

TOOLS OF RECOVERY

NEWS



GRAM

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TOOLS OF RECOVERY

By: Jacqueline R.
Glendale Queen, New York, USA

One of the very first pamphlets handed to me at my first meeting was the “*Tools of Recovery*.” I remember reading it and telling myself I’ll just need a few of these, the others I’ll just ignore. Little did I know that all of the tools would one day or another save my life. The first time I had to desperately reach out to people was when my mom had her first heart attack. By this time I had called several of the women in the program just to open up the channels of communications. However, on that dreadful day, I had called six women and all I got were answering machines. I happened to have the number to one of the men in the program who, of course, was rapping to me at a convention. I called him and he came to my rescue. That led to a one year painful yet very educational relationship but it didn’t matter because I had other tools I had at my disposal. Staying abstinent was not difficult once I had fully surrendered to the belief of a power greater than myself and this simple program. I got a sponsor, another tool, and I began to call that sponsor every day. She suggested I continued to read some piece of literature, a pamphlet, a meditation or the Big Book of Alcoholics Anonymous on a daily basis. She also suggested I make 90 meetings in 90 days and as soon as I’m able to, do service. Prayer became my best tool in surrendering those things beyond my control. I also prayed for guidance every day and said thank you to my higher power every night. Remembering the slogans helped as well, I don’t know where I would be without these tools. Here let me explain.

I was fortunate enough to attend my first convention at 33 days sober. That’s how I met and got my ex’s phone number. Once back from the convention my mom had her heart attack, I now had 45

days. It was 6am when I received the call that my mom was being taken to the ER. I ran and stood there from 7am to 2pm reading my Big Book but I forgot about HALT. Never allow yourself to get too Hungry, Angry, Lonely or Tired. I had them all. So when my rescuer came along, I latched on to him for dear life. My sponsor knew what had happened but she never judged me. She asked me to just always be honest with her about the relationship and continue to do the work. They say that getting into a relationship within your first year is like pouring miracle growth on your character defects. Oh boy, that was an understatement. However, it was during that time that my ex called me a co-dependent and I set out on a quest to fix myself ;0). Little did I know that there was a program for those issues too and that that program combined with Cocaine Anonymous and therapy, would one day save my life.

During my first year, I learned a lot about myself. I learned about how dysfunctional my thinking was and all about the negative messages instilled in me throughout my childhood. I suffered from low self-esteem but now through the help of the tools afforded to me, I learned that I could unlearn all the wrongful beliefs instilled in me and learn to believe in what’s real, believe in me. I learned how not to dial pain and how to get out of harmful situations which used to baffle me. I learned how to love, honor and respect people for who they are and not put unrealistic expectations on them. I learned how to love, honor and respect myself more than ever before. As I continue on and in my journey of recovery, I will continue to utilize my tools and allow myself to keep learning.

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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?

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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SPIRITUAL TOOLS

By: Theresa F.
Houston, Texas, USA

When I think of tools, or a toolbox, I think of a means to mend or repair something that is broken or needs maintenance. A mechanic uses precise tools to fix or maintain a vehicle. A gardener uses precise tools to maintain landscaping. A doctor uses precise tools to repair or maintain the physical body. But what about our spiritual maintenance? Where do we find the tools to maintain our spiritual being? How will these “tools” help keep us clean and sober?

In my active addiction I trusted no one. I needed no one. I was perfectly fine going out every day doing what I had to do to get what I needed to get me through the day. Or so I thought. I know now that these were thoughts of my disease; to protect it by any means necessary. After all, if I were to trust my loved ones, who continuously begged and pleaded with me to get help, my disease would be in danger. But what about that huge, dark hole in the pit of my stomach that was forever aching? Why would it not just stop aching?

When I started my journey some eight and a half years ago, it was not entirely my decision. I’ve learned through the recovery process that God placed some in my life to help me understand and learn to live life on life’s terms. This process started with the criminal justice system and continue with my newfound recovery family. All that was required of me was the ability to be open minded and willing to do something different. I had that, for I was truly beat down and spiritually dead at that point. Thus, my journey began.

Coming into the Fellowship I heard a lot of clichés like keep it simple, easy does it, it works if you work it, and keep coming back. These simple sayings helped because they were just that... simple. Easy to remember. As time went on and I grew in my recovery and the Fellowship, I watched others in this Fellowship who drank alcohol and used drugs just like I did, as well as practiced the same behaviors that go hand and hand with drinking and drugging, yet they had learned to live without drugs and alcohol, and they were actually happy. They shared their experience, strength, and hope, which included that huge, black hole, and how they were able to fill it with joy, peace, happiness.

In the Big Book of Alcoholics Anonymous it talks about the spiritual malady and how “once the spiritual malady is overcome, we straighten out mentally and physically”. (pg. 64) It appears my newfound recovery family had done just that. I wanted to know that peace more than anything in the world. If I can see for myself that is working for others, then all that is left to do is “pick up the simple kit of spiritual tools” (Alcoholics Anonymous pg. 25) that has been laid at my feet. The Fellowship has taught me to hit my knees in prayer, humble myself, pick up the phone and call another alcoholic; my sponsor. They talk about trusting God, cleaning house, helping others. All these things I have gathered and placed in my “Spiritual Toolbox” What is in your spiritual toolbox?

TOOLS OF RECOVERY

By: Jacqueline R.
Glendale Queen, New York, USA

(Continued from page 1)

On January 29th, 2020, I will be celebrating 24 years. I’ve never gone a year without celebrating the life this program has given to me - a wonderful husband of almost 18 years, our amazing children which are all successful adults and our two wonderful grandchildren. I returned to school and obtained an Associates Degree in Theatre God willing I’ll have a Bachelor of Fine Arts within the next two years. My sponsor once told me that, “Recovery is a bridge back to life. Cross over and get to living but don’t forget to come back and give of what you have freely been given.”

Today I have learned to balance my life across

that bridge with my life of recovery. I sponsor people and take them through the steps. I encourage them to do service. I myself continue to do service. I am currently a New York Delegate and the Vice-Chair of the World Service Conference Unity Committee. New York is having its World Convention May 21-24, 2021 of which I’ve had the privilege of being nominated Banquet Chair. I still continue to go to school, I still spend time with my family and friends in recovery and when stuff hits the fan, I pick up my handy dandy toolbox and once again start using my Tools of Recovery. KISS :0)

FIVE WILL KEEP YOU ALIVE

By: Justin C.
Lakeland, Florida, USA

I remember very early in my recovery hearing a man with some experience share his story. I was probably about 30 days clean at this point, still in the throes of a somewhat nervous disposition which might have been attributed to having smoked my breakfast, lunch, and dinner for the past 15 years. Having arrived at treatment under the impression that they would “fix” me, I was certain that at some point in the near future I would be able to reenter my old niche possessing the firmness of mind and resolution of self that would serve as an adequate defense against my persistent desire to use methamphetamine, alcohol, cocaine, benzos, and whatever else I could use to try to escape from myself. Thankfully, and by God’s grand design, my benefactors had sent me to treatment not to the rehab with the resort style setting where I could dine on 5-Stars cuisine and schedule a daily shiatsu, but to a center occupying an old hunting lodge in the hills of rural Alabama. Thankfully, an area where Cocaine Anonymous had thrived for some years.

I just didn’t know about this “program” stuff, I didn’t think I was signing up to do a bunch of work. After all, that’s what the rehab and counselors were for, right? Weren’t they supposed to be doing all the work? I mean, that’s what they get paid to do right? Couldn’t I just sit back and let this stuff just wash over me and then walk out 90 days later a brand-new person?

One of our members was working there at the time. A man with some years of experience, who became a great friend and mentor of mine, and who completed his program last year. I remember how kind and gentle his manner was as he came up to me and said, “Hey bubba, there’s a guy coming up here to talk to y’all today, you might want to listen to him. He’s a pretty good dude.” At that point I hadn’t been exposed to very many people who shared their story through group speaking, but I trusted this man enough to believe he wouldn’t endorse someone who didn’t have my best interests at heart.

When the speaker arrived I sat and listened as he told his story, one that many of us have heard through countless others and in a variety of languages all over the world; the misery, terror, and pain of addiction transformed into Hope, Faith & Courage through honesty, open-mindedness and willingness followed by a program of rigorous action. At that time what stuck out to me the most was his statement, “If you want to live then remember this: Five will keep you alive.” Well of course I was interested because I

certainly wanted to live! He held open his hand, fingers extended upward, “If you do these five things each day, chances are you are going to stay alive.” He counted them off one-at-a-time, “Go to a meeting, pray and meditate, read the Big Book of Alcoholics Anonymous, talk to another addict or alcoholic, don’t pick up any dope or booze.” It sounded so simple that even a meth head like me could understand it. I thought to myself, “I think I can do those things. It doesn’t sound like that much work.”

After my graduation, I went on to an outpatient program, took the suggestions that were given to me and picking up some more along the way. I began to understand the importance of talking to my sponsor regularly, as well as calling or talking to others in the program. I’ve learned how the disease feeds off of isolation, and how much more I gain by being involved with my Fellows. I’ve connected with God, learned how to communicate with Him daily (prayer), learning how to be still and listen for His voice (meditation) guiding me throughout my day. I’ve learned how important it is to read some recovery literature each day, that over time I am able to learn new things by re-reading passages, feeding off of the words and wisdom coming from those who trudged the road before me. I’ve learned that this is a one-day-at-a-time program, that not picking up any booze or dope helps ensure that I don’t get drunk or high. In addition to those things I’ve learned that change comes as a result of the actions taken while I work the Twelve Steps, practicing these principles in all my affairs. I’ve also learned how important it is to be of service to my Fellows. Helping others, contributing to the greater good of the Fellowship, and reaching out to the still suffering addict is a necessary component of what keeps me alive today.

Today, when I have the privilege to speak to groups in treatment, I recount this story and explain how performing these actions over and over again has helped sustain me and my continued recovery. These tools are passed down through the years from one member to another. They are not inherited through genetics but delivered through the genuine love and compassion for others that are principles of our program. They should be practiced daily, lest complacency creep in. The program will work for you when you use them. So, work it, you’re worth it.

STEP ONE

By: Tanela LG
Cleveland, Ohio, USA

When I was 22 years old I found myself addicted to crack cocaine. I had a one-year-old son, no job and lost my first apartment, and to top things off I moved into a crack infested neighborhood.

I lost my first apartment due to my crack habit naive to the fact that I had a problem. I had come into some money from a car accident in early 1986. I moved out of my mom's house into an apartment bought furniture a car and an eight ball of powder cocaine, taking my life into a journey that I never saw coming.

I took a chunk of that powder, loaded it into a bowl and took that first pull, not knowing that it had to be rocked up. I was laughed at when some real addicts showed me how it was done. I again put a large chunk into the bowl pulled again. I thought I was having a heart attack. In fear, I sat on the floor until I felt my heart stop pounding. I collected myself and went after another hit. I bought it after all and the journey began.

So for several months, I drove that car down the street or across town, often with my son in the back seat, looking for more crack stealing money from myself out of my baby daddy's account (my money , his account). When the money from the accident was gone there was only the monthly welfare check, which meant that only part of the rent could be paid because I had a habit to support. Next thing I knew, we were being evicted – me, baby, and baby daddy (a functioning addict). Baby daddy had an uncle who owned an apartment building in a neighborhood I knew nothing about but quickly became acquainted with because crack was across the street, down the street, on the corner, and everywhere. I met all the night people, addicts, like myself and I was off and running.

So, by the time my son was 2 years old I was a full-blown crack head. I entered detox for the first time, didn't hear a thing, stayed 3 days or so only to return home thinking "I'll only drink beer," which lead me back to crack.

Between 1987 and 1992 I'd been in detox or the mental ward several more times to get back into the house after being gone for several days on one mission or another, "I'll sneak and drink only beer this time," again; I eventually used crack again.

Now I'm stealing everything I can from home, my son, and baby daddy (toys, clothes, electronics) just to get a bump (that's what we called it back then). Now I have baby #2 a beautiful baby girl, and a crack habit totally out of control.

January into February 1993, I left home with a few of baby daddy's sweaters to sell for crack, and when they were sold and the crack was gone It was time to sell ME, and that's what I did until I was almost raped. Today I know that my Higher Power saved me and my sister from disaster. I didn't get raped and my sister didn't get killed, as she went to defend me with a baseball bat.

I spent a few days trying to keep getting high until the attack occurred. After that event, my sister gave me a nice hit and the next day bus fare and 40 oz money

I must have heard something in my past visits to the Quala center because I knew on February 3, 1993, that that 40 oz was my last beer. I rode the bus drinking that beer and finish it at the door to the building where I disposed of that empty lager bottle.

The lady asked me how much I drank a day, my response was "maybe a six-pack of tallboys a day."

She said, "you're an alcoholic!. We shouldn't let you back in here; you're not hearing anything." Under the circumstances I was SCARED as hell and knew I needed help, I was a crackhead. I heard the word alcoholic and yes, my life was unmanageable, and I was powerless.

I slept for a day hearing "you're an alcoholic because you leave here but you drink and that drinking leads you right back to crack." I finally understood that alcohol was my problem. I always thought that it was my courage; I was a young lady with low self-esteem and drinking made me comfortable with myself, although it was ultimately killing me by sending me back to crack.

As a result of my extended stay in detox and the mental ward where I was able to attend meetings and groups, February 5, 1993 started me on a whole new path to life; I got to start over.

Admitting to myself that I was an alcoholic led me to A.A. meetings which led me to the meetings of my choice, C.A.

I will forever be grateful for A.A. because it was HARD for me to accept that I was an alcoholic, who is also a recovering cocaine addict!

Had it not been for Step One being proven to me, I would no doubt still be a crackhead, if not dead. I was powerless, my life was unmanageable, and I needed help.

I thank god for the Fellowship of C.A. where I am so comfortable to be me .

LOOKING BACK

By: Joe C.
Bartow, Florida, USA

When I was lost, you showed me the way
I put my trust in you, in everything you say.
You said it was for the best, that I didn't need to rest.
But I found out you lied, like all the rest.
I tried to walk away; I wanted no more
But you were too strong and slammed the door. I knew
I was trapped in what you gave,
Your every command, I was your new slave.
I'm a stranger to myself, I don't know who I am
Once just lost, but now a broken man.
You took everything from me good in my life
I tried to hold on, but you even took my wife.
Now all alone with no place to call home

Withering away, looking like a bag of bones.
Now by myself wondering WHY?
Giving up, just wanting to die.
But hope is not lost as I fall to my knees
Crying and begging asking, God please.
My prayers been answered from what I can see
Working on the man I know I can be.
Life is getting better day by day,
As long as I keep faith and continue to pray.
Looking back on my life I can finally see
That this is the man you created me to be .

C.A. TOOLS OF RECOVERY

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

I struggled to stay sober in the beginning. I started my journey March 25, 1994. Although I didn't drink I went to the other Fellowship. I was desperately trying to get in where I fit in. Being a newcomer and not having a problem with alcohol, I didn't feel very welcome. I wasn't allowed to say certain words...addict, drugs, cocaine, crack, just to name a few. I was confused as to why I had to tiptoe with my words when I talked. Mind you, I didn't talk much. I just said my name and that I was an addict.

WRONG! I was only trying to do the right thing and be honest. If I said I was an alcoholic that would have been a big fat lie, in my eyes back then. I have since learned that when in Rome do as the Romans do. I held on to my sobriety confused but convinced I did not want to use again ever in life. A good friend told me about a C.A. meeting where I would probably feel more comfortable sharing. Well she was absolutely correct.

I was so happy at that meeting I just wanted to introduce myself over and over again. Hi, my name is Norma Jean and I'm a recovering dope fiend, Hi my name is Norma Jean and I'm a crack-a-holic, Hello family my name is Noma Jean and I'm a recovering addict; I was finally home.

Then I heard the Tools of Recovery and a light bulb came on in my head. All I had to do was abstain, sounds simple enough. I had some more tools at my disposal to go along with the abstinence. I had to make

meetings and get a sponsor. I had to read the literature, in between the latest King and Koontz novels. I had 12 Steps to work on and I love busy work. I had faith in my higher power because I was evidence that he was real. I got into service work quite by accident. I arrived at the meeting early and there was no coffee. I made the coffee that day and for the rest of the year. I even emptied some ashtrays and moved some chairs around. I soon graduated to co-secretary then secretary. I was hooked on service. I had no problem using the telephone lines. I pray everyday and meditate as well.

The tools were a part of my life and they work. If you have some stinking thinking by the time you utilize the tools the desire to use is long gone. My favorite tools of recovery are HP and service. My higher power gives me the strength and the will to do service work. Service keeps me in meetings in tuned to the literature and the 12 steps. The steps help me maintain my abstinence to all things that are harmful to my body, my mind, my emotions, my spirit and my soul. Being abstinent keeps me grateful for sponsorship and the ability to pick up the phone if I am feeling good, bad or indifferent. I can ask for help or ask for someone to say a step prayer with me. Thank God for the C.A. tools of recovery which are still helping to save my life everyday. These tools changed my life

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

OF LONGING AND GREED

By: Max N.
Frankfurt, Germany

take me away from this journey
I am trapped in the land of placelessness
blind / hypnotized route 36 / Bolivia
deaf / treated with ultrasound simultaneously
scarcely knowing what all that means
I am feeling the rising of blood a wave of heat like
sandstorms
inevitability: willful / knowing / aware
I am putting myself at risk of dying
long ago I read about the risks and consequences pervaded
them intellectually while
my heart remains deafly because of cocaine
bitter sear
aflutter and in panic there is just:
one life one heart
one body one man
man what are you doing?!?! I am hollering into my inner
embracing the envelope every day
obsessed over bitterness numb love
in the dungeon of plotted heavens lofty as never before
is what I am running away from:
every day
in the 1920s there was a man who they called coke-Emil
he sold cocaine in the night streets of Berlin
the national archive has been keeping a picture of him doing
business with two girls out of gangland we
can't see the face of the one standing left only her back
however her companion typifies precisely what the drug is
creating in our souls:
a form that can not be imitated like the effect of the drug a
form of longing and greed in the
girl's face
longing and greed balancing each other not one of
these states predominates
while beholding the girl I am becoming horridly conscious
about myself horridly about
my relationship with cocaine my affair with cocaine
my love to cocaine this sounds sick?
indeed it is
we call it
addicted and soon a dependency
become clean.
I wish you willpower wish you strong luck wish you peace

at last
the rate of relapsing cocaine users is vast during the night
when the wind is breezing mildly
when the stones of the cities
are breathing out the heat of the day
while you are
sneaking over the streets
while every street corner resembles the very one where
coke-Emil used to sell his product
while you are sensing the smell of bitterness
while you are being preoccupied with
her face longing and greed
while you are experiencing yourself:
more deeply more soberly
and more knowingly as before
while you are reaching out your hands searching with
kidfingers for coke-Emil
the guy with the warped corner of the mouth the greedy and
reliable
the one who is always ready
a salesman has to be available for every second of your
longing every second of your greed
coke-Emil: your world is made of black and white your hat
is grey its bonnet is vanishing as your shivering hands
hands that spread capsules hands that grasp at bills
hands that you use to brush away your sweat
butt between the lips shabby coat
coke-Emil
your spirit blows through inner cities like gas fumes a grin
on your face coming from
lurid lights
you became immortal
you underwent rapid decades you were an addict
you created addicts you served addicts
the facial expression of the girl your child-like customer
remains for
all for everybody with a cocaine-addiction
for all and for everybody who depends on cocaine
for all and everybody who is clean from cocaine
for all and everybody: longing and greed
rest in peace girl

CELEBRATE AROUND THE WORLD

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

World Unity Committee is seeking submissions for the 2021 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**

WHY I LOVE THE ONE WEEK SOBRIETY CHIP

By: Cameron F.

Toronto, Ontario, Canada



As it suggests in the Big Book of Alcoholics Anonymous "That the person who is making the approach has had the same difficulty," (Big Book of Alcoholics Anonymous p. 18). Thus, it is we, as Big Book Sponsors, our responsibility to reach out to

the newcomer and carry our message of "Hope, Faith and Courage."

I love the C.A. meeting practice of handing out chips or, key tags if you like. in many of our C.A. meetings. Not only does the chip system tell me who I should approach in the meeting for possible sponsorship, the 24 hour chip gives the newcomer an opportunity to declare their intention of getting sober.

However, many who pick up their 24hr or newcomer chip, may not be ready for sponsorship due to the fact that

they may be still in the throes of detoxing from their last spree. As the Big Book of Alcoholics Anonymous texts suggests, "Wait for the end of the spree, or at least for a lucid interval (Big Book of Alcoholics Anonymous p.90), and "...we favor hospitalization for the alcoholic (or addict) who is very jittery or befogged. More often than not, it is imperative that a person's brain be cleared before they are approached, as they have then a better chance of understanding and accepting what we have to offer." (Big Book of Alcoholics Anonymous p. xxvi-xxvii)

When the newcomer declares "one week of sobriety," and picks up their chip, chances are they're minds are more lucid, they're heads are clearer and they're now ready to hear our message of "Hope, Faith and Courage" and take that First Step towards C.A. sponsorship.

It is for these reasons why I love the "One Week" sobriety chip.

RECOVERY IS POSSIBLE IN COCAINE ANONYMOUS

By: Ashley R.

Plymouth, Devon, United Kingdom

I'm a member of COCAINE ANONYMOUS and I have not had any cocaine or other drugs and alcohol for nearly 12 years now. I was born into a traveling fun fair, where my family goes back many years as travelling showmen. Being raised in a caravan with no schooling and working 18 hours a day as soon as I could walk. My father was a daily drinker and my mother was a none-drinker. All I ever knew was the fairground life.

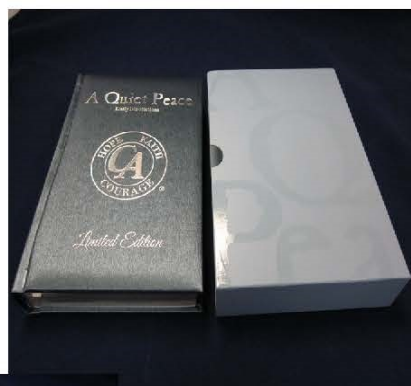
When I was a small lad, I had to leave the fairground with my family and live in the community. I found this very hard to fit into. Living in a house with a front door, running water and gas and electric and even a garden. Within months of living in the community my father died and within the same year my mother died leaving my sister to be my legal guardian. I started to isolate within myself and close up and keep my feelings held in, and push people away that was willing to help. I found alcohol at the age of 11 years old. It would take me away from all the pain and hurt and guilt and shame etc.. So, the booze at a very young age became my solution to life.

The years went by with no education, life skills etc. Crime became my living to support/fund my drinking and my drug use by now. I ended up spending years in jails, hospitals, pushing my family away as well as anyone willing to support or help me, having lack of hygiene, no skills regarding life, work, relationships etc. By now I'm a full-blown addict using any drugs or booze. It came to a point when I reached the age of 37. I had nothing going in my life, apart from using smack and smoking crack and

drinking daily. And a bin bag of clothes and getting my head down at night wherever I could.

I knew my life was a problem as I could not live or achieve what I saw in other responsible people. I was seeking help from a professional organization that suggested I try a 12-step program. So off I went to give it a go on a Tuesday night on the 11th March 2008, they made feel very welcome when I arrived to my first ever meeting. I sat and listened, and people talked what it was like and what it was like now and what they have done to recover from drugs or booze. They offered a solution to my problem that would help me live in society without taking any drugs or booze. So I took that offer on. They explained what a sponsor was (just another man that as recovered). So I asked for a sponsor and spoke regularly with him, and he supported me daily by sharing his experiences and offering suggestions to me to solve my problems

Thanks to COCAINE ANONYMOUS my life is totally different today. I have two children, a partner, home, job, car, hobbies etc.. Life is possible in the Fellowship of C.A.. I'm able to respond and react to situations in my life today in a positive way instead of using drugs or booze. I have life skills today. I'm able to be part of society in a positive way and give back. My family and the community benefit from my recovery. I owe my life to COCAINE ANONYMOUS. Without it I would not have the life I have today. And I would not be able to put this letter together for someone like yourself to read



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.



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 \$15 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

Visa/MasterCard/Discover/American Express # _____

Signature: _____ Expiration date: _____

Name: _____

Address: _____

City and State/Province: _____ Country: _____

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

NEW COMMEMORATIVE CHIPS NOW AVAILABLE THROUGH THE WORLD SERVICE OFFICE

Available in Bright Bronze



BACK



CAWSO - FRANÇAIS

DEVANT



DERRIÈRE



CAWSO - FRANÇAIS

DEVANT



DERRIÈRE



NEW COMMEMORATIVE CHIPS NOW AVAILABLE THROUGH THE WORLD SERVICE OFFICE

Available in Bright Bronze



BACK





C.A. RECOVERY MEDALLIONS

Ship to:

NAME: _____
 ADDRESS: _____
 CITY: _____
 State/Province: _____ ZIP/Country code: _____
 PHONE : _____
 EMAIL: _____

****PRICE per coin 25 \$ US or 20 \$ US for 3 or MORE****
ADD 3\$ US FOR 1 or 4.35\$ US FOR 2 or MORE SHIPPING & HANDLING
 Medallions ship from the Manufacturer and take 7-10 business days to ship

| <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 | _____ |

Total medaillions : _____
 Plus shipping : _____
 Total \$ US : _____

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

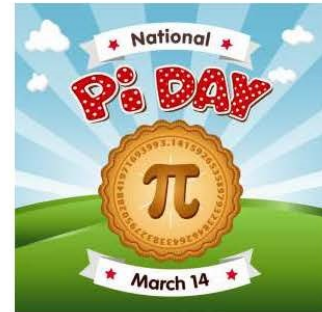
CAWSO
21720 S. Wilmington Ave. Suite 304
Long Beach, CA 90810-1641
Please allow 7-10 days for delivery

The Online Service Area is Celebrating Around the World on National Pi Day - Saturday, March 14th



Celebrate Around the World 2020

"...a new light had entered
the dark world..."



The OSA continues to grow, spreading its light into the dark world where the message of C.A. does not yet shine for the addict who still suffers; sometimes online recovery is the only light that does.



We are asking all C.A. Members to please support the OSA by donating Pi (\$3.14) on March 14th
Donations gratefully accepted @
<http://www.ca-online.org/7th-tradition/>



Would your Area or District be willing to help C.A. online recovery continue to grow by allowing Pi Day donations for the OSA at your local CATW event?

Contact Susan or Megan at OSA_delegates@ca-online.org

Hey, if you haven't decided on an activity for your event yet, you could EAT PIE! How about a pizza pie party or pie eating contest?



“ TO SERVE AS A RESOURCE FOR THE C.A. SERVICE STRUCTURE IN AREAS OF EMERGING TECHNOLOGIES”

THE WSCIT COMMITTEE IS VERY EXCITED AND HAS BEEN HARD AT WORK SINCE WE LAST MET AT CONFERENCE. WE HAVE AN AMAZING COMMITTEE FROM ALL OVER THE WORLD, BUT WE ARE ALWAYS LOOKING FOR MORE SUPPORT. IF YOU HAVE A PASSION FOR EMERGING TECHNOLOGIES, WE WOULD LOVE FOR YOU TO JOIN OUR COMMITTEE. WE MEET ON THE ZOOM PLATFORM THE LAST SUNDAY OF EVERY MONTH AT 9AM LOS ANGELES TIME.

OUR TEAM HAS BEEN WORKING DILIGENTLY ON OUR BACKEND DATABASE, WITH A BETA VERSION OF THE APP IN OUR SIGHTS WE COULD USE SOME HELP IN THE AREAS OF THE FRONTEND AND MOBILE APP DEVELOPMENT. WE ARE ALWAYS LOOKING FOR MEMBERS WITH IT EXPERIENCE. AT THE MOMENT WE HAVE AN URGENT NEED FOR MEMBERS IN THE FELLOWSHIP THAT HAVE FRONTEND, UI/UX OR CROSS PLATFORM MOBILE APP DEVELOPMENT EXPERIENCE. AS AN APP DEVELOPER IT IS AN ASSET IF YOU ARE FAMILIAR WITH APPLE HUMAN INTERFACE GUIDELINES.

FOR OUR AREA I.T. CHAIRS AND WEB SERVANTS, WE ABSOLUTELY NEED YOU! LOOK FOR INFORMATION IN THE NEAR FUTURE IN REGARDS TO A FORMAT FOR GATHERING YOUR LOCAL MEETING DATA. WE HAVE TO COMPILE OVER 8000 MEETINGS AND THAT'S GOING TO BE NO EASY TASK. WE NEED ALL HANDS ON DECK TO BE ABLE TO GATHER THE INFORMATION SO WE CAN MAKE IT EASIER FOR THE NEWCOMER TO FIND US, ONCE THE FIND A MEETING PLUG IN IS READY TO GO!

YOURS ILAS,
ROBBY S, WSCIT CHAIR

CONTACT US @ ITCOMMITTEE@CA.ORG

IN THE SPIRIT OF TRADITION 6 C.A. IS NOT ALLIED WITH ANY SECT, DENOMINATION, POLITICS, ORGANIZATION OR INSTITUTION.

C.A. WORLD SERVICE CONFERENCE COMMITTEES

PUBLIC INFORMATION



**GET INVOLVED.
DESIGN A NEW PI POSTER.**



The CAWS PI Committee is inviting anyone in our fellowship to create a new poster. Submissions are open until March 31st 2020. Send entries to caeuropipi@gmail.com.

To ensure posters are translatable we are asking for them to be "packaged".
Please see www.pi.ca.org/artwork for details.

Tradition 6: C.A. is not allied with any sect, denomination, politics, organisation or institution

C.A. WORLD SERVICE CONFERENCE COMMITTEES

ARCHIVES

Every C.A. Object Has a Story

Mark R. remembers when...

CALA had decided on a special celebration for its 1992 ten-year anniversary. I was Chairman for that event committee. In the true spirit of C.A. it would be fun and free. The venue selected would be the Veterans Auditorium in Culver City, not cheap but reasonable and fit our needs. It was decided that the “fee” for entry would be a C.A. chip, any denomination and that was the only accepted fee. We did not accept money for entry even if offered. In return attendees were given one of these limited edition gold on black 10 Year Anniversary chips. There was a speaker (I believe it was Ken C) and a dance to follow. I was the meeting leader. The event was well attended and a huge success. For a free event we even made money (several hundred \$\$\$ if I remember correctly) based solely on refreshment and merchandise sales.



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

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

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

CONFERENCE

Greetings from the WSC Conference Committee! We have been working diligently since the close of the 2019 Conference in hopes of making the 2020 Conference even better. Since the close of the 2019 Conference we have met once a month via GoToMeeting, with the exception of December, to discuss various agenda items and planning activities to ensure that the conference committee continues to work together to make the 2020 conference runs as smoothly and seamlessly as possible. If you need to be added to The Box for Conference Purposes, please email Jessi G. at jessi.m.garza@gmail.com.

The Conference Committee Guidelines have been signed off by our trustee and the Delegate Mailer was sent out in mid-December. We are currently working on updating the website soon with the current committee members contact information as well as other pertinent information such as registration, deadlines and prices. We are also currently working on either purchasing or developing a new program for registration. More will be revealed.

Other agenda items that we are working on 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 will continue to keep you informed on registration details including prices, due dates and other important information in the weeks to come.

C.A. WORLD SERVICE CONFERENCE COMMITTEES

UNITY

CAWS UNITY COMMITTEE

According to Webster's Dictionary:

Unity is a state of not being made multiple but of *one accord*.

As our fellowship continues to grow, we'd like to encourage everyone to continue to gather together in service, unifying their areas in love.

We can do more together than we could ever do on our own!

Let us know what you are doing in your districts, areas, groups, cities, and homes to unify your communities.

Promote Unity World Wide Through The Fellowship Of Cocaine Anonymous!

Help us promote unity by registering your group and filling out the newcomer survey found in the Unity Guidelines. The Unity Guidelines can be downloaded from

<http://ca.org/content/uploads/2015/04/WSC-Unity-Guidelines.pdf>

Then email your forms to Seth Newsome your unity liaison at Unity@CA.org

STARTER KIT REPORT FOR OCTOBER THRU DECEMBER 2019

| Region | Oct | Nov | Dec | Qtr total |
|------------------------------------|-----------|-----------|-----------|-----------|
| ANR | 3 | 2 | 1 | 6 |
| ASR | 2 | 4 | 3 | 9 |
| EUR | 0 | 0 | 2 | 2 |
| MLER | 0 | 0 | 0 | 0 |
| MWR | 4 | 2 | 2 | 8 |
| PNR | 1 | 3 | 4 | 8 |
| PSR | 1 | 1 | 1 | 3 |
| SWR | 1 | 5 | 0 | 6 |
| TAL1 | 0 | 0 | 0 | 0 |
| TAL2 | 1 | 0 | 0 | 1 |
| Resubmit | 0 | | | 0 |
| Total | 13 | 17 | 13 | 43 |
| Local Area Provided | 2 | 3 | 6 | 11 |
| WSO provided | 6 | 7 | 2 | 15 |
| Pending Waiting for trustee | 2 | 1 | 2 | 5 |
| Pending Incomplete Info | 3 | 5 | 3 | 11 |

CALENDAR OF EVENTS

March 13-15, 2020

2020 Atlantic South Regional Convention

LOCATION:

Hilton Hotel
Atlanta, Georgia, USA

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 2-3, 2020

Aint it Grand the Wind Stopped Blowin?

LOCATION:

Trinity Centre
Bristol, UK

May 21-25, 2020

C.A. WORLD SERVICE CONVENTION

LOCATION:

Hyatt Hotel in Austin
Austin, Texas, USA

August 14-16, 2020

Texas Area Service Gulf Coast Cocaine Anonymous Convention 2020

LOCATION:

Omni Hotel Westside
Houston, Texas, USA

**NEWSGRAM THEME
NEXT EDITION**

C.A. COMES OF AGE

**DEADLINE:
APRIL 10TH 2020**

COMING IN 2020

May 21- May 25, 2020

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



**CAWS 2020
IN
AUSTIN TEXAS**

THURSDAY MAY 21 - MONDAY MAY 25, 2020

**36TH ANNUAL COCAINE ANONYMOUS
WORLD SERVICE CONVENTION**

| PACKAGES | BY 12/31/19 | BY 5/6/20 | AFTER 5/6/20 |
|--|-------------|------------|--------------|
| Basic..... | \$55..... | \$60..... | \$65 |
| <small>Includes: Registration, Workshops, Marathons, Speaker Meetings and Hospitality</small> | | | |
| Junior Package..... | \$15..... | \$15..... | \$20 |
| <small>Includes: Basic Package for youth ages 15 and under</small> | | | |
| Sam Houston..... | \$90..... | \$99..... | \$110 |
| <small>Includes: Basic Package, Brunch (Monday) and \$5 Memorabilia Credit</small> | | | |
| Stephen F. Austin..... | \$185..... | \$199..... | \$220 |
| <small>Includes: Basic Package, both Brunch (Monday) and Banquet (Sunday), Entertainment and \$15 Memorabilia Credit</small> | | | |
| Stevie Ray Vaughn..... | \$225..... | \$249..... | \$275 |
| <small>Includes: Basic Package, Banquet, Taste of Austin (Friday), Entertainment, Keep Austin Weird Block Party (Saturday) and \$15 Memorabilia Credit</small> | | | |
| Capital of Texas..... | \$275..... | \$299..... | \$330 |
| <small>Includes: Basic Package, Banquet, Brunch, Taste of Austin (Friday), Entertainment, Keep Austin Weird Block Party (Saturday) and \$25 Memorabilia Credit</small> | | | |



10% SAVINGS
(over on-site cost)
if you register
by 5/6/20



Check out the website for online registration:
<https://CAWS2020.org>

INFORMATION, REGISTRATION, RESERVATION

<https://urlz.fr/a9wo>

THE NEWSGRAM

IS LOOKING FOR YOU!!!!

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

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

the release form online at

<https://tinyurl.com/v9yu92l3>

or snail mail it to:

NewsGram / C/O CAWSO /

**21720 S. Wilmington Ave., Ste. 304 /
Long Beach, C.A. 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: _____

**7th Tradition October-December 2019
Category or Group**

| LOCATION | NAME/CITY | TOTAL |
|---------------|--------------------------------------|------------|
| CANADA | | |
| Alberta | Northern Alberta Area | \$368,63 |
| Quebec | Get Well Soon Group, CA Quebec | \$70,00 |
| EUROPE | | |
| England | CA North London District | \$345,00 |
| | Hants & Berks District CAUK | \$834,88 |
| | WL District of CA | \$532,90 |
| Germany | Germany Area | \$285,00 |
| Netherlands | CA HOLLAND ALKMAAR MEETING | \$107,00 |
| | CA Men's Haarlem Netherlands | \$106,58 |
| South Africa | South Africa CA | \$339,45 |
| Thailand | CA Thailand Area | \$200,00 |
| USA | | |
| Arizona | Birds of a Feather Grp | \$192,13 |
| | SNL Group | \$375,56 |
| California | CA Long Beach/Compton | \$436,44 |
| | CA Northbay Service Group | \$60,00 |
| | CA Southbay Cities | \$300,00 |
| | CALA Sisters In Sobriety Grp. | \$394,74 |
| | CALA WSH | \$60,00 |
| | CASD | \$353,02 |
| | Coo-Coo After One Puff Grp. | \$350,00 |
| | Inland Empire Area Service Committee | \$678,74 |
| | OCCA | \$300,00 |
| | SFVCACO | \$500,00 |
| | Southbay San Jose M: 7:30P F: 11:00A | \$100,00 |
| | WIECA | \$1 050,00 |
| | WSOB | \$44,00 |
| | XYZ - 32 Painfully Aware Grp. | \$240,00 |
| Colorado | CA Colorado Inc. | \$538,88 |
| | CA Colorado Inc. H&I | \$75,61 |
| | White Out Meeting | \$156,90 |
| Florida | District of Fort Myers, FL | \$120,00 |
| Georgia | Carry This Message Group | \$40,00 |
| | Line By Line Grp. | \$100,00 |
| | Log Cabin Grp. Atlanta CA | \$180,00 |
| Illinois | Forever Free Meeting | \$15,00 |
| | IACA | \$200,00 |
| | IACA Inc, South & West Dist. | \$168,42 |
| Kansas | Wichita CA District | \$1 800,00 |
| Massachusetts | MASS Area CA | \$69,00 |
| Maryland | Keeping it Real | \$130,00 |
| Michigan | Saturday Morning Alive Grp. | \$90,00 |

**7th Tradition October-December 2019
Category or Group**

| LOCATION | NAME/CITY | TOTAL |
|---------------------------------------|--|--------------------|
| Missouri | Serenity On Saturday Grp. | \$20,00 |
| North Carolina | Wednesday Night Group Charlotte NC | \$41,25 |
| Nebraska | Monday Miracles Grp. | \$200,00 |
| New Jersey | Keep It Simple Group | \$22,06 |
| New Mexico | NM Area | \$318,60 |
| | NM Area Convention | \$926,00 |
| Ohio | A.M Sunday CA | \$125,00 |
| Oklahoma | CA Oklahoma District | \$100,00 |
| Oregon | CA Oregon & SW Wash. | \$200,00 |
| Pennsylvania | CA of PA/NJ/DE | \$300,00 |
| South Carolina | Common Solutions Group, Charleston SC World Donation | \$150,00 |
| | There Is A Solution | \$16,46 |
| | Three Pertinent Ideas | \$50,00 |
| Texas | North Texas Area CA | \$100,00 |
| | Newcomers' Grp. | \$75,00 |
| | Drop Kick Rocks-Austin | \$100,00 |
| | Texas Area Service Gulf Coast | \$2 442,43 |
| | Primary Purpose Laredo | \$60,00 |
| Utah | CA of Utah Area | \$3 500,00 |
| Wisconsin | CA of Wisconsin Inc. | \$2 318,00 |
| | Wed. Night Big Book Milw, WI | \$181,00 |
| Freedom Fund | Freedom Fund | \$7 387,28 |
| Anonymous | Anonymous | \$1 660,71 |
| S.M.A.R.T. | Smart Program | \$385,00 |
| Gratitude | Gratitude | \$232,68 |
| Total 7th Tradition | | \$33 219,35 |

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