

NEWS



GRAM

Vol. 36 No. 4 C.A. World Service Office, 21720 S. Wilmington Ave., Ste. 304, Long Beach, CA 90810-1641 4th Quarter 2018

MY BUCKET LIST

By: Brenda M.
Los Angeles, California, USA

The Eighth Step: "Made a list of all persons we have harmed, and became willing to make amends to them all"

I've heard the term "Bucket List" and understand it to be a list of things that I want to accomplish before I transition off the planet earth. The Eighth Step was my "bucket list" of people, institutions and principals that had to be dealt with before I could begin a life-long journey of recovery from drug addiction.

In the movie the "Bucket List" Jack Nicolson convinced Morgan Freeman to join him in his bucket list adventure one of which was of sky diving. Just like the Morgan Freeman character, I was unwilling to jump. To become willing to make amends to the folks on my Eighth Step list was as scary as free falling towards the earth. Then my sponsor reminded me that I'd made vow to go to any length to stop drinking and using. And just like in the movie I had a parachute, the Fellowship of C.A..

Liberation from my fears was unlocked and my spiritual experience happened after completing the Eight and Ninth Steps

On a chilly Saturday morning in November 1986 I sat on a bench in Griffith Park with my sponsor reading him my Fourth Step. After several hours of me shaking my head to disagree with him, he struggled but finally helped me admit that my choices had contributed to my unhappiness, resentment and fear of living. That afternoon we reviewed the list of people I'd harmed by lying, stealing, and manipulation. With guidance from my sponsor I divided my list into three buckets.

Bucket One included names people that I was desperate to talk with to make things right. My family, mother, brothers and sisters were glad to see me attending meetings and were eager to support my change. They accepted my amends and witnessed and

supported my efforts. These conversations were sometimes hard, but also a joyful relief.

In the Second bucket was the names of individuals and institutions that I was absolutely unwilling to make amends too. All of my financial amends were in bucket number two. This was the bucket of folks that brought up all of my financial insecurities and misunderstanding of how money works. This list included IRS, judgements, credit cards bills and relatives that I owed money.

Bucket Number Three listed the names of the people that I vowed to never ever reach out to. This listed included ex-lovers and abusers that I deemed unforgivable. These were the folks that I believed enjoyed the way they treated me and I'd never let them off the hook. Never.

As I set out to complete Step Nine I worked on Bucket Number One with positive results, I loved the feeling of being forgiven by my family and loved ones. At this point I've celebrated one year of sobriety I'm in the happy zone.

Then the day came when I got the notice for IRS and suddenly I realized I'd become willing to look into this bucket. Making arrangements to clean up my debts was the most liberation I'd experienced in years. The fact that I could pick up the phone and open mail without alarm or fear was an enormous step forward on my journey to freedom.

The final list or bucket of amends were the most difficult to complete; but allowed for the most growth and new possibilities. By now I was at least willing to pray for my sexual abusers. In a Friday night C.A. meeting I heard a woman share that she was tired of being a victim that is was now her identity. I was deeply affected in that moment and knew it was time for the final bucket. I understood that I had done nothing to cause the abuse but now I understood that my part was my comfort in being a victim.

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MY BUCKET LIST

By: Brenda M.
Los Angeles, California, USA
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After all the payoff was that I didn't have to be responsible for my failings I'd blamed my abusers for all of my problems including my addiction. After writing letters and having a few conversations that ended badly, I walked away with a freedom that words cannot describe. I'd been walking on the road to personal recovery but now I was like a child that skipped down the highway of my life, lighthearted for the first time in my adult life.

The list of individuals in my Eight Step and my actions in the Ninth Step were the beginning of me living my life in the moment not being held hostage to my past and fearful of the future.

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LIVING ON LIFE'S TERMS

By: Dot T.
Smyrna, Georgia, USA

Before Recovery this meant trying to adjust life to fit my needs. And if it didn't I would lie, steal, cheat or whatever to make it fit. And every time one of my schemes went wrong I would blame it on everyone else and go get high. Blaming everyone else and never looking at me.

I did not know how to accept life on life's terms. Here are some of the things that kept me in the dark, unhappy and miserable.

Holding on to my expectations.

Comparing myself and becoming envious.

Refusing to deal with reality and staying in denial.

Bathing myself in self-pity and martyrdom.

Refusing to trust God.

Stuck in "if only." I dwelled on thoughts like: "If only he/she/ I would have done _____, then _____."

In Recovery, I am learning to live and accept life on life's terms. I have learned that I have no control over what happens in life and that life situations happen to everyone. Today, how I handle life situations depends on my relationship with a Higher Power.

Cocaine Anonymous, through the 12 Steps, has allowed me to find a Higher Power and has taught me that I can deal with life, sickness, death, job or no job, money or no money, lover or no lover, slow traffic, traffic jams, long lines, annoying people, or any other living experience without having to drink or drug or use a man to get through it.

Note: at three years of sobriety I learned I was addicted to men and relationships.

I have learned that I have choices in life. I can either accept the condition as it exist or accept the responsibility for changing it. Despite what curve balls life throws I have been given tools to hit the balls back over the net. I use the principles of recovery to live right and maintain abstinence no matter what; come hell or high water

Today at 33 years of recovery I have learned that life is about living, loving, learning and laughter. I have also learned that I cannot stop life from happening so I prepare myself to make the adjustments to respond appropriately.

Living life on life's terms has more to do about my attitude toward life rather than what is actually happening in my life on any given day.

An example: One of the Ninth Step promises says "Our whole attitude and outlook on life will change." Before Recovery I went to the Grand Canyon (one of the Seven wonders of the world) and I looked over and thought "It's just a hole". I went back to the Grand

Canyon in recovery and looked over and thought "it may be just a hole, but what an awesome hole it is."

Today my life works because I accept that it is just the way it is supposed to be and I keep moving forward. Funny how working the 12 Steps and practicing the principles in my everyday affairs has created a brand new me. When I look at my life today it is as if I have on a new pair of glasses.

SERVICE AND LIFE ON LIFE'S TERMS

By: Rod D.
Gladstone, Missouri, USA

When I first started going to group and district group conscience meetings I found them disturbing. I was disturbed by what I called the politics and all the rules. I hated following any kind of structure. My sponsors over the years have help me to see this differently.

I discovered through inventory the chief fears that caused most of my disturbance. I began to see all the limited structure was a way to keep us as focused on the principles, instead of the personalities as possible. The sometimes-passionate arguments were being given my members who loved C.A.. Sometimes just a little to passionate, because you know we aren't always perfect. I had to repeat these learning experiences over and over. It was not a quick process for me.

As I became more comfortable with this so-called politics, I found that learning to function in the world of service allowed me to handle life in a new and more effective way. The same ability to see service structure in a new light allowed me to focus on the rules of the world around me in a new way. The limited organization of service bodies gave me the courage and talent to get involved in aspects of society that I had unable to get involved with before. The passionate arguments have taught be how to be a part of my family and society without losing my cool. I can at least appear to be a voice of reason. What a strange change.

God in his wisdom placed me in service to a Fellowship that saved my life. I did it because I was told to do it. I did it because C.A. saved my life. I didn't do it because I thought it would change me. God used the Steps and service to really change how I react to life. More than anything else I believe that finally the lesson I have learned from service is how to love. Today I am a grateful member of C.A. I am actually able to love today.

MY STORY
By: Deloris B.
Moreno Valley, California USA

Giving all honor to God for my life today, I would like to share with the reader my experience, strength and hope with you that something I am about to say, will help you find a solution to what you suffer from. I was told to listen to the similarities and not the differences.

My story starts like this - born to older people, mom 33 and dad 44, brother 14, sister 13, mother and father alcoholics. Already wild, maladjusted to life; something was wrong already. Born with a medical problem due to my mother's drinking. Who would have thought that a beautiful baby like me would go through so much in this lifetime - but because of God's grace and mercy, I got to live two lifestyles in one lifetime. Sexual abuse started early in my life, at age four. By kindergarten I was running the show because of the idea that my father had given me - that I didn't have to do what I didn't want to do.

There was a lot of fighting in my house with my family. Mainly by my mother and father - early learning that the dysfunction was O.K. So, the lie became the truth and the truth became the lie - delusions and illusions had become my style.

At 14 pills, weed, and alcohol allowed me to become a part of what I thought life was supposed to look like. Gangbangers became the family I didn't think I had. Getting pregnant at 16 years old slowed down all of it for a long time, but over 21 years old I have been through physical and mental abuse - what an order I can't go through with it - I smoke some and one day my children were taken away - a newborn, two years old and a four years old. I get help to get my children back, not knowing I had a disease of threefold nature, mind-body-spirit, and that I need to treat all these parts.

So, my drug journey began: cocaine joined in with alcohol to help me control the alcohol. I tried things to stop: church, outside program, 12-Step program, counselling, inpatient program, nothing seemed to work, I just couldn't stop. No matter what I have done to my children, the neglect, the mental abuse, all the thing I have done to myself, my life, my finances, the God I serviced nothing mattered, I just couldn't stop.

A moment of clarity came. I thought I wanted to die; I just wanted help. I need to know why I keep drinking; I did not like the taste of it. I did not like the smell of crack, but I still went on drinking and smoking. So, one day God talked to a friend of mine and he invited me to a Christian based 12-Step program and my journey began. I had to surrender to the fact that I was an alcoholic or addict. I was powerless over drugs and alcohol; my life I knew was unmanageable.

I got a sponsor, the Big Book of Alcoholics Anonymous and Twelve Steps and Twelve Traditions book. I started to do the work as suggested to me by my sponsor and the 12 Steps outlined in the Big Book. And now I am a better mother, wife, grandmother, sister and friend, a member of Cocaine Anonymous, as a Structure

and Bylaws chair and delegate. Nine years strong and not willing to go back. God has changed my life, my mind, my heart, I am a mother in the Mother's board at my church. Yes, I know this is not a religious program, but the Big Book of Alcoholics Anonymous says look at where religious people were right. I pray that something I said would help you see a glimmer of light so that you may find a way upon set like I did.

LEARNING TO BREATHE

By: Susan B.
St George, Utah, USA

My addiction was a taskmaster. It wanted what it wanted, and it wanted it NOW. When I came into recovery I was full of fear, excuses, old ideas, and resentments. My attitude was one of the glass being half empty; there was never enough of anything for me. In truth I had no tools for living life on life's terms because addiction ruled my choices and behaviors. I was so busy organizing the needs of my addiction to cocaine, alcohol, and cigarettes that I didn't have time to breathe. I remember feeling like I was always holding my breath.

When I came into recovery, I exhaled; I felt safer in the rooms. My breathing improved but was still shallow. I got a sponsor that carried the message and guided me - even cautioning me that the biggest threat to my sobriety could come from within the rooms.

This was excellent advice - it was suggested that I stick with the winners and heed both the warning and spirit of Tradition Three. She counselled that having the "desire" to recover was not recovery at all. I learned that action and more action was required on my part to achieve any recovery at all.

I remember her telling me to B-R-E-A-T-H-E. It hadn't occurred to me that I wasn't, but it was the truth. I learned how to take honest breaths that were not seeking to accomplish anything other than to inhale and exhale; to ground me and allow me to pause long enough to take the "contrary action" that was suggested in the Big Book of Alcoholics Anonymous and C.A. pamphlets I picked up at meetings. (They are all available online at www.ca.org under Literature)

I learned to like breathing again. Despite my initial apprehension, I came to believe that it was OK to not be afraid of the other shoe dropping - I'm a girl, I like shoes; when the other shoe drops, I have a pair!

As I have grown - sometimes quickly, sometimes slowly - in recovery, I've grown in my ability to "just breathe" and take deep, cleansing breaths. Breathing allows me to take a break from my thoughts and connect with a Power Greater than myself. It helps me to focus and pause to consider my choices and take the next indicated action to stay clean and sober while having the grace to live life on life's terms. I have choices today; so, when I'm in doubt, I just breathe.

EGO VERSUS LIFE

By: Greg I.
Los Angeles, California, USA

My name is Greg and I am a booyah blasting crack-head from the Crenshaw area of Los Angeles. My story about living life on life's terms is coming to the Fellowship because of the note requesting submissions on the subject, sent out to me by the NewsGram's editor, Yves. It read, 'Hi. Do you remember me?' That line got me because I chuckled to myself and quickly replied back in an email..

Funny how GOD works things in our lives. The last thing I wanted to talk about was how life on life's terms was working for me, cuz currently, I was someplace where I wasn't even talking to my guys about it! Seriously, my ego was not playing the tape back!

So, two years ago, I had an incident that occurred after a Sunday CALA Annual Palm Springs Convention planning meeting. I was stopped at a signal light, about one foot behind the car in front. My foot slipped off the brake pedal and I bumped that car. There was no mark or indentation, nothing visible to the naked eye, but I knew there was going to be issues when the passenger got out, talking about his neck and back. We traded information and I noticed that my coverage expired the day before. I had neglected my coverage! Wow. Of course, my mind still said, this bump will not become an issue. Well, when contacted by their insurance, after my company had informed them of my lapse in coverage, I argued that " This was BULL!" I had a witness to the incident and he would clarify how crazy their accusation was! But what ended up happening is I did not give credibility to the whole affair and while doing so, these two guys saw doctors, created a paper trailing showing pre-existing medical conditions which were aggravated by the bump! A couple of months ago, I agreed to paying off \$15,000 in

payments because my ego ignored the legal path that would have surely allowed my witness to be heard, established that no visible damage was present, and make sure whatever restitution was required, would have been more reasonable than the one I am paying today.

The good news is that none of this will play a big role in my sobriety, serenity or recovery. I have turned that part over to GOD and will simply continue to enjoy my relationships, my service opportunities AND because of Yves's email, I have put this out into the light where it no longer weighs heavily on my back! How GOD has gotten me to talk about this makes me laugh. After spending a day hosting a C.A. marathon at the Veteran's Administration in Westwood, C.A., I ended up at my men's stag this past Monday. Only three others showed up, so we all shared a bit more than usual. I found myself talking and chuckling with the guys, about committing to writing about life on life's terms for the NewsGram, simply because I laughed when I read Yves's Remember Me line! Do I give GOD credit for my mishap? Nope, that's my ego, so it's my part, but as far as showing me a way to deliver the message that these mishaps no longer have to dominate my actions or thoughts, GOD put the path right in front of me. It's how I am growing in this program. I don't have to worry about growing wings or getting a halo, but with guidance, my life shows evidence of getting better. Pretty good for a crack-head from Crenshaw. I can still do stupid things, but maybe by sharing I will help another from having to go through the same results. And, thanks, Yves, for inviting me to participate in my sobriety .

* * *

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.

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.



**PUT YOUR
SERVICE
SHOES
ON!**

The WSCIT COMMITTEE NEEDS YOU!!!

Exciting news CA is continuing work on an app for our Fellowship! We are looking for your ideas and input to find out what the Fellowship would like to see. We have a list of ideas from referrals and committee work for possible content:

- *Sobriety Calculator (referral)*
- *Find a meeting (referral)*
- *Pre-amble*
- *Who is a Cocaine Addict?*
- *We Can Recover*
- *Serenity Prayer*
- *Link to CA.org*
- *12 Steps*
- *12 Traditions*
- *Vision for you*
- *Reaching Out*
- *Meeting Formats*
- *Find events: district, area, or international*

*Let us know what you would like to see,
send an email to itcommittee@ca.org*

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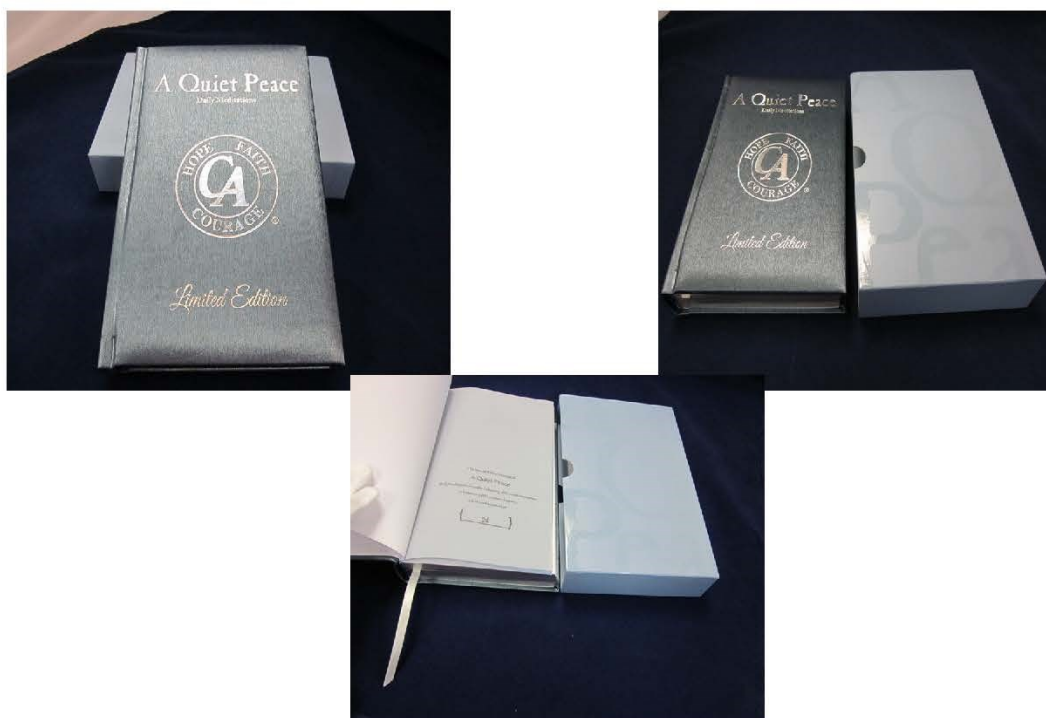
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Share Your Experience, Strength & Hope in C.A.'s First 12 Steps & 12 Traditions Book and 12-Step Workbook

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

Every C.A. Object Has a "Remember When" Story

Not only a repository of Cocaine Anonymous objects, memorabilia, ephemera and documents, the C.A. Virtual Museum can activate and engage our Fellowship in the collective history of C.A. around the world.

Every object has a "remember when" story and we want hear your story about any object in the C.A. Virtual Museum (by clicking on an individual object, you can post a story about it) or, if you have an object not currently in the museum, we love to have you upload an image of that object and share your story about it to the rest of the Fellowship.

For example:

At the 2018 World Conference, the delegates from Holland used these wooden shoes as a promotional-fundraising item for their bid at holding 2022 World Convention in Holland. (They lost to the Georgia Area bid). The wooden shoe is significant because in Holland C.A. meetings, many groups use a Dutch wooden shoe to collect the 7th Tradition.

Help us grow the Cocaine Anonymous Virtual Museum. Submit your entry (pdf, png, jpg) of an interesting C.A. object from your area.

Submit a C.A. Object to the Virtual Museum

<https://museum.ca.org/submit-an-object/>



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- Any artwork used for the event cannot be signed
- Art design must be sent to World Service Conference Unity Committee for approval
- Artwork must be submitted in jpeg and/or jpg format
- The Unity Committee will view all artwork and select on a piece to present to WSC for final approval.

Please submit your artwork to:

CAWSO

www.ca.org

c/o CAWSC UNITY COMMITTEE

21720 S. Wilmington Ave. Suite 304

Long Beach, CA 90810

USA

CALENDAR OF EVENTS

November 16-18, 2018

CAUK 25

LOCATION:

Brighton Hilton Metropole
Brighton Sussex, England

February 22-24, 2019

2019 Illinois Area Unity Convention

LOCATION:

The Double Tree Hotel
Oak Brook, Illinois

March 15-17, 2019

No Human Power - SCD Convention

LOCATION:

Royal Bath Hotel Bournemouth
Bournemouth Dorset, England

March 29-31, 2019

C.A. London Area 2019 Convention

LOCATION:

Heston Hyde Hotel
Hounslow, 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

April 13, 2019

C.A.'s 30th Anniversary

LOCATION:

Corner of Fayette & Madison
Peoria, Illinois

April 26-28, 2019

Atlantic South Regional Convention 2018

LOCATION:

Pensacola Beach Hilton Hotel
Pensacola Beach, Florida

**Get the word out about your local
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

EMOTIONAL SOBRIETY
DEADLINE: JAN 7TH 2019

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 four to five 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

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AND ACKNOWLEDGEMENT OF ORIGINALITY**

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

Signature: _____

Date: _____

Name (please print): _____

Address: _____

Phone number: _____

E-mail address: _____

7 th Tradition July-September 2018 Category or Group		
LOCATION	NAME/CITY	TOTAL
CANADA		
Alberta	Northern Alberta Area	\$1 481,20
EUROPE		
Germany	C.A. Germany Area	\$573,05
United Kingdom	C.A. Kent District £179.44	\$275,33
	WL (West Londaon District of C.A.	\$133,46
USA		
Arkansas	Spirituality Group	\$100,00
California	C.A. Northbay Service Group	\$30,00
	C.A. Long Beach/Compton	\$96,90
	CALA Backbenders Group	\$64,00
	CALA Focus on Recovery Group	\$30,00
	CALA Westside Hoolywood District, Focus on Recovery Group	\$180,00
	Group Solan Beach Tue Men's	\$45,00
	Inland Empire Area	\$250,00
	Orange County CA	\$500,00
	San Diego CA	\$1 421,54
	SFVCACO, Inc.	\$2 000,00
	SGPVCA	\$6 049,39
	Solan Beach Clubhouse	\$323,70
	Young Guns In Recovery	\$250,00
Colorado	C.A. of Colorado H&I	\$175,86
	C.A. of Colorado Inc.	\$250,00
	Coconuts	\$148,00
Florida	District of Fort Myers, FL	\$120,00
Georgia	Carry This Message Group	\$31,00
	Log Cabin Group	\$211,83
	Spearheads Group	\$61,00
Illinois	Fidelity	\$50,00
	Forever Free Meeting of C.A.	\$15,00
	IACA Inc South & West Dist.	\$286,57
	IACA Inc.	\$200,00
	IACA Inc. Northwest Suburban	\$206,15
Kansas	Free At Last Group	\$200,00
Massachusetts	Positive Attitudes	\$25,00
Michigan	Saturday Morning Alive	\$35,00
Missouri	Get to Stepping Group.	\$47,65
Oregon	C.A. of Oregon, & SW	\$50,00
Pennsylvania	C.A. of PA, NJ, DE	\$300,00
South Carolina	There is a Solution Group	\$8,25

7 th Tradition July-September 2018 Category or Group		
LOCATION	NAME/CITY	TOTAL
Texas	Freedom & Hope Group	\$45,00
Utah	Cocaine Anonymous of Utah	\$3 500,00
Washington	A Quiet Peace Group Washington State C.A.	\$41,03
Wisconsin	First Things First	\$30,00
	Razors Edge Group	\$141,00
World Contribution Program	See form on page 7	\$3 401,18
Anonymous	Anonymous	\$1 741,73
S.M.A.R.T. Program	S.M.A.R.T. Program	\$595,00
Birthday envelope	Come Alive Meeting,	\$137,00
Total 7th Tradition		\$25 856,82

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 books *Hope Faith & Courage*, and *HFCII* and *A Quiet Peace* are used with permission.)