

## SPIRITUAL EXPERIENCE

# NEWS GRAM

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#### CAWSO

21720 S. WILMINGTON AVE., SUITE 304, LONG BEACH, CA 90810  
310.559.5833 • FAX 310.559.2554 • CAWSO@CA.ORG

January 25, 2021

Dear Fellow Addicts:

After several months of discussion with the Austin hotel, and given the status of the continuing Covid-19 pandemic and the restrictions it places on activities, the Austin host committee advised the World Service Board of Trustees that a 2021 convention was unlikely to succeed. The WSBT discussed this and agreed. Given the realities of members' travel and other planning needed for the event, both parties felt that we could not delay our decision further, in the hopes that things would change.

The hotel has been very accommodating and understanding through this entire year and they remain so. They have offered C.A. a contract amendment that would hold terms steady, for an event over the Memorial Day weekend in 2022. The Austin committee and the Board of Trustees have agreed with this plan and hope to see everyone in 2022 for a celebration of recovery, in recovery.

The convention originally planned for 2022 in New York has been cancelled. The contract we had with the New York hotel was withdrawn last year by mutual agreement, and the hotel itself has been closed throughout the pandemic making further planning or negotiations regarding a 2022 event impossible. At this late date, the WSBT determined that it would be a great risk for the Fellowship to attempt to quickly mount a New York convention in a new hotel, and the best decision was to move the (now long-planned) Austin convention to 2022 and then continue with Atlanta in 2023 and Holland in 2024. Our deepest apologies to the New York host committee and the New York fellowship and we invite them to bid again for a future convention year. This was not their fault.

We continue planning for Conference 2021 and assure our membership that a Conference will be held. The Conference committee is well along in making a fallback plan for a virtual Conference, but we would all strongly prefer to hold it face-to-face in Los Angeles in September as planned. All we can do is the footwork, and God will reveal the results.

Be safe,

Your World Service Board of Trustees

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

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

Is the website address for your Area correct?

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

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

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**(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.)**

Inside This Edition	Page(s)
7 <sup>th</sup> Tradition for July - September 2020	24
A Miracle: How I Found God	6
C.A. Calendar of Events	23
C.A. Trusted Servants	2
C.A. World Service Conference Committees	19-21
Educated to the Spiritual Solution	9
Greatest Gratitude	12-13
It Was That Simple	3-5
Like Learning to Read	6
Mes expériences spirituelles	4-5
My Spiritual Experiences	11
NewsGram Editorial Policy	15
NewsGram Subscription Form	15
Recovering our Way of Life	13
Recuperar Na Graça de Deus	7-8
Redécouvrir notre mode de vie	8
Release Form	22
Spiritual Being, Human Experience	10
Spiritual Solution was never my Goal	9
World Service Board Of Trustees Letter to the Fellowship	1

## IT WAS THAT SIMPLE

By Clay P.  
Cleveland, Ohio, USA

I sit now and look back at the past 24 years and wonder why it took so long. At the age of 13 I would be diagnosed as Bipolar and start drinking and using alcohol and drugs shortly after the diagnosis. As a means to escape and cope with emotions and an illness I did not want to have, I blamed the conception of the God I was raised with for anything and everything that happened to me in my first 13 years and all that would happen to me for the next 12 years. I turned my back on this God and began searching for a Higher Power that would fill the hole I felt in my soul and being. I have studied many different religions throughout my education ultimately earning a degree in Anthropology which I used as a way of rationalizing that the God I was raised with did not exist. Science became my answer. Whatever the force of nature that keeps our cells together and the electrochemical processes keeping us alive, or the planets revolving around the sun and the solar system traveling around the universe. This became what I believe as a Higher Power.

All that Judeo-Christian mumbo jumbo was for weak people who need to put their faith in something that to me it seemed cared little for the plight of humans or any other creature on planet Earth. But still some small inkling of something inside me pulled me back now and then. When I would get in trouble or when I would suffer the sleepless nights and raging emotions and episodes that come with a bipolar disorder, I would pray, "Help me God." "Get me out of this Jackpot," or "Take my life. I hate the life I am living." I wanted to be dead more than I wanted to be alive. Alcohol and drugs were never the answer. They were just quick fixes that kept the emotions and feelings at bay. They made me numb to the world and what was going on in it. A world I hated being in and felt that I had no place in.

Early exposures to 12 Step programs beginning at the age of 17 when psychiatrists would crack the shell and tell me yes you have a mental illness, but there is the other problem that you also need to address. The addiction and alcoholism that went hand-in-hand with the illness. One calling out for the other and the other medicating the thoughts, emotions and feelings that came uncontrollably at times, and blurred out reality to the point where I did not know when I was normal or messed up. I went to my first meeting

after a six week hospitalization at the age of 17 after a cry for help suicide attempt, and there I would think I might get help after talking with the psychiatrist only to have the hopes dashed when "God grant me..." is the first thing I hear and close off the part of me that wants help. The part of me that blames God for everything and anything that happens in my life or had happened.

So, for the next eight years there would be maybe 10 attempts at getting clean and sober. Some on my own without any help from any program. Or the times when a doctor or Judge would feel it would be good if I attended a meeting. But the same thing always happened. My own "contempt prior to investigation" because they used a three-letter word that I wanted nothing to do with. I felt God did nothing but cause me more pain and trouble. He was the root of all my problems. He gave me the illness; he caused the police to pull me over when driving drunk. He made the friends not want to be around me, or call me dangerous. Worry that I would get one of them killed in a moment of illness or delusion caused by too much drink or a bad mix of alcohol and psychiatric medications, or a drug fueled crazed rage episode where everyone around me felt "if he would just drink like a normal person." Or "maybe he should stay away from the drugs, and stay on his psych meds and he would be ok to be around." But I never wanted to listen to anyone I had the answers I could take care of myself.

My family and friends became more distant; friends began to drop one by one. Near my end I would have one friend and he scared me because he seemed to be more addicted than me. So, I would cut myself off from him for my safety. I would swear off hard alcohol one week, coke the week after that, and maybe everything the week next.

As I approached my end everything began to be a jumble of emotions and substances. I would not sleep for days then go on a bender and then sleep for a day or two. Still the pleas "God why are you doing this to me?", "Why do you not help me?" Nothing is that simple. Everything is complicated and requires work on my part I was unwilling to do. And then it happened. Like a flash of lightning, a miracle and a disaster at the same time.

*(Continued on page 5)*

## MES EXPÉRIENCES SPIRITUELLES / MY SPIRITUAL EXPERIENCES

Par Johanne T.  
Montréal, Québec, Canada

D'après "Google" la définition de l'expérience spirituelle se lit comme suit :

L'expérience spirituelle (ou expérience mystique), par la recherche d'intériorité, de connaissance de soi, de transcendance, de sagesse, ou de dépassement des limitations de la condition humaine est indissociable de la démarche intellectuelle.

Ma définition à moi se lirait plutôt comme ceci :

Des moments (expériences) que j'ai vécus au fil des années et qui m'ont fait réaliser en les vivants que finalement, c'est ÇA que j'avais cherché toute ma vie. T'sé le buzz qui fait du bien!

Des expériences spirituelles, que moi j'appelle « mes moments avec moi-même et mon Dieu d'Amour », ces « moments » dans lequel je ressens au fond de moi, un calme, une chaleur réconfortante, une paix en dedans de moi, non palpable et difficile à vous expliquer, ici et maintenant, mais qui m'a permis de croire un jour, qu'enfin je n'étais plus seule parmi vous tous et que surtout, je pouvais enfin « me déposer ».

Je me souviens de mes premiers « moments » j'ai comme un peu pogné panique. Je me disais : « Ben voyons donc qu'est-ce qui m'arrive? Les yeux pleins d'eau et avec un gros "smile" dans l'face. Je sentais une belle et forte chaleur dans mon corps...Oui j'ai eu à apprivoiser ce nouveau sentiment que j'appelle maintenant... le Bonheur!

C'était dans mes débuts quand je LUI ai demandé avec toute l'honnêteté que j'avais à ce moment-là de m'enlever complètement le goût de consommer toutes substances qui altèrent le comportement. Quelques jours plus tard, j'ai été "confronté" avec les substances et ma première pensée fut : « Sors d'là ma Jo! SORS! VITE! »! Et j'ai sortie. C'était la première fois que je ne m'accrochai pas les pieds! En sortant, j'ai crié tout haut : « Merci Mon Dieu! Merciiii! » J'ai dû m'arrêter, reprendre mon souffle. Aujourd'hui je sais, je commençais à prendre le temps de goûter à ce bien être, cette chaleur car en dedans de moi... ça goûtait bon en ta!

À un autre moment dans ma "reconstruction de dépendance affective" alors que j'étais dans une relation très malaise – ce qui veut juste dire que l'on n'était pas fait pour être ensemble – je me souviens d'un moment où je LUI ai dit : « Mon Dieu d'Amour, s'il est fait pour moi alors ramène-le moi ce soir » et quelques heures plus tard, il a sonné à ma porte. ....  
...! Très longtemps je n'ai pas compris pourquoi, Il me l'avait ramené... aujourd'hui je SAIS que c'est parce que j'avais une décision à prendre et elle devait venir de moi, de mon intérieur, de mon honnêteté. Le jour où je l'ai prise...2 ans plus tard... ben oui j'suis longue à

comprendre lol!, ce fut une 2e libération pour moi. Il m'a permis et appris à devenir Amie avec Johanne. Après ces « moments » mon 2<sup>o</sup> X 1,5<sup>o</sup> de paix intérieur est devenu ma priorité à entretenir au quotidien et ce, malgré les malgré.

Un autre « moment » qui est marquant pour moi et essentiel à ma survie et/ou à conserver mon abstinence fut un de grande tristesse, de résilience et compassion. La vie étant la vie, un jour le cancer est entré chez moi. Il m'a touché, moi et mon dernier grand amour des 15 dernières années. Je suis en train de vous écrire..., lui, la vie en a décidé autrement..., j'avais 20 ans d'abstinence. Je reste convaincue aujourd'hui que si je n'avais pas vécu toutes ses « moments » avec mon Dieu d'Amour, la force du Nous, de l'Amour et de l'accompagnement des membres et amis(es), je ne serais pas en train de vous écrire bien calmement dans mon bureau, un samedi matin avec une bonne musique et un excellent café latté.

A mon premier réveil au lendemain de sa mort, je suis en boule dans mon lit et je dis tout haut : « Mon Dieu d'Amour svp reste COLLÉ à moi, toute seule je ne m'en sortirai pas ». Comme plusieurs d'entre vous le savent vaut mieux passer à travers l'orage que de la contourner car à un moment ou un autre, tu devras y faire face. Et c'est Le chemin qu'il m'a fait prendre. Y faire face. OH! Il y a eu des moments très, très difficiles. Comme celui où je suis dans l'autobus et suis incapable d'arrêter de pleurer, y'a tellement de peine en dedans...tellement profonde et lourde. Tout le monde me regarde : « Vous allez bien Madame, est-ce que je peux faire quelque chose pour vous » Je ne vois plus rien, y'a un océan qui coule de mes yeux, il y a une boule d'émotions dans mon ventre...j'suis en sanglot, j'manque d'air. J'me lève et sort. J'suis coin Beaubien et Iberville, j'n'arrête pas de pleurer. Il y a un parc, j'y entre toujours en sanglot. Au même moment mon cellulaire sonne. Je réponds... C'est une nouvelle à qui j'avais sûrement donné mon numéro mais qu'honnêtement je ne m'en souvenais même pas! Je la remercie quasi quotidiennement car quand j'ai pris l'appel, je me suis affaissé sur un banc du parc et je n'ai rien entendu de ce qu'elle m'a dit mais cette merveilleuse chaleur intérieure sécurisante est apparue. Ce « moment » reste et sera à jamais pour moi, un cadeau inestimable de mon Dieu d'Amour. Elle m'a dit : « Merci de m'avoir écouté ». J'ai répondu : « C'est à moi de te remercier, tu viens sûrement de me sauver la Vie ». J'ai raccroché et j'ai vomi, pleuré ma peine comme jamais. Une forte fatigue m'a envahie.

*(Suite à la page 5)*

## IT WAS THAT SIMPLE

By Clay P.  
Cleveland, Ohio, USA

*(Continued from page 3)*

October 22, 1996 the day it all began to change. The day I would begin to see that I did not have all the answers, but had a whole bunch of questions. The start of my spiritual awakening. It would happen in a cell. When all else failed I would admit I did not know what else to do. A crack would open to my soul and I would let Him in once again. I would take His hand back and not let him carry me anymore. I would stand on my own two feet and realize that yes, I have an illness, but everything that has happened is not because of it or Him. I made the choices and did the things I did, caused the problems and the pain. I would reach out in a moment of utter defeat when all things I had tried had failed. I would say a simple prayer "God I am scared and do not know what to do." And a spiritual experience takes place.

At that moment I felt like all my questions had been answered and I opened my self to my Higher Power fully and boy did He respond. A calmness and sense of peace came over me like I had never experienced before. It filled my being. I allowed my Higher Power to begin running the show. I felt like everything would be alright and since December 23 of 1996 when I said that simple prayer and opened myself up to my Higher Power everything has. I admitted to myself that I had a mental illness, and I would do whatever I needed to do to take care of it. I admitted I was an addict and alcoholic and I would also do whatever I needed to do to take care of those problems. And I have. And I have been rewarded. I may not have

a great life, but I have a happy life. I am content.

I had that initial spiritual experience in December of 1996, and I have been open to more of them and have felt every one of them take place. And when they occur, they feel good. They feel better than any high I ever had. Even that first hit of the crack pipe. My Higher Power is not the Catholic God I was raised with or the one I created in active addiction and mental illness to explain away those problems. He is a loving God that helps me through life as long as I do the work. He carries me still when I need him to but he also allows me to walk hand in hand with him as a friend like no friend I have ever had.

In 2006 I was facing life anew and I was worried. I did not know what I would do, or how to go about what I needed to do. And I prayed to my Higher Power as I do often now. I have regular conversations with him just like I would any other friend. And I get answers from him in unimaginable ways. So, when I prayed to Him for guidance in 2006 on top of Beartown Rocks in Cooks Forrest Pennsylvania, a place I had dreamt of going for many years, he answered me yet again. The wind blew on my face just as I finished the prayer, and the sun began to crack the sky. I once again felt peace and contentment; and I knew that my Higher Power had answered me yet again and everything would be alright. Just as it had for the ten years before that and it has for the 14 since then.

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

## MES EXPÉRIENCES SPIRITUELLES / MY SPIRITUAL EXPERIENCES

Par Johanne T.  
Montréal, Québec, Canada

*(Suite de la page 4)*

J'ai repris l'autobus en sens inverse et suis retourné chez moi. J'ai dormi près de 12 heures. Merci encore belle inconnue et merci mon Dieu d'Amour.

Je sais que je suis une privilégiée d'avoir eu l'opportunité de vivre « ces moments ». Maintenant

mon Dieu d'Amour fait partie intégrale de ma vie et ce, grâce à ces « Moments avec LUI ». Encore une fois je lui dis Merci! Merci de m'accompagner dans tous mes 24 heures – Sans toi, mon Dieu d'Amour... j'en sais pas!



## **A MIRACLE: HOW I FOUND GOD**

By Jaime V.  
New York, New York, USA

I have been coming to Cocaine Anonymous since 2016. Until this past August 2020, I have not been able to put together 30 days of sobriety. I have always been relapsing and not coming to meetings regularly. I did not have a sponsor, nor was I doing the Steps. I was sleepwalking the program, always telling myself that I'll use this one last time. That one last time has lasted for years. I did not have the foresight to know what I was missing to make this program work for me. The magic ingredient that I was missing was the belief of a Higher Power, which I call God. I was raised Catholic and did my first communion. I lost my faith between High School and College. I got my bachelor from Cornell University, which is a research university. Since I couldn't see or hear God, I stop believing since he could not be scientifically verified. I was lost then, and now I'm found. My clean date is August 13, 2020. In the preceding two days from my clean date, I believe that the Holy Spirit came over me and showed me that God does really exist. After this realization, I

completely lost the desire to use Cocaine. I currently have 57 days of this writing and have a sponsor and am working the steps faithfully. After finding God, I have an entirely a new outlook on life. I have improved my diet and am working out daily. Since for me "God is Love", I am loving my mind and body, always finding ways to love myself and others. I believe I was born-again. Being born again is having a change or transformation of the soul and heart by the work of God's Spirit. One's soul is the part of our being that consist of three things: the mind (or its disposition), emotions (feelings), and our will (what we determine). This spiritual makeover when we are a born-again Christian is a change in the way we think, the way we manage our emotions, and choices we make by our will. I am now free of the misery of Cocaine and I owe that completely to my newfound belief in God, through Jesus Christ. Amen.

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## **LIKE LEARNING TO READ**

By Hayley O.-E.  
Arlington, Washington, USA

The Spiritual Experience is like learning to read. For me, it didn't happen all at once, but rather bit by bit, one day at a time. I use this analogy because I am a teacher of young children and a certified Reading Specialist, so teaching children to read is my trade. Similar to learning to read, my recovery depends on daily practice – daily maintenance of my spiritual condition.

When I first hit my bottom, nearly two years ago, I was very sick. I was experiencing a mental, emotional, physical, and most importantly, spiritual illness. I felt broken and afraid. The pain was more than I was willing to bear even one more day. My spiritual experience began when I surrendered and asked for help. I became completely willing to do whatever it takes to recover. My life depended on it. My spiritual experience strengthened when I got a home group, a sponsor, service positions, and working the 12 Steps of Cocaine Anonymous.

As I reflect on my recovery during the COVID-19 pandemic, there has been a lot of unpredictability and uncertainty. Jobs were lost, and financial security thrown on the line. There is widespread death and illness. There is a turbulent political and social landscape all around. At times, I feel as though I am sitting on a large rock in the middle of a raging, violent river. But on my rock, I sit, and my days are rather...

ordinary. I am learning to sit on my rock, acknowledge the raging river around me. I see it, and I watch it flow by me. I watch it flow, without jumping in and letting the river become my master – potential tumbling me into rapids, against boulders, and spiraling mayhem. When I start to feel like I am in a washing machine, I pause, and I pray. When I pray, I visualize myself on that rock in the river. Then I pray for the same things I prayed for before COVID turned everything around me upside down. I pray to my Higher Power that I continue in my understanding and keep love and tolerance of others as my code. I pray that I can take responsibility for my actions and correct mistakes when I make them. I pray for guidance in how I can be most helpful. I pray for willingness. I pray for courage. But most of all, I pray that I may continue. No matter what is happening around me, I am now able to practice a spiritual experience that has brought me to new depths. For this, I am grateful.

Keeping an open mind and a grateful heart is integral to my recovery today. It's important for me to remember that the spiritual experience was not an "ah-ha" lightbulb moment, it doesn't happen once you reach 30-, 60-, or 1000-days. It doesn't happens when you reach old age or a certain level of wisdom. It happens one day at a time.

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## RECUPERAR NA GRAÇA DE DEUS / GREATEST GRATITUDE

By: Abilio U. B.  
Lisboa, Portugal

Companheiros/as, eu Abílio B de Portugal escrevo estas linhas com a maior gratidão por estar a recuperar na graça de Deus com força fé e esperança e com a certeza de que muitos mais vão segui o meu caminho, pois eu me entrego aos desígnios de Deus para fazer a sua vontade!

Quando comecei a fazer este programa de recuperação em CA, foram-me transmitidos os 12 passos, 12 tradições e os 12 Conceitos. Também me foi transmitido a promessa, de que se eu praticar estes 36 princípios, a minha vida será preenchida! Esta promessa estasse a cumprir todos os dias! 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, negligenciei os meus dons espirituais, responsabilidades familiares, sociais e profissionais, sem esquecer o meu bem estar físico e psicológico. Não dei importância à minha mural, deixei o meu carácter ser contaminado por características negativas. Estive completamente isolado, infeliz e sem esperança em mim próprio. Foi preciso uma verdadeira admissão de que tinha chegado ao fundo do meu poço e que tinha perdido o controle sobre o uso e ganhar consciência dos sérios danos e problemas na minha vida social, física e espiritual. Tive que admitir a minha derrota tive que aceitar que tinha perdido o controle sobre o meu uso.

Isso pertence ao passado, já não vivo nesses termos! Quando percebi que o meu uso de cocaína e heroína me conduziam 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. Um poder superior interveio em mim, permitindo que Deus entrasse na minha vida.

O Deus em que eu acreditava antes era com base nos ensinamentos de religião, com 12 anos fui estudar para um convento. Consigo identificar em mim já nessa tenra idade um grande défice de amor verdadeiro que me permite-se não negligenciar certos factos directamente ligados a princípios e valores fundamentais. Como resultado desse défice, eu cresci acreditar que era normal viver uma vida cheia de ressentimentos, onde era legítimo para mim culpar todos os outros pelos azares na minha vida. Eu era incapaz de olhar para a minha responsabilidade nos acontecimentos. Eu acreditava e sentia que o sofrer e fazer sofrer os outros, era o que Deus tinha reservado para mim, era esta a minha concepção do Deus no passado. Acreditava mesmo que Deus me tinha reservado todo o sofrimento para expiar os pecados de outras vidas. Sempre acreditei numa transcendência espiritual, mas a verdade é que a minha consciência de espiritualidade era completamente dissimulada, era com base em conceitos materialistas, egoístas, vingativos, sem qualquer remorso pelo sofrimento que causava aos outros. Rapidamente me tornei num anti religioso, no sentido de não olhar para o impacto dos meus comportamentos nos outros, não olhava para as

consequências dos meus actos sobre a vida da minha família, amigos e sociedade! De facto eu nem sequer sabia o que era uma concepção de Deus!

Hoje a minha verdadeira concepção de Deus tem toda a minha entrega e dedicação, eu confio completamente no meu Deus ele aceita todos por igual e quer que eu seja feliz. Deus protege quem faz o seu trabalho, quem se mantém perto dele, quem segue as suas direcções, quem se entrega a sua vontade. Deus não faz distinções, ele protege-me e dá-me força, acompanha-me a toda hora desde que o mantenha no meu coração, nas minhas orações diárias. O meu Deus é uma força amatíssima e tolerante que tem cuidado de mim, tem me protegido, devolveu-me a sanidade, deu-me uma irmandade maravilhosa que é "CA" 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 o 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. Os meus defeitos e aspectos de carácter vão para além de tudo o que eu algum dia poderia pensar em aceitar, se não fosse este programa de recuperação.

Hoje manifesto uma gratidão eterna a Deus que actua através dos meus Padrinhos que me ajudam a descobrir e me mostram com base no programa de recuperação de dose passos de CA como funciona o Abílio. As minhas falsas crenças levam-me a agir de forma a sentir que tinha que ser amado pelos outros para ser feliz. Que a vida me ia tratar injustamente, que precisava de estar no control para estar ok. Que tinha de ser tratado de uma certa maneira, para poder ser feliz e estar em paz, que a minha felicidade e liberdade dependia dos outros e não de mim próprio. Acreditava que precisava de me proteger para não sofrer nesta vida, precisava de ser respeitado para viver e não podia confiar nos outros porque me iriam falhar.

Tinha que estar no controle, ser superior para estar bem, tinha que ser algo diferente daquilo que eu realmente era em determinados momentos da vida. E para ficar completamente bloqueado, não me queria entregar a Deus de alma e coração porque ele me deixava sofrer. Depois do inventário mural da minha vida passada, e depois de o ter partilhado a Deus e as pessoas que são o meu canal com o meu poder superior hoje, 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!

Decidi entregar a minha vontade e a minha vida aos cuidados de Deus, como eu o concebo! Em primeiro lugar tive que me convencer de que uma vida baseada na minha vontade própria dificilmente irá funcionar, mesmo com as melhores das intenções estarei constantemente em conflitos com os outros e comigo próprio.

*(Continua na página 8)*

## RECUPERAR NA GRAÇA DE DEUS / GREATEST GRATITUDE

By: Abilio U. B.  
Lisboa, Portugal

*(Continuação da página 7)*

Tive que parar de querer fazer o papel de Deus, tenho uma tendência para me comportar como o actor que pretende dirigir o espectáculo, uso e manifesto diversas características e o control para camuflar as minhas intenções dissimuladas. Se o resultado não me satisfaz, admito por vezes estar errado, demonstro ter uma vontade verdadeira para corrigir as coisas, mas no fundo, a minha incapacidade para uma rendição total e a minha falta de honestidade rigorosa deixa-me num espaço onde não me consigo controlar, é aí que entram e se manifestam os ressentimentos e a autopiedade, na prática fico vítima de mim mesmo, fico sem opção e o passo a seguir, é o consequente pedido de ajuda a Deus.

É necessário que me ajoelhe e peça a Deus que me livre dos meus defeitos, tenho que estar disposto a entregar-me a ele com o que tenho de bom e de mau. Humildemente e honestamente, peço-lhe que me conceda a força e a vontade para cumprir a sua vontade. Neste processo onde peço ajuda a Deus há um movimento onde eu consigo olhar para o meu processo e realizar que sou eu o responsável. Por vezes embora consiga admitir as minhas responsabilidades ainda tenho reservas em me entregar a Deus. Sei que o caminho passa por continuar o meu processo de entrega honesta a Deus, tenho que continuar a entregar o controle da minha vida, do meu mundo, para poder estar em paz comigo e com os outros. Percebi que é este o caminho e com base nas experiências que os companheiros com mais experiência me

tem passado acredito que todos têm a capacidade para se recuperarem e se transformarem em pessoas melhores.

A fé sem obra não vale de nada, tive que arregaçar as mangas e continuar o meu trabalho de limpeza dos destroços do passado. Fiz a lista e comecei a pedir perdão às pessoas a quem causei danos. O meu processo de reparações deu-me a capacidade de trabalhar todos os dias no sentido de através da honestidade, humildade e entrega, as minhas contrariedades serão superadas. Hoje acredito que tenho a capacidade para ser feliz, basta continuar a fazer a minha parte. 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!

Felizmente 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 e a todos os companheiros/as com quem partilho a minha recuperação dedico estas linhas, pois estou eternamente grato.

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## REDÉCOUVRIR NOTRE MODE DE VIE

Par Nicole L.  
Montréal, Québec, Canada

En mars dernier lorsque la Pandémie a été annoncée, j'ai complètement figé. Ne voulant pas réagir. J'étais incapable d'exprimer ce que je ressentais.

Étant en quarantaine (14 jours) je tournais en rond et dans ma tête il y avait une interdiction de penser. C'est un matin que l'idée m'est venue (2ième Étape) de reconstruire ma vie et ma journée à l'aide du Gros Livre, bien franchement c'est tout ce que j'avais à faire pour retrouver la Paix intérieure. Et c'est comme ça, jour après jour, dans un beau petit endroit consacré que j'ai revisité avec un nouveau regard nos merveilleuses Étapes. En commençant par la lecture des pages 97 à 100, lorsque tous les matins je lis « Ça marche! Ça marche vraiment! » cela me transmet la confiance d'une belle journée remplie. Et c'est ainsi en redécouvrant les Étapes dans un nouvel esprit que la Paix entre dans mon cœur jours après jours. Plus que

jamais je suis convaincue que ce que j'ai à faire à mon réveil est de prendre la main de Dieu et marcher avec lui tout au cours de cette journée. Cette journée que je découvrirai au fur et à mesure des heures, des rencontres, des tâches, des difficultés et des plaisirs l'expérience spirituelle avec confiance et surtout cette Grande Paix qui s'installe chaque matin dans mon cœur.

Moi qui suis une personne intense qui aimait les expériences intenses avec la consommation, quel beau parallèle de vivre avec les idées et le cœur clairs la réalité de notre temps.

Dire que tout ça a commencé il y a plusieurs années dans une salle de réunion C.A. et pour ça je dis merci à celui qui m'a tendu la main.

Que la grande Paix vous habite

\*\*\*



## SPIRITUAL SOLUTION WAS NEVER MY GOAL

By: Ken F.

Lake Steven, Washington, USA

A spiritual solution was never my goal coming in. As far I was concerned for the first 34 years of life, I was the highest power and God was a fairy tale. Life was miserable and everything was chaos; as the Big Book describes, if there were a God, I felt "He certainly hasn't done anything for me!"

It is not that I was full of pith and vinegar, resentment and discontentedness with the world to begin with. I had tremendous intent to do good for the world. I was full of expectation for myself and for how the world would change around me. I understand today, however, that self-centered altruism was very flawed. The world didn't work the way I thought. Without the results that I expected, I withdrew further and further into self.

So, at a point I came to believe that life was miserable and we all just did what we could to cope with it. The more my hope faded, the more often I needed substances to escape the discomfort of life on life's terms. This was the only solution I knew that helped.

I had tried my own path to spiritual solutions; I had read the books, tried meditation, and listened to the preacher at the pulpit, merely focusing on my resentments in every word. I was willfully ignorant, and nothing was going to change that until I heard my own mind being spoken in the rooms. I was engrossed in a malady that required I break severely enough, to

need to look for something else. Then I needed others to show me they understood, removing my doubt that they had a better way.

It was explained to me that many (possibly most) of us do not experience the sudden and profound change of heart and faith that Bill describes in the Big Book of *Alcoholics Anonymous*. Perhaps God wasn't revealed to me in this manner because, in my own contempt, I may have admitted myself to psychiatric care! Slowly, one personal observation after another, I saw my needs were always being met and that I could accept my circumstances, only as I continued to follow the suggestions of my sponsor and the principles of this program.

The result today is profound. The faith gained after setting aside my self-will and ego grants more ease in life on life's terms than I ever thought possible. I am left with new opportunity to invest myself in manners that return doubles and triples toward that original intent to do good, without the pain and strife that I experienced when engrossed in myself will run riot.

Without the darkness I put myself through, I never would have sought the light. Now a new set of conceptions and motives dominate me, and I could not be more grateful for the serenity I have as a result of this program.

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## EDUCATED TO THE SPIRITUAL SOLUTION

By: Sydney P.

Tulalip, Washington, USA

I walked into C.A., sobriety, and recovery with no concept or connection with any beyond myself. Drinking the way I drank, using the way I used, I had been running my own life on my own, with fairly disastrous results.

It turns out that I am of the educational variety. My education began when I was sitting in jail, in a cell, thinking about the fact that I was sobering up for the first time in around two years. My only coherent thought was that I was going to stop drinking and driving and learn to moderate my drinking and using. I also really, really wanted a drink. Upon release, I assumed I would be able to have a "goodbye drink". That was not the case.

The next phase of my spiritual experience involved being sober and miserable. Being sober and miserable was almost if not worse than being drunk and miserable. Instead, I got to feel everything.

Once I got miserable enough, I got a sponsor. As I worked the Steps, my way of thinking began to change, my reactions began to change. However, it wasn't until I worked my Fourth Step that I saw that I had undergone a psychic change, and my reaction to life had profoundly altered. Many of my resentments had focused on my feeling abandoned. The day that I read my fourth step to my sponsor, one of my closest friends in the program moved away, and rather than have a feeling of abandonment or entitlement, I was able to feel my feelings, and accept the change. That was a profound change in my reaction to life. December 2018 is when I realized that my reaction to life had changed. Without CA, the 12 Steps, and good sponsorship, I wouldn't be here today, sitting at 2+ years of recovery.

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## SPIRITUAL BEING, HUMAN EXPERIENCE

By Pascal V..  
Breda, Netherlands

Coming into the rooms of Cocaine Anonymous Holland, I had no difficulty with believing in a Higher Power. I was 20 years old and I already thought I had a lot of spiritual experiences from taking mind altering substances, especially from taking stuff like acid and mushrooms. It was silly to think that there wasn't more between heaven and earth, I knew there was.

The problem however is that I never believed that had something to do with me. I was destined to have a life where I could never achieve true luck or happiness and I believed that my role in this world was to suffer and to serve other people, hoping I could ever find a feeling of belonging on this planet. I always felt restless, irritable, discontented and most of all I felt disconnected to myself and the world around me. Coming into the Fellowship I never thought that something bigger than myself could and would help me, let alone to restore me to sanity.

This all changed when I came into the rooms of C.A. and later on read the Big book of Alcoholics Anonymous. The Fellowship of C.A. gave me exactly what I needed all those years; hope for a better life. I had been giving enough love, trust and enthusiasm when growing up but it never lead me to a point where I could be hopeful about my life and myself.

Going through the Big Book of *Alcoholics Anonymous* with my sponsor also thought me what my problem and what my solution is. In the Doctors Opinion it is described that I need an entire psychic change if I wanted to have any hope about recovery, and that A Higher Power alone can make this entire psychic change happen. This sounded as a very big life changing event, but over the time I came to see that this didn't need to be as dramatic as it sounds.

I had come to a point in my using where I felt so hopeless, so disconnected and so afraid of myself and life as a whole, that I just didn't knew what to do with myself anymore. I always made plans to do things differently this time and to talk with people about my problems, but my chore believes that no one in this world would help me or understand me was so big, that I rather just used with the sincere hope, life would just end one day.

It was not until this mindset had changed drastically before the entire psychic change had occurred and I could say I'm Pascal, I'm an addict and I need help (even If I believe I'm not worthy of help).

On page 55 It is written that: "... deep down in every man, woman and child, is the fundamental idea of God". At this point my agnosticism really came to surface. Although I slowly came to believe that by going to meetings, working the Steps with a sponsor and being of service could help me grow to sanity, it was still far away that God lived inside me and everybody else and that he could and would restore all of my problems if I let him.

It was then explained to me that the beginning of Step Two is, Came to Believe. Just as my disease is progressive, I can choose to let my perception of God be progressing as well, by remaining open, honest and willing. I can't really say that I understand God (Third Step), but I sure do experience his presence and guidance in my recovery, and I'm know this experience may grow over a lifetime, as long as I work the Steps.

Since then I came to believe more and more in the fact that I'm a spiritual being, having a human experience. It took some time, but today I know that it's an absolute certainty that the God (of my understanding) lives within me, trough me and connects me to all the other spiritual stuff in the world. The truth is already inside me, the only thing I need to do is growing closer to it, day by day.

The combination of working the Steps, being active in the Fellowship and being of service taught me three truths about myself that only God could show to me. I'm a beautiful person who deserves to be happy, joyous and free. The world around me is amazing and all of the people in it are beautiful (whether I see that or not) and that all I need to do is working the Steps on a daily basis who learned me that my core business in life is to love and to serve God and the people around me, like he wants me to do.

It is by doing this that I'm free of the misery, terror and pain of addiction for almost seven years and that I'm experiencing the fact that I'm a spiritual being with a totally normal human experience.

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## MY SPIRITUAL EXPERIENCES / MES EXPÉRIENCES SPIRITUELLES

By Johanne T.  
Montréal, Québec, Canada

According to "Google" the definition of spiritual experience reads as follows: the spiritual experience (or mystical experience), through the search for interiority, self-knowledge, transcendence, wisdom, or overcoming the limitations of the human condition is inseparable from the intellectual process.

My definition would read more like this: moments (experiences) that I have lived over the years that have made me realize in living them that ultimately, this is what I have been looking for all my life. The buzz that feels good!

Spiritual experiences, which I call "my moments with myself and my God of Love", these "moments" in which I feel deep within me, a calm, a comforting warmth, a peace within me, not palpable and difficult to explain to you, here and now, but which allowed me to believe one day, that finally I was no longer alone among all of you and most importantly, I could finally "drop myself".

I remember my first "moments" I kind of panicked. I was like, "Well let us see what's going on with me? Eyes full of water and with a big "smile" in the face. I felt a beautiful and strong heat in my body... Yes, I had to tame this new feeling that I now call... Happiness!

It was in my early days when I asked Him with all the honesty that I had at the time to completely take away my taste for consuming any substance that alters behavior. A few days later, I was "confronted" with the substances and my first thought was, "Get out of here my Jo!" GO OUTSIDE! QUICKLY! "!" And I got out. It was the first time that I didn't hold onto my feet! As I walked out, I shouted out loud, "Thank you my God! Thank you! I had to stop, catch my breath. Today I know, I was starting to take the time to taste this well-being, this heat because inside of me... it tasted so good!

At another point in my 'rebuilding emotional dependency' when I was in a very uneasy relationship - which just means we were not meant to be together - I remember a moment when I said to Him: "My God of Love, if it is made for me then bring it back to me tonight" and a few hours later, he rang at my door. ....! For an awfully long time I did not understand why, He brought it back to me ... today I KNOW that it is because I had a decision to make and it had to come from me, from my interior, from my honesty. The day I took it... two years later... well yes, I'm taking a long time to understand lol, it was a second release for me. He allowed me and taught me to befriend Johanne. After these "moments" my 2"X1.5 "inner peace became my priority to maintain daily, in spite of despire.

Another "moment" that is significant for me and essential to my survival and / or to maintain my abstinence was one of great sadness, resilience, and compassion. Life being life, one day cancer entered my home. It touched me and my last great love of the past 15 years. I am writing to you... life decided otherwise... I was 20 years of abstinence. I remain convinced today that if I had not lived all these "moments" with my God of Love, the strength of Us, of Love and of the accompaniment of members and friends, I would not be writing to you calmly in my office on a Saturday morning with good music and a great latte.

When I woke up for the first time the day after his death, I was curled up in my bed and I said aloud: "My God of Love, please stay GLUED to me, I will not get out on my own". As many of you know, it's better to get through the storm than around it because at one point or another you will have to face it. And that's the path he took me to. Deal. OH! There were some very, very difficult times. Like the one where I am on the bus and unable to stop crying, there is so much pain inside ... so deep and heavy. Everyone looks at me: "You are fine Madam, do I do something for you" I cannot see anything, there is an ocean flowing from my eyes, there is a ball of emotions in my belly ... I am in tears, I lack air. I get up and go out. I'm in the corner of Beaubien and Iberville, I can't stop crying. There is a park, I always go in there sobbing. At the same time my cell phone rings, I answer .... This is a piece of news that I had probably given my number to but honestly, I did not even remember! I thank her almost daily because when I took the call, I collapsed on a park bench and heard nothing she said to me, but that wonderful, reassuring inner warmth appeared. This "moment" remains and will forever be for me, a priceless gift from my God of Love. She said, "Thank you for listening to me." I replied: "It's for me to thank you, you surely just saved my life". I hung up and threw up, cried my pain like never before. I was very tired. I took the bus in the opposite direction and made my way home. I slept nearly 12 hours. Thank you again, beautiful stranger and thank you my God of Love.

I know I am privileged to have had the opportunity to experience "those moments". Now my God of Love is an integral part of my life thanks to these "Moments with HIM". Once again, I say thank you! Thank you for accompanying me in all my 24 hours - Without you, my God of Love ... I don't know! With love!

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## GREATEST GRATITUDE

By Abilio B.  
Lisboa, Portugal

Comrades, I write these lines with the greatest gratitude for being recovering in the grace of God with strength, faith and hope and with the certainty that many more will follow my path, because I surrender to the designs of God to do his will!

When I started doing this recovery program in C.A., I was given the 12 Steps, 12 Traditions and the 12 Concepts. I was also given the promise that if I practice these 36 principles, my life will be fulfilled! This promise would be fulfilling every day! I am currently 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, I neglected my spiritual gifts, family, social and professional responsibilities, without forgetting my physical and psychological well-being. I did not give importance to my moral, I let my character be contaminated by negative characteristics. I was completely isolated, unhappy and hopeless in myself. It took a real admission that I had reached the bottom of my well and that I had lost control over the use and became aware of the serious damage and problems in my social, physical and spiritual life. I had to admit my defeat I had to accept that I had lost control over my using.

This belongs to the past; I no longer live in those terms! When I realized that my use of cocaine and heroin was leading me to a certain and premature death if I did nothing to change the course of things, I asked for help, and my request was granted. A Higher Power intervened in me, allowing God to enter my life.

The God I believed in earlier was based on the teachings of religion, when I was 12 years old I went to study at a convent. I can identify in myself at that early age a great deficit of true love that allows me not to neglect certain facts directly linked to fundamental principles and values. As a result of this deficit, I grew up believing that it was normal to live a life full of resentments, where it was legitimate for me to blame everyone else for the misfortunes in my life. I was unable to look at my responsibility for events. I believed and felt that suffering and making others suffer, was what God had in store for me, this was my conception of God in the past. I even believed that God had reserved all my suffering to atone for the sins of other lives. I have always believed in spiritual transcendence, but the truth is that my conscience of spirituality was completely hidden, it was based on materialistic, selfish, vindictive concepts, without any

remorse for the suffering it caused to others. I quickly became an anti-religious, in the sense of not looking at the impact of my behavior on others, I was not looking at the consequences of my actions on the life of my family, friends and society! In fact, I didn't even know what a conception of God was!

Today my true conception of God has all my dedication, I completely trust my God accepts everyone equally and wants me to be happy. God protects who does his work, who stays close to him, who follows his directions, who gives himself up to his will. God makes no distinctions, he protects me and gives me strength, he always accompanies me as long as I keep him in my heart, in my daily prayers. My God is a loving and tolerant force that has taken care of me, protected me, restored my sanity, given me a wonderful brotherhood that is "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 take risks, although there seems to be an extraordinary strong confidence. My defects of character go beyond anything I could ever think of accepting if it weren't for this recovery program. Today I manifest an eternal gratitude to God who works through my Godparents who help me discover and show me based on the C.A. 12 Steps of recovery program how Abilio works. My false beliefs lead me to act in order to feel that I had to be loved by others in order to be happy. That life was going to treat me unfairly, that I needed to be in control to be OK. That I had to be treated in a certain way, in order to be happy and be at peace, that my happiness and freedom depended on others and not on myself. I believed that I needed to protect myself in order not to suffer in this life, I needed to be respected to live and I could not trust others because they would fail me. I had to be in control, to be superior to be well, I had to be something different from what I really was at certain times in life. And to be completely blocked, I did not want to give myself to God with my heart and soul because he let me suffer. After the mural inventory of my past life, and after having shared it with God and the people who are my channel with my Higher Power today, I believe that with God's help and protection everything will go well he takes care of me, I give myself honestly and humbly to your will, I have managed to perform real miracles in my life!

*(Continued on page 12)*

## **GREATEST GRATITUDE**

By Abilio B.  
Lisboa, Portugal

*(Continued from page 11)*

I decided to turn my will and my life over to the care of God, as I conceive it! First of all, I had to convince myself that a life based on my own will will hardly work, even with the best of intentions I will be constantly in conflict with others and myself. I had to stop wanting to play the role of God, I have a tendency to behave like the actor who intends to direct the show, use and manifest several characteristics and control to camouflage my hidden intentions. If the result does not satisfy me, I sometimes admit to being wrong, I show that I have a genuine desire to correct things, but deep down, my inability to surrender completely and my lack of rigorous honesty leaves me in a space where I cannot reach my self-control, this is where resentments and self-pity come in and manifest, in practice I become a victim of myself, I have no option and the next step is the consequent request for help from God.

It is necessary for me to kneel down and ask God to free me from my defects, I have to be willing to surrender to him with what I have, good and bad. Humbly and honestly, I ask you to grant me the strength and the will to fulfill your will. In this process where I ask for help from God there is a movement where I can look at my process and realize that I am responsible.

Sometimes even though I manage to admit my responsibilities, I still have reservations about giving myself to God. I know that the path is to continue my process of honest surrender to God, I have to continue

to surrender control of my life, of my world, in order to be at peace with myself and with others. I realized that this is the way and based on the experiences that the most experienced companions have passed on to me, I believe that everyone has the ability to recover and become better people.

Faith without work is worthless, I had to roll up my sleeves and continue my work of cleaning up the wreckage of the past. I made the list and started to ask forgiveness from the people I caused harm. My repair process has given me the ability to work every day in the sense that through honesty, humility and surrender, my setbacks will be overcome. Today I believe that I have the ability to be happy, just keep doing my part. 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! Fortunately, 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 and to all the companions with whom I share my recovery, for I am forever grateful!

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## **RECOVERING OUR WAY OF LIFE / REDÉCOUVRIR NOTRE MODE DE VIE**

By Nicole L.  
Montreal, QC, Canada

Last March when the Pandemic was announced, I froze completely. Not wanting to react. I was unable to express what I was feeling.

Being in quarantine (14 days) I was going around in circles and in my head, there was a ban on thinking. It was one morning that the idea came to me (Second Step) to reconfigure my life and my day with the help of the Big Book of *Alcoholics Anonymous*, quite frankly that's all I had to do to find inner Peace. And that is how it is, day after day, in a beautiful little consecrated place that I have revisited with a new perspective our wonderful Steps. Beginning by reading pages 85 to 88, when every morning I read "It works! It really works! It gives me the confidence of a great, fulfilled day. And so, it is by rediscovering the Steps in a new spirit that Peace enters my heart day after day.

More than ever I am convinced that what I must do when I wake up is take the hand of God and walk with him throughout this day. This day that I will discover as the hours, encounters, tasks, difficulties and pleasures the spiritual experience with confidence and above all this Great Peace which settles every day in my heart.

I am an intense person who loved intense experiences with using, what a beautiful parallel to live with clear ideas and open heart, the reality of our time.

To say that early it started there are several years in a C.A. meeting room and for that I say thank you to the one who reached out to me.

May the great Peace dwell within you

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“How dark it is before the dawn!”



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**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](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 # \_\_\_\_\_

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

Available in Bright Bronze



## CAWSO - FRANÇAIS

## DEVANT



## DERRIÈRE



## CAWSO - FRANÇAIS

## DEVANT



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

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# COMMEMORATIVE C.A. RECOVERY MEDALLIONS

BRIGHT GOLD w/ HIGH GLOSS, COLORED, ENAMEL FINISH - MADE TO ORDER!!!

Bill To:

Ship To:

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**TAX:** \_\_\_\_\_

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BLACK - BLK	OCEAN BREEZE - OCN
BLUE - BLU	PINK - PNK
CAMOUFLAGE - CMO	RED - RED
CRIMSON - CRM	TITANIUM - TTM
EMERALD - EME	VIOLET - VLT
BLACK W/ ORANGE - ORG	

*If medallions are purchased alongside any other merchandise, shipping fees will be calculated seperately. Medallions being shipped within the U.S. and Canada will be sent directly from the manufacturer at a flat shipping rate of \$4.35 USD, and may be separate from the rest of an order. Please allow for 7-10 business days to ship.*

*Please make checks, money orders, or chashier's checks payable to: CAWSO*

*Contact CAWSO for credit/debit card payments and for shipping costs to addresses outside of the U.S. and Canada.*

## CAWSO

21720 S. WILMINGTON AVE. STE 304  
LONG BEACH, CA 90810-1641

PHONE: 310-559-5833    FAX: 310-559-2554    EMAIL: CUSTOMERSERVICE@CA.ORG



In tough times — an initiative from CA Sweden



# MERCH FUNDRAISE FOR C.A. WORLD SERVICES\*

Let's carry the message and the fellowship through 2021 together!

ALL  
SURPLUSES  
GOES TO  
CA WORLD  
SERVICES\*

CARRYING  
THE MESSAGE  
AND THE  
FELLOWSHIP  
THROUGH  
2021

425 SEK  
US\$50  
€42

CARRYING  
THE MESSAGE  
AND THE  
FELLOWSHIP  
THROUGH  
2021

250 SEK  
US\$29  
€24.5

CARRYING  
THE MESSAGE  
AND THE  
FELLOWSHIP  
THROUGH  
2021



180 SEK  
US\$21  
€18

**READ MORE & BUY AT [CA-SWEDEN.SE/SHOP](https://ca-sweden.se/shop)**

\* Cocaine Anonymous © World Services

## **MERCH FUNDRAISER FOR C.A. WORLD SERVICES**

### **"Carrying the message and the Fellowship through 2021"**

Dear CA Members,

As we all know 2020 has been a tough year for the entire world. For the Fellowship of Cocaine Anonymous the situation has caused a lot of meetings, events and conventions to be cancelled or postponed. But we have also seen C.A. groups quickly adapting, finding new and creative ways to carry the message to the addict that still suffers.

To help make sure our Fellowship can keep growing and continue to carry the message of recovery, CA Sweden has launched a fundraiser for C.A. World Services. We have designed a t-shirt, a hoodie and a coffee cup sold through our website [ca-sweden.se/shop](http://ca-sweden.se/shop). The surplus (after production cost, print-on-demand) from each product sold goes in full to C.A. World Services. An average of approximately \$10/€8.40 per item.

We hope all of you want to support and be part of this fundraiser. Let's carry the message and the Fellowship through 2021 together!

**Hoodie:** 425 SEK (US\$50, €42)

**T-shirt:** 250 SEK (US\$29, €24.5)

**Coffee cup:** 180 SEK (US\$21, €18)

**Shipping:** 29 SEK (US\$3.40, €2.80), 10 SEK (US\$1.60, €1) per additional item All merchandise ships worldwide. Visa, Mastercard, American Express, Discover (US only), Diner's Club and PayPal.

**Buy at: [ca-sweden.se/shop](http://ca-sweden.se/shop)**

If you experience any problems with payment, please visit the website in browser on computer instead of phone. Also make sure your card allows online payments.

Questions? E-mail [fundraise2021@ca-sweden.se](mailto:fundraise2021@ca-sweden.se)

Love from CA Sweden



### Archiving a C.A. Digital World

What are digital archives? In the simplest form, a digital archive is the collection of photos, documents, and audio recordings that the archivist wishes to keep for long-term storage. This is beneficial for our Fellowship as there are many documents, photos of objects and audio recordings that we have created, and it would be of maximum service to our Fellowship to maintain those records. To truly conserve, preserve and provide access to these records, it is suggested that each Area and District have a digital component to their archive.

For a successful digital archive, it can be suggested to have different formats for the storage of items within the archive. Important factors for the storage of items are the naming conventions your digital archive uses, the file formats in which these items are saved and guidelines to outline what the appropriate conventions and formats are. For example, if a photo of an object is taken to represent that object in the digital archive the file name may consist of:

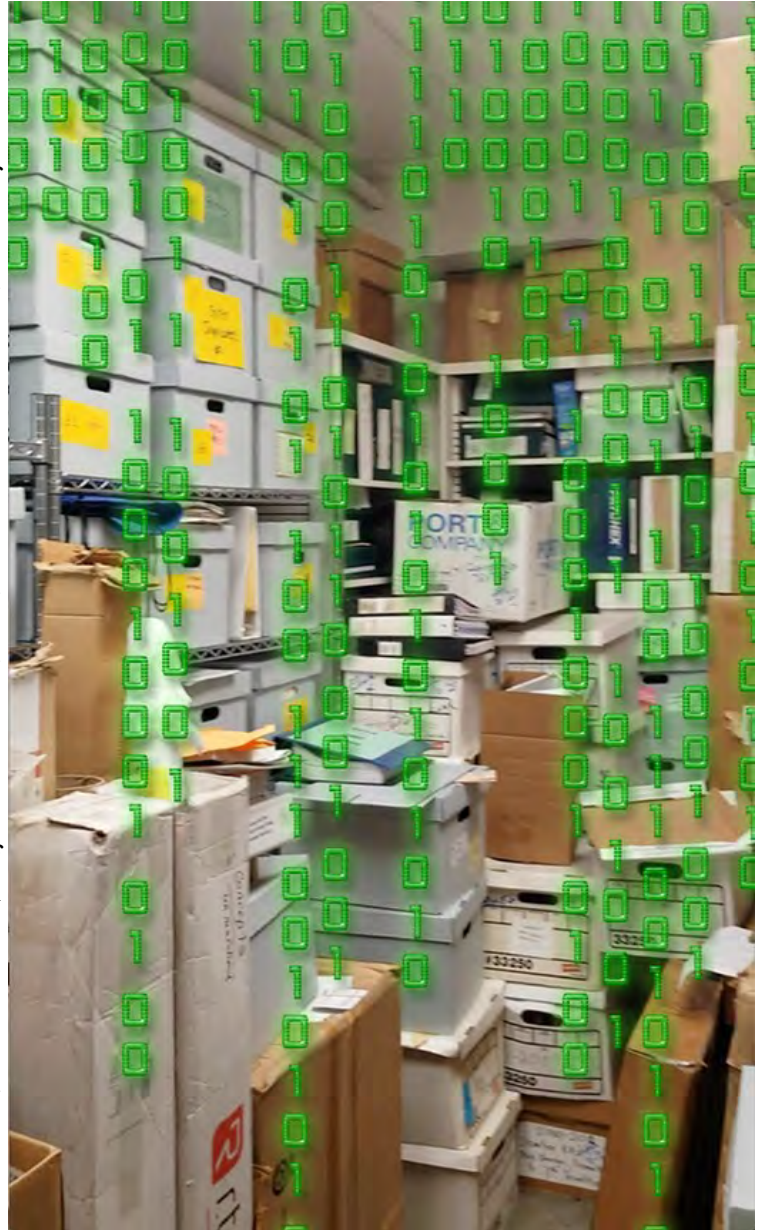
- a. The date associated with the object in the format YYYY/MM/DD (unless another date format has been outlined in your guidelines)
- b. Where the item belongs (i.e. what part of the Fellowship is it associated with: your Areas acronym, C.A.W.S., W.S.B.T., etc.)
- c. What the item actually is (a brief description of the item i.e. t-shirt, mug, Area Minutes) -Within this section if the item is a document, it can also be included if the item is revised, first or second draft etc.
- d. File formats can be suggested as follows:
  - e. Documents: .pdf
  - f. Still image: .png (for smaller images) or .tiff (for reprinting)
  - g. Audio recordings: .mp3

These formats ensure the least amount of degradation over time.

An example of a file named using the above standards would read, 2020-04-10\_SOCAL\_Area\_Minutes.pdf

An important aspect of our ever-growing Fellowship is the creation of social media pages associated with our various Areas and Districts. While these social media pages are not approved by World, they are in existence. As such, it is important to determine what kind of information would be valuable to our archive that can be found on these pages. From current research, with the limited scope of focus and resources C.A. archiving teams have at their disposal, it would be impossible to keep up with the onslaught of posts that exist on these sites. This is where the tool of data mining can be extremely beneficial. Data mining is the process of procuring flyers and digital announcements from these social media sites through the process of combing through posts and saving any flyers or announcements that are deemed valuable to the history of the Fellowship. The flyers can then be saved (using the .png format for the archive and .tiff if they are to be reprinted) to ensure they are not lost within the social media channels.

*(Continued on page17)*





# C.A. WORLD SERVICE CONFERENCE COMMITTEES

## ARCHIVES

(Continued from page 16)

An undervalued aspect of digital archiving is the way the archive is stored to ensure the preservation of the archive should an archivist experience a total system failure. The best practice to follow is what is called four redundant systems. Each system has its own benefits and pitfalls, but when they are co-opted together, they ensure that there will not be an erasure of our history. The four systems can be outlined as follows:

- a. The computer on which the archive is saved
- b. The cloud backup on which the archive is saved
- c. The external hard drive on which the archive is saved
- d. An "M-DISC" which is a disc that looks like a CD with much more storage capability, that will last 1,000 years

With four redundant systems, the chance of corruption or total system failure erasing the painstaking work that has been done by C.A.'s archivists would be greatly reduced.

Cataloguing a C.A. archive with a digital counterpart can be seen as futuristic, redundant or even downright overwhelming to Areas and Districts that are starting from scratch. However, it is not impossible. Start small, adding items as they come into your archive and create a set of guidelines that are easy to follow. Make sure to include naming conventions and file formats for saving to ensure everyone on your team is on the same page. If the items in an archive are stored but cannot be accessed, we are undermining one of the principle features of archiving materials. Access is paramount to the creation of a well-rounded archive, and digital archives are an important component of access.

Kayla S. (S.O.C.A. Digital Archivist)

\*\*\*

### NEWSGRAM THEME NEXT EDITION

### *THE 12TH STEP*

**DEADLINE:**

***FEBRUARY 13<sup>TH</sup> 2021***

### 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**

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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:

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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.
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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



**THURSDAY MAY 26 - MONDAY 30, 2022  
MORE WILL COME, STAY TUNE!**

## 7<sup>th</sup> Tradition July-September 2020 Category or Group

LOCATION	NAME/CITY	TOTAL
<b>CANADA</b>		
Quebec	CA Quebec	\$6,511.05
Ontario	Phoenix Group	\$150.00
Prince George	Mayhem to Miracles Grp.	\$212.67
<b>UNITED KINGDOM</b>		
England	CA E & W London	\$4,471.90
	CA London Service Area	\$900.67
	CA South Central District - London District	\$487.46
	West Country District CAUK	\$30.00
	Hants & Berks District of CAUK	\$65.58
	Three Counties District	\$925.00
	West London District CA	\$251.04
	Modern to Modern: the language of the heart T7	\$65.00
Wales	CA Wales Area	\$1,435.68
<b>MAINLAND EUROPE</b>		
Germany	German CA	\$73.38
Greece	CA Greece Mtg	\$5.00
Netherlands	CA Back to Basic	\$110.27
<b>USA</b>		
Arizona	Cocaine Anonymous of AZ, Inc.	\$1,000.00
	East Valley Men's Group	\$1,600.00
California	Bagels By The Beach	\$35.00
	C.A. Northbay Service Group	\$560.00
	CA South Bay Beach Cities	\$300.00
	CASD	\$1,050.84
	Come Alive B-Day	\$26.00
	Come Alive G-Day	\$110.00
	Inland Empire Area Service Committee,	\$125.00
	Ladies Night Out	\$382.50
	Northbay Svce Area	\$1,400.00
	OCCA	\$800.00
	One Puff, Too Tough	\$500.00
	San Fernando Valley Cocaine Anonymous (SFVCAO)	\$500.00
	San Gabriel Pomona Valley CA	\$2,500.00
	The Hole In Wall Inc.	\$20.00
	The Moreno Valley Early Group	\$50.00
Georgia	Log Cabin Group C.A.	\$108.00
	The Usual Suspects Group	\$95.25
Illinois	Forever Free Meeting of CA	\$15.00
	I.A.C.A Inc. Illinois Area South & West District	\$168.78

## 7<sup>th</sup> Tradition July-September 2020 Category or Group

LOCATION	NAME/CITY	TOTAL
Kansas	Wichita CA District	\$400.00
Maryland	DC-MD-VA-WV Area	\$100.00
	MACA	\$50.00
Michigan	Saturday Morning Alive	\$125.00
Nebraska	Monday Night Miracles	\$335.00
New York	Sunday Serenity Meeting	\$52.50
Oklahoma	C.A. Oklahoma District	\$75.00
Oregon	CA of Oregon & SW Washington	\$100.00
Pennsylvania	CA of PA/ NJ/ DE	\$550.00
South Carolina		
	There is a Solution	\$36.67
Utah	CA of Utah	\$2,500.00
Texas	SCTA of CA, Inc.	\$1,000.00
<b>Freedom Fund</b>		Freedom Fund
		\$9,342.14
<b>Anonymous</b>		Anonymous
		\$8,849.99
<b>S.M.A.R.T.</b>		Smart Program
		\$368.00
<b>Total 7<sup>th</sup> Tradition</b>		<b>\$50,925.37</b>

## GET \$M.A.R.T.

### SAVE MY A\$\$ RECOVERY TRANSFER

**DID THE FELLOWSHIP OF COCAINE ANONYMOUS SAVE YOUR A\$\$? DO YOU WANT TO SHOW YOUR APPRECIATION? JUST FOLLOW THESE SIMPLE STEPS!!**

- \* STEP 1: Log into your Bank Account
- \* STEP 2: Go to "PAY BILLS"
- \* STEP 3: Create a monthly recurring payment (\$2, \$5, \$10, ETC) AND
- \* SEND TO: CAWSO  
21720 S WILMINGTON AVE., STE. 304  
LONG BEACH, C.A. 90810-1641 USA

**THAT'S IT!! JUST SET IT UP AND THEN YOU DON'T HAVE TO WORRY ABOUT**

\*Typically a free service with most bank accounts