

## EMOTIONAL SOBRIETY

# NEWS



# GRAM

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### WHAT ABOUT EMOTIONAL SOBRIETY

By: Pam G.  
Houston, Texas, USA

In my opinion, talking about Emotional Sobriety can be “emotional” within itself. Emotional sobriety in a sense can be freeing as well. I am a woman that learned as a child to hide, bury or to just outright ignore my emotions. I could not talk about it, because we all know that what goes on in our house—stays in our house. 20 years later in this Fellowship of Cocaine Anonymous I have been given permission to feel what I feel, when I feel it and to talk about it until it’s resolved in me.

I have experienced joy, pain, hurt, and grief since I worked the 12 Steps. My joy comes in a now three-year-old grandson, that has never seen his Nana high or drunk. It also comes in the form of having a son that witnessed my addiction, and loves and respects me as his mom today. My joy comes as a service worker and member of a Fellowship that has shown me how to reciprocate that love in so many ways.

Since being in this Fellowship, I have experienced the pain of a Breast Cancer Diagnosis. When I first sobered up, I made an unofficial declaration to myself saying if I ever get a life-threatening illness, I would get high. I found out that emotional sobriety doesn’t operate on how I feel at any given moment, rather it is about how I deal with the issues at hand. In Cocaine Anonymous, I have learned to be a member of the “no matter what club”. I don’t drink or drug no matter what, and that feelings change.

The grief I’ve experienced include the death of my mother three years and one week ago (at the time of this writing). Having to sit by her bedside watching her deteriorate from Stage four Lung Cancer while I am trying to celebrate my own five-year anniversary from breast cancer, was tough. I was torn between to celebrate or not to celebrate what should have been a momentous occasion for me, however, the experience

made me lean more on my recovery and the process of getting out of myself to be available for her — making funeral arrangements, before she died and trying to make her proud in the process. Never once did the thought of a drink or a drug enter my mind. Since being in recovery, I have also lost a brother and a sister and again the stability that I have achieved in this Fellowship has sustained me exponentially.

The hurt is almost unspeakable, but to me speaks volumes. I experience hurt from people that I love that for reasons inexplicable to me. I have a sister that refuses to talk to me based on “something” that I did to her while we were children. A sister that I was not able to hug as we buried our mother. I also hurt from the loss of a sponsor, whom I felt taught me how to engage in service work for a Fellowship that I crave as well as one I felt indebted to, that decided to no longer be my sponsor with no warning.

Having worked the 12 Steps of C.A., I have learned that My emotional sobriety is what allows me to balance my day to day life and all that that entails. .

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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## **MY EMOTIONAL SOBRIETY**

By: Mike S.

Kennesaw, Georgia, USA

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I alleviated my debt with two bankruptcies, and started again. I stayed in the program, and kept going to meetings. I stayed in service to C.A.. Not only did I work the 12 Steps with others I worked them on myself. When we recognize, admit, and accept our faults and imperfections, our peace of mind doesn't depend on being accepted or approved of by others. "Other people's opinion of me is NONE of my business."

I still have problems. I spent most of last year dealing with severe back pain. I know what stops the pain and I told my doctor that, if I didn't get some relief, I know how to stop pain. I am dealing with a lot of anger issues. My PTSD has surfaced big time and I am having trouble being loving, tolerant and patient. The words "Ambush is killing, Killing is fun" keep running through my head. Through it all I have to keep coming back to the fact that the 12 Steps have worked thus far, and remember that I was insane when I got here.

You cannot get from where I was, to where I am at without the help of God and the 12 Steps of C.A.. And if you are having trouble with your God you can borrow mine. He is used to cracking hard nuts.

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## **WSO NEEDS YOU MAINTAINING YOUR MEETINGS ON C.A..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.

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## THE MYTH OF ADDICTION AS A DISEASE

By: Cameron F.  
Toronto, Ontario, CANADA

***This article express the individual opinion of the writer, not necessarily Cocaine Anonymous.***

“Addiction does not meet the criteria specified for a core disease entity, namely the presence of a primary measurable deviation from physiologic or anatomical norm. Addiction is self-acquired and is not transmissible, contagious, autoimmune, hereditary, degenerative or traumatic. Treatment consists of little more than stopping a given behaviour. True diseases worsen if left untreated. A patient with cancer is not cured if locked in a cell, whereas an alcoholic is automatically cured. No access to alcohol means no alcoholism. A person with schizophrenia will not remit if secluded. Sepsis will spread and Parkinson disease will worsen if left untreated. Criminal courts do not hand down verdicts of “not guilty by virtue of mental illness” to drunk drivers who kill pedestrians.” (2012. Tim Holden. Accessed, Dec. 20, 2017 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3314045/>)

Moreover, the “disease model of addiction” advocates for “epiphenomenalism which posits that “our thoughts and our behaviour are caused by brain activity, BUT what we think has no effect on our behaviour or on the activity of the brain. Essentially, this philosophy completely rejects free-will at both the level of thought and action. From this view, brain activity simply happens as part of a fully physically determined chain of cause and effect—the brain develops in certain ways according to genetics and conditioning, and just reacts chemically, producing thoughts and behaviour over which we have only an illusion of control. Or, as researcher Edwin Locke put it: A more common ‘soft’ materialist view of thought is that, although thoughts exist, they are epiphenomena of physical events, that is, by-products of the physical having no causal efficacy. The doctrine of epiphenomenalism, of course, is a version of determinism, or more precisely, psychological determinism. This doctrine holds that with respect to his beliefs, thoughts, decisions and actions, human beings have no choice. Given the conditions of his environment and his genes at any given time, only one alternative is possible. In sum, human beings have no control over their destiny; they are totally controlled by conditioning and physiology. (Locke, 1995) (2014. STEVEN SLATE. Accessed Dec. 20, 2017 <http://www.thecleanslate.org/philosophical-brain-disease-addiction-epiphenomenalism/>)

**By medicalizing addiction addicts have been turned into political, social and economic fodder for policymakers**

In the 1940’s, if you were an alcoholic, you could go to a hospital and safely detox, however you were required to pay a bill for your stay, which was approximately five to seven days. There was no money in the procedure of “drying out” drunks and addicts. BUT, by medicalizing addiction and defining it as a disease has opened the door for social policymakers to justify a huge infrastructure of social services and, of course a whole army of social workers, addiction counselors, and harm-reduction specialists to work on the growing problem of addiction. Furthermore, medicalizing addictions has given rise to the multi-billion-dollar treatment center industry. It has also spawned the further rise of “Big Pharma” and their plethora of pharmaceutical interventions to augment the addict’s plight. And let us not forget Government sponsored methadone programs and safe-injection sites for heroin addicts. Sadly, talk with any heroin addict and ask them about the horrors of trying to detox from methadone addiction, all courtesy of our enabling government-sanctioned social services agencies.

“Medicalizing addiction has not led to any management advances at the individual level. The need for helping or treating people with addictions is not in doubt, but a social problem requires social interventions.” (2012. Tim Holden. Accessed, Dec. 20, 2017 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3314045/>)

**Twelve Step Program describes alcoholism/addiction as an allergy of the body, an obsession of the mind — a spiritual malady**

Nowhere in the *The Big Book of Alcoholics Anonymous* (2001, 4th ed.), the Twelve Step basic recovery text does it subscribe to the notion of alcoholism as a “disease”.

However, the *The Big Book of Alcoholics Anonymous* does state: “The doctor’s theory that we have an allergy to alcohol interests us. As laymen, our opinion as to its soundness may, of course, mean little. But as ex-problem drinkers, we can say that his explanation makes good sense. It explains many things for which we cannot otherwise account.” (2001. A.A. 4th ed. p.xxvi)

“An illness of this sort - and we have come to believe it an illness - involves those about us in a way no other human sickness can. (2001. A.A. 4th ed. p.18)

“Men and women drink essentially because they like the effect produced by alcohol. The sensation is so elusive that, while they admit it is injurious, they cannot after a time differentiate the true from the false.

*(Continued on page 4)*

## THE MYTH OF ADDICTION AS A DISEASE

By: Cameron F.  
Toronto, Ontario, CANADA

*(Continued from Page 3)*

To them, their alcoholic life seems the only normal one. They are restless, irritable and discontented, unless they can again experience the sense of ease and comfort which comes at once by taking a few drinks –drinks which they see others taking with impunity. After they have succumbed to the desire again, as so many do, and the phenomenon of craving develops, they pass through the well-known stages of a spree, emerging remorseful, with a firm resolution not to drink again. This is repeated over and over, and unless this person can experience an entire psychic change there is very little hope of his recovery.” (2001. A.A. 4th ed. p.xxviii)

“...there was always the curious mental phenomenon that parallel with our sound reasoning there inevitably ran some insanely trivial excuse for taking the first drink. Our sound reasoning failed to hold us in check. The insane idea won out. Next day we would ask ourselves, in all earnestness and sincerity, how it could have happened.” (2001. A.A. 4th ed. p.37)

**The untreated alcoholic/addict is a manifestation of varying degrees of irresponsibility.**

“Selfishness, self-centeredness! That, we (Alcoholics Anonymous) think, is the root of the alcoholic’s troubles...So our troubles, we think, are basically of our own making. They arise out of ourselves, and the alcoholic is an extreme example of self-will run riot, though he usually doesn’t think so.” (2001. A.A. 4th ed. p.62).

**Alcoholics Anonymous advocates a spiritual-moral solution to the problem of alcoholism and addiction.**

Through the Step Four process, the alcoholic uncovers their short-comings, their character defects. Examples of those defects can be found throughout the first 164 pages of the Big Book. Here are some that are cited: pride, vanity, egotistical, self-pity, morbidity, jealousy, suspicion, envy, selfishness, self-seeking, self-centeredness, self-justification, insincerity, dishonesty, lying, exaggeration, unthinking, callousness, cruelty, anger, rancor, bitterness, hate, antipathy, lethargy, impatience, fear, cowardice, worry, intolerance, lust, infidelity, inconsideration, anti-social, slander, gossip, prejudice, diffidence, servility, scraping, irresponsibility, unreasonableness, apathy, martyrdom, squandering, and obstinacy.

These character defects are the underlying root causes and conditions that produce symptoms of this spiritual malady recognized as restless, irritable and

discontented, boredom, depression, anxiety, etc.

These symptoms produce a mental mindset in the alcoholic to causes them to seek a sense of ease and comfort which comes at once from alcohol/drugs and leads, thus them to picking up the first drink (even when they don’t really want to) which, when coupled with their physical allergy to alcohol, leads to the “alcoholic spree,” whereby they seemingly have no control over their consumption. The Alcoholics Anonymous program states, “There is a solution.” “When the spiritual malady is overcome, we straighten out mentally and physically.” (2001. A.A. 4th ed. p.64)

A key tenet to the Twelve Step solution is Step Three: “Made a decision to turn our will (our thinking) and our lives (our actions) over to the care of God (the ‘Great Reality’ we find deep down within ourselves) as we understood Him.” (2001. A.A. 4th ed. p.59)

This essentially means that the alcoholic is going to think and live by a new set of spiritual principles. Character defects are correlated with the spiritual malady which produces and general disposition of restlessness, discontentedness, irritability, boredom, etc. and leads to the mental obsession which inevitably leads to the first drink and subsequent spree. Spiritual principles are correlated with arresting the symptoms of the malady, thus allowing the alcoholic’s mind and body to straighten out and recover from a seemingly hopeless state of mind and body. This is all accomplished by the alcoholic working all Twelve Steps which facilitates a spiritual experience or awakening.

### **A Daily Plan of Action**

“On awakening let us think about the twenty-four hours ahead. We consider our plans for the day. Before we begin, we ask God to direct our thinking, especially asking that it be divorced from self-pity, dishonest or self-seeking motives (character defects). Under these conditions we can employ our mental faculties with assurance, for after all God gave us brains to use. Our thought- life will be placed on a much higher plane when our thinking is cleared of wrong motives.” (2001. A.A. 4th ed. p.86)

“When we retire at night, we constructively review our day. Were we resentful, selfish, dishonest or afraid? Do we owe an apology? Have we kept something to ourselves which should be discussed with another person at once? Were we kind and loving toward all? What could we have done better?

*(Continued on page3)*

## THE MYTH OF ADDICTION AS A DISEASE

By: Cameron F.  
Toronto, Ontario, CANADA

(Continued from Page 4)

Were we thinking of ourselves most of the time? Or were we thinking of what we could do for others, of what we could pack into the stream of life? But we must be careful not to drift into worry, remorse or morbid reflection, for that would diminish our usefulness to others. After making our review we ask God's forgiveness and inquire what corrective measures should be taken." (2001. A.A. 4th ed. p.86)

"We are not cured of alcoholism. What we really have is a daily reprieve contingent on the maintenance of our spiritual condition. Every day is a day when we must carry the vision of God's will into all of our activities. "How can I best serve Thee -Thy will (not mine) be done." These are thoughts which must go with us constantly. We can exercise our will power along this line all we wish. It is the proper use of the will." (2001. A.A. 4th ed. p.85)

### The Efficacy of the Twelve Step Program

"On the other hand – and strange as this may seem to those who do not understand – once a psychic change has occurred, the very same person who seemed doomed, who had so many problems he

despaired of ever solving them, suddenly finds himself easily able to control his desire for alcohol, the only effort necessary being that required to follow a few simple rules." (2001. A.A. 4th ed. p. xxix)

"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." (2001. A.A. 4th ed. p.89)

Lastly, tens of thousands of recoveries throughout the decades, since 1939, in the rooms of A.A., C.A., N.A. and so many other Twelve Step oriented Fellowships, bears witness to the efficacy of the Twelve Step Program.

In conclusion, we find that alcoholism/addiction is not a disease but a spiritual malady. A malady that can be remedied with a simple, moral-spiritual approach, as instructed in the text of the Big Book of *Alcoholics Anonymous*. .

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## MY EMOTIONAL SOBRIETY

By: Mike S.  
Kennesaw, Georgia, USA

During a ten year period between April of 1987 and May of 1997, I was in a Detox, treatment centre, hospital or mental institution 28 times. During the plethora of white chips, I was able to get 11 months one time using a combination of Narcotics Anonymous and Rational Recovery. Of course six of those 11 months were spent in a VA mental health domiciliary. The person I was working with then told me that I would be okay after I got drunk because I didn't do any dope. The 28<sup>th</sup> visit was in the detox ward then the mental health ward at the VA hospital in Decatur. I was detoxing okay, getting well enough to go out and live my life as I saw fit, when my 16 year old son committed suicide. I was moved to lock down on the "Crazy" side of the mental health floor and spent the next few days in an eight by eight foot padded room. That was 21 years and nine months ago.

I give you this background so that you can understand where I come from when I try to explain my understanding of emotional sobriety. First, not all 12 Step Fellowships are equal. I tried to rationalize myself sober, work a 12 Step program other than A.A. or C.A.'s 12 Steps, and try abstinence. When I wasn't drinking I was drugging and vice versa. I came to a point in that padded room where I realized that I knew one thing, I didn't know what I wanted to be, but I knew that I didn't want to be what I was. The first three steps of A.A. worked me and I became teachable.

My first few years of sobriety were a lot of fun, I became spiritual, fell in love a couple of times and even got married. I made amends to my ex, got a relationship with my other son and worked through the steps several times with a couple of sponsors. Life was great. I built a business that was moderately successful, hiring recovery people. I was attending church. I owned a vehicle, a house and was financially okay. Then it happened,—the bottom fell out of the economy, my church split and I had to find a new one, the C.A. clubhouse went bust, I was diagnosed with cancer, my mom, brother and eventually my dad all passed away and so forth.

The Big Book says: ...we members of A.A. may never again have to deal with drinking, but we do have to deal with sobriety every day. How do we do it? By learning — through practicing the Twelve Steps and through sharing at meetings — how to cope with problems that we looked to booze to solve back in our drinking days. — *Alcoholics Anonymous*, p. 559

I don't know if I was being emotionally sober, but I kept in mind the lessons that I had learned, that I needed to focus not so much on what I couldn't affect, but more so on what I could change. I couldn't do the physical work anymore after the radiation treatments, so I went to college at 50 and got a degree. I changed careers to something less physical.

(Continued on page 2)



## 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.



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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](mailto:itcommittee@ca.org)*

*Join us!!!*

*Do you have a passion for emerging technologies, would you like to get involved send us an email to join the committee.*

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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. C.A. 90810 -1641. For more information, please call 310-559-5833.



The OSA is happy to report that our 6th Annual New Year's Marathon successfully engaged in bringing 12 hours of online recovery to a wider participation than ever before.

Our theme, No Resolutions; Just Solutions, attracted C.A. members from Canada, the Canary Islands, Brazil, the UK, Portugal, The Netherlands, India, Spain, Peru, the USA, and a contingent from South Africa! Each of the six meetings averaged 18 attendees and featured a 30-minute speaker and participation from around the world.

We celebrated the beginning of 2019 from the tolling Bells of Big Ben in the UK, throughout Europe, to the Ball drop in NYC, and finally random gunfire on the USA's West Coast! Participants' sobriety ranged from Day 1 to 32 years, with some experiencing an Online Service Area meeting for the first time.

The Marathon Committee is grateful to all the OSA members who were of service at the event, our speakers, and to everyone who attended. Seeds were planted and our C.A. message of hope and recovery is alive and well online.

**We hope to see you at the 2019 – 2020 Marathon!**

## VOIP MEETINGS

### **Both Sides of the Pond** (skype)

Join through the Both Sides of the Pond Announcement Group

**Monday & Thursday** @ 8pm UK Time/ 3pm East USA/12pm West USA/ Tuesday 7am Sydney/5am Perth Australia

### **Into Action Online** (skype)

**Tuesdays** – 21:00 UK, 22:00 W EUR, 16:00 NYC Into Action Online– Big Book Discussion Meeting.  
Contact: Into Action Online

### **A Vision for You** (skype)

Meeting Contact: A.Vision.For.You

**Wednesday** 3am UK/Tues 10pm East USA/9pm West USA/ Tuesday 2pm Sydney/12pm Perth Australia

### **La4e.Dimension** (skype)

**French language meeting**- contact: La4e.Dimension, Tours les mercredi 22hr Europe/21h UK

### **Into Action Online** (skype)

**Fridays** -- 21:00 UK, 22:00 W EUR, 16:00 NYC, Big Book Discussion Meeting, Contact: Into Action Online

### **The 4th Dimension** – Big Book Meeting (skype)

**Saturday** 9am UK time/ 4am East USA/ 1am West USA/ Saturday 8pm Sydney/6pm Perth Australia

### **Reaching Out - 7 Days a week** (skype)

Join through the Reaching Out Announcement Group  
11pm UK Time/6pm East USA/3pm West USA 10 am Sydney/8 am Perth Australia 6am Indonesia

**"YOU JOIN THESE MEETINGS BY SENDING A SKYPE CONTACT REQUEST TO THE MEETING NAME AND ASKING TO BE CALLED IN AT THE TIME OF THE MEETING."**

**Email only C.A. meeting links found at:** [ca-online.org](http://ca-online.org)

## **NEW Sunday Skype MEETING!**

### **C.A. In Times of Illness**

**Sundays** @ 8pm UK Time/3pm East USA/12pm West USA/ Friday 7am Sydney/ 5am Perth Australia

*"Innumerable C.A. members take medication for various illnesses without compromising their sobriety one bit." ~ A Quiet Peace, P. 310*

# C.A. WORLD SERVICE CONFERENCE COMMITTEES

## LITERATURE, CHIPS AND FORMATS

On behalf of the Literature, Chips, and Formats Committee, I would like to wish you all a Happy New Year! This is such an exciting time to be a part of LCF as we continue to work diligently on many new projects which are being written and reviewed by members just like you. Our current workload consists of pamphlets, suggested meeting formats, books, and other literary items of recovery and personal inspiration. Many of you have likely seen a recently completed work, the “One Week” key tag, which is now available for purchase in several languages on [www.ca.org](http://www.ca.org). Soon, you will be also able to access and obtain our latest approved pamphlet for publication, “Honesty, Open-mindedness, & Willingness.”

Being of service to the LCF Committee is both challenging and rewarding. One of the greatest joys of being a part of this committee is that we have an opportunity to reach out to others, especially the newcomers. Our work appears on bookshelves, literature racks, the CAWS website, and elsewhere in meetings throughout the world in the Fellowship of C.A.. As the reading of literature is a suggested part of a successful recovery program for many recovering addicts and alcoholics, we at LCF have encountered a profoundly Spiritual experience resulting from the work which is expressed through our collective Group Conscience.

Today, I would like to ask you to consider being a part of the LCF Committee. The best part is that LCF membership is not limited just to delegates or other members of the WSC; any C.A. member can join. You needn't have any experience as a professional writer or publisher, many of our committee members arrived only with a passion to serve the Fellowship and to help others. If you like to draw, we also have a current project which will require illustrations as part of fulfilling the concept.

Joining LCF is easy! Simply go to [www.ca.org](http://www.ca.org) and click on the “Contact CAWSO” tab. On the right-hand column select, “Contact A Service Committee,” and on the form which appears make sure that you select “LCF” from the dropdown menu. Please fill out the form as completely as possible with your current contact information. I look forward to hearing from you soon!

## PUBLIC INFORMATION

### EuroPI 2018 Roundup

Your European Public Information Committee had an amazingly exciting and productive 2018.

The theme of our 2018 European Public Information Summit was ‘PI ROCKS’. Your PI representatives worked tirelessly to produce the PI ROCKS video which you can use at any of your local events. We also prepared the ‘Chit System’ referral for conference and produced a new pamphlet ‘A Message to Professionals’ which is currently with the LCF Committee going through their new pamphlet process. We also formalised a ‘roles and responsibilities’ for a GROUP PI LIAISON post which will be added to the new PI handbook, please do look out for this info and take it to your homegroups.

CAUK Area has had great success with a travelling Public Information tent which was set up at several summer festivals, including Small World and Boomtown. C.A. Portugal is hoping to follow suit this year at Z festival in Lisbon.

C.A. South Africa has recently formed its first ever PI committee, so we will be watching for the growth of our Fellowship there.

C.A. Portugal and C.A. Holland have appointed new PI chairs who are planning on building cooperative relationships with professional communities there, as well as carrying our message ‘We’re Here and We’re Free’ to the general public.

There are active PI committees across Europe, please do get in touch, either with your local PI representative, or myself, if you’d like to know how to get involved with carrying the message to people who don’t already know about the message, and as always in making new friends.

### Looking forward

Our European Public Information Summit is scheduled for Friday 3<sup>rd</sup> May at Statthaus Böcklerpark, Berlin. The Summit will precede the annual Berlin Unity Day which we are delighted to be working alongside. We have some initial ideas for projects we will look at but would welcome your input as to what you think would be useful for our Fellowship and it’s Public Information efforts.

We’re also looking forward to visiting the Russian convention with a PI Workshop. C.A. Russia are celebrating their tenth Year so this event promises to be a great celebration.

We will be having an info stand at CAWS 2019 in Sweden, so please do come along and find out more about how to get involved with PI in your local area, you can also pick up some C.A. stickers or perhaps even get a C.A. logo glitter tattoo. PI is all about making new friends, so please do come and see us there.

If you need any advice or want to get in touch, please email [CAEuropePI@gmail.com](mailto:CAEuropePI@gmail.com)



# C.A. WORLD SERVICE CONFERENCE COMMITTEES

## WORLD SERVICE OFFICE

From The World Service Office (WSO):

Well when it rains it pours (in California) ... January has been a very active and unusual month for the WSO. However, if you are familiar with "Murphy's Law" - you will understand the phrase: "Whatever could go wrong - will go wrong!" Well, Mr. Murphy (Law) made a surprise appearance to the WSO and he brought along FRIENDS. If there was a technological glitch within miles of our little office it made an appearance with a vengeance.

I do not want to make light of the situation – however, we experienced several strange glitches with our shipping system, online store and computer system. ALL at the same time! It was beginning to seem endless.

This all created a very large bottleneck in our daily order processing as well as getting these orders shipped out to you "our valued fellowship".

Our staff and I want to take this opportunity to say THANK YOU, THANK YOU, THANK YOU to each and every one of you who were impacted by these turn of events in this past month or so.

Your patience and understanding while we continue to work through these issues is invaluable. We all know how important materials are to meetings and the outreach projects you all do. We have come almost fully out of the tunnel and are finally seeing light.

A special Thank You to Cameron F and Marius S (our IT Magicians) for their non-stop dedicated hard work to get us back on track. A sincere and special Thank You to our hard working staff who weathered the storm of issues that made our daily work so challenging. We continue to work together and make our way through this "Murphy's dilemma.

Thank you again,

Linda

Linda Francisco

Cocaine Anonymous World Service Office



## A Quiet Peace

### *A Commemorative Limited Edition*

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

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



# CALENDAR OF EVENTS

**March 15-17, 2019**

**No Human Power - SCD Convention**

**LOCATION:**

Royal Bath Hotel Bournemouth  
Bournemouth Dorset, England

**March 29-31, 2019**

**2019 Cocaine Anonymous Southwest Regional Convention**

**LOCATION:**

OMNI Interlocken Hotel  
Broomfield Colorado

**March 29-31, 2019**

**NEODCCA UNITY CONVENTION**

**LOCATION:**

Residence Inn Emerald Event Center  
Avon, Ohio

**March 29-31, 2019**

**CA 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 5-9, 2019**

**32<sup>nd</sup> CA Quebec Area Bilingual Convention**

**LOCATION:**

Plaza Universal  
Montreal - QC

**April 12-14, 2019**

**Pacific North Regional Convention 2019**

**LOCATION:**

Crowne Plaza San Francisco International Airport  
Burlingame, California

**April 13, 2019**

**CA's 30th Anniversary**

**LOCATION:**

Corner of Fayette & Madison  
Peoria, Illinois

**April 26-28, 2019**

**Atlantic South Regional Convention 2019**

**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/](http://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, C.A., 90810 USA**

**Or email:  
[newsgram@ca.org](mailto:newsgram@ca.org)**

## 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, C.A. 90810, USA**

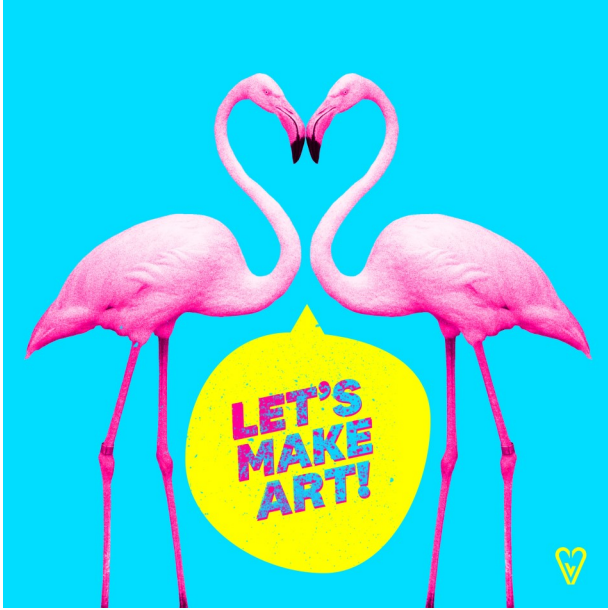
**NEWSGRAM THEME FOR OUR NEXT EDITION**

**LETTING THINGS GO**

**DEADLINE: APRIL 1<sup>ST</sup> 2019**

## CALENDAR OF EVENTS (PAGE 2)

STOCKHOLM SYNDROME  
JULY 4—JULY 8, 2019  
Stockholm, Sweden



**Contribute to CAWS 2019 with YOUR artwork!**

**Get a raffle ticket and a chance to get your trip to the Cocaine Anonymous 35th World Convention  
“Stockholm Syndrome”**

Is your passion making art? Are you a painter, illustrator, graphic designer, photographer, jewelry designer or sculptor? CAWS 2019 invites YOU to design artwork and contribute to the auction at the convention.

Selected submissions will be posted in the blog ([www.caws2019.org](http://www.caws2019.org)) continuously. Some of the submissions will finally be selected for auction at the convention (in spirit of the 7<sup>th</sup> Tradition).

### Themes

- Stockholm Syndrome
- Recovery
- C.A.

### How to submit

1. Pick one of the themes above
2. Create your artwork!
3. Send an image of your artwork to [submission@caws2019.org](mailto:submission@caws2019.org), along with information about art technique used and original size. Also write your first name and country.

### Guidelines

If you're not a digital artist, please digitalize your work by scanning or photographing it. The image of your artwork should be in JPG-format. You can submit up to 10 artworks during August 2<sup>nd</sup> 2018 to June 15th 2019. All submissions must be the artists original artwork.

*By submitting your artwork to [submission@caws2019.org](mailto:submission@caws2019.org) you agree to let CAWS 2019 publish your artwork at [www.caws2019.org](http://www.caws2019.org). All submissions selected for auction will be contacted by email and artwork won't be auctioned out without agreement.*

**TRANSFER AND ASSIGNMENT OF ALL RIGHTS,  
TITLE AND INTEREST IN ORIGINAL LITERARY WORK  
AND ACKNOWLEDGEMENT OF ORIGINALITY**

**(This form is intended for original material submitted to Cocaine Anonymous World Services, Inc. and Cocaine Anonymous World Service Office, Inc., and must accompany all submissions in order for such material to be published. All materials submitted become the property of Cocaine Anonymous World Services, Inc. and Cocaine Anonymous World Service Office, Inc.)**

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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I further acknowledge and agree that:

1. I possess full legal capacity to exercise this authorization and hereby release CAWS and CAWSO from any claims by myself, my successors, and/or my assigns regarding the attached material.

2. This transfer includes the assignment and transfer of any and all claims I may have to United States and foreign copyrights, claims of authorship or origination.

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: \_\_\_\_\_

7 <sup>th</sup> Tradition October-December 2018 Category or Group		
LOCATION	NAME/CITY	TOTAL
<b>CANADA</b>		
British Colum-	Receiving Reckstars	\$610,79
Manitoba	C.A. Manitoba Area	\$110,92
<b>EUROPE</b>		
England	Central UK C.A.	\$8 133,73
	Chun Kai	\$650,00
England	Hamshire & Berkshire District CAUK	\$43,32
	Our Men Haarlem	\$328,19
England	West London District of C.A. - UK	\$639,35
<b>USA</b>		
Arizona	Birds of a Feather	\$253,41
California	C.A. Long Beach/Compton	\$274,00
	C.A. Southbay Beach Cities	\$200,00
	I.E.A.C.A	\$375,00
	I.E.A.C.A.	\$214,89
	Tired of Being Doged Out	\$100,00
	C.A. Noirthbay Service Group	\$160,00
	Central California C.A. Inc Convention	\$500,00
	Coo-Coo After One Puff Group	\$100,00
	It's About Time Group	\$40,00
	South Bay San Jose Group	\$85,50
Colorado	C.A. of Colorado Inc.	\$456,61
	Coconuts Den Group	\$120,00
Florida	District of Fort Myers, FL	\$75,00
	Florida Area C.A. Inc.	\$1 181,47
Georgia	C.A. Atlanta, Grp Carry this Message	\$57,00
	C.A. Inc.- MACAI Account	\$141,70
Illinois	I.A.C.A Inc South & West District	\$379,93
	IACA, Inc.	\$100,00
	I.A.C.A Inc.	\$400,00
	IACA Inc. North & West Disttict	\$266,73
Kansas	Wichita C.A. District	\$347,83
Massachusetts	MASSACHUSETTS Area C.A.	\$60,00
North Carolina	Wed Night Goup	\$40,00
Ohio	NEODCCA	\$1 000,00
Oklahoma	The Southern District C.A. Oklahoma	\$150,00
Oregon	C.A. of Oregon & SW Washinton	\$150,00
Pennsylvania	C.A. of PA/NJ/DE	\$300,00
South Carolina	Conway C.A.	\$473,06
	There Is A Solution	\$14,76

7 <sup>th</sup> Tradition October-December 2018 Category or Group		
LOCATION	NAME/CITY	TOTAL
Texas	Freedom & Hope Group Conscience	\$60,00
	Spiritual Lines C.A. Group	\$600,00
	Texas Area Service Gulf Coast	\$2 805,70
	Anonymous	\$20,00
Utah	C.A. of Utah	\$2 000,00
<b>World Contri- bution Pro- gram</b>	See form on page 7	\$6 978,74
<b>Anonymous</b>	Anonymous	\$1 544,43
<b>S.M.A.R.T. Program</b>	S.M.A.R.T. Program	\$675,00
<b>Single Dona- tion</b>	In memory of Johnnie Copeland	\$300,00
<b>Gratitude</b>	Gratitude	\$980,43
<b>Total 7<sup>th</sup> Tradition</b>		<b>\$34 497,49</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, C.A. 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.)