

## ELEVENTH STEP

# NEWS GRAM

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### ELEVENTH STEP

By: Jody Q.  
Airdrie, Alberta, Canada

My name is Jody, and I am an addict. There hasn't been a day that has passed in the last year that I have not wondered why Step Eleven is not emphasized more at meetings, or during workshops at conventions. I am sober just shy of 14 years, and the last year of putting a great effort into Step Eleven has brought me into a level of peace and joy and connection with my fellow man and higher power like I have never known before.

For years, I have prayed and meditated every morning upon awakening, rarely missing any days, but I have struggled with the evening review of Step Eleven. I have tried many possible techniques for the nightly review - pondering in my head, drawing out checklists, Step Eleven phone apps - the list goes on. I would get frustrated as I am highly aware I am still resentful, selfish, and self-seeking among other defects, and I would find my reviews would throw me into morbid reflection (despite the warning in the big book not to drift into morbid reflection), and I would become very critical of myself.

During this time, I wish to mention as well, my Step Eleven upon awakening with prayer/meditation, looked a lot like it did in early sobriety. I had tried different techniques, read different books, reached out to religious people to see where they could be right, but found myself stunted.

I also want to mention that in my entire 14 years, I have never stopped working with others or the Tenth Step. I do an annual inventory as well, and through the annual step Four, would find relief for a week or so. During this time, I found I was not growing in emotional sobriety and was becoming less and less happy and joyous and free.

About one year ago, I sought out a new sponsor. On our first get together, at which we both interviewed each other, he ripped into me about not having my Big Book with me. To this day, I ALWAYS keep a spare one in my car! Secondly, he asked me what I was

doing in Step Eleven. I told him my prayer and meditation and upon awaking looked a lot like it did in my first year of sobriety, and my review at night left me feeling like crap - I told him I used apps, read straight out the Big Book, downloaded forms on the internet with checklists - he then showed me a technique, which was sort of journaling about my day, asking myself where I have been resentful, prideful, selfish, self-seeking, and fearful - I would journal about it and elaborate on it. He told me to write out if I owed any amends, and what did it pack into the stream of life, what I did good on, and improved on, and what can I do better. I still did not grasp what he told me, so he showed me. He took pen to paper and wrote out his nightly review in the coffee shop on a napkin. Through writing it out in my own words, I was able to see things crystal clear and not beat myself up. To keep me accountable, he told me to take photos of my written inventory at night and send to him to ensure I was doing it. You can imagine how that hurt my ego (being over a decade sober!!!), but I needed it - and when I was writing about the same resentment or fears more than once a week, my sponsor and I would talk about it; and talk about turning to God. At this point, I would like to draw attention to that before really digging into my nightly inventory, my anxiety was incredibly high, and my head just would not shut off. I considered going to my doctor and seeing about getting some meds. When I told my sponsor this, he asked me to put 110% into Step Eleven for a month, and if I still felt the same way, he would go to the doctor with me.

For me personally, Step Eleven took away the anxiety and shut off my head. Please note I have no opinion on outside issues re meds or doctors, and I do encourage myself and others to seek outside help. However, in this specific instance, my nightly review was what brought me out of that funk.

*(Continued to page 3)*

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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?

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<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](mailto:doo@ca.org)

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**Articles in the NewsGram express the individual opinions of C.A. members and not necessarily Cocaine Anonymous.**

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## **I WAS WILLING TO TRY**

By: Albina K.  
Kew Gardens, New York, USA

I grew up with a concept of God, and that was fine with me. I knew that my God was a punishing God – bad things happened to me because I did bad things when I was using. Could I change my way of thinking after living a certain way for so many years? I was willing to try.

I remember reaching out to my higher power many times when I first came into recovery. In the beginning, they were fox hole prayers; please do this for me, and I'll do that – quid pro quo. I had then been told that I should pray for other people and not myself. During fits of anger, was it okay to pray then that someone gets hit by a bus? Probably not. My prayers became a little bit more inclined with praying for God to do his will in my life "I know you know what is best for me and you have the blueprint to my life, but I could really use this right now." Then there was the perfect adage "be careful what you ask for because you just may get it."

My mother died when I was coming up on five years sober; the year was 1998, and she was only 59 years old. I couldn't understand why she was taken from this earth so young. She had believed in God more than me – she followed her Catholic faith more than I did. What kind of God was this? In 2001 my grandmother died, in 2002 one of my uncles, and then in 2003, my father died. I had sunk into a very deep depression.

One night shortly after my father died, I was in bed sitting up and decided to meditate and seek God's wisdom because now he was taking everyone I loved in this life. I sat there and began asking questions such

as, "Why?" I wasn't receiving an answer. I asked again, still no answer. I was getting so angry, that in that moment, I began speaking very angrily, and the tears were forming hard. I then realized that I was arguing with God. I then blurted out, "I have no one left, you have taken everyone from me," when I realized that I still had my brother and my other uncle. Right then and then I said, "please don't take uncle Andy from me; I want him to see me sober for 20 years, and I may not like my brother, but I do love him." For some strange reason, I felt at peace. I cleaned myself up and went to sleep. I began to seek guidance through prayer and meditation after that, and two and a half years later I came out of the depression. I had concluded that as long as I sought a connection to my higher power that I would never be alone.

In 2013 my uncle Andy died, and I sought out God again and this time I thanked him for allowing Uncle Andy to see me sober this long because my uncle was old school and didn't believe a program could help anyone get off of drugs – it all had to do with will power, not a higher power to him.

"Sought through prayer and meditation to improve our conscious contact with God as we understood Him." I no longer believe in a punishing God. I try very hard not to do quid pro quo prayers. I do pray for others, but I also pray for myself, too, because my wellbeing is vital to me. And had I known then what I think I know now, I might have asked God to let uncle Andy see me sober 30 years.

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## **ELEVENTH STEP**

By: Jody Q.  
Airdrie, Alberta, Canada

*(Continued from page 1)*

Since putting a real effort into my nightly review, not only am I now feeling serene and emotionally sober, but my relationship with my Higher Power has deepened and been brought to a different level. I am absolutely convinced that Step Eleven has the power of rocketing us into the Fourth Dimension of existence. I am convinced the fear, anger, and pride continues to block me from God, and my Step Eleven nightly review is a fine-tuning tool to remove these things to bring me closer to God and my fellow man. Furthermore, the emotional sobriety and spiritual maturity I have gained from this beautiful step have made me much more effective working with others.

Lastly, since I have been introduced to this new format of doing my nightly review, I stress this with my past and current sponsees, only to hear from scores of them how their reaction to life has changed completely. Many of my past sponsees have over a decade sober, and their sobriety, mindsets, and relationships with their Higher Power and others have dramatically improved.

I hope anyone who may be struggling with being happy joyous and free, who may read my paper on Step Eleven, obtains some hope .

\*\*\*

## OVER THE COURSE OF MY TIME IN C.A.

By: Sydney P  
Everett, Washington, USA

Over the course of my time in C.A., I have had many changes in my thinking. At first, I thought that working the Steps was a “one and done” task, and once I worked my steps I would be recovered. Given a lack of knowledge, I also thought that each Step was “worked” and then could be checked off. With the last three Steps, I changed my way of thinking. By working my Eleventh Step, I have learned that there is always room for improvement and for closer contact with a Higher Power of my own understanding. Through the practice of prayer and of meditation I have been able to practice not living in my own will. As an

alcoholic, addict, and control freak I have had to let go of the idea that my way is the best way and give over control. By practicing Step Eleven, I also continue to practice Step Three and give my will over to my Higher Power. The easier, softer way would be to believe in my own ability and continue running on my own will, but through good sponsorship, and continual improvement of my “conscious contact” with my Higher Power, I am able to give over my will and my life on a daily basis.

\*\*\*

## THE FRONT LINE

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

My first contact with H&I was in treatment. I didn't have the foggiest idea what those letters meant, and even after being told, I still had no clue. I didn't know that the speaker was doing service work. I actually thought they were getting paid. I listened very courteously and heard some things that kinda stuck with me. I didn't take those words to heart. Upon leaving treatment, I immediately put on my lab coat and continued my research and experimenting with drugs, mainly cocaine. At the height of my using I began to hear voices - keep coming back, one day at a time, it works if you work it, give yourself a chance, we're gonna love you until you learn to love yourself - OMG!!!!

I couldn't do my research successfully because the voices would not stop. The seed had been planted by H&I!!! All the time and money I spent trying to get HIGH, I realized I was not getting high, but I was getting LOW. I am grateful to the voices I heard early on from the H&I soldiers. Yes, they are soldiers on the front line in this battle of addiction. They sacrifice

their time and go wherever the need is greatest: hospitals, jails, institutions, and treatment centers. Through the compassion of the H&I sisters and brothers, I learned that I was not unique. I honestly believed I could not stop and would die in the horrors of my addiction. They shared with me that they too had been on the dark side of addiction, but with God's help, some trust and an open mind that I too could recover, one day at a time. They told me I could become a productive member of society and be happy, joyous and free. I am so glad these volunteers sacrificed their time to help save an addict like me. I have spent the last 25 years dedicating my life to service especially with the newcomer. I want the newcomer to see a smiling friendly face to help ease their fears and let them know that help has arrived. I carry the message beyond the walls of the rooms because there are some who can't make it to treatment. I love H&I and everything it represents. H&I ROCKS AROUND THE CLOCK!!

\*\*\*

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

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Please submit your artwork to:

**CAWSO**  
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## **STRONGER TOGETHER**

By: Naomi A.  
London, England, UK

The illness is a calling and I think it wants you back  
It doesn't care about you or who else that it attacks  
It wants you isolated and it wants you on the floor  
Until you cry in desperation, please, I can't take any more.  
It will rob you of your children. It will rob you of your home.  
It will take your job, your freedom –  
See it needs you on your own  
So it can tell you that you're worthless and all the things you fear  
It can't have anyone around you  
It will ensure no one comes near  
But you're not without an army  
There are still some tools to fight  
If you reach out to another and fight back with all your might  
It starts with being honest; it begins with being true  
The illness looks around unsure doesn't quite know what to do  
Then you stand a little taller  
Your friends have got your back  
The illness dangles the carrot  
The pills, the weed, the crack  
You look back, and your friends scream out just please get through today  
You know the path the illness treads; you're not going that way  
You pray, you scream, you sob, and cry; your back's against the wall  
We told you that you're not alone; we'll help you to stand tall  
We need you here to stand with us; beside us with our tribe  
Don't listen to the illness; don't listen to its bribe.  
We'll stand right here right beside you whatever you might face  
We told you it gets better - You are not a hopeless case  
The illness is a calling and it wants to make you pay  
But we love you, and we need you and we want you to stay  
So tell that illness do one \*  
And you'll have another day  
We'll hold your hand, and hold you until you can find your way

\*"Do one" is an English (UK) colloquialism meaning to go away

\*\*\*

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### **NEWSGRAM THEME FOR OUR NEXT EDITION**

### ***TOOLS OF RECOVERY***

### ***DEADLINE:***

***JANUARY 10<sup>TH</sup> 2020***





# 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)

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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.

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## 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](mailto:itcommittee@ca.org)*

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*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.



# OSA World News



The OSA carries the C.A. message of Recovery to addicts who may never be able to make it to a face-2-face meeting. Won't you please let them know that

## **We're Here and We're Free®**

The OSA logo (above) and this business card graphic (below) were approved at the 2019 World Service Conference for use by Areas and Districts throughout the Fellowship. They can be used on flyers and websites, in newsletters, all PI materials. Kindly use or link to [www.ca-online.org](http://www.ca-online.org). Thank you.

## **Look around this room!**



These images are available for download in the Public Information Area of [www.ca-online.org](http://www.ca-online.org) and at [pi.ca.org](http://pi.ca.org).

*In the spirit of the 6<sup>th</sup> Tradition, C.A. is not allied with any sect, denomination, politics, organization, or institution.*

## **New Meetings**

### ***We Can Recover***

**Wednesday Topic Discussion  
&**

**Saturday "Ask It Basket" option**

8 pm UK / 3pm East Coast US & Canada,

12 pm West Coast US & Canada

*On Skype - Contact: We Can Recover*

### **Back to Basics – A Step Study**

**Wednesdays @ 2pm UK,**

9 am East Coast US & Canada,

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*on GoToMeeting @ Code 685632533*

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Join any of our Skype® meetings by setting up a free Skype account on your phone, tablet, or PC. Once you have a Skype account, you can send a contact request to the meeting group's announcement page (if it has one) or select the meeting name and ask to be called in at the time of the meeting.

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Email only C.A. meeting links can be found at [www.caonline.org](http://www.caonline.org), along with a downloadable meeting directory.

We look forward to seeing you at as many online meetings at which you would like to join us.



# C.A. WORLD SERVICE CONFERENCE COMMITTEES

## World Service Office

Just a quick head's up with some of "The Good, The Bad and the Ugly" at the WSO!

### The Good:

The Amazing Staff here at the WSO is always here and eager to help you! Tanya, Adrienne and Brian come to work each day ready to do the best job they can for you. I am blessed as they do their best to keep me apprised of any issues that could be troublesome - long before they have a chance to be so. If you haven't had a chance yet to tell them how appreciated they are... please do so with an email or a quick call. This staff seriously has your back!

### The Bad:

I am so sorry to tell you that we may be out of stock on some of our favorite items:

We are currently out of stock of our English Newcomer Chips...they are on order but our vendor is not able to ship them until late December, early January. Please know that we always order them in a timely manner - however, we do not have any control of our vendor's work load. We used to be able to get them in about four weeks. However, lately it has jumped to a three to four month lead time. We do apologize and have placed orders to accommodate this extra-long lead time, to keep this from happening again.

We are also out of stock of the HFC II soft cover books. We were finally able to begin work on Conference Approved corrections dating back to 2007 a few months ago when we still had some in stock. However, our unpredictable Fellowship has increased their average orders and we are down to only a few on the shelf. I am very thankful for the help from Cynthia C., Tom P. and my staff who are working with me to get all the changes made, proof read to be sure it is ready to print. Once it goes to the printer, it will take another five weeks until they are in house. So please be excited to get the new edition to HFC II in the first quarter of 2020.

### The Ugly:

As we mentioned at the conference in our opening report - we regret but it is necessary to raise our prices on chips, metal coins, pamphlets, books and most misc. supplies in January. We have absorbed a couple of price increases from our vendors in the past couple of years but sadly cannot do so any longer. So, beginning January first we will be increasing costs by 12.5%. We will also be looking closely at our shipping costs as they have risen quite a bit this last year. We will let the Fellowship know if/when that change will be made. As costs rise around us...we must also make these difficult business decisions in an effort to keep the doors open, continue to provide our Global Fellowship with the best customer service and serve the best 12 Step Fellowship as they deserve!

Whew, that was The Good, The Bad and The Ugly...So let's move on to the subject of the upcoming holidays:

The office will also be closed for Christmas and Inventory from December 25th until January 2nd.

2019 has been a year of bumps in the road and unforeseen growth spurts. Many of those happening simultaneously. Our Staff thanks you for your patience as we address those issues.

The World Service Board, WSO Staff and I want to take this opportunity to say THANK YOU, THANK YOU, and THANK YOU to each and every one of you ...

Thank you again,

Linda

Linda Francisco

Cocaine Anonymous World Service Office

World Service Office Board

Director of Operations

doo@ca.org

*Wishing you and your family a  
Happy Happy  
Holiday Season!*

# C.A. WORLD SERVICE CONFERENCE COMMITTEES

## PUBLIC INFORMATION

**The Power of PI – Connecting the fellowship to the future.**



Your EuroPI Committee are delighted to announce details of your 2020 European Public Information Summit.

We will be gathering in Geneva on 2<sup>nd</sup>, 3<sup>rd</sup> and 5<sup>th</sup> April in to celebrate The Power of PI and examine how we can connect the fellowship to the future. We will wrap around the Swiss Unity Day and European Assembly on 4<sup>th</sup> April.

We welcome ALL of our C.A. family to come and get involved in this project. In previous years our summits have developed and produced material such as new posters, Young Person and School Sharing guidelines, Professional Information Day guidelines and the new Message to Professionals pamphlet.

We already have some very interesting and hopefully useful agenda items planned – if there's anything you think would be a useful resource for Public Information committees and servants, please do let us know at [caeuropePI@gmail.com](mailto:caeuropePI@gmail.com) Or WhatsApp +447970665691

PI ROCKS 🍷🍷🍷

All the love and more

Caroline H

Your European Public Information Chair



# 2020 NORTH AMERICAN PI SUMMIT ATLANTA, GA



**WHEN**  
**Feb 19-23, 2020**

## **WHERE**

Residence Inn Atlanta Downtown  
134 Peachtree Street NW  
Atlanta, Georgia 30303



## **AGENDA**

Wednesday and Sunday Travel  
Days

Thursday-Saturday  
WSCPI Committee Work

PI Rocks Roadshow

## **ACCOMODATIONS**

Single or Double \$139

Call Hotel directly to make  
reservations

Hotel Phone:  
404-522-0950

(Mention CA Meeting 2020 and  
the \$139 rate)

## **LOCAL CONTACT**

Barry H  
678-557-2097  
Local Area Chair

Chris R  
770-882-9254  
ASR Trustee

Amanda I  
404-219-7076  
Area Delegate

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



# C.A. WORLD SERVICE CONFERENCE COMMITTEES

## ARCHIVES

When I walked into my first C.A. meeting back in 2013 after a relapse, I was desperate and just didn't want to use cocaine ever again. I had no idea at that time that the history of our Fellowship would play a major role in the maintenance of my sobriety.

Fast forward six years, and I find myself at the 2019 Conference as a new delegate. I was asked on which committee I wanted to serve. It was a no-brainer for me. The committee I would serve on would be the one that gave me my greatest connection to this Fellowship. The Archive Committee.

After working with the committee at Conference, I was asked to put the Colorado Area history together for archival at World with the possibility of adding items to the virtual Museum. What I found was there was only a very small gap in time between the first meeting of Cocaine Anonymous and the start of what would eventually become C.A. meetings in Colorado. I knew that a few of the early meeting-goers here in Colorado were still around the fellowship, and through them we might establish a timeline of our history.

I also realized that the history of our Fellowship that had inspired such Unity in me early in my sobriety might do the same for others if given a simpler way of connecting to it — a visual tool.

The chair of the Colorado Area Archive Committee and I are currently compiling the history and corresponding memorabilia to be placed on a timeline banner. This banner along with some of the actual archives will be taken to Unity events where people can place a sticker on the timeline where they came into the Fellowship. Members will be able to see how they fit into the history of the C.A. Colorado Area at that time. The hope is to give them a sense of ownership or Unity if you prefer to our Fellowship.

Archiving an Area's history is an important step in capturing the experience of those who came before us but also, and maybe more importantly, is the true representation of our first Tradition.

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

<https://museum.ca.org>

Before there were cell phones or electronic personal digital assistants (PDAs), how did we keep track of everybody's phone number? Pen and paper. We kept lists of names and phone numbers in elaborate address books, small pocket-sized notepads, papers taped to the wall by the phone, small papers tucked into wallets... or we just had to memorize everybody's phone number.

This great little piece of convention memorabilia gave us a compact and portable way to keep many phone numbers close at hand. When standing at a pay phone calling a sponsor was still a very normal activity for many of us in the late 1990s, this key chain phone book was awesome. It was easy to lean against the side of the phone booth, hold the phone between ear and shoulder, use one hand to find the phone number and the other hand to dial. This was also before call waiting, call forwarding or voice mail. If the number we called was busy or no one answered, it was vital to have a long list of phone numbers. Many old-timers have stories of dialing ten or more numbers before someone would answer and they got the relief that came from talking with another recovering addict.



### 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 to 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

## HOSPITALS & INSTITUTIONS

“Something powerful is happening at the H.M.P Walton H&I meeting. There has been an unbelievable response to the message being carried. The attendance has risen steadily, and we are now getting eight to ten inmates turning up regularly each week. We have three I.P.P prisoners “lifers” who have given up hope of release, but now, through our message, they are now beginning to have belief and hope in their lives and recovery and are now regularly sharing their experiences in the meetings. They have stated how much they look forward to a Wednesday afternoon. It is also having an amazing effect on my own personal recovery, I feel blessed, motivated, and honored being a part of this. Tomorrow I am meeting one of our regular attendees who is being released, and we will be attending a C.A. meeting together where he is hoping to begin a new chapter in his life and recovery. C.A.’s message is being received loud and clear. Thanks.”

I had a chance to go to a local detox near me today.

I love carrying the message of Cocaine Anonymous that was so freely given to me. I always have mixed emotions when I go to the detox, happy to be bringing hope in - but at the same time having the realization that the majority of people there could probably care less if I was there or not. Some are totally disinterested, some are very sleepy, lounging around in sweats or pajamas if they are lucky enough to have them. Most just want to feel better. I remember the feelings, hopelessness, despair, self-loathing, wondering what is coming next. How am I gonna fix this mess? It certainly wasn’t my plan to take suggestions, or attend meetings, or do any of the work the people that brought meetings in were talking about. I just wanted to use something, so I could feel better. I know! Med time! But there are always one or two that have that look in their eye, and they are hoping that there might actually be another way. Having an H&I commitment at the detox is a very rewarding endeavor for me. I am reminded of what my life could be like again if I fail to continue to enlarge my spiritual life. I remember having had an old-timer tell me, “if you want to see your fellowship grow, grow your H&I.” That has been my experience. That is how those people, that were just like me, find out about us. I will not stop going because of my fears that they may not be getting it. My job is to carry the message. God is in charge of the results.

## LITERATURE, CHIPS AND FORMATS

The C.A. World Service Conference Literature, Chips, and Formats (LCF) Committee works to provide you with materials that can be used in fulfilling our primary purpose of reaching the addict who still suffers. As our name states, we are responsible for drafting and updating C.A. literature in its various forms, designing chips and coins, and creating/updating the Suggested Meeting Formats for the Fellowship to use. During the year, many of you have sent us referrals for creating some of these items. Although not every referral has resulted in a project, we certainly appreciate your taking the time to offer your suggestions and ask you to please keep them coming. If you are interested in how our processes work, and how suggestions from the Fellowship become literature, you can find most answers in our LCF Committee Guidelines at [www.ca.org](http://www.ca.org) under the “Service” tab and in the column on the right-hand side of the page. While there, please reach out to us using the “Contact the LCF Committee” link. We’re always welcoming new members to join, and no experience is necessary!

We arrived at the World Service Conference this year with a total of eleven (11) projects in various points of approval or publishing. Our largest accomplishment in 2019 is that our hard-working committee members delivered four project drafts to WSC, who then approved the drafts with substantial unanimity. The soon to be released pamphlets are: “Being a GSR,” “C.A. Lifeline,” and “A Message to Professionals.” WSC approval of these drafts means that the Fellowship, represented by its delegates, has given us permission to forward through the process of professional editing and deliver the completed pamphlets to the World Service Office, who serves as publisher and makes them available both in the C.A. Store and online. We expect to have these in your hands by Spring 2020. The WSC also approved the “Suggested Business Meeting Format,” a guide to doing business which should soon be available for your groups to use.

As we move into our working year, many other very exciting projects are currently underway. One of our book projects, The 12 Step Companion Guide, a set of suggestions that sponsors and sponsees may use together in doing step work, is nearing draft completion and will soon be in its final draft review stages. The members who have poured into this project have worked tirelessly to bring this draft forward, and we hope to deliver this book to the publisher very soon. We will also be working with renewed energy and under new leadership on another book project, In the Light of Our Experience (C.A.’s 12 & 12). We encourage and welcome all submissions detailing your individual, group, district, or area experiences in working the 12 Steps & 12 Traditions. Lastly, we have a new book project which is being completed with cooperation from the Archives Committee, a book of “Short Stories” recounting the early days of Cocaine Anonymous.

We hope that you all love C.A. literature as much as we do. Remember, anyone can join LCF, and no special experience is necessary. Please reach out to us as is detailed above, or you may contact me directly at [lcf@ca.org](mailto:lcf@ca.org). Thanks for reading!

# C.A. WORLD SERVICE CONFERENCE COMMITTEES

## CONVENTION

### Sponsors Needed

FOR GIFTS BASKETS TO DONATE TO THE  
2020 CA WORLD CONVENTION IN AUSTIN, TEXAS



CA Members or groups can donate a Basket of Any Theme & will be acknowledged @ the Convention!!  
Help support the Auction & Drawing Committee



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

### Sponsors Needed

FOR GIFTS BASKETS TO DONATE TO THE  
2020 CA WORLD CONVENTION IN AUSTIN, TEXAS



We are asking Districts, Areas or Regions  
to donate a Basket of Any Theme &  
Be represented at the Convention!!

Help support the Auction & Drawing Committee

Contact: Rose G Phone: 281-734-6478 E-mail: rosebudnurse@aol.com

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



# CALENDAR OF EVENTS

**March 13-15, 2020**

## Atlantic North Regional Convention

### LOCATION:

DoubleTree Hotel  
Niagara Falls, New York, USA

**March 20-22, 2020**

## 30th Annual Tri-States Convention

### LOCATION:

Four Points by Sheridan  
Saginaw, Michigan, USA

**March 27-29, 2020**

## Illinois Area Unity Convention

### LOCATION:

Hyatt Regency  
Lisle, Illinois, USA

**May 21-25, 2020**

## C.A. WORLD SERVICE CONVENTION

### LOCATION:

Hyatt Hotel in Austin  
Austin, Texas, 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>

STARTER KIT REPORT FOR JULY THRU SEPTEMBER 2019				
Region	July	Aug	Sept	Qtr total
ANR	2	2	3	7
ASR	2	5	1	8
EUR	0	1	2	3
MLER	0	0	0	0
MWR	0	2	1	3
PNR	1	0	3	4
PSR	1	1	6	8
SWR	1	1	7	9
TAL1	0	0	0	0
TAL2	0	0	0	0
Resubmit	0			0
<b>Total</b>	<b>7</b>	<b>12</b>	<b>23</b>	<b>42</b>
Local Area Provided	2	3	9	14
WSO provided	1	7	10	18
Pending Waiting for trustee or Incomplete Info	4	2	4	10

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

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With this document, I, the undersigned Cocaine Anonymous (hereinafter referred to as "C.A.") member, hereby grant permission to COCAINE ANONYMOUS WORLD SERVICES, INC., a California corporation (hereafter referred to as "CAWS") and COCAINE ANONYMOUS WORLD SERVICE OFFICE, INC., a California corporation (hereafter referred to as "CAWSO"), their successors, assigns, and those acting on their authority, to publish the attached material entitled or described as follows:

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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.
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3. I am the author of this work, i.e. this work is completely original and I have not used any third party source(s), in part or in whole, to create this work unless said third party source or sources are given full credit within the body of this work and further that said third party or parties have given written permission for said use, copies of which are attached hereto.
4. CAWS and/or CAWSO may change, modify or revise this work to whatever extent either or both deem necessary. I understand that, if selected for publication, this material will be edited in keeping with C.A.'s understanding of the Twelve Steps and Twelve Traditions. Submissions will also be copyedited to ensure ease of comprehension and adherence to standard rules of grammar and punctuation as well as current CAWS and CAWSO style guidelines. In addition, editorial staff may also substitute different words and/or revise sentence structure for clarification. I further understand that this material may be retitled and/or reprinted in more than one CAWS or CAWSO publication.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Name (please print): \_\_\_\_\_

Address: \_\_\_\_\_

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

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

**7<sup>th</sup> Tradition July-September 2019  
Category or Group**

LOCATION	NAME/CITY	TOTAL
<b>CANADA</b>		
Alberta	The Last Straw Northern Alberta	\$53.93
<b>EUROPE</b>		
England	CA Kent District UK	\$296.35
	CA Wales District UK	\$174.41
	Hants & Berks District CAUK	\$219.33
	South Central District UK	\$522.94
	WL District of CA	\$517.57
Germany	CA Deutschland	\$1,100.00
Netherlands	CA Haarlem Netherlands	\$108.11
Thailand	CA Thailand Area	\$321.00
<b>USA</b>		
Alabama	First Freedom Group	\$58.17
Arizona	Birds of a Feather Grp	\$342.97
California	CA Long Beach/Compton	\$268.50
	CA Northbay Group	\$175.00
	CAOSA TIAS Men's online meet-	\$6.00
	Focus on Recovery, CALA	\$30.00
	I.E.A.C.A.	\$125.00
	Northern Cal CA	\$5,000.00
	OCCA	\$200.00
	SFVCACO, Inc.	\$655.00
	WSOB	\$37.00
	Young Guns N Recovery	\$25.00
Colorado	CA of Colorado	\$125.00
	CA of Colorado, H&I	\$186.45
	Coconuts Sunday Morning Grp.	\$90.00
	Nirvana Grp	\$207.00
	Whiteout Grp.	\$131.12
Florida	District of Fort Myers, FL	\$300.00
Georgia	CA Macai	\$28.49
	Log Cabin Grp.	\$183.91
Illinois	IACA	\$200.00
	IACA South & West District	\$257.92
Nebraska	Monday Miracles Group	\$300.00
Nevada	Reno NV	\$3,109.00
Ohio	Amazing CA Grp c/o Steven Wal-	\$10.00
	lace	
	Lake Connection CA Grp	\$10.00
Oklahoma	CA Oklahoma District	\$4,427.00
Oregon	CA Oregon & SW Wash.	\$100.00

**7<sup>th</sup> Tradition July-September 2019  
Category or Group**

LOCATION	NAME/CITY	TOTAL
Pennsylvania	CA of PA/NJ/DE	\$300.00
South Carolina	There is a Solution Group	\$8.65
Texas	Newcomers Grp	\$75.00
	Primary Purpose Group	\$98.20
Wisconsin	Razors Edge Group	\$90.00
<b>World Contribution Program</b>	World Contribution Program	\$6,314.31
<b>Anonymous</b>	Anonymous	\$555.00
<b>S.M.A.R.T.</b>	Smart Program	\$781.11
<b>Total 7<sup>th</sup> Tradition</b>		<b>\$28,124.44</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