

TRAUMA & TRIGGERS

NEWS



GRAM

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TRAUMA EN TRIGGERS / TRAUMA AND TRIGGERS

Door: Jay P.

Helmond, Noord-Brabant, Nederland

Mijn jeugd was erg traumatisch. Mijn ouders konden emotioneel niet voor mij en mijn broer en zus zorgen. Mijn moeder, wie met haar eigen problemen kampte, was erg dominant en gewelddadig. Mijn zus leed aan overgewicht al van een erg jonge leeftijd en ik struggelde met gender dysforie. Ook al was ze maar 2 jaar ouder, het kwam toch geregeld voor dat mijn zus de leiding over ons kreeg zonder ouderlijke supervisie aanwezig. Van mijn derde tot mijn negende ben ik seksueel misbruikt door mijn zus. We hadden een erg ongelijkwaardige relatie, waar zij geregeld ouderlijk gezag over mij had. De trauma's hadden mij gebracht tot een punt waar ik het verlangen had om zelfmoord te plegen. Toen dat moment kwam, op veertienjarige leeftijd, koos ik in plaats daarvan de drank.

Gedurende het eerste jaar in mijn herstel was ik niet in staat om een sponsor te vertrouwen en was ik continue bang dat wie ik ook zou vertrouwen of om hulp zou vragen mij zou verkrachten. De hele tijd was ik bezig met het bedenken van plannen om te vluchten, te verstoppen of aan te vallen om mezelf veilig te houden. Het was een constante overweging tussen uitreiken en opgeven. Het gevoel van eenzaamheid en de pijn van de nachtmerries en herinneringen aan het verleden achtervolgde me. Nuchter zijn voelde verschrikkelijk. Dat eerste nuchtere jaar verloor ik alles behalve het fellowship: mijn werk, vrienden, gezondheid, familie en mijn huis. Nu, 3 jaar later, leef ik een leven waar ik alleen van had kunnen dromen. Dus, wat veranderde er?

Toen ik mijn 1 jaar muntje behaalde, besloten mijn psychologen dat ik stabiel genoeg was om therapie te volgen. Na twee weken van dagelijkse EMDR en exposure therapie waren de nachtmerries, pijnlijke herinneringen en angsten sterk verminderd. Vanaf dat moment was het mogelijk voor mij om met een sponsor te werken en terwijl ik elke dag incheckte, merkte ik dat mijn leven onhandelbaar zou blijven

zolang ik mijzelf een man zou blijven voelen en net zou blijven doen alsof ik een vrouw was. Dus, met de moed van mijn psycholoog aan mijn zijde, reikte ik uit naar andere transgender personen en begon ik een leven als man. Ik vond een mannelijke sponsor, wie mij introduceerde met de driehoek van herstel: het lichaam, de geest en de ziel. Ik zocht in de diepte naar een nieuwe perceptie van God en ik begon mezelf comfortable te voelen met het idee om geregisseerd te worden (Regisseur), een taak gegeven te krijgen (Werkgever) en opgevoed te worden (Vader). Ik heb niet langer het gevoel alsof ik verkracht zal worden als ik dit beeld van God accepteer. Vandaag ben ik in staat om te dienen als een gewaardeerd Kind van God.

Deze reis leerde mij dat er meer types verslaafden zijn dan enkel het typetje uit mijn vooroordelen. Ik ben het angstige type wie drinkt voor moed nadat ik iedereen over mijn grenzen heb laten stappen. Een groot deel van mijn herstel bestond uit het leren van effectief boos zijn en een ruggengraat leren tonen. Ik had nooit in staat geweest te leren om in harmonie met anderen te leven als ik mezelf niet had geïnteresseerd in de Tradities en Concepten. Zelfs al is er dat zinnetje "Concepten zijn er alleen voor zij wie service doen op Wereld niveau" wat vaak door het fellowship echoot, mijn verhaal bewijst het tegendeel. Ik zou de Stappen niet hebben kunnen doen als de Tradities en Concepten er niet hadden geweest. Ik had niet eens een Groep kunnen dienen.

Basis principes zoals het recht om deel te nemen, het recht om een minderheidsmening te hebben en gelijkwaardigheid zijn principes die ik niet zelf kende of begreep. Deze principes hebben het mij voor mogelijk gemaakt dat ik mezelf kon accepteren als een transgender persoon en hebben mij toegestaan mijn plaats binnenin het fellowship en daarbuiten te beschermen.

(Vervolg op pagina 4)

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THE VOID

By: Jill S.
 Wheatridge, Colorado, USA

Carelessly, mercifully, tranquilly afloat.
 Drifting to distant lands on a boat.
 She lengthens her spine and relaxes her bind.
 She's finally free from a runaway mind.
 Relaxing – so calm there is nothing to fear.
 She let go of everyone she held so near.
 Running here and there, she doesn't need to anymore.
 Having no idea where she'll land ashore.
 It doesn't matter to her, she's not in a rush.
 She's silently floating remembering a crush.
 A crush she had on herself so long ago.
 Before humans told her what she should know.
 Before she arrived on this plane called Earth.
 She danced and sang right before birth.
 Safe, protected, Held and laid back.
 Never a lesson or running off track.
 Existing in ether while laying on her back.
 Floating within star dust content in the void,
 Never putting anything in her to avoid.
 To avoid all the pain and misery and despair.
 To avoid discomfort it's simply not there.
 Losing track of the time because time doesn't exist.
 Having whatever she wants with simply a wish.
 Manifesting anything at the speed of thought,
 And letting go just as quickly. She simply forgot.
 She's ok with being here but she wanted to evolve
 A mystery to walk through, a problem to solve.
 This dear sweet baby girl has got something to say.
 To forget everything within and remember again one day

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TRIGGERED INTO RECOVERY

By: Kate M..

Marlow, New Hampshire, USA

My name is Kate, and I'm a cocaine addict. My sobriety date is May 16th, 1999.

I owe my life to the Hope, Faith & Courage meeting and Cocaine Anonymous. If it weren't for this online group, I honestly don't think I'd be alive today.

I found this group by accident. I had some cocaine fronted to me, and I couldn't get high on it. So, after I finished it all, I went to my dealer and announced that I would not be paying him \$200 because it was junk. He said I'd never be able to buy cocaine in town again, so I went to my room in the apartment belonging to a guy I knew at the bar (we also fashioned a room for my teenage daughter that was really a food pantry) and proceeded to look online for a source for cocaine. Who needs dealers anyway? The internet has everything!

What I came across was Cocaine Anonymous and HFC. I figured those people could tell me the secret to getting cocaine and getting high.

Instead, I hit the jackpot with people with long term sobriety who offered help. There are too many to name. Some of them have passed away; some dying sober, some not, but I was fortunate to have found a source for recovery online. I was too paranoid really to leave my house to go to meetings.

I really wanted to know why me?? How come I can't use like everyone else? I continued to drink because alcohol wasn't my problem, and one wise soul from HFC, after I'd called him drunk, said: "Kate, if you don't have a problem with alcohol, you won't have a problem not drinking."

So, I learned that I cannot consume any mind-altering substances whatsoever without perpetuating my bottom.

I was the beneficiary of much kindness, support, tough love, wisdom, experience, strength, and hope from members of HFC.

I went to a C.A. convention with 12 days clean with support from members; it was an amazing experience. There I hung out in marathon meetings and started to experience sober fun.

You all suggested I go to face to face meetings and coached me through finding a sponsor. I started taking your suggestions and ignored some, too. Regrettably, I should not have ignored those suggestions.

My problem was that I didn't really want to stay clean. I just wanted the unmanageability to stop, so I kept trying to do it my own way. My own way landed me in a rehab where I got some great information. I even got about 100 days clean after I left. Then, I had oral surgery. It was suggested that I tell my doc that I

was an addict and seek an alternative to narcotics. I didn't do that. Instead, I said, I don't like narcotics, I'll be fine. So, I had a plan. I would give my landlord my narcotics and have him deliver them every four hours. It worked really well. I should have been a little concerned about how I laid on my couch, listening for his footsteps to come up the stairs for each dose, madly anticipating my pain relief. But, instead, by the time I went to the surgeon for follow-up care, and he offered me a refill, I said, "Yes, I need a refill," and never told anyone. The chase to get loaded had begun again.

My old running buddy called me up while I was recuperating to tell me he had some coke and asked if I wanted any. I said no and hung up the phone. Then, I called him back and said yes.

I'm not sure how long that run lasted, but I found myself on my couch with no money, no job, no gas watching replays of the Columbine shooting, convinced there was no god and that my job was to be an addict.

A woman from A.A. called me up and said she hadn't seen me in a while. I told her I'd failed "the program" and had given up. She recommended I get to a meeting, to which I replied I had no money, no job, and no gas and could not get to a meeting. She said she'd send someone to pick me up. They did, and that was the beginning of my journey back.

I found a wonderful sponsor, somehow. I still don't know exactly how it all happened. She's from Tucson and the only sponsor I've had since I got clean and sober 20 years ago. Our long-distance relationship has been made easy with all of the new technologies. Then it was AOL instant messenger. Now it's by phone, Facebook, email, and occasional visits with each other at conferences, in Tucson and in New Hampshire. She was my guide through the Twelve Steps. She's never given up on me. For that and her wisdom, I am so incredibly grateful!

When my house burned down in 2003, and I lost everything, including my pets, I called her in the middle of the night. She answered the phone and comforted me. I didn't want to pick up, but the loss was terrific and made me feel very lonely. In other lonely and sad moments with the loss of family members (Our mothers died within one week of each other), I knew I could count on her and the people in the program to walk me through. I learned how to feel feelings, live life on life's terms, and the importance of service work and sponsorship from her.

(Continued to page 4)

TRIGGERED INTO RECOVERY

By: Kate M.
Marlow, New Hampshire, USA

(Continued from page 3)

I have been doing a monthly commitment to our local correctional facility for over 10 years, and I have sponsored and continue to sponsor a number of women.

When I first called her and told her I didn't feel "part of" in a meeting, she told me that if I wanted to be part of, I needed to BE a part of and get active. I followed her advice and what I thought were cliquy groups of people were actually kind and wonderful recovering people that have the same purpose, to stay clean and sober and help others.

I was a sick, fragile, and immature woman when I got to this program. Today I am employed, married, a homeowner, a friend, a mother, a grandmother, Sponsor. I have gas in my car, and I'm a grateful member of Cocaine Anonymous. I may have been a junkie, iv drug user, and I may be an addict, but it doesn't define me anymore. My addiction is something I have; it's not who I am.

I bumped into an HFC member leading a meditation workshop at a convention in LA a while back. He's an old-timer with a lot of good

recovery. When I introduced myself, he said, "Oh MY GOD, I'm so glad you lived. I wasn't sure you were going to make it."

Thanks for taking the time to read this. I have been really busy with a new job, planting my garden, hanging out with my dogs, and last month celebrating with Karen from Tucson when she visited the Northeast and gave me my C.A. medallion!

Thank you all for being a part of my recovery. Thanks to Kevin for keeping this meeting going and for all of you who have continued to guide the new folks through the early moments, days, and years of recovery. I have C.A. friends all over the country and the world, as well. For a lonely gal like me who didn't know how to be part of, that's a miracle!

If you are new, have HOPE. If you are new, gain a faith that there is a power greater than you. That's what we did. If you are new, be brave. Courage will get you a long way if you set your fears aside, work the Steps, and keep coming back. You are never alone. We are here to help .

TRAUMA EN TRIGGERS / TRAUMA AND TRIGGERS

Door: Jay P.
Nederland

(Vervolg van pagina 1)

Het heeft mij laten zien dat het belangrijk is om mezelf met dezelfde liefde en respect te behandelen als dat ik uit naar een ander, zodat gelijkwaardigheid kan bloeien. Ook heeft het mij op plaatsen gebracht waar ik veilig ben en waar ik niet langer lijdt onder misbruik of de trauma's die daaruit voortvloeien. Die simple driehoek waar ik over verteld werd, heeft mij het leven gegeven waar ik enkel van kon dromen.

Vanaf afgelopen Februari is er een een Nederlandse VoIP meeting gestart genaamd 'de driehoek van herstel' die deze 36 principes eert die mij en zovele anderen heeft geholpen.

I THOUGHT MY LIFE WAS OVER

By: Jared S.
Albuquerque, New Mexico, USA

My name is Jared and I'm an Alcoholic. It's been a long time since I've even used the word sober and meant it. 26 years of drinking sure does take a toll on a person. At my worst, the only good decision I made was Rehab. While in rehab, I was introduced to C.A. It was so comfortable from the start. Alcohol is my vice. But I have done numerous other drugs in my past. C.A. is accepting of all persons no matter what you use or have used, and I could see that right away. I can really relate to each speaker. Their stories are remarkable. Being able to relate made it a lot easier to open up about my addiction and get some weight lifted from my shoulders. C.A. is a great addition to

my recovery. I always look forward to each meeting and the messages they offer. I would have never thought the Fellowship of C.A. could have had such a positive impact on my life. The harder you work and continually take that personal inventory, the greater life becomes. I thought life was over. My addiction had taken me into the hospital, many times. But, I'd get out and go right back to it. Man, I'm so happy to say that's in the past. Each new day is a gift. To all those I have met and will meet in the rooms - Thank you

SHE IS ME

By: Nicole R.
Toronto, Ontario, Canada

She lays many days in a daze; some days feel like she's headed to the light, somewhere in the sky, she only wishes. For her mind tells her otherwise, her mind says you're going to burn for all that you are down below in the place called hell. She's not phased; she has hell on earth every day, she's in a daze. She gets cold; she gets sweaty, she shivers and shakes. She prays to be saved, but she goes unheard, she is disconnected, she is disconnected from everything and everyone.

She feels poisoned, she feels her heart racing, she feels it's going to implode in her chest, she tries not to panic for if she does it will only get worse. Her arm starts to lose feeling; her fingers start to tingle, she's unsure if it's real... "Am I hallucinating; am I gone into drug-induced psychosis?" she asks herself...

She raises her arms above her head in hopes to keep the blood above her heart, she doesn't know if this will prevent her from going into cardiac arrest, she tries anyway because she becomes desperate to stay calm, she's fighting herself, she doesn't know what she's feeling, is she overdosing, is she dying, has she taken too much, she tries not to think about it as she keeps her arms above her head, the baby woke up, she doesn't know what to do, she raises from the bed and decides she needs to keep up with her heart rate, she shamefully approaches the baby to tend to his needs, she's afraid to touch him, she's afraid the dope may be seeping out of her pores, and the baby will be affected in some way, the baby was affected but in that way, the baby didn't have a mom present, just a body, a mind unsure of what to do, she took too much, she only wanted to get through the day, she wanted to put her baby to bed and then come down, she didn't expect this to happen, she can't take it back, she doesn't call for help, she doesn't say a word.

She's afraid; she leaves the baby to cry for a short while so she can clean herself, she's now trying to protect the baby from absorbing any of the chemicals she had in her body. She showers, she's still shaking, her heart is still racing, she cries, she sits, and she lets the hot water run over her while she cries and sends prayers that go unheard. She's crying; she's trying to be strong enough to cleanse with soap and be a little safer around the baby, the baby is unsafe at this moment, what if she dies in the shower, she starts to worry, she raises again, she scrubs and scrubs and scrubs

becoming angry with herself. She can't scrub enough. She finally steps out of the shower and dries herself off barely able to stand, she feels so weak, she sits on the toilet to dress herself, she moves so slowly afraid of overexerting herself, she's already too high, she's fighting herself to care for the baby, she's miserable, she's too weak to pick up the baby, she doesn't she's afraid, she doesn't trust her own judgment, she knows she made a mistake but doesn't know what to do.

She finds gloves to put on to make the baby some food, she can't stand, she's bending over the counter slowly making the baby some food and drink, she brings it to the baby, she watches the baby eat in the playpen while she sits there with him, what if he chokes, she doesn't know what she will do, he has to eat, he's only safe in the playpen, she's afraid to drop him, she's afraid he will absorb the chemicals, even though she has cleansed she knows it's still seeping out. She's confused, she asks herself why did I do this, I put him in danger with the first hit, then she was afraid to come down while the baby lies awake, she's regretting her actions from two days prior, it wasn't supposed to last this long, she was intending on being ok by the time the baby came home, but she was still going when he got home. She feels she deserves this, she beats herself up, she keeps her distance and tries to do what she can to tend to the baby, she sits and watches the baby eat, laugh, drink, and play, it calms her, she feels she's gonna' fall asleep, she forgot about her tingling fingers, numb arms, and racing heart, now she's fighting to stay awake just a little longer.

She fights and fights, she doesn't want to leave the baby alone, she's afraid to close her eyes, she may not wake, she's still not sure if she's delusional or if this feeling is real, she doesn't know because she's never felt this way before, this was the first of many trips for her, one would think you wouldn't be able to do this to yourself again, she's sick, she doesn't know she's sick, she doesn't know what her future holds, she doesn't stop here, she continues not knowing she's sick, little does she know she will end up in treatment in ten years, desperate to save her own life.

Today she is alive and sober 64 days today she is Me!

TRAUMA AND TRIGGERS / TRAUMA EN TRIGGERS

By: Jay P.

Helmond, Noord-Brabant, The Netherlands

My youth has been traumatic. My parents were emotionally unable to take care of my siblings and me. My mother, dealing with her own issues, was dominant and violent. My sister was dealing with obesity from a very young age, and I was dealing with gender dysphoria. She, only two years older, was left in charge without parental supervision often. From three until nine years old, I was sexually abused by my sister. It was an unequal relationship; she had parental rights over me. The trauma had taken me to a point where I had the desire to kill myself. When that moment came at fourteen years old, I chose booze instead.

For the first year of my sobriety, I was unable to trust a sponsor, and I was constantly afraid that whomever I would trust or ask for help would rape me. All the time, I was busy thinking of plans on how to run, hide, or attack in order to keep myself safe. It was a constant to and for of reaching in and backing out. The feeling of loneliness and the pain from the nightmares and memories of the past were haunting me. Being clean felt awful. That sober year I lost everything apart from the Fellowship: work, friends, health, family, and my home. Now, three years later, I am living a life I could only dream of. So, what changed?

When I had reached the first year milestone, my psychologists decided that I was stable enough for therapy. After two weeks of daily EMDR and exposure treatment, the nightmares, painful memories, and fears were diminished. I was able to work with a sponsor, and while checking in every day, I realized that my life would remain unmanageable as long as I would feel like a man while pretending to be female. So, with the courage of my psychologist by my side, I reached out to other transgender people and started a life as a man. I found a male sponsor, who introduced me to the triangle of recovery: the body, the mind, and the spirit.

I searched in depth to a new perception of God and started to feel comfortable with the idea of being directed (Director), being given a task (Employer) and being parented (Father). No longer do I feel as though someone will rape me if I accept this perception of God. Today I am able to serve as a valued child of God.

This journey has taught me that there are more types of addicts than just the one from my prejudices. I am the fearful type that drinks for courage after letting everyone step over my boundaries. A large part of my recovery was learning to be effectively angry and to show some backbone. I had never been able to learn how to live in harmony with others if I had not interested myself in the Traditions and Concepts. Even though there is that saying that, "Concepts are only for those in World Service," that echoes through the Fellowship a lot; my story proves the difference. I would not have been able to work the Steps if it weren't for the Traditions and Concepts. I wouldn't even have been able to serve a Group.

Basic principles like the right to participate, the right to have a minority opinion, and equality are principles I did not understand or know myself. These have allowed me to accept myself as a transgender person and allowed me to protect my place within the Fellowship and beyond. It has shown me that it is important to treat myself with the same love and respect I give others, so equality can flourish. Also, it has brought me to places where I am safe and no longer suffer from abuse or the trauma that comes from it. That simple triangle that I was told about has given me that life I could only dream of.

As of last February, a Dutch VOIP meeting started called 'the triangle of recovery,' honoring the 36 principles that help me and so many others.

WSO NEEDS YOU MAINTAINING YOUR MEETINGS ON CA.ORG

When was the last time you reviewed your Area contact info on the ca.org 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.

Attn: Linda at doo@ca.org

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THE ROAD TO NOWHERE

By: Dot T.
Smyrna, Georgia, USA

The road to nowhere is crowded with people from every land.
And it always seems to remind me of a murky pool of quicksand.
The farther down the road you go, the more you start to sink.
You lose your sense of direction; you may even forget how to think.
The people going down this road have no reason to use their mind.
Cause the crowd on the road to nowhere will surely keep them in line.
And if they try to turn around and go back the other way.
The crowd on the road to nowhere will try to convince them to stay.
But I've found a secret tunnel that will take you out of that crowd.
It leads to the "road to somewhere" and there you can feel very proud.
Now, the road to somewhere is lonely cause there are very few people there.
But all of the people on this road are really going somewhere.
They may not know where they are going, but they are sure of what they'll find.
They know that the road to somewhere will give them peace of mind.
They've found the secret of happiness, you can tell by the look on their face.
They got off the road to nowhere, now they are going someplace.
If you should find yourself on this road, the road that's going nowhere.
Stop! Take a look around, you'll only find losers there.
People with good intentions but never carrying them through.
People who make excuses for all the wrong things they do.
People who live an entire lifetime full of fear and doubt.
People who will never know what happiness is all about.
So if you want to be a winner and you need to find peace of mind.
Get off the road to nowhere and leave that crowd behind.

THE NEWSGRAM

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NEWSGRAM THEME FOR OUR NEXT EDITION

STEP ELEVEN

DEADLINE:

OCTOBER 1ST 2019

TRIGGERS, TRIGGERS EVERYWHERE

By: Norma Jean L..
Chicago Heights, Illinois, USA

I certainly have had my share of traumas in this lifetime. BC and AC, for those that don't know that stands for 'before crack' and 'after crack.' During BC, I lost loved ones, jobs, relationships, self-esteem, self-worth, friends, lovers, my father - and I nearly lost my life on numerous occasions. Experiencing these traumas BC, I had no coping skills and no clue how to deal with them. As a result, I pushed all the hurt, pain, shame, and grief into a place deep inside of me, where it festered and grew for years waiting to escape. I put on a mask and pretended life was grand. I became a chameleon adapting to every situation I was put in. Meanwhile, I was a ticking timebomb, ready to explode. I had no relationship with God. The only praying I did was the Lord's prayer, saying grace before a meal, and that 'now I lay me down to sleep' prayer at night. The only time I talked to God was when I was begging him for forgiveness or demanding He do something for me right now! Soon things got to the point of being unbearable. I was busted, disgusted, and full of guilt, shame, and remorse. I was already using every drug that was put before me, and then I met crack. The other drugs weren't easing my pain, so I said what can it hurt to try it.

Heck, it might make the broken-heartedness go away for good. That was the biggest lie I ever told myself. I used crack to numb imaginary pain; I even invented pain just so I could use. I tried stopping on numerous occasions, but my mind started coming up with these "triggers" just so I could have an excuse to use. I had triggers like money (it didn't have to be a lot \$10 would do). I had a cigarette lighter trigger, so I started using matches. I couldn't use chore to wash my pots and pans anymore, only S.O.S. pads and sponges for me. I avoided certain people and whole neighborhoods like the plague; that was a hard one because I used all over the city. Triggers, triggers everywhere, Norma Jean please beware! Now onto

AC. I came into this program filled with trauma and triggers. I got a sponsor, made a beginning on the 12 Steps & Traditions, dived headfirst into service work, started loving myself, got a loving relationship with God, family, and friends and was living my best life. Then in 2011, I was seventeen years sober, my sponsee of nine years died, my nephew died, my cousin died, and my mother passed away. This was four deaths in four days consecutively, Friday, Saturday, Sunday, and Monday in that order. I was devastated and heartbroken. PPT's were all around me. There was no running away and shutting down. I had to be accountable and responsible. Did I think about using? No. Did I want to use? No. Was I traumatized beyond my wildest dreams -YES. That was when I knew for sure I was a full-fledged member of the "No Matter What Club." This program has offered me a design for living, and I never have to use ever again if I don't want to, and I don't want to or desire to. All those things I used for triggers were just my excuse to use. I realized that my being affected by the triggers I had not made up my mind fully; I had reservations. I no longer fear people, places or things. Some people I have to see, some places I have to go, and some of those things I once feared are all around me. I'm speaking for me now, but triggers were a state of my mind not being thoroughly convinced that I could stay stopped, and I needed an excuse to resume using. Somewhere along this road to happy destiny, I decided I didn't want to be a member of the walking dead but a member in good standing of the No Matter What Club. I always remember that no matter what, when, where, who, why, or how I don't have to pick up never, ever, ever again in life if I don't want to. TRIGGERS BE DAMNED .

CELEBRATE AROUND THE WORLD

Are you talented? Are you creative? Your Fellowship needs you!

World Unity Committee is seeking submissions for the 2020 Celebrate Around The World LOGO

INTERESTED?

SEND YOUR IDEAS TO US

Any artwork used for the event cannot be signed

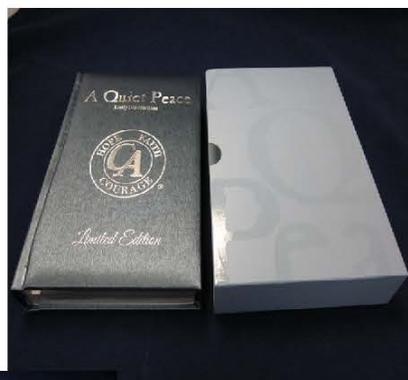
Art design must be sent to World Service Conference Unity Committee for approval

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
c/o CAWSC UNITY COMMITTEE
21720 S. Wilmington Ave. Suite 304
Long Beach, CA 90810 USA



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)

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 C.A. 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

Join us!!!

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

Subscribe to the NewsGram

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

I have enclosed a check/money order payable to CAWSO

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Zip/Postal Code: _____ Telephone Number: (____) _____

NEW COMMEMORATIVE CHIPS NOW AVAILABLE THROUGH THE WORLD SERVICE OFFICE

Available in Bright Bronze



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C.A. RECOVERY MEDALLIONS

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 EMAIL: _____

****PRICE per coin 20 \$ US or 15 \$ US for 3 or MORE****
ADD 3\$ US FOR 1 or 4\$ US FOR 2 or MORE SHIPPING & HANDLING

<u>QUANTITY</u>	<u>COLOUR</u>	<u>YEAR 1 TO 50</u>
_____	.AME AMETHYST	_____
_____	.BLK BLACK	_____
_____	.BLU BLUE	_____
_____	.CMO CAMOUFLAGE	_____
_____	.CRM CRIMSON	_____
_____	.EME EMERALD	_____
_____	.GRN GREEN	_____
_____	.OCN OCEAN BREEZE	_____
_____	.ORG ORANGE/BLACK	_____
_____	.PNK PINK	_____
_____	.RED RED	_____
_____	.TTM TITANIUM	_____
_____	.VLT VIOLET	_____

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Make Checks/Money Order/Cashier's Check payable to: CAWSO
Contact CAWSO for credit/debit card payments and for availability/cost to
ship to addresses outside of the USA. Phone 310-559-5833 Fax 310-559-2554

CAWSO
21720 S. Wilmington Ave. Suite 304
Long Beach, CA 90810-1641
Please allow 7-10 days for delivery



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

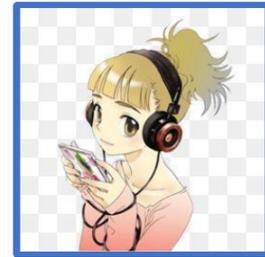
Help us write C.A.'s own 12 Steps & 12 Traditions book based on our Fellowship's experience with the Steps and Traditions. Provide 1000 - 2000 words on the Step/Tradition focusing on your own experience, strength and hope, with a closing paragraph summing up your gratitude for that particular Step/Tradition 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. C.A. 90810 -1641. For more information, please call 310-559-5833.



Email Meetings



VoIP Meetings

We're Here...and We're Growing!

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

Cocainomanes Anonymes
 Cocaine Anonymous

C.A. In Times of Illness
 More info in Meeting Announcement Group on Skype
Sundays at 8 PM UK time
3 PM East Coast USA/CAN
Noon on USA/CAN West Coast
 Join from your computer, tablet, or smartphone at
www.gotomeeting.com/join/849897589

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

New OSA Dutch Language Meeting on Skype

'De driehoek van herstel'

Saturdays at
 11:00-12:00 CEST
 (summer)
 @ CA online NL
 on Skype

In the spirit of our 6th Tradition, C.A. is not allied with any sect, denomination, politics, organization or institution.

Both Sides of the Pond

Complete info on Skype Announcement Group
Mondays & Thursdays
 @ 8pm UK Time/ 3pm East USA & Canada
 / 12pm West USA & Canada
 Join from a computer, tablet or smartphone
<https://global.gotomeeting.com/join/578551005>

Into Action Online

Big Book Discussion
Tuesdays & Fridays
 Meeting Contact: Into Action Online
 @ 21:00 UK / 22:00 W EUR / 16:00 NYC

A.Vision.For.You

Skype Meeting Contact A.Vision.For.You
Tuesdays @ 10pm East USA/CAN / 7pm
 West USA/CAN - Wednesday 3am UK

The 4th Dimension

Big Book Study
Saturdays
 9am UK time/ 4am East USA& Canada/
 1am West USA & Canada

Reaching Out 121

7 Days a Week
 Join via the Announcement Group on Skype
 11pm UK Time/6pm East USA/3pm West USA
 10 am Sydney

In the spirit of our 6th Tradition, C.A. is not allied with any sect, denomination, politics, organization or institution.

Join our email meetings at www.ca-online.org
 Hope Faith & Courage / Sisters in Sobriety / There is a Solution

We're Here and We're Free ®

New meeting days & times available on Go-to-Meeting - Contact webmaster@ca-online.org

C.A. WORLD SERVICE CONFERENCE COMMITTEES

PUBLIC INFORMATION

Colour The World Green Week



The first week in June – something incredible happened! C.A.s first ever Global Poster Campaign.

Right across the globe members, groups, districts and areas joined in brotherly and harmonious action in 'colouring the world green' (the green being metaphorical) the primary aim of the campaign is to make our fellowship visible and accessible to as many people as possible.



Your WSC Public Information committee is just in awe of the efforts made by our beautiful fellowship, and the effects have been magnificent. We received reports of hotline calls increasing massively, people walking directly from the street into meetings and LOTS of positive feedback from members.

Were so delighted with the effect this has had, were going to put a regular date in the C.A. calendar. Every year, the first week of June will be our week to 'Colour the World Green' you can order your localised posters from pi.ca.org



C.A. WORLD SERVICE CONFERENCE COMMITTEES

CONFERENCE

Greetings from the WSC Conference Committee! We have been working diligently since the close of the 2018 Conference in hopes of making the 2019 Conference the best ever. Since the close of the 2018 Conference we have met once a month via conference call to discuss various agenda items and planning activities to ensure that the conference committee continues to work together to make the 2019 conference run as smoothly and seamlessly as possible. If you would like to join our committee, please call in on the fourth Sunday of the month at 12 noon, CST. The call-in number is (641) 715-3836; at access code is 367798#.

One of the significant agenda items that we have addressed is updating our Conference Committee Guidelines, which has presented via an SR-14 package in the June 2019 Delegate Mailing, with the hope of making it easier not only for us who currently serve, but for those who will come after us by affording them an opportunity to do an even greater job at hosting the conference. Another major agenda item we have diligently worked on is researching moving the Conference out of LA, which has also been presented via the SR-14 package with the goal of saving the Fellowship money and making it easier on members of our Fellowship who travel from abroad – RFP’s were sent out and returned, hotels were visited, spreadsheets put together, comparisons made and voila! Interesting results. In addition, we proposed an update to the Referral Form which was also sent out in the SR-14 package in the Delegate Mailing.

Other agenda items that we have discussed include fundraising ideas and the budget in order to keep the expenses of the conference low for the benefit of C.A. as a whole as well as the various Areas and individual members. We are currently finalizing our T-shirt and coin order as well as finalizing our plans for the Love in Service Dinner, the Ice Cream Meet and Greet, and the Unity Breakfast alongside the Unity Committee. For the new delegates that are joining us, we are working on a written New Delegate Survival Guide. And last, but not least, and quite possibly, most important, the importance of us, as a committee, to continue working as a team in order to pull this off; especially at the conference.

If you haven’t registered, due 7/29/2019, for the conference you can do so at <https://www.regonline.com/builder/site/?eventid=2558488>. For credentialing, due 7/29/2019, visit <https://fs26.formsite.com/CAWSO/form5/index.html>. To book your room visit <https://www.marriott.com/event-reservations/reservation-link.mi?id=1542241725024&key=GRP&app=resvlink>.

**GO CONFERENCE COMMITTEE!!
SEE YOU ALL IN AUGUST!**

Editor’s Note: Don’t forget the online referral system – No more paper referrals!

HOPITALS & INSTITUTIONS

Every C.A. Object Has a “Remember When” Story

<https://museum.ca.org>



Check out the Cocaine Anonymous Virtual Museum. We have close to 600 virtual objects—a wide assortment of C.A. memorabilia—t-shirts, logos, cups, mugs, clocks, plaques, key tags, hats, caps, stuffed animals, hoodies, shoes, fridge magnets, buttons, lapel pins, water bottles and more already submitted and posted in the museum. The C.A. Virtual Museum is categorized into C.A. Areas and Regions from around the world. You can browse the Museum by Area or search for objects by keyword. In each Area section you can learn the history of that particular Area or Region and view how they carry the C.A. message through its assorted memorabilia.

For all you C.A. Archivists, the Virtual Museum has tutorials on how to start an archive of your Area's history as well as how to preserve and protect your Area's archive repository. There's also a link for submitting the history of your Area so that we can post it under your Area in the Virtual Museum for the posterity of C.A. as a whole.



Submit a C.A. Object to the Virtual Museum

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 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, to upload an image of that object and share your story about it to the rest of the Fellowship. Help us grow the Cocaine Anonymous Virtual Museum. Submit your entry (pdf, png, jpg) of an interesting C.A. object from your area.

C.A. WORLD SERVICE CONFERENCE COMMITTEES

WORLD SERVICE OFFICE

Hi, my name is Caroline; I'm a recovered addict from the UK.

I have had the pleasure of serving on the WSOB Ad Hoc Committee tasked to undertake a 'root and branch' review of all matters appertaining to C.A. World Conventions, their impact on the Fellowship, and their value in practicing Tradition 5.

This followed a referral from a member in the Arizona Area:

"I am concerned CAWS2018 lost so much money. I understand some of the reasons due to Airbnb and not meeting the hotel block, getting across the border, etc. I request that the WSOB take a long hard look please at what can be changed to ensure that the lessons learned from CAWS2018 will not be repeated ever." WSOB 2018-6

My involvement in this Ad Hoc Committee strikes me as peculiar for two reasons:

1. I'm just an old smackhead from Hull (a grimy town in the north of England)
2. I now live in a small South Gloucestershire Village

Now, I never imagined I'd be able to get involved in service for the WSOB given the above, but technological advances mean that ANYONE, from ANYWHERE can get involved in serving our global Fellowship.

It puts me in mind of this passage from page 52 of the Big Book of Alcoholics Anonymous:

"Is not our age characterized by the ease with which we discard old ideas for new, by the complete readiness with which we throw away the theory or gadget which does not work for something new which does?"

So, instead of meeting in a drafty church hall to discuss business, ALL meetings have been held digitally, using an online meeting app - there are many to choose from; the efficiency of this technology is astounding.

I'm just delighted to see that our historical (and unavoidable) American-centric past is transforming into a global service platform where anyone from anywhere can be of service. This ad-hoc Committee was made up of 12 members from 10 different areas across America and Europe.

I'm delighted that this Ad-hoc committee has had the opportunity to discuss strategies for refocusing our World Service Conventions on Tradition 5, rather than the raising of funds, some of the pertinent topics discussed include:

How can we make World Service Conventions more accessible to newcomers?

To regular C.A. members and the wider Fellowship?

How can we educate our Fellowship around the importance of Tradition 7?

What other avenues of revenue do we as a Fellowship have?

Is the WCP widely known – what even is the WCP? Can we improve it?

How can we adapt to the changes to room rental and hospitality industry?

How can we most effectively support Convention Committees in their negotiations with hotels?

How do we ensure that carrying our message to the addict who still suffers remains the most important aspect of what we do?

If you're interested in the outcomes of these discussions, please see the WSOB AD HOC World Convention Review 2019 Report to WS Conference – SR-14 Motions and Referrals Pack.

ILAS

Pink

(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.)

CALENDAR OF EVENTS

August 2-4, 2019

CAMPVENTION 10

LOCATION:

Ford Street Farm
Braughing Ware Herts SG11 2Pn, England

August 24-25, 2019

C. A. New Mexico Area Convention

LOCATION:

Holiday Inn & Suites Albuquerque Airport
Albuquerque, New Mexico, USA

September 13-15, 2019

12th Annual Great Canadian Convention

LOCATION:

The Executive Plaza Hotel
Coquitlam, British Columbia, Canada

September 26-29, 2019

PSR 2019 Convention

LOCATION:

Holiday Inn Carlsbad San Diego
San Diego, California, USA

October 11-13, 2019

Kansas Area State Convention 2019

LOCATION:

Best Western Wichita North
Wichita, Kansas, USA

October 11-13, 2019

Reaching Out, CA Ireland Convention 2019

LOCATION:

Clayton Hotel Dublin Airport
Swords Co., Dublin, Ireland

October 18-20, 2021

2019 WSCA Convention

LOCATION:

Hotel 116
Bellevue, Washington, USA

October 18-20, 2021

SOCA Spiritual Lines Convention

LOCATION:

Edward Hotel
Toronto, Ontario, Canada

October 25-27, 2023

2019 Midwest Regional

LOCATION:

Ramada Plaza Hotel
Omaha, Nebraska, USA

COMING IN 2020

May 21- May 25, 2020

**C.A. WORLD SERVICE CONVENTION
DEEP IN THE HEART OF RECOVERY**



INFORMATION, REGISTRATION, RESERVATION

<https://urlz.fr/a9wo>

**Get the word out about your local
Event - Use the form at:
www.ca.org/event_form.html
to get your event listed on both the
website and the NewsGram
or notify us by mail to:
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Long Beach, CA, 90810
USA**

**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:

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: _____

STARTER KIT REPORT FOR JAN THRU JUNE 2019								
Region	Jan	Feb	March	Qtr total	April	May	June	Qtr total
ANR	3	2	1	6		1	2	3
ASR	7	4	2	13	2	1	4	7
EUR	2		1	3	3	1	3	7
MWR	1	1	2	4	2	2	2	6
PNR	6		1	7	3	4		7
PSR	2	2	3	7	1	1	1	3
SWR	2	5	1	8	2		2	4
TAL1	0		1	1	1	1		2
TAL2	2	1		3				0
Resubmit	1			1				0
Total	26	15	12	53	14	11	14	39
Local Area Provided	7	5	3	15	4	1	6	11
WSO provided	11	6	7	24	4	5	3	12
Pending Waiting for trustee or Incomplete Info	8	4	2	14	6	5	5	16

**7th Tradition April-June 2019
Category or Group**

LOCATION	NAME/CITY	TOTAL
CANADA		
Ontario	Southern Ontario CA	\$3,576.50
Québec	Get Well Soon Group, CA Quebec	\$100.00
Manitoba	CA Manitoba Area	\$1,363.10
EUROPE		
England	CA London Great Britain	\$1,927.21
	Hants & Berks District CA UK	\$199.51
	South Central District UK	\$627.72
	WL District CA	\$773.53
Netherlands	CA Men's Meeting Haarlem	\$108.34
USA		
Arizona	SNL Group	\$228.60
California	CA Northbay Service Group	\$100.00
	South Bay Group	\$89.00
	Bagels by the Beach Group	\$100.00
	CA Focus on Recovery Group	\$30.00
	CA Long Beach/Compton	\$271.50
	CALA S. Central District	\$25.00
	Come Alive Group	\$277.00
	Inland Empire Area CA	\$375.00
	The Men of the Garage Study	\$42.00
	OCCA	\$200.00
	Thursday Nite Mens Stag	\$91.69
	Tired of Being Dogged Out Group	\$100.00
	WSOB	\$67.00
Colorado	CA Colorado WhiteOut Group	\$146.01
	CA of Colorado Inc., H&I	\$171.78
	CA of Colorado Inc.	\$388.92
	COCACO SWRC 2019	\$9,000.00
	Coconut - Monday Night Meeting	\$75.00
	Coconuts Denver CO Group Sunday Morning	\$90.00
D.C.	Network for Good	\$80.00
Florida	District of Fort Myers, FL	\$60.00
Georgia	Atlanta GA Carry This Message Group	\$43.00
	CA Macai Group	\$212.54
Indiana	Fort Wayne District C.A.	\$50.00
	Indianapolis District of CA	\$500.00
Illinois	IACA Inc.	\$300.00
Massachusetts	MASS Area CA	\$120.00
Michigan	Saturday Morning Alive Group	\$80.00
Missouri	Kansas City District, Missouri	\$500.00
	Northland Group, Missouri	\$100.00

**7th Tradition April-June 2019
Category or Group**

LOCATION	NAME/CITY	TOTAL
Nebraska	CA Nebraska Area	\$120.00
	Monday Miracles Group	\$980.00
Oregon	CA of Oergon, & SW Washington	\$200.00
Pennsylvania	CA of PA, NJ, DE	\$300.00
South Carolina	Common Solutions Group	\$70.00
	There is a Solution Group	\$25.39
Utah	CA of Utah	\$7,000.00
Washington	WA State CA Blade Runners Group	\$400.00
	Washington State CA Area	\$5,000.00
	WSCA District 1	\$600.00
	WSCA District 3	\$257.80
Wisconsin	CA of Wisconsin	\$3,317.08
	Razors Edge Group	\$102.00
World Contribution Program	See form on page 7	\$6,030.96
Anonymous	Anonymous	\$272.39
S.M.A.R.T. Program	S.M.A.R.T. Program	\$555.00
Total 7th Tradition		\$47,820.57

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