

## MOMENTS OF CLARITY

# NEWS



# GRAM

Vol. 38 No. 3 C.A. World Service Office, 21720 S. Wilmington Ave., Ste. 304, Long Beach, C.A. 90810-1641 3rd Quarter 2020

### MY LIFE BECAME MUCH BIGGER DURING LOCKDOWN

By Marty B.  
Jakarta, Indonesia

I expected my life to become much smaller during the lockdown, but thanks to the Grace of God, it became so much bigger.

C.A. Jakarta finally took off as a going concern in October 2018, with our “All Are Welcome” meeting daily meetings by April 2019 and finally built a home group.

When C.A. Jakarta was hit with enforced home detention on Sunday mornings. This finally embedded C.A. here after many years of a stop and go situation. We grew back in early March 2020, daily face to face meetings came to a halt, and many of us were concerned about an externally imposed isolation. In fact, the very opposite happened. The C.A. community here immediately set up a daily skype meeting – which became even more well attended than our face to face meetings. Within 2 weeks we converted to Zoom and started 2 daily meetings at 11.00 AM and 7.00 PM. This really helped us to stay sane and sober during the weird new reality that was spring 2020.

Thanks to these online meetings, our recovery improved, and our C.A. World became much smaller. COVID 19 has been good to CA! Not only did our home group grow, but we also got to meet many new C.A. friends around the world who visited our meetings. Addicts from Thailand, Hong Kong, UK, Spain, West Coast, East Coast, Canada, Philippines started becoming regulars and we started attending their meetings and became involved in weekend Marathons and lots of other service work. I developed hundreds of new friendships as most of our group did. Being of service reached a whole new level. We could help the newcomer looking for a solution not just at our home group, but also anywhere in the world. What a tremendous feeling of gratitude and inspiration this brought. This would possibly not have happened without the necessity of finding creative solutions to the lockdown. What a God Shot.

The lockdown has really solidified the group here. When we had a flare-up, which happened when all of us were crazy on the same day, we put things right by working a Group Traditions Inventory - to examine our relationships with each other and with the group as a whole. This caused a great quantum leap in our individual and group spiritual experience.

This recent experience has solidified the feeling of C.A. Unity in Asia. C.A. members from Jakarta, Indonesia, and Phuket, Thailand recently started the “Pan Asia” meeting of Cocaine Anonymous – every Sunday night at 8 PM. We organize speakers from around the C.A. world to share their hope, faith, and courage. This truly is an international meeting – at the last meeting, we had more than 50 C.A. members attending from 15 different countries. We hope to build on this enthusiasm and passion for the 12 Step program of C.A. in Asia.

Locally in Indonesia, we envisage that 5 years down the line the majority of C.A. members will be Indonesian passport holders, rather than the current population of 70% ex-pats and 30% Indonesians. This is why we asked to join the Mainland European Region (MER) after we had submitted our petition to become an Area to the Board of Trustees. There is currently no region in Asia, but of course, we strive to build one. The MER consists of areas that are all non-English speaking as their first language. So we hope to benefit from the translation committee to facilitate our Indonesian members to translate the pamphlets, HFC I and II, and A Quiet Peace, which will be of tremendous benefit for building C.A. within the local addiction community.

Thanks for letting me share.

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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: Lolita at [doo@ca.org](mailto: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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## MY MOMENT OF CLARITY

By Andrielle L.

Liverpool, England, UK

When I came in, I thought God was external and something you had to believe in via believing in Jesus and following the rules of the church. I also had an insane notion, I was God, always trying to run the show and blaming everyone and everything else for my problems. If only everyone would do what I needed them to, the world would be a nicer place to live. My obsession to heal the world, nearly killed me.

When that was smashed, I embraced the understanding that oxygen was a power greater than me. I'd been interviewing higher powers all my life, like cocaine, co-codamol, alcohol, sex, work, gym, holidays, education, my kids, people, groups of people...always trying to identify myself by being part of something. None of them were sustainable and ended in disappointment and pain. So, I already knew there was a solution of some sort that could help me, but all those I sought nearly killed me.

After I completed the steps and emptied the filing cabinet in my body full of pain, trauma, dishonesty, selfishness, resentment and understood what fear was. It allowed a greater space inside me for the God that already lived in me, to grow and fill all that empty space. I never knew that God was already inside me. Meditation allows for connection to it. When I close my eyes, my solution is there. When I open them, I'm in a mind-altering substance, it's called Life. What I need is to walk so slowly that I can pause when agitated and listen for the right thing to do.

Acceptance reading (Alcoholics Anonymous, p.417) and Spiritual experience (Alcoholics Anonymous, p.567) both tell me, I have an inner resource that I can find and that people, places, things and situations are here to teach me. If I'm humble enough to accept that when I'm disturbed by one of those things, that I've actually done it myself at some point but may not of been "as extreme" or may of been "more extreme". I can share my part off with a closed mouth friend or sponsor and walk free once again. I've come to the understanding that I'm a spirit having a human experience and so I'm just here to use the human body as a way of embracing the roles I'm assigned each day by my God.

I've had many religious experiences and they don't frighten me today, I'm aware today, the universe is full of messages, in films, songs, poems, books, peoples' experiences and above all else the miracles of those who recover in C.A. I have no label or concept for

God, I just accept He is the only solution to all my problems, because this has become my daily experience.

He does everything for me that I can't do for myself, as I'm powerless and unmanageable over me, to the core, I'd be deluded to believe I will ever recover any sort of power than that which is GIVEN to me every day, based on what I do for others, this includes my family and my fellows in the world. The whole point of the book is to get connected to God. With the negative outlook and resentment, we have gathered all over the years, it's no wonder we have had no power to get out sooner.

Step 3 says "I offer myself to you, to build with me and do with me as thou wilt". I gave everything, my kids, my finances, my emotions, my sexuality, my belief system, my alcoholism/addiction, and I asked him to truly reform me. I had the psyche change it promised and today, God is the breath I breathe in the morning because last January, I nearly took my last one.

What I truly needed to do was stop being a self-centered self-seeker and become a selfless spirit seeker. God willing I will be a year clean and sober next month, when all else fails, I ask God "who I should work with and where should I go to do this" and if I'm quiet, if I'm willing, if I'm honest and if I'm open-minded the right answer comes and I pray to continue this my whole life and never pick up drink or drugs again. Only God can stop that from happening for "I had to have Gods help" it told me in the book.

I have a terminal illness and I need a terminal prescription. The prescription is God.

"He either is, or He isn't, He is either Everything or He is nothing, what was our choice to be?" I chose, Everything.

The beauty of where I am today, "I can be in a storm and the storm is not in me" I can still hear... not 100% of time, but it's pretty close and as I say, if I miss it, its 'cause I'm actually effected by my environment in some way. A person, place thing or situation, something unhealed or in denial of. My work will never be done, I love that, remaining teachable opens me up to knowing, I'm on a journey and the destination is unknown .

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## MOMENTS OF CLARITY

By Janice C.  
Dallas, Texas, USA

After 32 years of drugs and alcohol – the last 15 a crack cocaine haze – I finally got clean and sober in April 2002. Did I have that “moment of clarity” we hear spoken about so often in the rooms? Did I suddenly realize I couldn’t live like that anymore and just stop? Did I have a flash of realization that I had thrown my life away, not been able to raise my child, burned all my hopes and dreams to the ground? Was there a moment when my condition was so clear and terrifying that I ran into the rooms of C.A?

I guess the answer is yes and no. There were plenty of times when I looked in the mirror and couldn’t bear the person looking back, years of wishing I could just go to sleep and die, the sudden yet frequent understanding that I hadn’t worked in 6 months, 2 years, 5 years....in the end, 17 years. There were the periodic and infrequent calls and visits with my child when she would cry and beg me to stay and I couldn’t even muster up the desire to, even though the guilt and shame and grief would eat me alive.

So many times, so many moments that should have been a big enough “moment of clarity” but my dis-ease never seemed to be impressed with those moments – the answer to that despair, that hopelessness was always to take another one, to quiet down that noise inside that told me I didn’t deserve anything but to die in that pitiful state. “Maybe the next one will just kill you, Janice,” and I welcomed the idea.

And then one day, something changed. I had been to treatment a couple of times, and I knew you people in C.A. had a solution, although I really didn’t think it

would work for me. My very best plan was to come in here with you and do the program until I got loaded because this time I knew beyond a shadow of a doubt that I was going to get high again. There was no delusion of getting my life back – everything I knew said that was never going to happen! You guys offered hope, yes, but I was too far gone and all my experience said I drink and use no matter what.

Maybe that was my moment of clarity – that moment when I knew there was nothing I could do to save myself. Even though I didn’t have words for how I felt, YOU did – powerless! Cocaine Anonymous showed up in my life at the exact millisecond that I was able and willing to just listen and follow some directions, even though I really thought I was waiting for the next high. Maybe God used that moment to drop me right into the solution outlined in the Big Book, and in the Fellowship that had the same feelings, thinking, and using patterns.

Thank you for my life, C.A! Thank you for delivering the program in a language I could hear, for giving me the chance to feel valued and needed by you until I could find those things in myself, for allowing me to grow out loud without shame, for loving me and letting me love you right back. During these challenging times, it is you, Cocaine Anonymous, that offers a solution once again. I now have a worldwide Fellowship at my fingertips every day and we not only exist but we THRIVE during adversity.  
#MomentOfClarity

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## FINALLY, IT ALL BECAME CLEAR

By Russ L.  
Littleton, Colorado, USA

The year was 1997. Colorado was hosting the World Convention in Denver. I was the Registration Chair for the convention. I was just about 8 years sober. And I was going through a divorce. It may have been the hardest time I had gone through up to that point. How could this happen? I hadn’t drank or done crack for almost 8 years. But here I was again, coming out of a relationship/marriage that I probably got in because selfishness. What’s wrong with me?

Then my Moment of Clarity. After the convention was over in June of ‘97, I sat down with my sponsor and we did an Inventory on relationships. First column in pencil, the rest in ink. What I found out was it didn’t matter whether you were female or male. If you made Russ feel better, I would walk over broken glass for you. If you didn’t, I made you invisible! The moment

of clarity was just this...either one is not what my God would have me do. From that point on until January of 2004, I reinvented Russ through Gods grace.

I dedicated myself to H&I; I sponsor as many people as I can. I go to at least one treatment center meeting per week. I go to at least four meetings per week (12 Zoom meetings per week now) in my 31st year; and I share the message of...”you don’t have to use even if you want to...and we will show you precisely how we did that”. And I found my new conception of God in January of 2004 and I have looked back since then. Find your Moment of Clarity and find your purpose. And never look back. And remember....your job is to help Gods kids...all of them.

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## MY MOTHER GAVE ME MY MOMENT

By Pam G.  
Houston, Texas, USA

Today as I look back on this week 22 years ago, I am grateful that I'd had a week to make up my mind and really take a real hard look at what I had become. God willing June 1st I will celebrate the decision I made on May 29th.

You see my uncle promised me a few days before that he would come and take me home to my mother's house, because she had been looking for me. Up until that point, I was homeless, hungry for something different, but had no idea what was about to happen. The whole week I spoke of going home and getting clean, although no one really believed me; I did not even believe it myself. I continued to use, but it felt like I was using in vain, because honestly the gratification did not come no matter how much I tried. I was at a point where even though the drugs no longer worked, I did not have the sense nor the will to say no. Every night of that week leading up to May 30th I was able to see what a miserable shell of a person I had truly become.

My Uncle nor my mother were aware of my decision to let that be a new beginning for me. Here I am being separated from all my drug using buddies in one town and going to live in City that I left to get

away from the drugs in the first place. Talk about "taking me with me" (WHEW). But even all of this does not equal the real moment of clarity for me.. hold on..

So, as promised my Uncle, May 30th true to his word drove up and waited for me to get in the car, and he brought me home. Even though I had talked all week long about stop using, I took with me all paraphernalia I could find, just in case.

However, as I got home and had a day of rest my mom not knowing that I was thinking about quit made a plea to me that truly did become the moment of clarity and my bottom as well. She asked me if she could go get the dope for me and I stay home, please.

So I walked to the Bayou next to the apartment, threw my lighter and pipe into the bayou and I knew at that moment that June 1, 1998 would be my forever sobriety date.

I threw myself into Cocaine Anonymous, I took the suggestions, got a sponsor, worked the steps and to this day I continue to try paying a debt I can never repay.

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## MY TIME

By Earlene D  
Houston, Texas, USA

When I thought of addressing the topic - "Moment of Clarity," several things ran through my mind. I wanted to give this topic the best of my mindfulness and ponder my moment that I felt that eye-opening moment that the "veil" was lifted for me and I understood the Promise(s).

The Dictionary states: "a time when a person suddenly understands something".

For this person - me - I took to the program in pieces. I would get one concept and hold onto it until it became a part of me. The first two things that I used were - "There is a solution to my problems today" Big Book Chapter 2 and the Promises page 83 - Alcoholics Anonymous. I could have said that my moment came when the jail doors closed at the Harris County Jail in Houston, Texas. I could say that the moment came when I got on the transport to TDCJ. But neither of those were my moments. I believe my moment came when I sat in my empty first apartment and decided

that I did not want to go back to the last 5 years I had lived. That is really all I knew. I did not know how but what I did have was a desire and some information about how the program works.

I used some slogans: "It works if you work it" - "Start each day with a grateful heart" - "One day at a time." These were not merely words but began to be a way of life. As I struggled to gain or re-gain myself, I would remember this and this only. I did the "church thing" but it did not grab hold for me right away.

I just knew I did not want that pain. I did not want the love I had experienced. I did not want to do what I had been doing. So, I held on and I believed that a time would come when life would change and my eyes would be open to another way of life.

That time did come and for that I am grateful.

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**ALL AN ACT**  
By Gareth H..  
Beumaris, Wales, UK

**ACT I**

Being a Control Freak....!!!!,  
And having an EGO as big as the great outdoors.  
I refuse to believe that ANYTHING,  
Even Drugs or Alcohol  
Could have a hold on me that I couldn't BREAK,  
ANYTIME, I, WANT, TO.  
....So I skate on that fine LINE...

Between Sanity and Insanity.  
Knowing full well, that anytime I

S

L

I

P,

To the other side, I can always climb back up,  
And begin my balancing ACT all over again.

I can STOP, Anytime I WANT to  
I really CAN, I just don't FEEL like it,  
I've PROVED it, I was STRAIGHT for a  
month.

So what's the BIG deal if I pArTy a little -  
Here or there.  
I can cOnTrOl it, It's got nO pOwEr over me,  
I used to have a pRoBlEm, bUt, not  
AnYmOrE.  
I KNOW I can handle it now.  
I've been doing this for twenty years!!.  
I can stop.....,  
Anytime

I

Want

To

**END ACT 1**

**ACT II**

It was 20th march , 8:30pm,  
The first day of spring.  
A time of renewal,  
Filled with the promise of new life.  
A time of joy, of the triumph over the dead of  
winter.  
A day carved into my brain,  
Not with the clean lines and finesse of a surgeons  
scalpel,  
..but by a dirty, bloody, syringe.....  
...Held between the twitching fingers,  
Of a sweaty, sHaKiNg HaNd.  
Standing at the sink,  
Scraping the remains of sacrificial life

Off the dinner dishes  
Phone ringing, seeing my mother answer it

Hello?..... Yes, this is she....

WHAT!!!!

NOOOOOOOOO!!!!

Intuition ripping through my chest.  
Wrapping it's icy claws around my heart...  
Spinning from the sink,  
Soapy dish, breaking free,..... soaring,  
Heart pounding, praying I was  
wrong.....  
Knowing I wasn't.  
Hopes, Dish, Shattering,  
He had been missing.....  
..... Five days this time.....

Her knees buckling, under the emotional  
avalanche,  
Looking up..., face contorted in  
anguish,  
Rivers of tears flowing,  
Drowning in sorrow  
Gasping for air,  
To SCREAM  
WHY!! WHY!! WHY!!  
Why do the drugs always have to win!  
WHY!?!?

Her eyes begging, Pleading,  
Searching mine, For an answer...  
I searched my soul, And found,  
None...  
I could only hold her,  
and cry

I wonder if he knew, in his last seconds of  
life,  
That he Had murdered a part of us too  
On that god forsaken night.

He always said,..... He could stop!  
Anytime he wanted to....  
He just never said.....  
HOW.

**END ACT II**  
**THE END**

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## COVID 19 E MUITO UNITY.

By Alexandre S.  
Lisboa, Portugal

Dia 12 de Março 2020 ficou marcado por ser o dia em que todas as reuniões fecharam em Lisboa. A caminho da sala de reunião fomos sabendo que tínhamos um aviso na porta da igreja a dizer que devido às circunstâncias actuais de pandemia a sala estava encerrada por tempo indeterminado.

Nesse mesmo dia, a area de CA Portugal criou uma conta numa plataforma de vídeo conferência disponibilizando a conta para todas as reuniões que a quisessem utilizar.

No dia seguinte passámos de 5 reuniões presenciais semanais (fechadas) para 17 reuniões semanais.

Graças a todo o trabalho de IP feito, e aos anúncios feitos via internet, a nossa linha de ajuda tocou mais do que nunca e muitos novos membros acabaram por se juntar á nossa irmandade via online.

Uma nova vaga de recém chegados chegou a CA

graças á Unidade criada e aproveitada resultante desta pandemia.

O que seria o caos, tornou-se num momento de união mundial em CA e a area de Portugal não foi exceção.

Vários recém chegados, estão a trabalhar o programa de recuperação com um padrinho/madrinha e a desfrutar das promessas do nosso maravilhoso livro. A maioria deles nunca teve sequer numa reunião presencial.

Graças ao serviço e dedicação de todos os membros da area hoje CA Portugal está mais forte e unida e com bastante sangue novo.

A linguagem do coração reina por aqui.

O mundo pode estar a desabar mas Deus guia-nos para uma via de força fé e esperança. !

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## COVID 19 AND A LOT OF UNITY.

By Alexandre S.  
Lisboa, Portugal

March 12, 2020 was marked by the day when all meetings closed in Lisbon. On the way to the meeting room we learned that we had a notice on the church door saying that due to the current pandemic circumstances the room was closed indefinitely.

That same day, the CA Portugal area created an account on a video conference platform, making the account available for all meetings that wished to use it.

The next day we went from 5 weekly face-to-face meetings (closed) to 17 weekly meetings.

Thanks to all the PI work done, and the announcements made via the internet, our helpline has touched more than ever and many new members have ended up joining our fellowship via online.

A new wave of newcomers arrived in CA thanks to the Unity created and used as a result of this

pandemic.

What would be chaos, became a time of world unity in CA and the area of Portugal was no exception.

Several newcomers are working on the recovery program with a sponsor and enjoying the promises of our wonderful book. Most of them never even had a face-to-face meeting.

Thanks to the service and dedication of all members of the area today CA Portugal is stronger and more united and with a lot of new blood.

The language of the heart reigns here.

The world may be falling apart, but God is leading us on a path of strong faith and hope !

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## CELEBRATE AROUND THE WORLD

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

World Unity Committee is seeking submissions for the 2022 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

## LOCKED AWAY FROM MY HOME GROUP

By Claudia W.  
Frankfurt, Germany

What CA means to me,  
Is that I get to be free.  
Free from a mind numbing addiction,  
To those doubters; it's not fiction.  
Relieving the burden of fault,  
All those names I have been called.  
Forgiving myself from within,  
Is not where I begin.  
I begin with finding a spirit,  
To it I must get near it.  
For it is my higher power,  
Even if, it was just a flower.  
Trusting it was a task,  
For as of yet, I haven't been unmasked.  
We start with meetings,  
Shaking hands and greetings.  
It is with friends we have found,  
Our new hang out compound.  
Those that understand the addictive mind,  
Hopefully a sponsor, we will find.  
It is with these crazy folks I must be,  
And it's only a two dollar fee.  
Then I saw those steps on the wall,  
Lord, I hope I won't fall.  
Take an inventory; I've known what I've done,  
My sponsor said do it, it's just for fun.  
Listing my defects, one at a time,  
Oh my God, what did I find?  
To all those resentments and fears,  
That we all held so dear.  
I had a part in it all,  
Had it caused me to fall?  
Selfish in my mind,  
Fancied or real, that is what I did find.  
The book says those out there are sick,  
Better work these steps real quick.  
Give it all to my God, resentments and sins,  
Burn that fourth step in the nearest trash bin.  
You never have to go back, the person you once was,  
Even though the doubters won't accept this, just  
because.

Take that resentment list, work on it hard,  
Making amends where possible, don't leave names off  
the card.  
When we are wrong, just tell the person soon,  
As you know, resentments mean doom.  
Saw through prayer and meditation, to find the skills  
and wills,  
To do life without drugs and pills.  
This is our selfishness,  
And our families best wishes.  
When I was done, I'd found I'd just begun,  
For my sponsor says, "there's work to be done."  
Caring the message is my new life,  
No worry, no anger, no strife.  
Living for the day twenty-four hours a time,  
Staying in your hula hoop, don't whine.  
What you have is better than ever,  
What you have your mind said never.  
Don't get distracted, don't lose touch,  
Your disease is out there doing push-ups.  
Tempting you to fail, to be meek and weak,  
How many meetings are you attending every week?  
How many addicts do you call or mailing?  
Is this here where some are failing?  
Thank your God morning, noon, and night,  
For it was him that gave you this insight.  
Lift the load off your fellow man,  
Even if he's not in the program.  
Give back what was so freely given to us,  
Old timers, newcomers, the fresh ones on the bus.  
Don't forget to read our books, cover to cover,  
This is our mission, to help our fallen brother.  
I stay in the middle away from the fins,  
After all the sharks eat from the outside in.  
This is the program, don't be discouraged,  
With these tools I live a life filled with, "Hope, Faith  
& Courage." .

\*\*\*



## **LITTLE DID I KNOW**

By: Robert F.  
Montreal, Quebec, Canada

I am a Montrealer and have lived here all my life. I have experienced the worst (my addiction) and the best (the solution) in this city. In the summer of 1985, the A.A. World Convention invaded our city. I was clean and sober for 18 months. My drugs of choice had been cocaine, downers, and hashish. I was going to A.A. meetings and working the 12 steps. As their singleness of purpose is to help the alcoholic, I had to censure myself when speaking at meetings. I did not want to ruffle any feathers as I needed the program to maintain my sobriety.

During the convention, my friend Dave met this girl from California. A few months later he visited her in L.A. He called me and told me he had attended a meeting of Cocaine Anonymous. This really perked my interest; could there be a program where I could feel comfortable to express freely my addiction? To be able to talk about the paranoia, guilt, and shame of my addiction? To be able to talk and work our common solution together with likeminded individuals

I called C.A.W.S.O. in Culver City and asked them to send me a starter kit. I'll never forget the day when it arrived. I opened the envelope and saw for the first time C.A.'s first step! "We admitted we were powerless over cocaine and all other mind-altering substances and that our lives had become unmanageable." I was astonished!! Excited!! and overjoyed!! This was a moment of clarity for me (a time when a person suddenly understands something). Little did I know that this program would be a lifelong journey for me in which I have received countless gifts. C.A.'s first meeting was held here in Montreal on August 21, 1986. In fact, it was C.A.'s first meeting held outside of the United States, making C.A. an international fellowship. I am forever grateful for Cocaine Anonymous. It saved my life.

\*\*\*

### **NEWSGRAM THEME NEXT EDITION**

***SPIRITUAL EXPERIENCE***

***DEADLINE:***

***NOVEMBER 10<sup>TH</sup> 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**

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

*Join us!!!*

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

## Subscribe to the NewsGram

**For the low price of \$15 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](http://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



## CAWSO - FRANÇAIS

## DEVANT



## DERRIÈRE



## CAWSO - FRANÇAIS

## DEVANT



## DERRIÈRE



## NEW COMMEMORATIVE CHIPS NOW AVAILABLE THROUGH THE WORLD SERVICE OFFICE

Available in Bright Bronze





## 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**



# C.A. WORLD SERVICE CONFERENCE COMMITTEES

## PUBLIC INFORMATION

### Colour The World Week 2020

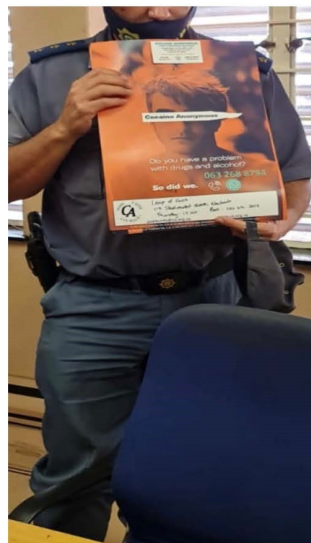
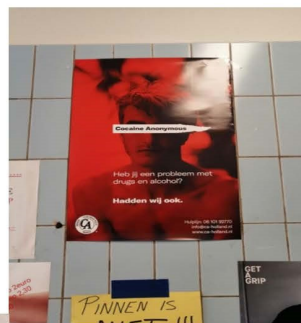


Your WSCPI global poster campaign has once again been a resounding success, despite being postponed from its usual June date.

Colour The World Week : Orange is the New Green saw our fellowship unite in harmonious action right across the globe. The primary aim of this campaign is to make our fellowship as visible and accessible to as many people as possible. Second to this, it creates a service opportunity which the whole fellowship can enjoy.

We've had reports of some district helplines seeing an astounding 650% increase in calls during this campaign week, as well as increased website hits and visitors to meetings.

Your WSCPI committee would like to extend their gratitude to all who joined this campaign.





**MAY 27-31, 2021 INFORMATION ON PAGE 19**



# **C.A. WORLD SERVICE CONFERENCE COMMITTEES**

## **INFORMATION TECHNOLOGY**

### **So Your Group Wants to go Hybrid?**

Going hybrid is not so different from starting a new meeting, but instead of 2 addicts and a coffee pot all you need is 2 addicts and a portable speaker. There have been 2 types of Hybrid meetings we have seen resulting from the restrictions put in place by local governments. This has been due to capacity restrictions for gatherings inside buildings or meeting spaces that have still not reopened due to the pandemic. We wanted to share some of our experience in order to help the fellow members as we trudge down these new paths. Indoor meetings that have reopened with sufficient capacity with members seated 6 ft apart and accessibility to Wi-Fi are very easy to set up if power is not an issue. A laptop setup at the front of the room with powered speakers has worked best with the chairperson asking members in person and online to share. A co-chair may be able to help facilitate by logging on to their mobile device and letting the chairperson know who is online, as most of us have found out home and data connections tend to cut out at times. Some groups have had the capability of having a projector in the meeting space so that members in person can see those who wish to share their screen online. The camera at the in person meeting can be handled in 2 ways either facing the room, with a section of chairs set up for members who wish to remain anonymous that is not visible to online members or facing the chairperson who asks members that wish to share to come to the front of the room so they can be heard by the computer microphone with markings on the floor indicating where they can stand if they do not want to be seen online.

Another option has been outdoor Hybrid meetings, with these meetings podium style has been found very effective. A wireless battery powered Bluetooth or wired speaker is needed and the chairperson can choose which device they would prefer to use. A tablet (iPad etc.) or a laptop with sufficient battery life connected through data or hotspot is also necessary. Either a portable table or a location that has permanent benches so that the equipment can be set up at a height where the chairperson and people sharing can be seen online and the chairperson should be the only one to touch the device, again choosing members online and in person to share. For both indoor and outdoor meetings clean freshly printed disposable readings should be made available or homegroup members should have readings available to send to attendees' devices. Seventh tradition should be collected by one member preferably the treasurer and left in the coffee can for 3 or more days before counting. Homegroup members should set the example by keeping safe social distancing, setting chairs 6 feet apart, avoiding contact with other members (we know this is a difficult one) having hand sanitizer available at multiple locations and sanitizing wipes to make sure any equipment or chairs doors etc. that are touched get wiped down after use. Below are an example of opening meeting remarks and a disclaimer for meetings that may be used with adjustments to your local area's guidelines: Please feel free to contact the WSCIT committee for any questions you may have.

#### **Opening meeting reading example:**

As hybrid meetings are a new format for most of us, please understand typical etiquette for those online is to keep your microphone muted so background noise does not disrupt the person speaking or our ability to hear them. Those with us in person we ask that you keep side talk to a minimum as it is quite distracting and affects the ability of our online and in person members to hear. For those online please do not get discouraged if you find yourself muted as the host may mute all participants during the meeting please just unmute yourself when asked to share. This meeting will be held podium style so that the chair will be the only person touching the device, if you do not feel comfortable sharing video online you may stay on audio only and in person there is a location marked beside the podium where your anonymity on video will not be compromised. Please understand that we have a responsibility to protect our fellowship and its members.

Practice safe Social Distancing: Please remember even though there has been some time since we have met in person in public, we should abide by social distancing guidelines as stated by our health officials. Even though our personal opinions on the restrictions may vary, when we are in public and if our groups are not following health guidelines we may risk being drawn in to public controversy, each group is autonomous except in matters affecting other groups or C.A. as a whole.

*(Continued on page 16)*

# C.A. WORLD SERVICE CONFERENCE COMMITTEES

## INFORMATION TECHNOLOGY

(Continued from page 15)

While it may be uncomfortable for a while it is in the best interest of our fellowship as a whole to consider the implications. This is for the protection of our fellowship and of course each of you individually. Social distancing guidelines for outdoor gatherings: • 2 meters (6.Ft) apart, don't engage in physical contact with others outside of your household • A mask is recommended • Please do not attend if you have any of the following symptoms: 1. Cough 2. Fever 3. Shortness of breath 4. Runny nose 5. Sore throat (Even if these symptoms appear to be mild or resemble a cold) • Use hand washing stations or sanitizer frequently • Don't share food, drinks, utensils • Don't share equipment (ie: meeting formats, readings, phones, 7th traditions baskets etc.) There is sanitizer available for your use as well as garbage cans please dispose of all garbage and cigarette butts in there as to leave the location as we found it.

Modified Disclaimer example:

Please understand that due to the technologies being used for this meeting and to the current indoor restrictions of our meeting capacity that we are hosting the meeting in a public park outdoors , a participant's anonymity, or the anonymity of others mentioned, could be compromised at the public level. The individual participants and our group as a whole have the responsibility to consider the potential implications, and our level of participation in this meeting. Our group conscience reminds us that Anonymity is the Spiritual Foundation of all of our Traditions. Additionally, in the spirit of Tradition Six, C.A. is not allied with any sect, denomination, politics, organization or institution and as such does not endorse and is not affiliated with any specific technology providers utilized to facilitate this meeting.

\*\*\*

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



# **C.A. WORLD SERVICE CONFERENCE COMMITTEES**

## **WORLD SERVICE OFFICE**

### **It's Sad to Say Goodbye...**

Linda L. Francisco, former Director of Operations

Yes, the rumor is correct...I am retiring (I think the age of 70 is a good time to let someone else have some fun!)...October 16th is my last official Day as your Director of Operations. It has been the most amazing 9 years and 6 months of my life. It's true...I'm a "normie" – your word, not mine; as I have never considered myself normal! LOL!

This adventure has allowed me to meet the most wonderful people, work on some of the best projects and be a part of C.A. History. I am blessed to have met many friends for life as well as those friends for a reason, and a season!

I'm excited to say that during my time at CAWSO – we have introduced sobriety chips in 5 new languages, printed HFC II in 2 new languages and printed pamphlets in 5 additional languages with a couple more in the works. We introduced "A Quiet Peace", produced some amazing new PSA's and learned much about the Do's and Don'ts relating to Social Media. At the WSO we were able to build an Archive Area and have already expanded it to hold our every growing Archive treasures. Thanks to our thriving fellowship I was able to oversee and guide the growth of our online store into a full-fledged International Business. Life is never dull...we've introduced a new website as well as hosted 3 International CAWS Conventions in Canada and Europe (with a 4th scheduled in 2024). Not to mention living, working and functioning along with an amazing staff during our current World Wide Pandemic!

I have had the privilege of serving under 6 WSOB Chairs as well as 10 WSBT Chairs...as they say, variety is the spice of life! Not to mention all the Board members I have worked with on both boards and the Conference Committees that I participated on. Did I have favorites...I'll never tell! (You know who you are!)

I was truly disappointed that both our 2020 Convention and Conference were cancelled as these were planned to be opportunities for me to truly say "Good Bye along with hugs, tears and more hugs!"

The truth is...I have loved working at CAWSO every single day you have allowed me to. I have enjoyed meeting each of you whether a phone call, email or in person...you all have a place in my heart. You have been kind in allowing me to learn, be available to teach and follow as well as sometimes lead.

I ask each of you to welcome our new Director of Operations, Lolita Smith, and give her the same love and kindness you have given me over the years. She will need your support – be generous!

**GOOD Bye ...Love you all!**

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

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

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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: \_\_\_\_\_

# CALENDAR OF EVENTS

**October 29-31, 2021**

**2021 Midwest Regional Convention**

**LOCATION:**

Renaissance Airport Hotel  
9801 Natural Bridge Rd  
St-Louis, Missouri, USA



## **CAWS 2021** **IN** **AUSTIN TEXAS**

**THURSDAY MAY 27 - MONDAY MAY 31, 2021**

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

**SPEAKER MEETINGS**  
**WORKSHOPS AND MARATHON MEETINGS**  
**NIGHTLY LATE NIGHT DJ LOUNGE**  
**A TASTE OF AUSTIN DINNER AT THE HOTEL**  
**RECOVERY'S GOT TALENT SPECIAL PERFORMANCE**  
**SILENT DISCO & LIVE MUSIC**  
**LEGENDARY KEEP CA AUSTIN WEIRD PATIO PARTY**  
**SPECIAL EVENTS AND OTHER SURPRISES**

**HYATT REGENCY AUSTIN**  
**208 BARTON SPRINGS**  
**AUSTIN, TEXAS, UNITED STATES**

**Rooms Starting at \$215 US**

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



## 7<sup>th</sup> Tradition April-June 2020 Category or Group

### EUROPE

England	CA London Asc. £ 2,380.	\$2,794.83
	CA South Central District UK	\$370.03
	West London District CA	\$330.66
Netherlands	Martin Wabeke Grp	\$101.49

### USA

Arizona	Saturday Night Live Group	\$114.76
California	CA Northbay Service Group	\$300.00
	CA San Diego	\$1,513.01
	Inland Empire Area Service Committee	\$4,100.00
	Northern California CA	\$1,000.00
	OCCA	\$700.00
	One Puff, Too Tough	\$500.00
	Tired of Being Dogged Out	\$150.00
	WIECA	\$1,150.00
Colorado	CA Colorado Inc.	\$268.63
	Coconuts Denver CA Meeting	\$175.00
	White Out Group - CA Colorado	\$148.90
Florida	District of Fort Myers, FL	\$645.00
Georgia	Log Cabin Grp CA Georgia	\$157.71
Illinois	IACA Inc, South & West Dist.	\$53.75
Kansas	Newfound Life CA	\$67.00
Michigan	Saturday Morning Alive Group	\$70.00
Missouri	Greater Saint Louis District of CA	\$100.00
Nebraska	CA Nebraska Area	\$479.55
Oklahoma	Northeastern District	\$181.11
Oregon	CA Oregon & SW Wash.	\$100.00
Pennsylvania	CA of PA/NJ/DE	\$600.00
South Carolina	There Is A Solution	\$8.47
Wisconsin	CA of Wisconsin Inc.	\$1,875.20

**Freedom Fund** Freedom Fund \$12,318.84

**Anonymous** Anonymous \$7,893.89

**S.M.A.R.T.** Smart Program \$571.00

**Total 7<sup>th</sup> Tradition** \$38,838.83

## 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



"How dark it is before the dawn!"

Contribute to the CAWSO  
FREEDOM FUND  
Help shine the light across the world

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

CAWSO COCAINE ANONYMOUS

\*\*\*\*\*

★ **Apology**

★ The World Service Office would like to extend an apology to the **Get Well Soon** group out of Quebec, Canada.

★ By mistake their donations of over \$150 have been listed as Anonymous Donation instead of donations from their group.

★ This has been corrected going forward.

\*\*\*\*\*