

WE INSIST ON HAVING A GOOD TIME

NEWS GRAM

Vol. 40 No. 2 C.A. World Service Office, 21720 S. Wilmington Ave., Ste. 304, Long Beach, C.A. 90810-1641 2nd Quarter 2022

BEING OF SERVICE FOR A C.A. CONVENTION

By Kim S. Vice-Chair and Vanessa M. Hotel liaison.
Chicago, Illinois, USA

The day after the CAWS 2003 Convention turned into a week of reality that three years of planning was completed. The sub-committee meetings, standing committee meetings and steering committee meetings done. The budgets, minutes, copies, emails, attachments, decisions, conference calls done. The moaning and complaining, done. The meals, get togethers, stuffing parties, the pick ups, the drop offs, the laughs.... lots of laughs done. Running the halls of the Hilton late at night, daily newsletter, the early morning calls where's the coffee, done. The 20 hours days during the five day period...oh yea... done. The blood, sweat and tears, ups and downs; smiles and frowns done. The moment filled with sadness, depression, isolation.

The hype is gone, the calls have stopped, and the email box is empty. The excitement, the camaraderie, the friendship, and fellowship done .no way! Not for this fellowship, not for this Area. Not for these two ladies!

Don't get us wrong, there is a sense of sadness that sweeps over you, but you know that the experience you have just had is one that needs to be sorted out. Careful thought and contemplation take the place and fill the whole. It's a new beginning! The experience of being on the Steering Committee for the CAWS 2003 Convention is not one we will soon forget. The privilege, honor and gratitude are overwhelming.

What an awesome experience it is to be a part of something so big... so spiritual!

As part of the Steering Committee, we found it important to work with dedicated members of the fellowship, those that understood the fellowship, and service past and present.

Tolerance, patience, a cooperation in communicating and the desire to be of service to one another were keys to our progress. We had the pleasure to work with many fine members of this fellowship here in Illinois as well as elsewhere. Their hard work and dedication to CA made our jobs easy.

There were so many great moments from beginning to end, to many to write about, yet we would like to share a few with you that were special and unique to us. Kim: "My

first special moment was kicking off the convention having Sushi with my friends, very special friends on Thursday sharing and reviewing the days to come, catching up with friends I have not seen in a while, and the feeling of comfort and love." "Another special moment was when I was operating on some kind of God driven energy, wanting to just keep moving only allowing myself to be tired when I woke up, or when I went to bed."

"I decided to take the time and to go the Women's workshop, taking the "Angel Walk", and again the feeling of comfort, love and worthiness."

"Another, the sobriety countdown, overwhelming, feeling comfort, love, and possibilities!"

Lastly, Sunday morning a gentleman I met for the first time in Portland, crossing paths at the Conference, and ran into again at this convention, Jim S. from Nevada, presented me with a lovely, sweet gift. Not a fancy or expensive gift, a heart shape Nevada lapis polished stone, a gift from the soul and the heart. It was a special gift. The feeling of comfort, love, and acceptance. Thank you."

Vanessa: "I had several great experiences at the convention. First of all, I had the wonderful experience of meeting a lot of members from throughout the world by doing service work in the hospitality suite. I was signing off on coffee from early in the morning to midnight."

"I would see members after they checked in, in between meetings and throughout the day. I got a chance to see members that I knew and members even from other countries."

"Another experience was the Saturday night open meeting. We had our H&I day where we hosted 200 H&I patients from the Chicago area."

"I had the opportunity to be the Emcee for the Saturday night meeting, and when I looked out there and saw the room filled with so many newcomers, I got all choked up as I thought about and thanked God for the CA World Service Convention being able to carry the message to so many addicts in one evening.

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WSO NEEDS YOUR HELP MAINTAINING MEETINGS LISTS ON CA.ORG

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

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

(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.)

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**Most of the articles in this edition
were previously published**

TWENTY YEARS OF C.A. CONVENTIONS

By Mike P.
San Jose, California, USA

My name is Mike P., alcoholic, addict. Our 11th Tradition says we need to maintain our personal anonymity at the level of press: I don't consider our NewsGram an open press, so I am comfortable using my full name with my fellow addicts. I have been fortunate enough to keep a promise I made to myself almost 20 years ago. When I went to the first World Service Convention in March of 1985, I promised myself that I would go to every such convention. And I have. I have been to every WSO Convention from that one through the last one in Universal City last May. Alan from Santa Fe is my runner-up: he has been to all but one.

The WSO Conventions are a fund raiser for our office. Our office helps carry the message to the addict who still suffers. There has been such enthusiasm and unity generated during these yearly events that I see that as a function just as important as the money generated.

The very first convention was at Seaside, in Santa Barbara Calif. and I had seven months clean and sober. This first convention had a theme called, **SEASIDE, UNITY, AND ACCEPTANCE**. The theme evolved over time and took on the theme of the steps later. The dates of the conventions changed too. This was the only one held in March. This was the best convention I had ever been to... and it was the only convention I had ever been to clean and sober. There were so many people there that I grew to love and still know. I have memories of that weekend that I will always value. There was laughter and fellowship and information about my disease. I went to the business meeting held at the convention and found out like a good addict that I wanted to find out more and more about this organization. I was going to meetings at home every night but was intrigued with a national participation.

The second convention was in San Diego, Calif. on the Fourth of July weekend in 1986. The theme of that convention was **CELEBRATION OF FREEDOM**. That was not an approved theme yet for the fellowship, but that would happen at the third Conference in Woodland Hills, Calif. in 1987. The Fourth of July was to be the date for the next conventions until it was changed to Memorial Day weekend in 1990 with the Phoenix, Ariz. convention. The second convention was much larger than the first, but there were so many of the same people, all staying clean and sober and starting new meetings in their area. The Hope, Faith and Courage seemed to be in everyone's conversation, and I could feel those principles really working in our lives. The only thing that happened that I didn't like was the fog came in and we could not see the fireworks.

The third convention, **OUT OF THE FOG**, was held in my area, in San Francisco, Calif. 1987. I related to that theme too. There was no more fog in my head. I was growing and feeling and being re-stored to some degree of sanity. It was a great convention with more people and events happening than we had seen yet. It was not a lot of fun for me. Everything was well organized, and the speakers, entertainment and hotel were over the top. The growth during the previous convention was amazing. There were jobs for so many people from my area and everyone was on the go the whole time. The reason I didn't have much fun, was that I spent almost the entire convention in a small windowless room counting money. I was the treasurer for the convention, with two years and 10 months sober. After the convention I went with my girlfriend who had eleven months on a train with more than 35K in cash. We did not have the controls and security procedures in place then that we have now. Thanks to my Higher Power and my willingness to service, CAWSO received every penny of the money from the duffel bag. My

girlfriend told me the band was a well know band and people danced sober and had a great time. I better add that, that girlfriend has been my wife for 11 years and she is still clean and sober too.

By the time the fourth convention came around the theme of relating to the Steps was in place. **UNDER NEW MANAGEMENT** was the theme of the Chicago, Ill. convention. The Chicago fellowship threw a great party, and even more people were there than had been in attendance the previous year. The hotel was beautiful, and the meetings were huge. I remember thinking Cocaine Addicts know how to party in style.

A year later the convention was in New York... theme the **STEPS TO LIBERTY**... which meant the freedom to be searching and fearless. There was something very special about the mood of the attendees at the convention. Whenever someone identified themselves the New York group would yell out "we love you," One of the events was a cruise around Manhattan. The whole boat was full of addicts, and when we came around and saw the Statue of Liberty for the first time, we all rushed to that side of the boat, but enough rushed back and we sailed on. The convention was at the Grand Hyatt, very close to Grand Central Station. There were a lot of contrasts in that neighborhood about people in the disease and people in recovery. I was and still am grateful for sobriety above all else.

The convention came back to the West for the sixth convention and the date was changed to Memorial Day weekend for the first time. The host city was Phoenix, and they blew out all the stops. The theme was **ADMISSION TO FREEDOM**. It was held at the historic old Biltmore Hotel, before the renovations. There were hundreds of clean addicts living in the nineties but feeling like we were visiting another era by being at the hotel. Frank Lloyd Wright designed the hotel, and it evokes a lot of nostalgia. I thought of The Promises and knew they were coming true in my life. We took a side trip to Sedona and laughed the whole way there and back. I think this convention was the largest and most profitable to date at that time.

The Seventh Convention remained in the West, this time in Los Angeles for the first time. The theme here was **WE'RE ENTIRELY READY**. The turnout here was huge. I think they may have exceeded the numbers from Phoenix. There were friends from Oklahoma, and New York and Illinois that were making these annual events more and more special. I feel this was the convention where we learned the value of having a fellow addict as our speaker instead of a lecturer. My Higher Power was sure with me at that convention. I didn't know I had been given a time slot to interview for the Pacific North Regional Trustee and missed it... but they rescheduled me.

Next May we went to Montreal, Canada for the very first International Convention. It was 1992 and the Eighth Convention, theme Humbly Ask Him and the first time the words Cocaine Anonymous were not printed on the logo. This Convention was my first as a newly elected Trustee. The terms were five years then for our Trustees. The Trustees meet for three days prior to the start of the Convention. One night before the Convention we went out to eat and ran into another Trustee in a small restaurant way off the beaten path. I have been amazed at the times I found a fellow C.A. member in cities completely by surprise. There were Trustee meetings all the time and I loved it. Being a Trustee was always an honor and a thrill to me. I found more time to participate in this convention than I did in the San Francisco convention. The language difference was not as much of a barrier as I thought it might be.

(Continued on page 4)

TWENTY YEARS OF C.A. CONVENTIONS

By Mike P.
San Jose, California, USA

(Continued from page 3)

The 1993, Ninth Convention was held in Houston, **BECAME WILLING... IN THE HEART OF TEXAS**. I got married two days before we left for the convention. We knew we would always have a trip for our anniversary because we planned on going to every convention ...so far so good. There was a lot of hard work done by the Houston Fellowship in preparation for a thousand cocaine addicts coming to town. But one very special guy was missing. H. Lee was my roommate and fellow Trustee, but he had passed away not too long after the Montreal Convention. He was one of the first people in Texas to support C.A. There is a shirt from Dance Around the World, now known as Celebrate around the World, that honors him. It has a cowboy boot, a rose and a piece of gum as part of the logo: those items represent H. Lee, a man whose humor and generosity helped C.A. grow throughout the Southwest.

The 10th Convention, **WE'RE HERE AND WE'RE FREE**, was held in Cleveland. The hotel was close to the Lake and we could see the Rock-n- Roll Hall of Fame being built. Cleveland was very hospitable to us and the Convention had great events. For me, the highlight was a side trip to Akron to visit the home of Dr. Bob. About six of us went as though we were on a pilgrimage. There are 12 steps from the sidewalk to the front porch. To be able to see where it all started so many years ago... and see it still working and growing in so many different 12-Step Programs was truly awe-inspiring.

A HOST OF FRIENDS, Number 11 was held in Salt Lake City, Utah. I was the Pacific Northwest Trustee, and this fell in my region. I flew to Salt Lake every month for more than a year before the convention. The SLC fellowship was one of the smallest fellowships, but conversely one with a lot of convention experience. They had been putting on a Rockies Convention every fall for several years by then. This small group had a lot of heart and desire, and I became as close to all the members there as I was to my home group. One of the events was a train ride through parts north of SLC. I have a great photo of a bunch of California addicts holding their hats as the train wound around the mountains. It was truly a Host of Friends.

The 12th Convention was in Atlanta, GA just a few months before the Olympics came to town. The theme was **12 YEARS AND 12 STEPS**. A group of the Trustees went on an excursion to Stone Mountain and took the trolley up and hiked down. I try to observe our Traditions and to me that means not using a camera in our meetings. That leaves me with having to trust my memory for the details of the conventions, while I have pictures to remind me of the activities and events. I remember a lot of fun activities the whole time we were in Atlanta, and I also felt a little sad, as it was my last time as a Trustee.

Denver, Colorado was host to the 13th Convention, with the theme **WE CARRY THIS MESSAGE**. Denver revisited all the previous logos and put a great poster and shirt together, a collage of every convention to date. The best memories of any convention are getting to see my fellow addicts and old friends. The group of Trustees that I served with felt like family ...

So new conventions had begun to feel like family reunions by the time the 14th Convention rolled around **SERENITY BY THE SEA** was held in Los Angeles. It was going to be in San Diego, but the expense of that seemed to be too much for us and we partied in LA. As I recall there were more than 1,800 addicts in attendance: all partying like crazy and all clean and sober.

The 15th Convention was in Milwaukee and its theme was **GREATER THAN OURSELVES**. This brought us back to Step Two and shows me again we cannot do it alone. It takes a committee to bring sanity to a convention...or at times the other way around! This is the home of the American Motorcycle. Tickets were sold for a year on an "opportunity drawing" to win one. We took a tour of the factory and most good addicts really wanted a new Harley or more Harleys.

The year 2000 took us back to Phoenix ten years from the last convention there. **COMING OF AGE** was the theme for that one. The committee tried to book at the Biltmore again, but it was not to be. We were at a beautiful resort in Scottsdale. The days were never under 100 degrees. Several of us went back to the Biltmore and it had been remodeled. We still reminisced about the first convention and all the changes that can happen in ten years. The group of us who had known each other for a long time now all had been clean and sober for quite awhile. We talked about still going to lots of meetings and missing those who didn't go to meetings anymore. The convention always brings renewed enthusiasm about recovery and the importance of keeping C.A. alive and growing.

The following year 2001, New York hosted their second World Service Convention, with a theme of **A GRACE ODYSSEY**. Some of us wore our Steps To Freedom T- shirts from the first New York Convention. We were a little older but still acted like kids when we saw the Statue of Liberty at night from the deck of our tour boat. We went to a Broadway play, we had lunch at Tavern on the Green. All these things were so out of the scope of possibility before this program. Gratitude is almost too simple to express how I feel about my recovered life.

Portland, Oregon hosted their first Convention in 2002, the 18th World Service Convention, with the theme **MOMENT OF CLARITY**. I loved their logo of the raindrop falling from a fern leaf... like one drop at a time, one life at a time is changed.

Then in 2003 it was Chicago's turn to host their second World Service Convention. Number 19 and the theme was **MIRACLE MILE**. It was a miracle I made it. My son was graduating from college the Saturday of the convention. We went to the graduation in northern California and went straight to the airport, arriving in Chicago in time for the last two days. We still saw a lot of Chicago, went to some great meetings and saw lots of friends.

The 2004 World Service Convention, the 20th, was held in Universal City, Calif. and their theme was **SPOTLIGHT ON RECOVERY**. One night there was a huge dinner for as many current and past Trustees that could make it. We went around the table and shared what the group and the service had meant to us. Everyone was inspiring with the memories and the encouragement. Several years ago, the Convention started having a dinosaur meeting. People with ten years or more put their names in a God Hat and the chosen ones are the speakers at that night's meeting. I love that some of the best messages of recovery have come from those meetings. I hope that will be one of our ongoing traditions.

CARRYING THE MESSAGE FROM INTERNET TO INTERACTION

By Susan D.
Miami, Florida, USA

I attended the Cocaine Anonymous World Service (CAWS) Convention in 1999. I want to share with you some of my reactions and thoughts about my experience. I have been to many, many conventions during my years of sobriety, but there was something more than special about this convention in Milwaukee. For the past year or so, I have been involved in an online, not face to face, slow-moving, cross-talking, sometimes smoking, sometimes non-smoking, non-chatroom, share-your-feelings group of Cocaine Anonymous. For those of you who have not yet become computer literate, what this means is that perhaps two hundred of us subscribe to the "Hope, Faith, & Courage" (HFC) meeting of Cocaine Anonymous. As a result, each of us receives a daily dose of recovery, chat, opinions, step work, sharing, and other comments and contributions from anyone else who is subscribed. This can mean dozens of pieces of electronic mail a day, but to me, it's like being an active member of a very large CA group. I began as a lurker, as I usually do in regular meetings, sitting in the back, observing, waiting to be lured into participation. I didn't share much, waiting to see how the interaction went and wondering if I'd fit in. I noted the key players and paid attention to the process. Eventually, I became part of the group and of the process, first commenting, then responding, and finally voluntarily sharing when the spirit moved me. I came to think of myself as a major part of the meeting. All that changed for the better on Saturday morning at the convention.

Whenever he had seen any of us the day before, or recognized an HFC name on a badge, Kevin had given us all green ribbons and we walked around the hotel proudly wearing them, as no one else had any. Then, the three dozen or so HFC members who attended the CAWS convention all met FACE TO FACE in a meeting room at the convention. This was very incredible. One by one, we all introduced ourselves by our "addict names" followed by our screen names so everyone would recognize each other. It was wonderful how each introduction and recognition encouraged another "oooh" or "ah" or "so that's who that is" or "so that's what you look like"! I was overcome with feelings of sheer excitement and joy that we were all meeting face to face for the first time. At the same time I was elated and amazed that we were actually able to pull it off, and how utterly grand this project and accomplishment actually was! I sat in total awe as I heard each person's story and was finally able to match faces with personalities as I began to recall little things I'd remembered from one post or another along the way. I remember thinking that this was enough, that the convention could end right now and I'd be grateful. I remember hearing sighs and seeing smiles when I shared who I was and I thought, "Now I'm REALLY a part

of this group. I feel like I do at my home group. Everyone here is my friend and it feels good."

Suddenly the allotted magic hour was over. The transition had happened. We all knew in an instant that things would never again be the same. Speaking personally, I will no longer be able to imagine what each of them looks like in that "impersonal way." I will no longer be able to share with uncertainty and lack of investment about topics or comments made by "someone who lives in a place far away and who I've never met." However, I will also never again have to wonder if there's a smile or a frown in response to my posts. I will know in an instant how some of them will react to my joys and sorrows, because I spent real, face to face time with them and got to know each one on that "other" level. The wall has been lowered and we've hugged and shaken hands and smiled and cried over it resulting in a much more personal encounter that will never allow it to go back to being as it was. Up until just last year, Internet activities in Cocaine Anonymous were a part of the Public Information (PI) Committee. Through the World Service Office Area web sites and other links posted by members and friends of CA, word of CA online and of this meeting spread throughout the cyber community of Cocaine Anonymous. At the CA World Conference in 1998, a standing Conference Committee on the Internet was established to handle the issues raised by this new medium. It is difficult to say how many sick and suffering addicts will have the opportunity to tune in to this new avenue of recovery, but it is certain that thousands today who have found us online have an awareness and a hope of a better life they did not have before. I feel emotional in retrospect, as I often do follow conventions. I like to think I go to them intending to bring something, learn something, and take something away. At CAWS in Milwaukee, I did all three. I brought with me my experience, strength, and hope. I brought humor and joy and my outstretched arms to hug in person all the mystery faces I'd only imagined. I learned how important this contact is, whether it's online or in person. And I'm still processing just what it is I took away. I know my life has been touched by the friendship and compassion I feel from the new friends I have and that I'm grateful beyond measure for the opportunity I received to even go to this convention.

I knew a few of them before this convention and I feel I know them even better now. I feel closer to those I met for the first-time face to face, and I shall look forward to getting to know those members who will join this meeting as a result of learning about it at the convention and from reading this story.

CAWS CONVENTIONS - THEY'RE ADDICTIVE! (BUT IN A GOOD WAY)

By Ginger L.
Lynnwood, Washington, USA

As of this writing, it has been less than 24 hours since I arrived home from the 2008 CAWS Convention in Salt Lake City, Utah. As usual, I am totally exhausted! I am also extremely emotional; I am sad because I already miss my friends and I am excitedly looking forward to Colorado next year!

My first World Convention was in Irvine, California. I think that was in 1998. That was all it took-I was hooked! A convention junkie was born. The only one I've missed since Irvine was the CAWS Convention in Wisconsin. To my delight, I will be able to go there in 2010! I've made several lasting friendships with members around the world that attend the convention each year. I especially look forward to hanging out with my New York friends (you know who you are).

We arrived in Utah a day early and drove to Provo in search of a beautiful waterfall. We didn't exactly get Niagara Falls, but we had such a blast on the way there. We laughed so hard that we almost killed our friend from Holland for lack of oxygen! We went to a local meeting that night in a treatment center and I want to thank everyone that was there for making us feel welcome. I love meetings that allow the chants. Rule 62-you know.

The convention itself rocked! I could not believe how awesome the committee did on hospitality. I was able to spend an incredible amount of money on C.A. memorabilia since I didn't have to buy breakfast every morning. I was even able to miss a few lunches thanks to the great snacks.

As always, there were some great speakers and workshops. I have to say my favorite workshop EVER was the one on the Disease Concept. I have been to a lot of conventions in my time sober, so for me to say it was the best EVER really means something! It was fascinating to learn more about our disease and to see where science has basically proven that what the Big Book has told us all along is correct. Dr. Kevin showed us exactly where in the brain the disease is (the midbrain), and what was bizarre was seeing the MRIs. They showed an addict's mind when it's in the craving and how the front part of the brain (the part that will remind us of the consequences if we use) goes completely dark. There is NO activity there! That is EXACTLY my experience when I was out there. When the craving was on it did not even enter my mind that I could lose everything. I really hope that next year's CAWS Convention committee asks Dr. Kevin to do the workshop again.

So, I am on a spiritual high after such a fun convention and yet I am missing so many of my friends. I cannot tell you the gratitude I feel towards C.A. I am so very blessed. My life is AMAZING and it's thanks to my Higher Power leading me to this awe- some Fellowship. Don't get me wrong; other 12-Step fellowships are fine, but my HOME-my LIFE-is in C.A. Thank you so much, Utah, for putting on such a great party! And thank you to all the members of Cocaine Anonymous for not only saving my life, but also for the effect you have had on my family's lives!

UK CONVENTION IS FANTASTIC

By David L.
Toronto, Ontario, Canada

I recently got back from attending my first convention in the UK – and am still feeling overwhelmed by my experience there.

After a long flight I was met by a new friend at Heathrow Airport, and driven to a little welcoming get-together at the home of our regional trustee Jackie S., then a late-night tour of downtown London and to bed. The next afternoon, following some mandatory shopping I caught a slam door train south to Bournemouth with some CA friends from the USA. The next morning, we were picked up by small buses and dropped by a local treatment center, where all the clients were welcomed onboard for a day trip to Stonehenge — an awesome experience — and then on to Winchester, where we congregated at the famous Winchester Cathedral.

The Big Book came alive for me on the front lawn when I stood in front of the tombstone of the grenadier mentioned by Bill W. The Cathedral was amazing, and I cannot fully explain my feeling standing in those ancient galleries. We all congregated at a building, where I had the honor and privilege of attending and participating in the very first Cocaine Anonymous meeting held at Winchester Cathedral. What made for an unforgettable experience, for this addict, was the tremendous job done by Outreach, so that this unique experience was shared with so many newcomers. Carrying the message indeed.

The convention started the next day with a level of excitement and enthusiasm that I can honestly say I have never experienced before. The lounge area was packed from morning to night, hallways were jammed, meeting rooms, restaurants and even the swimming pool and whirlpool were filled with friends and fellowship. Recovery was everywhere.

Our Regional caucus was attended by representatives from Canada, the United States, the UK, Sweden, Holland, Majorca and Hong Kong and those in attendance were able to share our varied yet similar experiences of recovery in Cocaine Anonymous world-wide.

The convention closed with a countdown, with every addict that stood with less than 30 days being called to the front of the hall and given a book. When was the question asked, "Is there anyone here with a desire to stop using?" Two people went up to the front. They were brought up onto the stage and given books to thunderous applause – when suddenly and unexpectedly fireworks were set off on stage – bringing tears to my eyes.

As the convention closed, I was reminded of how grateful I am to this wonderful program for the new life I have been given, the blessings and gifts, friends, and opportunities. Thank you Cocaine Anonymous

C.A. TWELVE-STEP COMPANION GUIDE

By Ginger L..
Phoenix, Arizona, USA

In case you weren't aware, Cocaine Anonymous has come out with a new guide book called the Cocaine Anonymous Twelve-Step Companion Guide. I used to be a Delegate for the Arizona Area when the concept of a workbook came up at the World Service Conference. I spoke vehemently against it. I expressed my concern that a workbook of any kind would be considered the "C.A. way to work the steps" and the Big Book is the best way to be guided through the program. The group conscience went the other way, and the Conference floor approved the concept of this book. As usual, the group's conscience was right. I have never been so happy to be so wrong. There is no doubt that some Higher Power was at work as this book came together. It is transformational!

There are more than 20 people that I know of here on the west side of Phoenix that are all working their steps again through our Companion Guide. Some have paired off to work the steps with each other and some have joined step groups. Some of them have previously worked the steps multiple times, in multiple ways; as outlined in the Big Book, or through the 12x12, or with the aid of 12-Step workbooks that can be found elsewhere. Some are new members working their steps for the first time. One longtime member is working her steps again for the first time in almost 20 years! Every single one of us has been blown away by this book and are growing by leaps and bounds.

Personally, I had a truly remarkable experience while working Step Three. Specifically the exercise where we read the Actor Scenario out loud to people. I have done this sort of activity before and the main thing I have gotten out of it in the past is just how selfish and self-centered I still sometimes am. This time I saw that and MORE. Instead of calling my recovery friends that I see on a regular basis, I called the ones I haven't seen in awhile.

Every single person I called had the same reaction. They all exclaimed, "Oh my God, I totally needed to hear that right now!" It was as if my Higher Power guided my fingers as I scrolled through my contact list. They all saw themselves in varying points of the Actors scenario and they shared with me what was going on in their lives and how they didn't even realize that they were trying to run the show again until I called and read it to them. After each one of those calls I had this profound sense that my Higher Power was waving at me saying, "You see... here I am, working in people's lives." I was truly present to how HP works in and through us.

My friends are all having new experiences thanks to this incredible book. I was talking to my good friend, Tammy and she said, "Reading the member shares on the individual steps really helped me to identify differently with each step than I ever have before. I was able to connect with the steps on a deeper level thanks to the way the Guidebook breaks them down and had powerful awakenings with some of the steps that I had struggled with in the past." It is so true! The Twelve-Step Companion Guide really helps modernize the

Big Book in the way that it presents each step and makes things more relevant and relatable to current times and to our fellowship.

Another friend, Julie, said that doing the writing on the Sixth and Seventh Steps made her more aware of her defects on a regular basis. I had the same experience. It was one thing to see my defects on my Fourth and Fifth Step, but breaking each one down and journaling about them each day really brought them into the present and had them staring me right in the face! Dawn stated, "I love this book. It literally speaks to me. The writings are right on point and I am really impressed with the variety of step work, keeping things fresh."

My mom, Ev, who is also a member of Cocaine Anonymous had this to say, "I am a recovering drug addict with over 3 decades of recovery. I have worked the steps at least 30 times, in multiple ways. I worked the steps; in treatment, how it is outlined in the Big Book, through The Idiot's Guide, Back to Basics, The Big Book Awakenings, the various ways it was presented at different conventions, and also a number of times in Co-Anon. The list goes on and on. I am currently in a step group with two other ladies working out of the Twelve-Step Companion Guide. When working on the Fourth step and doing all the exercises, I finally broke down after all the questions it asked and admitted my deep dark secret. No previous journey through the steps brought me to this point. I could no longer deny it or ignore it. To my amazement, the other ladies had done the same thing. I was not that unique! I am now a free woman! Thank you Cocaine Anonymous and everyone on the committee who worked so tirelessly on producing this book and also the members at the conference who pushed the book through minutes before the closing deadline last year."

I believe the first 164 pages of the Big Book were a gift from a Power much greater than ourselves. In many ways, it is sacred. That is why, after all these years, the Fellowship of A.A. has decided to leave that part of the Big Book untouched. I do hope that we treat the Steps portion of our beautiful Guidebook in much the same way, like they were divinely inspired and let them stay as they are. In the words of Dr Bob, "let's not louse this thing up." I know there are more chapters to be added to the Guide soon and I am very excited to see them, I just hope we don't mess with the rest! I absolutely love Cocaine Anonymous and am thrilled about this new addition to our program! Bill W. once wrote, "Each day my friend's simple talk in our kitchen multiplies itself in a widening circle of peace on earth and good will to men." That simple talk continues to multiply today in the voice of Cocaine Anonymous.

THE PORTLAND EXPERIENCE

By: Lynn G.
Portland, Oregon, USA

In 1996, I was the chairperson of our local area convention. As is typical for that time of year, it rained. That year, however, it never stopped raining and three days before the convention the hotel was flooded. By making a lot of phone calls, and by the Grace of God, everyone found their way to the backup hotel. Being the addict that I am, a thought began to form. Portland should host a world convention! Wouldn't that be fun! If we can deal with this flood, we can do anything! I started talking to Rick and Gary and Ralph and they laughed and said that I was crazy. Look what had just happened. Besides, we don't have a big enough Area to do that. Our Trustee said our Area wasn't ready. Once again, being the addict that I am, I didn't listen. They weren't saying what I wanted them to say! I had recently become one of the delegates for our Area and at my first Conference, I signed on to the World Service Convention Committee. Wow! Now there was an experience that forced the practice of patience and tolerance.

After serving for three years on that committee, I believed that our Area was indeed ready to host a World Service Convention. In the summer of 1999, I found four others who thought so too. We met in Pam's apartment and began the process of writing a bid proposal. When we presented the bid to the Area, it was met with a great deal of resistance and negative "what ifs." Not willing to let the dream die, we held a separate meeting at Shawna's house to have an open discussion. Every- one was invited and encouraged to express their support as well as their hesitations. Finally, in August of 1999, the Area agreed that

maybe this could be done. Right here I have to say that the Oregon/South-west Washington Area has only 16 meetings and about 20 or 25 people doing the majority of the service commitments. This whole deal was going forward with a great deal of faith.

The rest is history. The bid was presented at the 1999 World Service Conference and was met with overwhelming support. We found that many people had never been to Portland. Some had always wanted to come here and now they had a reason. It seemed that the only concern the Conference had been with the weather. Doesn't it rain in "Or-e-gone" all the time? No, just a lot of the time. And besides, it's pronounced "Ori- gun." Let's all practice that!

We've been meeting every month since that time. People have come out of the woodwork to help. The support from the other areas in the Pacific North Region is incredible. We couldn't do this without them. An unexpected bonus is that more folks have stepped up to do the Area service work as well. This experience has been unifying for our Area in some odd spiritual way. It turns out we have some really creative and gifted folks here. It is so exciting to watch each subcommittee work to create this wonderful event. It boggles the mind to see people put their heart and soul into this long process. The enthusiasm remains high. The goal of our committee is to have fun while we do this. I think we are.

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

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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.



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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*

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The OSA - We're Here and We're Free® AND We're FUN!

By Susan B., St George, UT



Boy Howdy! The Online Service Area will hold it's **first** in-person **OSA Meet & Greet** at CAWS in Austin. Please consult the CAWS Yapp app for details.

The Online Service Area began 2022 with our first Globathon event, which combined our annual New Year's Marathon with convention-like activities including workshops and games. Fast forward to March 12th when we produced the first ever and very successful "Laugh Around the World" fundraiser for C.A.'s annual Celebrate Around the World.

C.A. WORLD SERVICE CONFERENCE COMMITTEES

TRUSTEE CORNER

Long-Term Planning:

The Long-Term Planning (LTP) committee is a subcommittee of the World Service Board of Trustees (WSBT). Its role is to plan and guide the future of Cocaine Anonymous to ensure that the addict that still suffers can receive the message of recovery. This committee is not limited in participation by current WSBT members, and it is suggested that trusted servants be included on a Long-Term Planning Advisory Committee (LTPAC) that investigates projects and produces reports for the WSBT as and when requested.

We will hold a meeting at the CAWS 2022 Convention in Austin, at 9am Sunday May 29, 2022 in Texas 7 room.

THE NEWSGRAM IS LOOKING FOR YOU!!!!!!

WOULD YOU LIKE TO BE PUBLISHED???

DO YOU HAVE SOMETHING TO SAY???

The NewsGram is looking for your articles, recovery jokes, recovery poems, 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

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**NEWSGRAM THEME
NEXT EDITION**

***THUS WE GROW
CARRYING THE MESSAGE***

DEADLINE:

JULY 10, 2022

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

CALENDAR OF EVENTS

 <p>CA WORLD CONVENTION AUSTIN TEXAS</p> <p>CAWS2022.ORG</p> <p>MAY 26-30</p>	
May 26-30, 2022	
C.A. WORLD SERVICE CONVENTION	
LOCATION:	
Hyatt Hotel in Austin Austin, Texas, USA	
July 1-4, 2022	
Atlantic North Regional Convention	
LOCATION:	
New York Hilton Midtown New York, New York USA	
July 23, 2022 11:00AM to 4:00PM	
Family Afterwards BBQ	
LOCATION:	
Fairmount Park 2601 Fairmount Blvd Riverside, California	
Marh 24-26, 2023	
Thus We Grow - C.A. European Regional Convention 2023	
LOCATION:	
The Celtic Manor Resort Newport South Wales, UK	
May 25-29, 2023	
37th Annual Cocaine Anonymous World Service Convention	
LOCATION:	
Atlanta, Georgia, USA	

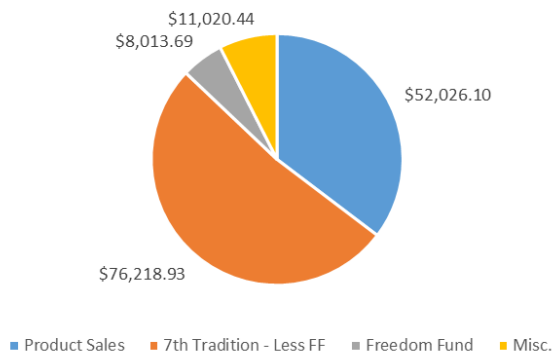
7th Tradition January-March 2022 Category or Group

LOCATION	NAME/CITY	TOTAL
CANADA		
Quebec	CA Quebec Area	\$5,000.00
Alberta	CA Alberta Area Celebrate	\$115.00
	Grp Friday New Beginnings N. Alberta Area CA	\$500.00
Europe		
England	CA Central UK Area	\$5,793.52
England	CA Daily Reprieve 7th Tradition	\$118.28
England	CAUK Hants & Berks District	\$241.33
England	CA Kent District December Donation	\$845.75
England	CA North London District	\$735.00
England	UK to US Meeting	\$20.00
	Item returned by bank (numerical amount different from spelled out)	-\$617.79
Thailand	The PaKlok Group	\$25.00
Mainland Europe		
Holland	CA Holland District Online	\$474.18
USA		
Arizona	Sun Valley Intergroup, Inc.	\$30,000.00
California	CAOSA - TIAS Men's CA Group	\$6.00
	T. Back to Basics Group	\$24.00
	CA San Diego - Hugs not Drugs	\$44.00
	CA LBC	\$55.00
	CA Northbay Service Group	\$100.00
	CA IEASC	\$125.00
	We are Not a Glum Lot (Marathon)	\$200.00
	OCCA	\$500.00

7th Tradition January-March 2022 Category or Group

LOCATION	NAME/CITY	TOTAL
California	185 New Years Marathon SGPVCA	\$549.00
	Online Service Area	\$1,000.00
Colorado	70/30 Coconuts Sun AM CA Denver	\$270.00
District of Columbia	Grp How Do You Like Me Now DC CA	\$25.00
Florida	CA Central Service Board of South Florida	\$39.46
Georgia	Beyond Human Aid	\$190.40
Illinois	CA - Forever Free Meeting of CA	\$45.00
	CA - IACA South & West District	\$222.00
Kansas	CA - Kansas Area CA Inc.	\$1,205.98
Missouri	CA - Greater Missouri Area of CA	\$2,000.00
Nebraska	CA of Nebraska	\$1,506.45
New Jersey	CA Speedball Group NJ	\$172.00
New York	CANY Sunday Serenity Meeting	\$90.00
Oklahoma	CA Oklahoma District	\$900.00
Oregon	CA of Oregon	\$100.00
Pennsylvania	CA Warrington	\$1,700.00
South Carolina	CA - There is a Solution	\$39.39
Tennessee	CA - Off the Rocks	\$62.48
Texas	SCTA of CA	\$240.00
SWR	CA Bottom Line Group	\$125.00
Anonymous	Anonymous	\$4,500.19
Freedom Fund	Freedom Fund	\$5,375.28
Gratitude		\$693.36
S.M.A.R.T.	Smart Program	\$345.00
TOTAL		\$65,700.26

4th Quarter Revenue



4th Quarter Expense

