

C.A. COMES OF AGES

NEWS GRAM

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WORLD SERVICE BOARD OF TRUSTEES



CAWSO

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May 30, 2020

Dear members,

The last few months have been difficult for C.A. and its members. Most C.A. meetings have closed, some have moved online. Some members have lost jobs or been furloughed, struggling to make ends meet. Unusual regulations and restrictions have altered our way of life. Tragic losses have been suffered. Some have lost loved ones. Groups have lost members. This Board has lost two of its eleven members to Covid-19. No one has been unaffected.

On a positive note, the Fellowship has adapted quickly to the situation with hundreds of online meetings opening throughout the world. This has allowed for us to meet up across continents and time zones. Meetings have started where none previously existed. It is hoped and expected that in due course these will convert into face to face meetings and so new Areas will flourish.

Not all have been able to take advantage of online meetings, particularly newcomers, and some of our members have remained isolated. As local lockdowns ease, there will be a desire to return to "normal", but some things may stay changed. Not all meetings will reopen, not all will be at the same location. Some will remain online, and some members will favor those. Some new groups will form. As meetings restart, we must take care in how we proceed.

We have some general suggestions regarding the conduct of reopened meetings but remind members to be aware of and follow local rules. Our Traditions do not override local law. This has not hit everywhere the same, nor in the same timeframe, but in general:

- Follow local rules on gatherings. Your venue may also have rules; follow them as well.
- Follow local orders regarding masks, gloves and such, social distancing, and capacity limits.
- Members should not go to a meeting sick, or if family members are sick. Find an online meeting instead.
- If you or a family member is in a high-risk group (e.g. immune-compromised), consider online meetings.
- Consider the needs of members when setting out food and coffee or tea.
- Should a locale or venue require logging of all meeting participants, the resulting loss of anonymity is a matter of some concern. We suggest that in such a situation the meeting be held in a venue without that requirement, if possible, or held online.

Please bear in mind that individual circumstances may be quite different and where one member may be comfortable with physical contact (such as hugging or holding hands), another may not. They may be vulnerable themselves or live with a vulnerable family member. They are not obliged to explain their situation. We hope that love of our fellows and tolerance of different circumstances and views will allow all those who wish to attend a face to face meeting to do so.

Some existing meetings that moved over to an online presence may wish to continue offering online access even after they return to physical meetings. Such Groups should allow physical attendees to protect their anonymity, with any camera aimed so that members do not have to appear.

As we go forward the future is uncertain, and some things will stay changed. Always remember our common purpose and our common welfare. The Steps and the Fellowship brought each of us through worse times than these, often the worst times in our lives, and they will get us through this, too.

Be well,
Your World Service Board of Trustees

C.A. TRADITIONS: INVITATIONS AND PERMISSION TO GROW

By: Tom P. Pacific South Regional Trustee
Dana Point, California, USA

The Cocaine Anonymous fellowship evolves and grows while a spirit of unity undergirds and sustains the movement. Tradition One: "Our common welfare should come first; personal recovery depends on C.A. unity" is the pole star for our fellowship. Unity emerges in group settings when conditions are observed that minimize friction between the group's individual members. The Twelve Traditions of Cocaine Anonymous serve to create those conditions. The Traditions, established by A.A. and incorporated into the founding of C.A., are a set of principles which, when practiced as a way of group life, create a bond between the members and enable the groups to exist in a manner that is happily and usefully unified.

Traditions One and Twelve together serve as a pair of bookends to the traditions with Tradition One stating the goal of the traditions, that being, our common welfare and group unity; Tradition Twelve summarizes the means to achieve that goal, anonymity. In Tradition Twelve we read: "Anonymity is the spiritual foundation of all our traditions, ever-reminding us to place principles before personalities." With respect to "anonymity," the first sentence of the Tradition Twelve essay in the book *Twelve Steps And Twelve Traditions* offers: "The spiritual substance of anonymity is sacrifice." Weaving these two ideas together, the "spiritual foundation" of each tradition is some kind of "spiritual sacrifice;" a sacrifice of personality-driven, selfish and self-centered interests in favor of unifying spiritual principles. Traditions Two through Eleven are invitations that offer me permission to set-aside my ego-interests in the interest of C.A.

Moments of freedom from self-will and self-centered interests are essential to make spiritual progress on a path towards permanent sobriety. Therefore, I enthusiastically welcome any assistance I can receive in continuing to address my personal spiritual malady. When I heard of the Traditions described as a set of permissions, rather than rules, I became interested in understanding them more deeply. Because of my childish and defiant nature, rebellion has been my automatic response when confronted with authority and rules. However, when I have been offered an invitation or been given permission to participate, my perspective softens and the spiritual path widens.

For example, Tradition Two grants me the permission to give up the need to be right, to give up the need to have all the answers. The compulsion to be right is exhausting as I am always in need of defending my position and I become blind to the goodness and wisdom that others have to offer. When I accept this invitation, I can trust the Creator's will as being expressed through the process of an informed group conscience and in collaboration with the group I become closer to you.

In Tradition Three I am invited or given permission to give up my compulsive judging of whether this person or that person really needs to be in C.A. Every person who joins C.A. is a member because they say so. Tradition Four gives me permission to not judge how other groups carry out their activities. Since I am a willful, defective person, my first instinct is to compare and judge and then condemn because others don't do things the way I think they should be done. Accepting the invitation of Tradition Four, that each group through its own conscience is following a path that isn't always a straight line, I become open to new ideas and again, I am drawn closer to you.

Tradition Five gives me permission to focus. In C.A. we have a primary purpose to carry the message of hope and recovery to the addict who still suffers. This permission allows me to remember that we are strengthened when we devote our energies as a fellowship to the thing that each of us is uniquely qualified to do, carry our message to the still-suffering addict. With this tradition guiding me I can trust that my efforts here are valuable and I can give up insecurities about what it is I am supposed to be doing. Tradition Six has a similar effect. While there is a practical organizational aspect to not aligning or affiliating with others because of conflicts of interest, a deeper spiritual principle is also at work in the tradition. Possibly my deepest flaw is a sense there is something wrong with me, that I am broken, and I don't belong. Tradition Six invites me to trust that I am ok, that I don't need to prop up my efforts by aligning with an important institution or a popular figurehead.

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WSO NEEDS YOU MAINTAINING YOUR MEETINGS ON CA.ORG

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

Is the phone number on the Telephone Directory page correct for your Area?

Is the website address for your Area correct?

<https://ca.org/meetings/>

If you see any discrepancies, please ask your Area Delegate to provide the updated information to WSO.

Attn: Linda at doo@ca.org

(The A.A. Book *Alcoholics Anonymous*, the book *Twelve Steps and Twelve Traditions*, the books *Hope Faith & Courage Volume I*, *Hope Faith & Courage Volume II* and *A Quiet Peace* are used with permission.)

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

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DIFFICULT TIMES

By: Heidi J.
Fairview, Oregon, USA

I have recently been thinking about and obsessing a lot on our current times, with the pandemic and the uncertainty in the world. I'd also like to use the term "Insanity of our times" as we, as addicts certainly understand insanity! Recently, we, as a Fellowship have lost a couple of our trusted servants to the COVID-19 disease. They worked tirelessly for us and they will be missed. I recently lost my sponsor of many, many years to a stroke. My sponsor was a wonderful woman. She taught me so much; how to be a loving and kind person; how to be clean and sober; how to pray for difficult people; she taught me spirituality; and so many more things that I can't even begin to put into words. She was the most loving person I've ever met, and so accepting of all my BS.

I was sharing at a C.A. virtual meeting recently about the loss of these three people, especially my lovely sponsor, and I said "I don't know how to grieve! I want to do something to honor them, but we can't attend memorial services or even visit the families." One of the members of that meeting (Bryan with a Y) messaged me, almost immediately and said to me "hey you used to be the NewsGram Editor! Write an article for the NewsGram." So, here it is.

So, to honor my sponsor and to help my grieving process I want to make some suggestions for how to survive in our uncertain circumstances of the Pandemic. How do we stay sober without our regular meetings? So, here it goes:

Virtual and on-line meetings: Many members of our Fellowship have been attending the on-line meetings for years. I have not been one of them. But I can tell you, I am now a member of many virtual meetings. Are they the same as a meeting with people there? Not to me, not exactly, but at least you get to see and talk to people about recovery! You can be on these meetings 24/7/365! There is a virtual meeting somewhere all the time. I recently attended a meeting in the UK! I live in Oregon! What a treat. I do look forward to going back to meetings and getting hugs and watching people's reactions in person, but for now, it works fine.

Use your phone: Certainly, we've been doing this all along in our recovery, but now it is essential that we reach out to our friends, family and loved ones! This is the opportunity to reach out to someone you haven't spoken to in three months or three years! Call your cousins, aunts and uncles. Call your friends from early recovery. Call an old friend from school. JUST CALL PEOPLE! How about calling someone different every day!

Write a card or letter to someone: You can reach out to people you know by writing a card or letter. Who doesn't LOVE to get mail that isn't a bill or an advertisement! You could even send postcards, just to let someone know you are thinking about them.

Journal: Get a notebook and write, everyday about what your day was like. Or what feelings you had. Or what you'd like to do as soon as you are free to do whatever you want! Journal about your pets, missing people, missing hugging people...just journal!

Rework your Steps: Call your sponsor and start working the Steps all over again! Who doesn't need to do that? You have time now, no excuses.

Text or message someone: Same as the phone call...text or message someone you haven't heard from in a while. Reopen communications. Once again, it can be family, friends, recovery people, church people, just text different someone today! How about texting a gratitude list to a certain group of people every day. Become accountable to each other via text.

Read a Daily Meditation: Pick up your copy of A Quiet Peace, dust it off, and put it near where you eat breakfast. Read it every morning. If you already do that, get a new meditation book and add that to your morning routine. Or, change it up and read one in the morning and one at night.

Read stories from HFC, HFCII or the Big Book: Everyday, read a story from one of our recovery books. When was the last time you read the stories? Renew your recovery with stories from our friends in recovery!

Drive by Coffee with friends, sponsor and/or family: You can always do a "drive by coffee" meet up! You get a coffee to go (or take yours from home) drive to a local parking lot and sit there and talk from the comfort of your car! We've all see police officers do this, now we can do this, too! It sure helps to see our friends even for just a few minutes.

Look someone in the eye everyday: It helps you to feel less lonely! I'm lucky, I'm quarantined with my husband, who is also in recovery. But when I go to the store, or get gas, or do a drive-up window, I try and look the person in the eye, smile and be present in that moment. It helps me feel less lonely.

Connect with your fellow recovery people via social media: Make sure you are a member of one of the many C.A. (or A.A., N.A., or any other .A.) social media rooms. It helps to stay connected! You can find out who is speaking at different meetings around the world! Plus, it's fun to see people you haven't seen in a long time.

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C.A. TRADITIONS: INVITATIONS AND PERMISSION TO GROW

By: Tom P. Pacific South Regional Trustee
Dana Point, California, USA

(Continued from page 2)

Similarly, Tradition Seven possesses deep spiritual significance. Like Tradition Six, Tradition Seven is a practical one in that adherence to it ensures that we won't become beholden to something or someone not aligned with C.A.'s purpose. However, again a deeper spiritual significance can be found here. I am given permission to trust that I am good enough to do this thing by my own efforts. I don't have to go looking for a handout. As we adhere to the principle of self-support, we become confident that a power greater than us is in the mix. Tradition Eight invites me to see each member as fully capable of serving the fellowship in their own way. Since our twelfth-step work is never to be paid for I am given permission to not judge my efforts against others based on how much somebody is getting paid. The world at-large attaches so much significance to financial reward that freedom from that pressure is refreshing and enlivening. Finally, Tradition Eight offers permission to employ special workers in those efforts that are not directly associated with the twelfth step.

The Ninth Tradition recognizes the value of creating committees and boards to which projects and processes can be delegated. In this tradition I am invited to give up the need to do everything myself. I am given permission to trust other member's skills and unique talents. And since Tradition Nine stresses the "least possible organization" I am given permission to be free of having to be smothered by a soulless bureaucratic structure, every C.A. member matters.

Tradition Ten is a beacon of freedom and truly sets C.A. and other twelve-step fellowships apart from mainstream organizations. We have no opinion on outside issues so C.A. will not be drawn into public controversy. I am invited to make rooms safe from heated discussion and arguments over issues involving religion, politics or other potentially divisive topics. I am given permission to be free of my own opinions about every issue of the day and with this freedom I can focus on my primary purpose of staying clean and sober while helping others to discover that same freedom.

Tradition Eleven invites me to give up the need to have special acknowledgement for just doing the work God as I understand God intends me to do. This tradition gives me permission to be free of the need to be special. It helps me to remember that C.A. is a "WE" program and that none of us needs to be singled out for recognition. I have found deep consolation in being one among many in this spiritual movement that brings freedom from the ravages of addiction.

Tradition Twelve summarizes that by making a "spiritual sacrifice," each of us can contribute to bring C.A. Hope, Faith and Courage to the addict who is still suffering. I invite you to explore the traditions as invitations and permission to grow in C.A. spiritual unity.

DIFFICULT TIMES

By: Heidi J.
Fairview, Oregon, USA

(Continued from page 4)

Pray: Most important of all, don't forget your conscious contact with your Higher Power. Every morning ask your HP to help you stay sober today. Every night, thank HP for keeping you sober. Feel free to pray 1000 more times during the day!

As I write this article, I have found a lot of things I don't currently do, but I'm going to start! Let's all stick together. Reach out to one other. And most of all, love each other!

And as for my dear Joanne H., thank you for all you've ever done for me. I love you, I'll miss you, but I will ALWAYS have you in my head and in my heart. You taught me well, and I will pass on everything you ever taught me! See you on the other side, Joanne.

MY STORY TO THE 4TH DIMENSION

By: Andrielle L.
Liverpool, England, UK

Hello, I would like to share my gratitude for the program that saved my life and then delivered me into the 4th dimension.

For 33 years of my 39 years of life, cocaine and alcohol were my king and Queen. In the royal life I lived, it was full of treasures unfound, celebrations I cannot remember, feasts that ended in vomiting, knighting of fair-weather friends. I often rummaged in the mess of last night to find a solution to get me through the carnage of today. I was a broken child who became a shattered adult and the glue was nowhere to be found. There was something missing, I had a feeling deep down I was not living so royally at all... the glimmer of light I once seen was gone. I lived in a shadow of the new version of me I created. Who had many disguises, many names, many partners, and many addictions? I'd swear I wasn't drinking again, off I went on a cocaine spree, I'd swear I'm not using cocaine again and off I went on a codeine spree and then came the day I was on a binge of all three and in more pain than ever. The palace that I called my home was gone and I was homeless with my children being moved around hotels. Then that moment of clarity. I can't do this anymore on my own. In through the doors or C.A. I crawled on my grazed and swollen knees. I could not get up, but a hand, of a woman helped me. "Stay love, you'll be alright" and after an Hokey Cokey dance of denial, I came to admit that I was powerless over all mind-altering substances and people and that my life was completely unmanageable.

Another woman, came to me after a meeting, asked me was I willing to go to any lengths to get clean and sober. My only answer right then "Yes". She took me on a journey from the current moment to my early adult and smashed the denial and the concept of god I had, out of me. I emerged from the steps a new woman but was still not able to fully accept deep down inside me, I was the real deal. My thoughts were so believable. They'd had years and years of practice. I needed another experience, or I was sure to drink again. I got another sponsor, she took me through the steps with such a grace and beauty, I knew I was going to make it. Step Three this time, I knew, I was truly handing over all that I was, and I did. Step Five was completed with a moment, on the pier, where all my memories played on the back of my eyelids of the beautiful moments passed, I could not remember. Like when my son was little and meals with families, the successful moments that were lost in between all the chaos I'd caused. Step Seven I asked God to accept me as I am and remove everything that stopped me being connected to him. He did, that was four months and 18

days ago, I'm nine months sober this week.

I could not get nine minutes sane before I walked into C.A., using various mind-altering substances to black out the thoughts in my mind. The fear I lived in, the pain I could not endure and the insanity of that first drink, were all removed. I walked through the arch to freedom. Since that moment, I've completely surrendered to the fact, I'm powerless over me, I'd done a complete job on ruining my finances, health, spirit, sexuality and emotions, I had no power of choice anywhere. The only way I can live, 24 hours at a time, is to accept and love the power greater than me, I choose to call God. He does for me every day, what I could never have done on my own. I immersed myself in service, meetings, Public Information, District and sponsoring. All of which saved my life, mental health and gave me a purpose. The purpose, to carry the message of Hope, a solution vastly more than any I'd come up with. I am still a baby in recovery, and I know I know nothing other than what I'm meant to know in any given moment. I no longer stroll ahead or fall behind; I trudge slowly on the happy road to nowhere in particular.

Service is teaching me how to communicate and behave in my daily life. Sponsoring is teaching me to listen and help others with my experience, who would have believed my past would become my greatest asset? And my program, keeps me safe from the bondage of self-one day at a time. Left to my own devices I would be sabotaged in this pandemic. But today, I like to think "I may be in isolation, but isolation isn't in me". I stopped cherry picking what I could control and seized fighting everything and everyone. Today, I am a free woman, I can go anywhere and do anything as long as I keep doing the suggested things.

My sponsor said to me "just keep doing the next right thing" and if I don't know what that is, I reach out to fellows or my sponsor, but the greatest gift of all, was reaching my hand out to a power greater than me and asking him "in this moment, what would you have me be". If I just wait, for a moment, the answer will come. By working my program to the best of my ability, by enlarging on my spirituality by helping the newcomer and trying to carry this message to the still suffering addict, I am giving daily inspiration on how to be the best human I can be, in any given moment. Today, I live in the solution, Serenity is mine and Gratitude is the currency. My actions always speak louder than my words and today, I love to do, not say.

EU DESCOBRI O C.A.

By: Abilio U. B.
Lisboa, Portugal

Ola o meu nome é Bill.

Antes de mais quero agradecer ao meu poder superior por me permitir escrever estas linhas. Actualmente sou feliz,consegui encontrar um novo modo de vida, tenho fé num futuro positivo,acredito que se continuar neste caminho não terei nada a recear... Mas a verdade é que nem sempre foi assim,tenho um passado cheio de dor, tristeza,solidão e destruição.Vivi uma vida fútil,negligencieei os meus deveres espirituais, familiares, sociais, profissionais e o meu bem estar fisico e psicológico. Não dei importância a minha mural, deixei o meu carácter ser contaminado com características negativas. Estava completamente isolado, infeliz e sem esperança em mim próprio... Isso pertence ao passado, já não vivo nesses termos!

Quando percebi que o meu Uso me conduzia para uma morte certa e prematura se não fizesse nada para mudar o rumo que as coisas estavam a levar, pedi ajuda, e o meu pedido foi atendido, permiti que Deus entrasse na minha vida, ele tem cuidado de mim, tem me protegido, devolveu-me a sanidade, deu-me uma irmandade maravilhosa "C.A." onde eu trabalho os doze passos e a minha recuperação. Mas a verdade é que mesmo estando a viver um novo modo de vida, por

vezes, sinto medo do que futuro me reserva, temo não encontrar a minha alma gêmea, tenho receio da rejeição, por vezes não sinto força nem confiança para arriscar, embora transpareça uma confiança bastante acentuada.

Acredito que com a ajuda e protecção de Deus tudo vai correr bem ele tem cuidado de mim, entrego-me honestamente e humildemente a sua vontade, tenho conseguido realizar verdadeiros milagres na minha vida... Deus faz por mim aquilo que eu não consegui sozinho, se continuar neste caminho o meu destino vai ser a felicidade em pleno!

Tenho saudades da minha família, ainda não me consigo dar por completo, há ainda fantasmas do passado que me assombram, acredito que se continuar a trabalhar a minha recuperação todas estas dificuldades serão superadas!

Mas a verdade é que já não sou um factor de preocupação, cada 24 horas que passam a confiança deles em mim cresce mais. Acredito verdadeiramente que a minha autoconfiança cresce de dia para dia, e com a protecção do meu Deus amantíssimo vai continuar a crescer!

A Deus dedico estas linhas, pois a ele estou eternamente grato!

I DISCOVERED C.A.

By: Abilio U. B.
Lisboa, Portugal

Hello my name is Bill.

First of all, I want to thank my higher power for allowing me to write these lines. Today I am happy, I managed to find a new way of life, I have faith in a positive future, I believe that if I continue on this path I will have nothing to fear ...

But the truth is that it wasn't always like this, I have a past full of pain, sadness, loneliness and destruction. I lived a futile life, neglected my spiritual, family, social, professional duties and my physical and psychological well-being. I did not give importance to my mural, I let my character be contaminated with negative characteristics. I was completely isolated, unhappy and hopeless in myself ... This belongs to the past, I no longer live in those terms!

When I realized that my Use would lead me to a certain and premature death if I did nothing to change the direction that things were taking, I asked for help, and my request was granted, I allowed God to come into my life, he is careful from me, has protected me, restored my sanity, given me a wonderful brotherhood "C.A." where I work the twelve steps and my recovery.

But the truth is that even though I am living a new

way of life, sometimes I am afraid of what the future holds, I am afraid I will not find my soul mate, I am afraid of rejection, sometimes I do not feel the strength or confidence to risk, although there seems to be a very strong confidence.

I believe that with the help and protection of God everything will go well he has taken care of me, I surrender honestly and humbly to his will, I have managed to perform real miracles in my life ... God does for me what I did not achieve alone If I continue on this path, my destiny will be full happiness!

I miss my family, I still can't give myself completely, there are still ghosts from the past that haunt me, I believe that if I continue to work on my recovery, all these difficulties will be overcome! But the truth is that I am no longer a factor of concern, every 24 hours that their trust in me grows more! I truly believe that my self- confidence grows day by day, and with the protection of my loving God, it will continue to grow! I dedicate these lines to God, for I am forever grateful!

LOCKED AWAY FROM MY HOME GROUP

By: Claudia W.
Frankfurt, Germany

Early on my sponsor suggested I take a service commitment and get involved with my homegroup. She said I needed them more than they needed me, but still, they needed me, too. Thus, without knowing it at the time, one of the first suggestions I followed gave me a sense of self-worth by doing worthy things. In my home group, I learned to be accountable, show up every week without fail, apply the traditions and – well, exactly what it says, be at home, after I had been spiritually homeless in the darkness of addiction.

My homegroup is where I have grown up. It is the place where the miracle started happening, where I could let my arms down and allow other people to get to know the real me, not the stage character I had been acting out while running (stumbling, limping, falling etc.) on self-propulsion. I am still not a hugger, never was, so for me letting my arms down is a metaphor for giving up my emotional and spiritual self-defense. One addict in the rooms once argued with me that hugging is a requirement for membership but sorry, he didn't convince me. He didn't stay for the long haul either and took another woman out with him.

I learned to be transparent and honest with one other person every day, usually a homegroup member. I learned to laugh at my strange (daft, clever, ludicrous, sick, complex, advanced, twisted etc.) way of thinking designed to isolate me from my fellows, that the disease may pull me back to where I came from. I would like to say my home group is so awesome and amazing. When we could not meet anymore because of the COVID-19 pandemic, we switched seamlessly from face-to-face meetings to online meetings miraculously. Great group that we are.

But the truth is we owe this quick switch very much to the technology available, it has very little to do with us. Having said that, being a well-oiled machine focused on saving lives helped a lot. We had a group conscience, the GSR and the secretary and the treasurer got on the phone, with the area trusted servants, everybody knew their place and their role and now our two weekly meetings are listed on the area website with virtual meeting ids, telephone numbers and pins and our helpline has the password ready for visitors.

Coming of age meant in this context our still young area service structure was developed well enough to respond quickly. We, who ought never be organized in the organizational sense, had organized our communication channels, with purpose, successfully. Social isolation has not isolated me from my homegroup. Much more, being at home in my home group has been exactly why taking my recovery online worked for me. I can get a lack of personal

connection when speaking with strangers and I have seen people in the rooms who talk the talk, but do not walk the walk. In my home group, I know who walks the walk, know them for who they are, recognize the nuanced tones in gestures and voices, have heard their story, and have been blessed to witness their spiritual growth and progress week in week out over years. I have spoken truth to them, and they have spoken truth to me. The continuity and consistency of showing up every week over time now really pays off.

I know these people; they have opened their hearts to me. Like in Antoine de Saint-Exupéry's "The Little Prince," being around one another again and again and again created bonds of caring and familiarity. In the story, the same fox who lets us in on his secret that we only see rightly with the heart said *"It is the time you have wasted for your rose that makes your rose so important,"* and *"If you love a flower that lives on a star, it is sweet to look at the sky at night. All the stars are a-bloom with flowers..."*

Maybe this is the secret to making coffee being a magic foundation for recovery, we "waste" time for others and that makes them important to us, who once cared about nothing and no one except the next high.

For me, my home group's online meetings are now a-bloom with fresh coffee.

Nonetheless I get the huge fourth dimension gain, that I can also go to meetings in places I normally do not travel to and that protects me from getting narrow-minded. Within days, I have been to meetings in five countries on three different continents!

The Online Area's marathon last week has been a boost to my recovery like the boost a convention gives me, exposing me to such a wide circle of experience, plugging me in with the collective experience of C.A. That extra buzz of all of you out there doing the stuff we do adds much-appreciated fuel to the fire of my recovery.

All of us, geographical areas, and the online area, who normally don't mix too much, came together for a new high and a new sense of unity. What an experience of coming of age as a worldwide fellowship!

Now hopefully soon, I will go back to my home group, richer in experience, recharged, and welcome a newcomer face-to-face.

Maybe I can then explain with fresh vigor how important a homegroup is, where maybe you get immersed, show up every week without fail, become part of and do service — because you may need us more than we need you, but we do need you, too .

A PHENOMENON OF RECOVERY

By: Susan B.
St George, Utah, USA

When I awoke, the world had changed. Until that point, the Online Service Area (OSA) of Cocaine Anonymous had flown under the radar for the better part of 2 decades. We were the Fellowship's best-kept secret, but that was all about to change.

The first indication came the night Ireland went on lockdown. I was in a meeting that usually had about 15 -20 people and suddenly there were 80 of us. The fear and confusion of our Irish fellows were palpable. It's something I won't soon forget.

More Virtual meetings started popping up around the globe as the COVID-19 virus so rudely interrupted our lives as we had known them. As meeting locations continued to shut down, the OSA website and some of our email inboxes began filling up with questions and inquiries as to what to do and how to do it. I am grateful that we were able to help. And the most wonderful thing happened – we could all go to meetings around the world at all hours of the day and night! New members found us and heard the message.

The phenomenon of online recovery is standard procedure now. There has been a virtual smorgasbord of marathons, new meetings, fundraisers, and even Conventions that have been held online. Cocaine Anonymous has expanded its reach and become a smaller world at the same time.

Thankfully, many meetings and new groups have plans to stay active online after the pandemic is over. I

am hopeful that many meetings, Districts, and Areas will follow suit in service of the addict who still suffers because when the world reopens and we adjust to a new normal, there will still be those who suffer from the disease of addiction who will not be able to attend brick & mortar meetings.

There will always be those who are homebound, have no transportation, have no meetings locally, or where there are no accommodations for the disabled. Online meetings can fill in and bridge those gaps. So please, put the OSA web address www.ca-online.org on your websites and in your newsletters.

The OSA has added 22 new meetings to our directory since the pandemic began, making us 42 strong, with at least 20 more waiting to be directory-accredited. The boundaries of our Area are the 12 Traditions. We have expanded our Virtual space to welcome new meetings; we have service positions that need trusted servants – if interested, please email webmaster@ca-online.org or OSA_delegates@ca-online.org.

There are big changes coming to the OSA and our divinely-inspired Fellowship – join us and give freely of what you find. Online is here to stay and is the next indicated action as C.A. comes of age.

NEWSGRAM THEME NEXT EDITION

MOMENTS OF CLARITY

***DEADLINE:
JULY 10TH 2020***

THE NEWSGRAM IS LOOKING FOR YOU!!!!

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

The NewsGram is looking for your article, recovery jokes, recovery poem, suggestions, ideas, recovery drawing, or spiritual thoughts. This is YOUR publication!! We're looking for small items of 1 or 2 lines up to articles anywhere from 200 to 1100 words. If you write an item, you can upload it and sign the release form online at <https://tinyurl.com/y9yu92l3>

or snail mail it to:

**NewsGram / C/O CAWSO /
21720 S. Wilmington Ave., Ste. 304 /
Long Beach, C.A. 90810, USA**

SELF-REFLECTION — GOOD FOR THE SOUL!

By: Vicky M.
Saint Louis, Missouri, USA

Getting out of self, I listened as she unloaded her current day's issue. Afterwards, I remarked that what I was hearing seemed to constitute a pretty big resentment. Because this sponsee is far from a newcomer and has years of sobriety under her belt—I said, “You know *exactly* what you need to do with a resentment!” Within the next few minutes, between the two of us, we easily recognized “her part” and identified this particular resentment as an unrealized expectation. She was able to let it go and get back into the present moment, reclaiming her peace and serenity.

When she asked me what I was doing today, I told her how I was struggling with a good topic for this newsletter article. She immediately said, “Why not write about the Fourth Step? It's the fourth month, and it's always a good idea to stay in the steps. Keep it simple.”

Brilliant! My prayer for an intuitive thought had been answered through my sponsee's suggestion.

The fourth step exercise is such a crucial part of our recovery process. Self-examination is the key to letting go of blame, shame, resentment and fear. Once we learn how to go about doing it, it's pretty hard to stay too long in any of those self-defeating frames of mind. In its chapter on Step Four, the *Twelve and Twelve* talks about the different types of inventories. For most of us, our first Fourth Step inventory is the biggie, where we clear away a large percentage of the wreckage of our past. Inevitably, however, as we mature in our spirituality, we discover pockets of behavior that necessitate another look.

My particular favorite type of inventory is described at the “spot-check” inventory. This is where I recognize something *as it is happening* and immediately launch into the process of discerning what's causing me to lose serenity; what part of my “self” is being affected; and where am I being selfish, dishonest or frightened in the situation. I differentiate this from my daily Tenth Step, which is a separate review done at the end of the day where I assess both the things I've done well along with the instances where my actions have been less than the best they could have been.

I'm grateful that my first Fourth Step was prescribed by my sponsor using the directions in the *Big Book*. I'm also grateful that I've had the opportunity to do other Fourth Steps since then, with other sponsors, some in other programs, using different workbooks or methodologies. My second sponsor had me do a Fourth Step using the *Twelve Steps and Twelve Traditions*. “Read the chapter,” she said, “And every time you come to a question, write it down and answer it!”

A vast number of tools are available for doing Fourth Step work—make use of them if you have the opportunity. Each and every time you decide to dig a little deeper into the excavation of your soul, you will reap huge rewards in the advancement of your conscious contact with God as you understand God; and in the process, get more and more comfortable in your own skin

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

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.

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_____	.BLU BLUE	_____
_____	.CMO CAMOUFLAGE	_____
_____	.CRM CRIMSON	_____
_____	.EME EMERALD	_____
_____	.GRN GREEN	_____
_____	.OCN OCEAN BREEZE	_____
_____	.ORG ORANGE/BLACK	_____
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Long Beach, CA 90810-1641
Please allow 7-10 days for delivery

Look around this room!



The OSA Fellowship

The CAOSA provides access to C.A. meetings and information about C.A. 12 Step Recovery. We are a bridge that connects the worldwide Fellowship of Cocaine Anonymous to addicts who are in recovery and those who still suffer from addiction to drugs and/or alcohol. In many cases, we are the first contact to recovery from addiction.

Many of our members do not only attend or are not able to attend, face-to-face meetings for a variety of reasons.

- They are recovering from surgery
- They are traveling, or far from home
- There are no meetings where they live
- They have no transportation
- They're afraid to go to a f2f meetings
- There are no accommodations for special needs access in local meeting locations
- They simply desire a new recovery experience
- They wish to expand their circle of like-minded friends

What is the OSA?

The Online Service Area (OSA) connects likeminded members across the globe. It is the only worldwide Area in the service structure of cocaine Anonymous and is entrusted with carrying the virtual C.A. message of recovery. To this end, we incorporate the use of software and technologies available and capable of meeting the online needs of our Fellowship. We host C.A. email and VoIP meetings, conduct business, and hold virtual events in service of carrying our message beyond the confines of specific locations, boundaries. We are a registered nonprofit with the State of California.

What Else We Have to Offer

Streaming from Live Events: The OSA offers the ability for World, Regional, and Area events to share speakers in real-time with the C.A Fellowship around the World (audio and video).

Online H&I: Facilities, Treatment Centers, and Out-Patient programs can bring C.A. meetings to their clients and residents without having to arrange for transportation.

Presentations and Workshops: Time can be set up for Step & Tradition Workshops, the PI Road Show, Cooperation with the Professional Community Presentations, Service Workshops, etc.

Contact

OSA_Delegates@ca-online.org or
Webmaster@ca-online.org
for more information

Starting a Meeting in the OSA

The OSA has VoIP meetings and email meetings. Email meetings run 24/7 and can be set up by contacting the OSA webmaster at webmaster@caonline.org.

We suggest that you attend several OSA meetings to familiarize yourself with the capabilities of the different VoIP meeting platforms we utilize.

Pick 3 possible days of the week and time for your VoIP meeting and decide what kind of meeting it will be at the start: Participation, Literature Study, Speaker, Participation, Open Topic Sharing, etc. You can change the format weekly as you see fit. Adhering to a set schedule is helpful. Changes can be made according to your group's conscience as the meeting builds.

We encourage new meetings to avoid conflicting with the days and times of existing meetings on VoIP platforms. Meetings in a language other than English would be an exception.

You will need to have a Secretary/Chair, Host, and GSR to begin and be added to the OSA WhatsApp Group.

OSA VoIP meetings comply with the 12 Traditions of C.A. We post a digital disclaimer at the start of the meeting, read the C.A. Preamble, post and read a 7th Tradition link, and add the 6th Tradition disclaimer for any links to AA literature that is C.A. Conference-approved.

OSA PI announces new meetings in all appropriate and available places to help build your meeting attendance. If you create a graphic for your meeting, please send it along in a pdf and jpg format. Otherwise, one can be created for you.

When all your service positions are filled (per your meeting's group conscience) and the meeting has shown itself to be viable, we will happily add it to the online directory – usually in around 90 days.

C.A. WORLD SERVICE CONFERENCE COMMITTEES

WORLD SERVICE OFFICE

The World Service Office Board is recruiting for an Office Manager/Director of Operations. The position oversees management of all international processes for Cocaine Anonymous within quality standards in compliance with the World Service Manual (WSM)

Position Title: Office Manager

Location: Long Beach, CA

Responsibilities:

1. Ensures standards for C.A. products and memorabilia in the most cost effective manner. Initiates recommendations on purchases of new equipment and improvements to any other office processes
2. Monitors and reports on operating costs and alerts the World Service Office Board and World Service Trustee of cost challenges.
3. Makes recommendations and implements solutions to problems related to the daily operations of the CAWSO
4. Manages budget and controls expenses effectively.
5. Keeps up-to-date on information and technology affecting Cocaine Anonymous to increase innovation and ensure compliance.
6. Attends all Conference and World Services Convention planning meetings
7. Attend the WSOB meetings

Competencies

1. Business Acumen.
2. Change Agent.
3. Collaboration Skills.
4. Strong written and verbal Communication
5. Initiative.
6. Leadership.
7. Problem Solving/Analysis.
8. Results Driven.

Compensation: \$60,000.00 - \$80,000.00

Please submit your resume to Brenda Mabin, Secretary WSOB at mabinbrenda@gmail.com



Due to world events, your annual
global poster week has been rescheduled.

'Colour The World Week' **New Date: 13th-19th September**



Last year, 'Colour the World Green' was a phenomenal success.

This year: Orange is the new Green



This poster drive is between 13th-19th September.

Get your localised posters:

pi.ca.org/customized-materials-look-for-your-area

or request a new version:

pi.ca.org/requests

Let's tell the world We're Here and We're Free®

In the spirit of Tradition 6, C.A. is not allied with any sect, denomination, politics or institution
CAWSO, INC. Cocaine Anonymous World Service Office 21720 S. Wilmington Ave., Ste. 304 Long Beach, CA 90810-1641 U.S.A.
www.ca.org | Comments or Questions: cawso@ca.org

C.A. WORLD SERVICE CONFERENCE COMMITTEES

ARCHIVES

For the Record

To ALL previous and present C.A. Group, District, Area, WSOB, WSBT, and Conference Secretaries:

A BIG *THANK YOU* of appreciation to all of our C.A. secretaries, who are the guardians of our history, our legacy, and our future. Without your tireless working efforts, C.A. would not have a written history. In February of 1983, the secretaries of the first six C.A. meetings got together and formed what eventually became the first General Services Organization of Cocaine Anonymous.

Thanks to the World Service Conference Secretaries, we, the Archive Committee, have a *complete, searchable, password protected* online database of all World Conference minutes from the first WS Conference in 1986 to the last WS Conference in 2019 (<https://docs.ca.org/>). Furthermore, we have an *almost* complete record of all WSOB and WSBT minutes from inception to present day. This archive will allow the various C.A. World Service Committees to use the database for research and development. For example, the LCF Committee could use the database to search out WSBT correspondences on handling issues with our Traditions for the upcoming book—C.A.'s 12 & 12. Thanks to the WSOB, WSBT and Conference secretaries, the Archive Committee can now provide the fellowship with a verifiable chronological timeline of our most significant milestones (<https://museum.ca.org/c-a-historical-chronology/>). Minutes are an integral part of due process and transparency, and are recognized by Robert's Rules of Order, which says that the secretary of an organization has to (1) keep minutes and (2) make them available to members that ask for them.

Minutes are important because they are the only surviving record of what was said and done at the meeting. Meeting minutes serve the purpose of recording board or committee actions and decisions. They are a critical component of board and committee meetings and, in some cases, there are legal and practical reasons for them. The minutes are the official written record of the C.A. Group, District, Area, and C.A. World Services meeting events and may include a list of attendees, a statement of the issues considered by the participants, and related responses or decisions for the issues. Without meeting minutes, it is as if the meeting never took place. Without meeting minutes, there is no record of what was said, by whom or what decisions were made—decisions or actions taken by the respective Boards or Committees which cannot be questioned by any C.A. Member who wishes to do so. Without meeting minutes, there may be no way for a Board or Committee to defend itself should they be required to do so.

For the record, qualifications for the CONFERENCE COMMITTEE SECRETARY position includes: two (2) years continuous sobriety, the ability to type, possess good organizational skills and be committed to the position for a length of term of one (1) year. Furthermore, the Conference Committee Secretary is responsible to:

- Record minutes of all meetings.

- Distribute minutes of previous meetings, and manages correspondence to the committee.

- Maintain a list of committee members' phone numbers, mailing addresses, and email addresses.

- Assist the Chairperson with notification of committee members regarding upcoming committee meetings.

- Submit committee motions in writing to the WSC Chair.

- Maintain committee archives.

- Compile a master Delegate Mailing List from the conference, sorted by name, region, and committee.

- Maintain the seating chart at the conference.

If you are asked or nominated to be a C.A. Secretary, at any level of service, please consider the vital importance of maintaining a written record of Cocaine Anonymous' *good works*. Moreover, you will serve a crucial role in preserving our legacy and ensuring the posterity of Cocaine Anonymous.

Cameron F. (Toronto, ON) & CAWS Archive Chair

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 JANUARY THRU MARCH 2020				
Region	Jan	Feb	Mar	Qtr total
ANR	2	3	3	8
ASR	4	7	3	14
EUR	3	2	4	9
MER	0	0	0	0
MWR	2	4	1	7
PNR	4	0	2	6
PSR	3	0	2	5
SWR	2	4	0	6
TAL1	0	0	0	0
TAL2	0	0	0	0
Resubmit	0		0	0
Total	20	20	15	55
Local Area Provided	12	5	8	25
WSO provided	0	6	3	9
Pending	6	9	4	19
Cancelled	2	0		2

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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:

I further acknowledge and agree that:

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

Signature: _____

Date: _____

Name (please print): _____

Address: _____

Phone number: _____

E-mail address: _____

7 th Tradition January-March 2020 Category or Group		
LOCATION	NAME/CITY	TOTAL
CANADA		
Manitoba	Manitoba Area CA Service Committee (\$2300 CAD)	\$1,551.58
Ontario	2019 Round Up Hamilton/Niagra, (CA\$ 135.93)	\$92.43
EUROPE		
England	CA Kent District (£550.51 & £49.71)	\$743.12
	CA London Area (£ 374.93 + £3000)	\$3,854.93
	Hants & Berks District (CAUK) £437.60	\$547.21
	WLDistrict of CA	\$319.85
Germany	Germany Area	\$280.00
Netherlands	CA Holland Meeting Den Helder	\$157.07
Scotland	Scottish CA	\$7,874.24
USA		
Arizona	Birds of a Feather Grp	\$65.11
	SNL Group	\$197.27
California	Amonymous	\$100.00
	CA Long Beach/Compton District	\$291.75
	CA Northbay Service Group	\$50.00
	Cen. Cal. CA, Inc.	\$2,000.00
	I.E.A.C.A,	\$250.00
	OCCA	\$200.00
	One Puff, Too Touch	\$500.00
	WIECA	\$400.00
	WSOB	\$33.00
	CA Colorado - White Out Group	\$39.90
Colorado	CA of Colorado	\$165.31
	Coconut Sundsy AM Grp,	\$240.00
	Freedom Fund Contribution	\$5.00
	Hope Not Dope Group - CA of Colorado	\$15.00
Florida	Sunday Morning Meeting	\$35.00
	District of Fort Myers, FL	\$90.00
Georgia	Anonymous	\$34.00
Illinois	IACA Inc, South & West Dist.	\$86.17
Kansas	Newfound Life CA	\$150.00
Massachusetts	MASS Area CA	\$106.00
Missouri	Greater Saint Louis District of CA	\$250.00
	Serenity on Saturday	\$10.00
Nebraska	CA Nebraska Area	\$956.34
	Monday Miracles Grp.	\$166.50
New Jersey	New Freedom Group	\$20.00

7 th Tradition January-March 2020 Category or Group		
LOCATION	NAME/CITY	TOTAL
New York	CA of New York Inc.	\$200.00
	The Last Straw Grp	\$100.00
Oklahoma	Southern District of Oklahoma	\$75.00
Oregon	CA Oregon & SW Wash.	\$100.00
Pennsylvania	Cocaine Anonymous	\$100.00
	CA of PA/NJ/DE	\$100.00
South Carolina	There Is A Solution	\$35.59
Utah	CA of Utah	\$4,000.00
Washington	WSCA Area	\$20,000.00
Freedom Fund	Freedom Fund	\$8,591.15
Anonymous	Anonymous	\$828.65
S.M.A.R.T.	Smart Program	\$225.00
Birthday		\$214.00
Gratitude	Gratitude	\$826.80
Total 7th Tradition		\$57,272.97

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