt as I called out the phrases for the bingo game. There was no gambling involved. We gave prizes from the dollar store and all the people in the room were so happy to see each other that they didn't even care how small the prizes were, it was all about the Fellowship and being of service.

As with every event in C.A. nothing gets done without the help of others and watching so many of our members come together to help set-up and clean-up restores my faith in humanity. Times are tough today. We live in a very angry and selfish world. But when I come together with my fellows in an environment of service, whether it's for 60 seconds, 90 seconds or several hours, there's nothing I can feel but love, joy, peace, and gratitude for this new life of freedom I have been given and live by grace.

This year I will serve as one of New York's Delegates and to be honest with you I'm a little scared. To think that we will be coming together to help make decisions and discuss resolutions or changes for our Fellowship seems both exciting and intimidating all at the same time. Yet we have been taught in this Fellowship that in order to keep "it" (our gratitude), we've got to give "it" (be of service) away. The time to step out and do service in this area has arrived for me, and I know that so long as I serve with an open heart my fellows will be there to help guide me through this process, and in doing so, they too will be of service.

Service has kept me sober for 22 years now. I practice it at work, in school, and even in my new found profession of theatre. In every aspect of my life, I find healthy, balanced, opportunities to serve and my soul is never depleted.

* * *

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.

ANONYMITY

By: Anonymous
California, USA

In the Foreword to the First Edition of Big Book it says, *"It is important that we remain anonymous because we are too few, at present to handle the overwhelming number of personal appeals which may result from this publication."*

On the last page of Twelve Steps and Twelve Traditions it says, *"We are sure that humility, expressed by anonymity, is the greatest safeguard Alcoholics Anonymous can have."*

In the fifteen years between the publication of these two books the idea of anonymity had grown into "...the spiritual foundation of all our traditions..."

And they are Our Traditions. Twenty-nine years ago, the World Service Conference made it clear that these books "...are two of the most valuable tools of recovery and as such, it is the opinion of Cocaine Anonymous that meetings should be allowed to have these books available..." I have tried to understand the 12 Traditions through the stories of the experience from which they grew. The meaning and applications of the 11th and the 12th Tradition unfolded in unexpected ways, and in my own C.A. journey their surprises continue.

The easy to understand part is "...the level of press, radio, television, and films". If a member speaks publicly for the Fellowship, announces his membership and then publicly relapses, or does something even worse, and makes the papers, the Fellowship can be seriously damaged in countless ways. In the 12x12 Bill warns, *"The promoter instinct in us might be our undoing"*, and states clearly *"At this altitude (press, radio, films, and television), anonymity ~ 100% anonymity ~ was the only possible answer."*

The more difficult question is how to make sense of anonymity below the level of public media. For those of us unlikely to be seen on TV, how anonymous do we need to be? In his biography, it has been revealed that Dr. Bob, was of the opinion that, at the meeting level, it was our duty to give our full names. I can agree with the sentiment. We mustn't be so anonymous other addicts can't find us. Fortunately, we now have websites and phone hotlines because I'm certainly not sharing any identifying information, beyond my first name, with an audience of freshly sober dope fiends. But I try to practice the humility of anonymity as a way of protecting me from myself, not from other people.

I think I first recognized the importance of my anonymity in the words of a member of my first home group. He shared about having a job that was lower paying, and more menial, than jobs he had once had. He told about a supervisor criticizing him. He thought: 'Do they know who the f*** I am?' He continued, 'Then, I thought: I'm glad they don't know who I am.' It happened one day, still early in sobriety, when someone referring my girlfriend to a potential landlord referred to me as 'harmless' - I was outraged. Then his words - I'm glad they don't know who I am - came back to me. It was quite enough that I belonged to a Fellowship that understood almost exactly who I am. The rest of the world could take me (or not) as it finds me.

Another meaning of anonymity which has become clear to me is that I really don't know how I got, let alone stayed, sober. I do know from years of experience, and a couple of inventories, what I normally do - I get as high as I can for as long as I can. If I run out, there is only one thought: get more. If I pass out, I will come to, grasping about for my bag and paraphernalia, with only one intention and that is to get high again. That's me. I'm a tweaker. I could spend a whole year writing a short paper like this and wind up with gibberish.

The fact I stayed sober more than a month, the fact that I'm able to string words together that make any sense at all, seems like a miracle. I'm not a miracle worker. It's not me.

I will try putting it another way. I live in Southern California, where most meetings of 12-step fellowships applaud, with clapping hands, for every person who shares, every newcomer chip, every birthday, every announcement of the name of the coffee maker, or greeter...pretty much anything. All I need to do to get cheered like a rock star is go to a meeting and mention my few short years of sobriety time. I might occasionally do so. But, I feel it's very important, for me, that I properly ascribe the credit for those years. I might point towards the sky, to indicate a higher power, and say: "Thanks, but it's not me." The credit doesn't belong to me.

So, I remain...

* * *



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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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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.

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 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.

Email Meetings

Running 24 hours a day, 7 days a week.

Hope, Faith & Courage

*Discussion meeting for all addicts
seeking recovery*

Sisters in Sobriety

Women only discussion meeting

There Is A Solution

Men only discussion meeting

To join an email meeting, simply click on the 'join' hyperlink next to the desired meeting at www.ca-online.org. The address that you join with will be used to send and receive meeting emails using email list software on the C.A. online system. After you have joined you will receive a welcome email, and then start to receive meeting emails.

VoIP Meetings

These are voice-only on Skype™ - similar in format to face-2-face meetings.

Reaching Out

Topic - Share - Steps - Discussion

Meeting Contact: Reachingout121

EVERY DAY OF THE WEEK
23:00 GMT/BST 18:00EST/EDT

Both Sides of the Pond

Meeting Contact: Both Sides of the Pond

Mondays - 15:00EST/EDT

Speaker Meeting on the first Monday of the month!

A Vision for You

Meeting Contact: A.Vision.For.You

Tuesdays - 22:00 EST/EDT

New! Into Action Online -

Big Book Discussion

Meeting Contact: Into Action Online

Tuesdays - 21:00 UK, 22:00 W EUR, 16:00 NYC

Both Sides of the Pond

Meeting Contact: Both Sides of the Pond

Thursdays - 15:00EST/EDT

New! Into Action Online

Big Book Discussion

Meeting Contact: Into Action Online

Fridays - 21:00 UK, 22:00 W EUR, 16:00 NYC



The 4th Dimension

Meeting Contact: the.4thdimension

Saturdays - 09:00 GMT/BST

New! French Language Meeting

La 4e Dimension réunion en ligne
Contact Skype: **La4e.Dimension**
Tous les mercredi 22h Europe / 21h UK



Cocainomanes Anonymes
Cocaine Anonymous

C.A. WORLD SERVICE CONFERENCE COMMITTEES

ARCHIVE

A New Way to be of Service!

Conducting an Audio Interview with Early Members of your Area or District

It is of particular importance that we, who are charged with the responsibility of protecting our Area or District's history, collect the audio histories of our pioneering members. The maintaining and archiving an accurate, first-hand account of our earlier membership, in their own words establishes our legacy, and a forum from which new C.A. members can learn about our beginnings - where we came from and how we are progressing. There is much wisdom in our Fellowship's collective hope, faith, and courage.

With the advent of smartphone technology, recording an audio interview is as easy as clicking on a "voice-record" app which is probably already pre-installed on your phone.

The information of an audio interview ought to contain historical details of C.A.'s growth, remembering that we are focused on the History of (Your C.A. Area) Cocaine Anonymous, NOT the history of a single individual's personal recovery story (See Appendix II). The structure of an audio history ought to record the following:

Introduction: This (Interviewer's Name) from the (Your Area) ARCHIVE Committee. I'm here with (C.A. Member Name and Initial), this (DATE). Does Cocaine Anonymous have your verbal permission to record this talk for the posterity of C.A., provided that the principles of the Twelve Traditions are upheld? (Wait for audible response). Thank you

Topics & Questions for Original and Early Organizers

- Tell me about C.A. in (Your Area or District) from your point of view?
- When did you become a member of Cocaine Anonymous?
- Who else do you remember being involved at that time?
- What is your most memorable moment in early C.A.?
- What growing pains did you experience, i.e. Group, District and Area Meetings?
- What mistakes were made?
- What do you think you did right?
- How did you cooperate with AA in those days?
- Tell me about the early Area conventions, Past World Delegates, and Trustees.
- How & when were the Regions established?
- How would you like to be remembered in C.A.?
- Are you happy with the way the C.A. has developed over the years?
- Do you still attend C.A. meetings?
- Is the Fellowship different now? How?
- What would you say to today's trusted servants?
- Is there anything else you'd like to tell me?

Closing: I want to thank you for your time today (C.A. Member Name and Initial). On behalf of the Archive Committee and our worldwide Fellowship, thank you for your time and your service.

CAWS ARCHIVE COMMITTEE, Cocaine Anonymous World Services 2016 Archiving Guidelines for C.A. Areas and Districts. p. 9.

https://ca.org/content/uploads/2015/07/CA_Archiving_Guidelines_Areas_Districts.pdf

Hey, Make it an Event!

Why not invite early members to participate in a panel, sharing their experience of how C.A. grew and record it?

* * *

CALENDAR OF EVENTS

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

September 28-30, 2018

**2N LISBON RETREAT 12 STEP JOURNEY
BRIDGE TO SHORE**

LOCATION:

Igreja de Campolide
Lisboa, Lisboa Portugal

September 28-30, 2018

One Day At A Time

LOCATION:

Athlone Spring Hotel, Athlone Co. Westmeath
Dublin, Ireland

October 19-21, 2018

SOCA Convention - Back from the Gates of Hell

LOCATION:

Edward Hotel
Toronto, Ontario

November 16-18, 2018

CAUK 25

LOCATION:

Brighton Hilton Metropole
Brighton Sussex, England

April 5-9, 2019

29th Annual Ohio Area Convention

LOCATION:

The Double Tree Independence
Independence OH - Ohio

April 12-14, 2019

Pacific North Regional Convention 2019

LOCATION:

Crowne Plaza San Francisco International
Airport
Burlingame, California

July 4-8, 2019

CAWS 2019 - 35th Annual Convention

LOCATION:

Scandic hotel, Infra City
Stockholm, Sweden

July 4-8, 2019

CAWS 2019 - 35th Annual Convention

LOCATION:

Scandic hotel, Infra City
Stockholm, Sweden

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Event**

Use the form at:

www.ca.org/events/submit-your-ca-event/

**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**

THE NEWSGRAM

IS LOOKING FOR YOU!!!!

WOULD YOU LIKE TO BE PUBLISHED??? DO YOU HAVE SOMETHING TO SAY???

The Newsgram is looking for your article, recovery jokes, recovery poem, suggestions, ideas, recovery drawing, or spiritual thoughts. This is YOUR publication!! We're looking for small items of 1 or 2 lines up to articles anywhere from 200 to 1100 words. If you write an item, you can upload it and sign

the release form online at
<https://tinyurl.com/y9yu92l3>

or snail mail it to:

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

NEWSGRAM THEME FOR OUR NEXT EDITION

LIFE ON LIFE'S TERMS
DEADLINE: OCT 1ST 2018

CALENDAR OF EVENTS (PAGE 2)

STOCKHOLM SYNDROME

JULY 4—JULY 8, 2019

Stockholm. Sweden



The countdown to "Stockholm Syndrome" CAWS 2019 starts now - register today for the convention of a lifetime!

As the first non-English speaking host country we are happy to welcome you to Sweden - the land of the Vikings, IKEA, ABBA and of course the famous condition "Stockholm Syndrome". A concept we thought had so many interesting interpretations that we chose to name the convention just that. We hope you like it as much as we do!

The Fellowship of C.A. Sweden has grown fast since the start in 2003. Even though we are a small country with a population of only 10 million people, we can now count 63 meetings a week spread over 19 cities. In Stockholm alone, there's an average of 4-5 meetings a day. We are proud to present "Stockholm Syndrome 2019" - an event with full focus on recovery from a seemingly hopeless state of mind and body. We have some truly magical days planned with amazing speakers from around the world, inspiring workshops, marathon meetings, world class entertainment and much more.

We especially welcome anyone who believes they might have a problem with drugs or alcohol. We also welcome everybody else who is interested in participating in this great event: Co-Anon members, drug and alcohol addiction related treatment centers, hospitals and institutions, members of the press or anyone with a curiosity for a solution for drug and alcohol addiction.

Cocaine Anonymous 35th World Convention is being held at Infra City in Stockholm Sweden 4- 8th July 2019.

Where is Sweden? And why should you care?

C.A. Sweden started in September of 2003 and after a few stumbles in the first couple of years the Fellowship grew and became part of something grand. It became the part of C.A. World. As we grew we needed to navigate our way forward, we asked for help arranging conventions and retreats, we asked for help in translating pamphlets and books, we asked for help in many ways - and we always received what we needed, though not always what we asked for.

Our fellows were wiser than we were. Giving us direction, love and understanding, we became a part of a strong Fellowship and for that we are eternally grateful. We do now recognize ourselves as "a part of" and we feel both proud and humble that we are given the task of planning the greatest party ever seen.

We love being of service and feel that we are finally in a position of paying back what so generously has been given to us - and we will give it our all!

Being part of C.A. is a journey, not a goal!

From Sweden with love!

Johan T / Chair "Stockholm Syndrome" CAWS 2019 Sweden

Please help us reach out to YOUR C.A. area, district and meeting groups!

Cocaine Anonymous 35th World Convention, CAWS 2019 is being held in Stockholm, Sweden. We are so excited and now we would love your help to reach out to your local C.A. Fellowship! www.caws2019.org

**TRANSFER AND ASSIGNMENT OF ALL RIGHTS,
TITLE AND INTEREST IN ORIGINAL LITERARY WORK
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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3. I am the author of this work, i.e. this work is completely original and I have not used any third party source(s), in part or in whole, to create this work unless said third party source or sources are given full credit within the body of this work and further that said third party or parties have given written permission for said use, copies of which are attached hereto.
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 January - March 2018
Category or Group**

LOCATION	NAME/CITY	TOTAL
CANADA		
Ontario	Southern Ontario C.A.	\$1,499.20
Quebec	C.A. Région Quebec	\$3,057.64
EUROPE		
Portugal	C.A. of Portugal	\$500.00
United Kingdom	C.A. Kent District £179.44	\$231.55
	C.A. NE Herts UK	\$421.37
	Central Area UK	\$33,835.99
	WL (West Londaon District of C.A.	\$966.65
USA		
Alabama	First Freedom Group	\$90.00
Arkansas	AR Area C.A.	\$1,500.00
	Serenity Group	\$500.00
Arozona	Birds of a Feather	\$523.05
	Sun Valley Intergroup, Inc.	\$8,000.00
	C.A. Northbay Service Group	\$140.00
California	CALA Long Beach/Compton	\$91.50
	Foothill District	\$300.00
	I.E.A.S.C.	\$250.00
	SFVCACO, Inc.	\$45.00
	WIECA	\$100.00
Colorado	C.A. of Colorado H&I	\$135.58
	C.A. of Colorado Inc.	\$528.13
Florida	District of Fort Myers, FL	\$78.00
Georgia	Carry This Message Group	\$30.00
	Spearheads Group	\$11.00
Illinois	Forever Free Meeting of C.A.	\$11.90
	IACA Inc South & West Dist.	\$316.47
	IACA Inc.	\$2,200.00
	IACA Inc. Northwest Suburban Dist.	\$100.00
Maryland	DC-MD-VA Group	\$25.00
Michigan	Saturday Morning Alive	\$30.00
Missouri	End of the Line Group	\$22.00
	Greater Saint Louis District C.A.	\$200.00
	Monday Miracles Group	\$620.00
Oklahoma	C.A. Oklahoma City	\$50.00
	Northeastern District	\$235.10
	The Rock Stops Here	\$125.00
Oregon	C.A. of Oergon, & SW Washington	\$100.00
Pennsylvania	C.A. of PA, NJ, DE	\$300.00

**7th Tradition January - March 2018
Category or Group**

LOCATION	NAME/CITY	TOTAL
Texas	Freedom & Hope Group Conscience	\$45.00
	North Texas Area C.A.	\$25.00
	Southwest Reg Convvention North Texas Area C.A.	\$4,675.66
Wisconsin	Razors Edge Group	\$154.63
	Sunday Night Strengths & Candle Light Meeting	\$138.65
World Contribution Program	See form on page 7	\$2,655.00
Anonymous	Anonymous	\$1,418.05
S.M.A.R.T. Program	S.M.A.R.T. Program	\$845.92
Total 7th Tradition		\$67,128.04

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 Quiet Peace are used with permission.)