

THUS WE GROW CARRYING THE MESSAGE

NEWS GRAM

Vol. 40 No. 3 C.A. World Service Office, 21720 S. Wilmington Ave., Ste. 304, Long Beach, C.A. 90810-1641 3rd Quarter 2022

THE WOMEN I AM BLESSED TO WALK ALONGSIDE

By Jo P.

Totterdown, Bristol, UK

My name is Jo and I'm an addict. When I found the rooms of Cocaine Anonymous, I was a broken shell of a person, the living dead you might say and just waiting for actual death to come. It was not where I wanted to end up but boy am I glad to be here now. I have found a life that is peaceful and fulfilling, one where I am glad to be of service to others – my family, my friends, my work, people in C.A. and C.A. as a whole.

I turned up into the rooms distrustful of everyone and terrified, but something had happened to me, that I now see as a God given gift, during my last use and I knew I was done. I can only describe it as an internal snap. But my experience showed me that this wouldn't last, and I would use again. So, there I was in a meeting of Cocaine Anonymous, on a dark, cold, winter night in early December 2016 with this group of people who had a lightness and levity about them. I spent the whole meeting sitting quietly at the back as close to the door as possible and I don't remember much about it, what I do remember is a feeling of being accepted. I didn't know then, that was the start of my journey into recovery. All I knew was I couldn't go back to using and I would do anything I could to not do it again. So, I followed the suggestions of getting a home group (which was hard – I didn't like to commit to anything because experience showed me I was unreliable), get a sponsor (which was harder – the fear of rejection was huge. What if I was too broken? What if she laughed at me? The self-centred fear I saw later in the Steps my life was driven by), get some service (how dare they?! And how dare they do not see my brilliance and assign me tea and coffee duty rather than the prestigious – as I saw it then – chairing of the meeting. And how dare they ask me to do anything to contribute to the Fellowship I now know would save my life and the lives of countless others) and work the Steps (you mean I couldn't just wake up one day and the recovery fairy had visited and taken my addiction away?!).

But I had no other choice, and I did what was suggested of me; and in some areas I recovered quickly and in others it was slower.

Once I had been through the Steps my sponsor told me the work began, and it was time to start taking other women

through the Steps. So, again reluctantly, I began to put my hand up in meetings. I had become armed with the facts about myself and so was ready to guide others. But something was missing. I still felt outside of the Fellowship. It took a long time for my walls to come down. I remember crying on the phone to my sponsor one day asking her 'how do you trust people?'.

I was in a meeting one day and I heard something that struck me and has stuck with me for all my years in recovery – 'stay in the middle of the boat if you don't want to fall off the sides.'. I asked after the meeting what they meant; it was explained to me to that if I wanted to stay, I should be of service to C.A. I was appalled! Didn't they see me at the meeting doing service every week? Didn't they see me sponsoring? This person lovingly explained to me that while that was good the Fellowship runs off the voluntary contributions of time and skill by its membership.

I began to go to every committee meeting that I could within our, at the time, District. And in true addict fashion I took service at every committee I attended. I had nothing else to do. I wasn't working so I got busy in the Fellowship. And suddenly I had connection with others, and I had a passion I didn't know was possible to do whatever I could for C.A.

What serving on committees did for me at the start was to help me practice inventory! I saw that I was still arrogant, controlling, judgmental, as well as a whole heap of other defects that would take too much time to list, and encouraged me to revisit my Steps Six and Seven. It taught me about the Traditions, and later the Concepts of World Service. It taught me I saw I had things to offer, and it continued me on the road to self-acceptance and the acceptance of others. I have learned tolerance, compassion, and love for people, especially the people who I disagree with as they help me to see areas I'm blind to and perspectives I have not considered. It gave me courage to speak up and sometimes be the lone voice when I didn't understand something or to say something contrary to the majority opinion.

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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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THUS, I CONTINUE TO GROW

By Norma Jean L.
Chicago Heights, Illinois, USA

Come with me as I take a stroll through my mind back to the year 2020. I began hearing talk, talk and more talk of a deadly virus spreading around the world, this talk gave me a strange feeling of impending doom. That feeling intensified in March. An eerie feeling of apprehension and butterflies in my gut was constant. I could not shake it no matter how I tried. Needless to say, I carried on with my life like a good little recovering addict. In my neck of the wood's things shut down Friday the 13th, spooky huh. It became real and surreal at the same time. I was to begin a new H&I commitment that Monday, but the treatment center shut down. I checked to see if my assignment for Tuesday's election was cancelled, it was not. They said come at your own risk and I showed up at the polls ready to work. I also became a grandma to the sixth power that day March 17th. Her name is Sevyn Amor Christine, and she is my St. Paddy's Day blessing. She is also my Pandemic miracle baby.

I had a conversation with my sponsor on March 23rd. We talked about our experience working the polls the previous week. We talked about my new grandbaby who was having internal complications and could not come home just yet. We laughed, we prayed, we cried, and we reminisced. I told her I needed a break from since my 4yr term as delegate had ended. I deserved a vacation from service work. She chuckled in that sweet and funny way of hers. She lovingly told me I had too much knowledge to ever take a break. I had years of quality sobriety and service at group, district, area and world levels. She stressed that I had so much more to give to this Fellowship. She said that God saved me to serve others and help them recover as someone had done for me. Vanessa told me to "think about" (her way of voluntelling me to do things) submitting my resume for World Service Trustee. I promised her I would "think about it". Since that talk, I have submitted my resume twice and made the slate once. Well that talk ended with her singing happy anniversary to me which I would celebrate that Wednesday the 25th. I told her she could have

waited, but she said she wanted to sing it right then. Perhaps she knew it would be our last conversation. Vanessa passed away from Corona virus two and a half weeks after our "last" conversation. She was put on a ventilator that Friday the 27th and remained on it until she succumbed on April 11th. Her mom had passed that Wednesday the 8th. I was devastated, hurt, confused, angry and heartbroken. I prayed for strength and courage to continue to carry the message. I made a promise to God, to myself and Vanessa that I would not stop serving others. It would have been so easy to give in to my grief. I picked up my heart and continued my growth process and healing of my soul by carrying the message. It was by no means easy or smooth sailing. I've had some bad moments being near death with covid-19 myself for almost two months. Moments that had me nearly paralyzed with grief and fear. I've had some heart healing moments that had me over the moon with excitement. Like the first time I got to hold my little Sevyn in my arms three months after she was born. I was overjoyed with gratitude when the covid was finally out of both my lungs.

All the little reminders from my sponsor go through my head pushing me onward: God could and would if He were sought, Service work helps my personal program grow. The only way for me to continue growing is to keep carrying the message of hope, faith, courage and the power of God.

Life is full of trials and tribulations that will test our faith. Life is a gift from God and how I live my life is my gift to God. I am a living and breathing testimony of God's goodness.

I have new women I sponsor, as a direct result of the Pandemic, I love them dearly and will kill a brick if you mess with them. They are helping me heal. I have a new sponsor who I absolutely adore and cherish. She was a God send. Thus I grow carrying the message and thus I heal. I know I am healing because I can tell my story without my "eyeballs sweating" profusely as they did not that long ago.

YOU ARE NOT ALONE

By Emma S.
Buckhurst Hill, London, UK

Thank you for letting me be of service, it is an honour to write my story for C.A.

I took my first drink at 14. I remember it well. My face flushed and I felt a sense of ease and comfort.

From 15 onwards I was drinking and at 24 drugs entered my life. Things took a turn for the worse and I ended up alone, isolated and broken internally. I walked into the rooms of C.A. just over 6 months ago after nearly 20 years of drinking and using drugs and have not looked back.

My life has changed entirely and today I live free without drink or drugs, happy and content. I have a new job

which I truly enjoy, a happy family life and the most beautiful friends around me most whom I have met through C.A.

I regularly attend all three meetings in Buckhurst Hill. The laughter and the stories roaring through the meetings is truly inspiring.

C.A. not only saved my life, it has given me a new lease of life.

If you are struggling or think you may have a problem, reach out. You are not alone. It truly is the best thing I have ever done in my life.

I WOULDN'T HAVE SURVIVED THE CHAOS

By Kirsten H.

Swansea (*Abertawe*), Wales, UK

Pseudo mutuality, a term that best described my entry into this world, a smile hides a magnitude of sadness, I was raised in a middle-class area, based in Swansea, sex, drugs and rock n roll were not a mere descriptive, that is how I was raised. Both parents were and still are in active addiction, as is my younger sibling, addiction is sadly a hereditary issue throughout, whilst I acknowledge that I was predisposed to addiction I also honor that social environment played an intrinsic role. My father was an international drug dealer, he also co-owned a brothel, drugs and criminality were the foundations of my lifestyle, I endured childhood sexual abuse, which carried through into my adolescent years, furthermore I feel it important to keep my ego at bay and pinpoint times which altered the course trajectory of my life. At age 15 I was told that I was to marry a foreigner, the fear I felt, which I had always felt intensified, throughout my life there was always a gaping hole within me, something was missing, the spiritual sickness was overpowering and dominated my whole existence.

My 16th birthday arrived, my life was spiraling, albeit had never been a smooth run, living in constant survival mode, my first encounter of cocaine was around age eight or nine, Upon walking into my father's study I found him perched over his desk, a mound of white powder, I asked him what it was, to which he replied "this is gold dust babes". This memory is vivid, sadly my childhood memories are staggered, the brain is a fickle organism, jumping back, explaining to my parents that I had no desire to be married, I was a kid, desperately craving normalcy, there was none. A physical fight erupted between myself and mother, which resulted in me leaving home, whilst elements of me were very switched on, I was also incredibly vulnerable and somewhat naive to the dark underbelly of society. As said before this is bite size chunks of true events, I spent six months in a sex trafficking ring, my drug usage intensified, I begin mixing substances, this took its a toll on me, which led to me developing sepsis and hospitalisation.

Due to the nature of my environment, distribution of narcotics became an intrinsic part of my being, it stayed that way until I was 37 years old, narrowly avoiding prison, due to my insanity and sheer belligerent behaviors, importing to my home address, is up there with the poorest of choices! Cocaine had always been my drug of choice; however many other substances were consumed, a true master of combining. Violence, deceit, aggression, mania, insanity in its truest form, why couldn't I stop, my children weren't enough, failed relationships, bankruptcy, sabotage of my career, dissolved friendships, the hurt I had caused my family, nothing altered my want for substance, it was after all my solution.

What brought me into recovery, we each have our own darkest, rock bottoms, May 2020, my husband, whom was an alcoholic, hung himself, at age 40 I was propelled into widowhood, the evening of his suicide I ceased to exist. The trauma superseded all past experiences, weeks past and no amount of alcohol, cocaine, valium, pollen, "dfs" were numbing what I felt, the expression blind drunk, one which

was loosely thrown around, applied to me, I was unable to see clearly for around 24 hours, petrified does not suffice how truly I felt. Recollection of that day is a little hazy, but I remember clearly sitting on my knees, praying, asking for strength to continue, my sadness overshadowed any rational thought, I wanted to die, to be with him, the want for the emotional pain to end was overwhelming, I'd never experienced such mental anguish. Divine intervention, a voice gently saying to me, get up, get up, dragging myself up off the floor, stumbling to the bathroom, washing my face, tears streaming from my eyes, I said to myself that's it, I am done, if you carry on you are going to die. That was 24th June 2020, I've now reached my two-year milestone!

For 18 months I plowed along alone, my insanity, coupled with the loss of husband, my son's, due to my non emotional availability, my home, my dog passed away, it sounds somewhat unbelievable, sadly all very true, a chapter of my life I have no desire to relive. November 2021, fourth suicide attempt, failed, hanging from a beam in my attic, I was crazier sober, recovery has enabled me to understand that I have an illness, whilst I knew I was an addict I had very little true understanding of addiction. That same evening, I sourced a meeting and drove to the location. The crying was relentless, the inability to speak, I was lost, broken, a tormented soul, the loneliness and isolation almost ended my life.

Fast forward nine months, the old version of me no longer exists. The 12 Step program has enabled me to look outwards, who really wants to face their own reflection. It's painful, dealing with all the emotional suppression, the harm I've caused, not only to others, but also myself.

Implementing the spiritual tools provided, I say provided, freely given to me, simplistic, yet life changing. My concept of my Higher Power changes rapidly, I am unsure what it is, but I do know that it's there, it always has been, I wouldn't have survived the chaos that was my life! To look at the sadness and the darkness that brought me to this point, would outweigh the message, that being hope, up until I entered recovery my life was for the best part completely unmanageable, desperation ruled my mind, constantly gasping for breath, addiction has attempted to pinch me from this world many times, it's still there lingering in my thoughts. I now understand that my illness longs to isolate me, to fill me full of bitter hatred and resentment, to tear down my new healthy friendships and Fellowship. Up until this point my old associates have been living in their own definition of insanity, as I wake every day I thank god that I am alive, thankful for recovery, thankful for a second chance, always being humble and mindful that I am choice away from active addiction, however living the program, implementing daily actions and personal inventory of myself enables me to step into each day, with humility, my Higher Power, compassion for others and sponsor those who desire to build what I have and continue to grow. Recovery is not an easy fix, it is a lifelong commitment to myself and those around me. I owe my life to the 12 Step program, to those that have and continue to love me back to a sane, balanced emotional state.

CARRYING THE TWELVE STEP MESSAGE

By Wayne O..
Swindon, Wiltshire, UK

This year I will be celebrating 16 years of recovery, I have been about for the last 18 years in Cocaine Anonymous meetings, but I was not sober, I was still on methadone, sleepers tranquilizers, and panic attack pills, It took nearly 2 years coming of them all, so from the 26/7/2006 is my sobriety date, you do the math's.

I am writing this in June 11th 2022, so just over a month and God willing, I will be 16 years sober, in those past 18 years of Fellowship I have seen many come and go, some have stuck around, of the numbers I can count on my fingers and toes, that have actually stayed sober, many have died, overdoses, suicide, some planned some accidental, I have sponsored a few, more fail than make it, but there is hope, I am sober, some do have the chance to recover, many are put off because of the spirituality of program, mainly because of ignorance, contempt prior to investigation, all I have is a solution that worked and continue to work for me.

The theme for this piece of literature is "Thus we grow carrying the message", and that's all I have is a 12 Step message that you too can recover, if you want it above all else.

I am not in the business of telling people to stop using or drinking, if the drink and drugs still work for you keep doing them, I am not a nag or killjoy, if drinking and using leads you down a dark path, and there is no way out, and your lost, up the swanny without a paddle, your despairing and can't find your way, if your using leads you to suicide, psychiatric units, hostels, prison, not that, that's a requirement, but usually it's the last stop of the bus last chance saloon, when we have exhausted all options, jobs, falling in love, change of environment, ill health, kids, that may be enough for you to quit.

I had to go further, for this addict I was totally powerless, I get so overwhelmed with heroin and crack addiction buying pills on the street if I can't get them prescribed, Valium, nitrazepam, lorazepam, methadone, shoplifting on a daily basis, I couldn't stop, I was going to die with a needle in my arm, and welcomed the idea, I was

on a suicide mission, if I couldn't score, I was in a world of pain, death seemed near, would I live through an overdose.

God was closer, the message of hope I have to carry today is, no matter how far down the scale you have gone, your experience can help someone else, 12 Stepping is why I keep doing what I do, to help and encourage the newcomer, to keep In the middle of the boat, if you want what we have and are willing to go to any length, then you are ready to take certain steps.

If drinking and using was harming your mental health, relationships, careers, financially bankrupt, emotionally dead, and dead spiritually, no God know pain, but know God no pain, the message is a Higher Power, can restore your thinking and your life to a finer and much more productive way of life than even dreamed, a life beyond our wildest dreams, to feel connection to the world and fellows, instead of fear and isolation, and wanting to die, seeking death on a daily basis, we are addicts who have recovered, on a day to day basis.

I have seen many recover from a hopeless state of mind and body, to have good mental health, and getting work, building relationships, families reunited, men being fathers, women being mothers, without the drink and drugs, to hold them back, we as a Fellowship are growing in strength and number, my home group averages around 20 plus recovering addict, successfully living life happy, joyous and free, not every day is a good day, but it can be a sober day, there are many trials and tribulations along the way, life on life terms isn't a walk in the park, I am on a path that repays with abundance, what you put into recovery you get back 10 fold, the Fellowship supports the steps bring about change, if nothing changes guess what? Nothing changes, you need to ask yourself one question? Do you want to live or die, many do die, they never get to the meeting because of fear, denial, if you can get past your little ego and face up, this may sound harsh but we are in the business of saving lives, every addict in the rooms is another miracle, thus we grow and so can you.

A CUP OF TEA (POEM)

By Kelly Ann S.
Swindon, Scotland, UK

In the beginning it was just a warm cup of tea
In that moment, I felt whole, I thought I was now free.
Then quickly, that journey began to progress,
It took away the pain and the mental distress.
Peace always arrived after that first cup of tea,
It was the one and only time I felt OK being me.
A variety of cups, which all brought their own pain
This life, it was torture, I could no longer sustain
Over time I didn't care if there was sugar or not,
In the end days, the tea didn't even need to be hot.
Emotional pain got harder to live with each day
In this world I no longer wanted to stay.
Battling daily with the thoughts in my mind,

I needed relief that I could no longer find.
I damaged my family, our bond started to fray,
But at that moment I could not see life any other way.
I was now so alone, full of remorse and despair,
My heart was so broken, life just didn't seem fair.
By this time daily tea was coming at a high dose
It felt like I was in hell, but my body was frozen.
Loneliness and pain, that took over my soul,
As now this sheer poison was now in control.
That cold cup of tea burnt my life to the ground,
By then my house was empty, you could not hear a sound.

THE WOMEN I AM BLESSED TO WALK ALONGSIDE

By Jo P.

Totterdown, Bristol, UK

(Continued from page 1)

Service has taught me about humility. I look back and cringe at how I was when I first took on service commitments, to say I was the bleeding deacon would be an understatement, as well as being very vocal to anyone who would listen about all the things I was doing. Now, while I do just as much as I did back then I don't need the world to know. The peace, feeling of usefulness and freedom I am granted are gift enough. It has taught me skills I knew nothing of before, from minute taking, agenda setting, public speaking, acting, website maintenance and so much besides.

As much as I love doing committee work and serving the Area I belong to, the bright spot of my life are the women I am blessed to walk alongside. Being still somewhat selfish I find that speaking with them or being in the book with them takes me out of self and consequently closer to the God of my understanding. I am constantly reminded of the illness I suffer with as I get to crack open the book and visit again with Bill W, the man of thirty, Jim, the jaywalker and Fred. I am granted the gift of connection to others and the true meaning of love – the desire to help when they can to give nothing in return. The biggest gift I get is seeing the light come on in their eyes, their eyes lift from the floor and the ability to look me in the eyes.

I came into Cocaine Anonymous to take what I could, and I stay to give what I have. Today I am a proud, happy member of Cocaine Anonymous and a grateful Trusted Servant. I pray that I continue this way until I die of something other than addiction.

Sam Shoemaker said it best in his poem, I Stand by The Door

"I stand by the door.

I neither go to far in, nor stay to far out.

The door is the most important door in the world -

It is the door through which men walk when they find God.

There is no use my going way inside and staying there,

When so many are still outside and they, as much as I

Crave to know where the door is.

And all that so many ever find

Is only the wall where the door ought to be.

They creep along the wall like blind men

With outstretched, groping hands

Feeling for a door, knowing there must be a door

Yet they never find it.

So, I stand by the door."



PUT YOUR SERVICE SHOES ON!

The WSCIT COMMITTEE NEEDS YOU!!!

Exciting news C.A. is continuing work on an app for our Fellowship! We are looking for your ideas and input to find out what the Fellowship would like to see. We have a list of ideas from referrals and committee work for possible content:

- *Sobriety Calculator (referral)*
- *Find a meeting (referral)*
- *Pre-amble*
- *Who is a Cocaine Addict?*
- *We Can Recover*
- *Serenity Prayer*
- *Link to CA.org*
- *12 Steps*
- *12 Traditions*
- *Vision for you*
- *Reaching Out*
- *Meeting Formats*
- *Find events: district, area, or international*

Let us know what you would like to see,
send an email to itcommittee@ca.org

Join us!!!

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

GROWTH OF THE FELLOWSHIP THROUGH THE PANDEMIC

By Jen S.
Henbury, Bristol, UK

Just like our 12 Steps and 12 Traditions, we have to learn and deal with life on life's terms using what our C.A. program teaches us.

When the Covid-19 pandemic hit, it became a new chance for our Fellowship to grow and change in a new and more exciting ways. Suddenly the UK among other countries were put into lockdown and meetings closed overnight and the addicts and recovering addicts among us found it difficult to connect and find the recovery and connection they desperately needed. I came out of treatment during the 1st lockdown in the UK right at the beginning on 26th March 2020 and recovery was hard in the beginning.

In the early days this may have had a detrimental effect on many and therefore a solution needed to be found that Cocaine Anonymous was still here and still free!

Suddenly the fighting spirit to stay in recovery and to still pass on the message of C.A. became abundantly clear and many groups started meetings online because if there is one thing, we share it is grit and determination to help each other because we are suffering from the same disease no matter what background we come from but we no longer look for the differences once we are working the program to the best of our ability.

On 27th June 2020 the six C.A. members held their first meeting and discussed the pros and cons of forming an Online District Service Committee. The pros being that it would create unity within the Fellowship and within the UK, provide support within the geographic area location online, removes a layer of fear (I know for me if I hadn't

gone to treatment online meetings would have been much more attractive than face to face as I had such a fear of people, places and things in addiction), Greater Accessibility (During lockdown access to meeting online has grown) and the growth of the Fellowship. Obviously, there is always going to be concerns, worries or questions and these included: Would it stop people going to face to face meetings? If you do service at one area/district you can't do service at another so would this, make the service board relatively small? How would H&I & PI roles be fulfilled? However, the decision was made in that meeting to form an Online District and align with CAUK.

It will be two years this year since that very first meeting and the Online District has gone from strength to strength. We have over 37 groups at the last count that have aligned with us, we have a Unity, F&E, H&I and PI chair and the Online District Service Committee is flourishing. It is just a reminder that if we let go and let God then it will turn out for the best and it just goes to show that one vision and one decision nearly 2 years ago has got us to where we are today. We now have our own website within CAUK where all our online district meetings are listed. I feel blessed and privileged to be a Cocaine Anonymous member and able to be a part of service and service has taught me more than I could ever ask for. I wish nothing but the best for many years to come for the Online District.

MY EXPERIENCE WITH GOD

By Robert O.
Fairwater, Cardiff, UK

March 1st, 2021. That day was my jumping off place. I was taken to A&E with a suspected stroke. What my loved ones didn't know was that I was four years into my addiction and had lost my grip on everything. You would think the very near suicide attempt would be my jumping off place but no, once that moment had past there was "still more time" and "it will be different tomorrow".

I was rushed to the stroke department where they started their tests and as addicts all do, I bought into the thought that I had had a stroke. Nothing to do with the eight cans of scrumpy, two bottles of Malbec, one liter bottle of vodka, three and a half grams and seven sleeping pills. No, it must be a stroke!! That was it. I had had enough, couldn't live with the drugs and couldn't live without them. I told the A&E staff a little bit of the truth (dishonest to the core when active) and thankfully it wasn't a stroke. I don't remember exactly what they said but it was along the lines of I need to change my lifestyle but anyway it was the kick start I needed to put some action into getting clean.

I found Cocaine Anonymous. I had already known about it in the months leading up to March 1st but the God word kept me away as well as my ego.

My Partner came with me to the first C.A. meeting. I

think we were both shocked and I was especially confused as to the whole positivity and happiness of everyone! I saw a bunch of smiling happy people who all had what I wanted. Freedom!!

Through the program I'm finding this and myself. My family are seeing the changes in me and my behaviours. The trust is very slowly being rebuilt with my partner and things are getting better.

So here we are 230 days clean and a few relapses later (because as addicts we always think the experiment will have a different outcome. It's like watching the same film over and over and expecting it to have a different ending) and loving life, had my first sober birthday in 28 years and many more to come. I couldn't have done this without Cocaine Anonymous, the Fellowship, my sponsor, my family and God.

Getting married in the 19th August and can't believe Rachel has stuck by me. It's been difficult and almost didn't make it but by the grace of God we have.

Honesty is the key to this program and life. It frees you in so many ways I cannot convey in words. The feeling is beyond this world.

I WAS INTRODUCED TO COCAINE ANONYMOUS

By Laura E.
Chandler, Arizona, USA

Hello, my name is Laura, and I am an addict.

I have the disease of addiction: an obsession of the mind and an allergy of the body. I don't know if you can relate, but when I use, I break out in handcuffs... literally! My use of crystal meth started out as your typical love story; there was a magical feeling I felt that seemed to take all of my cares, my self-consciousness, and my fears away... for a while at least. As time went on, this love affair became more like an abusive relationship that I couldn't get out of, nor did I really want to. Everything I had ever loved, cared about, or worked for in my life; my relationships, my family & friends, my career, my finances, and my freedom had all been swooped up by Hurricane Laura, torn apart, and destroyed. I was not blind to the wreckage, but I did feel like it was mostly the blame of someone else or the fault of circumstances beyond my control. I couldn't see that the common denominator in all these equations was me! It took getting arrested for the umpteenth time and facing some serious time in prison for me to, very hesitantly, agree to getting some help. I know many of you can probably relate.

While I was in residential treatment, I was introduced to Cocaine Anonymous. I heard people share their stories, which sounded a whole lot like mine. But they had followed suggestions made by others, gotten a sponsor and worked the 12 Steps. These people had smiles on their faces. I couldn't fathom what they were so happy about. Their eyes were bright and full of Hope as they took time out of their day to come talk to a bunch of people in rehab. They weren't getting paid for their time or gaining anything by doing this. It made me realize that they had walked the same roads as I had, but they now had something I wanted. I decided that I didn't have anything more to lose, so I might as well give it a try.

Because of Cocaine Anonymous, the 12 Steps, finding & trusting in a God of my own understanding and lots and lots of action, I have been blessed with the psychic change which has given me a new perspective.

I now have over 5 years of sobriety, a new lease on life, have been able to repair the damages with my family & my finances. I am engaged to be married to a wonderful man, who is also an addict and have made so many new friendships along my journey. My life today is better than I ever could've imagined, with a heart full of gratitude and the desire to help others.

A couple of weeks ago, I had just left a 12 Step Companion Guide Workshop and was driving home. I was sitting at the stoplight, of an intersection where the Superior Courthouse is located, and a Sheriff's van pulled up right next to me. You know, the kind with no windows in the back, so the inmates can't see out. It brought back so many memories for me of times that I had rode in those vans myself. That intersection had become an area that I would drive out of my way to avoid. As I sat at the red light that night, I realized that the eight weeks that I had been driving that same exact path to and from the workshop, I hadn't once been afraid, weary of the cops or worried at all. I had not even thought about driving the long way to avoid that intersection, because I knew I was headed to a place that filled my heart and my spirit. This program has shown me not to close the door on my past, but instead use my experiences in a way that helps me relate to and build connections with others.

I have become what some may call "A Service Junkie", involved on Group, Area, and the World levels of Cocaine Anonymous. I have experienced so much joy being able to help others, just as I was and continue to be helped. I am undeniably blessed to have the opportunity to give back to this incredible Fellowship that not only saved my life, but has helped me grown into a better person, mother, daughter, employee, and friend.

I love C.A. and am so incredibly grateful for this amazing Fellowship. Thank you all for carrying the message and helping addicts like me!

REPAYING THE DEBT

I have been handed this great gift from God and the Fellowship, an exciting new life full of unlimited adventure and discovery. That's a debt that no matter how hard I try, I will never have the ability to repay.

Hope, Faith & Courage Volume II, page 107

Today, I will focus on how I can carry the C.A. message of recovery and freedom. I will strive to repay the debt as others before me have done with hope, gratitude, and humility.

A Quiet Peace July 24th

KEEP COMING BACK

By Matthew G.
Epsom, London, UK

My sobriety date is the 27/07/2014.

After living a life ravaged by the illness of addiction for me and the effects it had on my family,, Many years of torment and heartbreaking experiences where I found myself living just to use , I found myself in a terrible hole of addiction, debts crime, prison, eventually after three decades of tearing down my life through this terrible illness,

I managed to get help through H&I with Cocaine Anonymous carrying the message to the institution I was in, I heard something I've never heard before, I saw something I've never seen before drug addicts just like me who seemed to have recovered from this illness. They told me I could have this too, I finally had hope.

I came to my first meeting In September 2013, Richmond thus we grow. The room was absolutely on fire with enthusiasm and passion, wanted what they had, I got a sponsor that night a man armed with the facts ,he told me I never have to drink and use again as long as I follow a few suggestions, I was in thirty two thousand pounds worth of debt, looming court appearance, drug dealers constantly trying to find me, as a result of my inability to get completely honest as it's suggested in how it works, my whole life has been one of dishonesty.

Eventually after a few slips and a few more sponsors, I found myself sitting in a hotel room on the 26/07/2014 using to die I wanted out, I was tired and broken, apparently exactly where I needed to be, I finally surrendered to God and the program of C.A. I couldn't use anymore my head was screaming at me, and then a quiet voice, to go for a walk.

I've been using for fifteen hours straight my first thought isn't to go for a walk at six thirty in the morning. Buy I did I came back to the hotel room; something was different I felt a calming presence around me. You told me God would do for me that I couldn't do for myself, at this point I believed you, there was something so different, I felt differently something had changed deep down inside of me, I know today I fully conceded to my innermost self.

But I knew I had to use this desperation, I had to finally put some action in that night. I went back to C.A., you welcomed me back, you showed me through your actions, you told me to get serious about my recovery, in no time at all I was fully involved in C.A. I was throwing myself into every bit of service, I was through the Steps in forty days, I was immensely involved in helping others recover.

And ever since that point I've stayed constantly in the Steps, home groups etc. I've done service for C.A. in Scotland, Ireland, Copenhagen, Wales, in most parts of England, I've been involved in multiple conventions,

Being the programming chair for the 25th year C.A. convention at Brighton with a attendance of over fifteen hundred members, absolutely mind-blowing experience.

Buy more importantly I've become a husband, father and son to my long-suffering family. Today I stand here a free man as a result of Cocaine Anonymous,

The Steps and a loving God.

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

SAVE MY A\$\$ RECOVERY TRANSFER

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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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NEWSGRAM THEME NEXT EDITION

C.A. CHANGED MY LIFE

DEADLINE:

OCTOBER 1, 2022

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37TH ANNUAL COCAINE ANONYMOUS WORLD SERVICE CONVENTION

CAWS 2023

IN ATLANTA, GEORGIA

MAY 25-29, 2023

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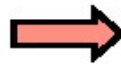
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C.A. WORLD SERVICE CONFERENCE COMMITTEES

TRUSTEE CORNER

C.A. and International Growth:

C.A. is international and has gathered people from around the globe at the bonfire of our primary purpose, why is that? And are we standing at the threshold of a new period of growth? Are we stretching our Fellowships arms even further to gather addicts that need a solution?

How do we achieve growth? Nobody knows for sure about the future. We can use the history of C.A. – looking back can give us hints. To the best of our knowledge the world will still produce addicts, addicts suffer, and suffering people needs a solution.

A core message of C.A. is that *"WE CAN RECOVER"* and at a recent workshop in the ME-Region the conclusion was that the strong growth in Europe was based on those three simple words. That WE (gives identification) CAN (do the Steps) RECOVER (We're here and We're free) grants hope to the hopeless that they too can recover.

So how do we achieve that? How do we as a Fellowship best help addicts suffering in a distance place? How do we get an electrician in Seattle to help a suffering addict in Russia, how do we get a Scottish plumber to be the hope for a Hong Kong stock trader?

Perhaps it is as easy as sticking to the message of Cocaine Anonymous.

Identification, to feel part of you need literature and readings in local languages, you need to have representation at every level of the world service structure. You need to feel that we are all one. We need to be ready to include new people in our Fellowship, the world is a big place and our ability to grow is beyond comprehension.

Hope, we all need hope, we need to understand that there is a solution to our problem. We need to believe in that. We need to sprinkle hope when we talk to the new people everywhere.

Proof, addicts are suspicious people, we need to see that there is a solution that works, that people who are like me actually recover from a state of mind that surpasses human aid. We need to show them "I am like you, and now I have recovered".

Lastly, personally I believe that a healthy Fellowship has lots of newcomers, that attraction is strong. Let newcomers be part of – start meetings, make events and chair service positions suitable for them. Let us Oldtimers act as custodians, to help and mop up any mess newcomers create just by being new. Change is the only constant, and newcomers force Oldtimers to stay fresh.

Final word, C.A. can be a force to change people's lives and help societies by mending their sick.

Thus we grow... In Service,

Johan T, Mainland European Regional Trustee.

PUBLIC INFORMATION

The theme for this edition resonates with me as I celebrated 9 years of sobriety just a few days ago, and I have just come off a video call with our European PI chair members hearing their updates and successes. How much I have grown by being given the opportunity to serve C.A. and the Fellowship carrying the message in so many ways.

I started my journey in Public Information service when I was a couple of years in, as I had found C.A. through a search engine and wanted to "Pay it forward" in the same way. I joined my local district PI committee and found they needed a Media Chair. My background in media wasn't a requirement but it certainly helped! It was lovely to find a way to use the tools and experience to do good rather than to lie and manipulate or fuel my own ego. I learned about the Traditions and humility.

After serving 2 years I went on to serve my district as a DSR, then World Service Delegate- where I had the opportunity to join a World committee. Where else could I pace my hat but my World PI committee? I had no idea what I would do there, but God had a plan. My first 2 years on the committee involved me re-writing the PI handbook with a group of members, the very handbook that had been my bible in my early years at District! I learned much more of cooperation, Traditions and concepts. I experienced more Fellowship and unity. I saw so much dedication and even more knowledge from the fellows who have walked the path before me. I was elected Euro PI chair in my third year as delegate! We had our Euro Summit in Birmingham and since I have been elected as Vice Chair to CAWSPI. I honestly couldn't imagine life without the blanket of service that keeps me in the middle of the bed- seeing new meetings and countries join us, Area's spring out of Districts, and those newcomers grabbing service with both hands!

I am truly blessed to be a member of this Fellowship- carrying the message is a privilege through meetings and of course through Public Information. We always welcome new members to our monthly meeting for European Public Information on the first Sunday of every month- to join the WhatsApp group send me an email: pi@ca.org or message

CAWSPI Vice Chair and CA European PI Chair- Kim G

C.A. WORLD SERVICE CONFERENCE COMMITTEES

WORLD SERVICE OFFICE BOARD

Tradition One: “Our **COMMon** welfare should come first: personal recovery depends upon C.A. **UNITY**.”

COMMUNITY

Community is a group of people having a common interest:
Our common interest is RECOVERY

All the Traditions that follow re-enforce the idea that the well-being and welfare of the group must be the top priority, the group must exist in order for the individual to find recovery. Most people can't recover unless there is a group.

**Unity is one of the Three Legacies
Equated in the Triangle by Service & Recovery**

C.A. is a “WE” program of recovery

The member has to conform to the principles of recovery. Our lives actually depend upon obedience to spiritual principles. The individuals as well as the groups must carry this message of recovery to the still suffering in order to keep the gift of recovery. It has been made clear to us that the group must survive or the individual will not

The first word in the first Step is **WE**
When the **I** in illness is replaced with **we**
it becomes
Wellness

So, what about these Traditions? Why do we concern ourselves?

We are reminded in the 12&12 that no member can compel another to do anything, nobody can be punished or expelled. Our 12 Steps are suggestions, and the Traditions follow the same logic. the Twelve Traditions which guarantee C.A.'s unity contains not a single “Don't” They repeatedly say “We ought...” but never you must. (*)

I was at a convention and learned from a historian some of the history of the Traditions and he pointed out to me that if you examine the wording of them all, you will discover that the first 5 Traditions are **affirmations**. Things the groups and individuals **ought** to do to build **UNITY**. The next 7 Traditions are **renunciations** the things we **ought not** do that would threaten our **UNITY**.

UNITY is the bond that overcomes all differences. I discovered no matter how different our stories or backgrounds were or what substance we became addicted to or how we got to C.A., I learned we all suffered from the disease of addiction.

The C.A. groups I attended carried the message that we are people who might never have mixed “out there”, but addiction and recovery are the elements that **unite** us in the rooms and onto recovery

Practicing the principles of the Twelve Steps and the Twelve Traditions, we learn how to apply the love and tolerance of others, and respect for each other. Especially in Service Work this spiritual growth allows us to rise above petty prejudice, religious backgrounds, ethnicity, gender, economic and social status, age, or sexual orientation, to carry the C.A. message. We discover that our vast diversity makes us stronger and more effective in carrying out our primary purpose. The more diverse our experience, the greater our knowledge and resources to help and identify with others who seek a path to recovery.

This is what **UNITY** does for all of us.

Earl H.

(*) *Quote from the 12&12: “ No A.A. can compel another to do anything; nobody can be punished or expelled. Our Twelve Steps to recovery are suggestions; the Twelve Traditions which guarantee A.A.'s unity contain not a single “Don't.” They repeatedly say “We ought...” but never “You must!” ”*

C.A. WORLD SERVICE CONFERENCE COMMITTEES

ARCHIVES

The History of the Online Service Area (OSA)

1994 – Two members of the 1994 Conference, Craig H. (Midwest Regional Trustee) and Jim S., a delegate from Northern California Area brought a motion to the Conference floor through the Public Information Committee. This motion was to obtain an internet domain (<https://ca.org>) and to put up a very limited web site on a server that Craig H. managed. The site was to be limited to the Preamble, the Self-Test and local telephone contact numbers. The “Escape Cocaine” billboard art was also used. This motion passed after considerable debate.

The domain ca.org was registered on October 20, 1994. The site was online shortly thereafter generating a small number of telephone contacts to CAWSO. There was no e-mail address. C.A. was the first 12-Step Fellowship to have such a web site—NA, AA and Al-Anon all put up sites in years following.

1995 – PI brought a motion to the Conference floor to add certain specified information to the website, such as “What is C.A.?”, “...And All Other Mind-Altering Substances” and “To the Newcomer.” The motion passed with an amendment from to allow the PI committee to add Conference-approved information at its discretion. Kevin M. undertook a redesign of the website. More pieces were added: a page on the Storybook, the PI Fact File, the 12 Steps and 12 Traditions, “Crack”, and some of the results of the PI Survey of the previous year and an opening page describing the Fellowship and its goals. There was still no e-mail contact listed. This new version of the site went up, but it should have been reviewed and approved first by the WSBT and/or the WSOB, but none of them had Internet access!

1996 – The new website was formally announced at the Conference and made available for viewing by the Fellowship. E-mail addresses for Public Information inquiries (pubinfo@ca.org) and for technical comments (webmaster@ca.org) were also created, and all of these addresses were listed on the web site. A motion was passed at the 1996 World Conference that any future substantive changes to the site would require Trustee or Conference approval and a motion was passed to translate the web site into French. The Montreal Fellowship translated the web site into French and provided text and detailed information on how that text correlated to the English version, so that posting the French web site was merely a technical issue. The French version of ca.org went up August 1, 1997, with WSO approval.

First Online C.A. Meetings

On February 1, 1997, the “Hope, Faith & Courage” (aka HFC) became the first online/virtual meeting facilitated through email.

Initially a speaker/discussion meeting patterned after AA’s “Lamplighters” online meeting, but soon changed to mostly a discussion format.

In time, the “speaker” portion of the meeting was replaced by inviting people celebrating a birthday to post their stories online. After a slow start, the meeting began to thrive. Due to the very low initial cost of operating the meeting, no 7th Tradition was taken initially. After some discussion, and a long talk with former Trustee Bob L, it was decided that the HFC meeting needed to take a 7th Tradition, as this was the only one of the 6 points regarding group status that HFC was not currently meeting.

(image right: According to Kevin M. the HFC Logo design was created by Leon Strange circa 1998-1999.)

1998 – In August, the second email subscriber meeting, “KISCA,” was started.

1999 – Two more email meetings were formed, “Sisters in Sobriety” and “The Study.”

1999-09-03 – The Conference approves the creation of an Online Service Committee and <https://ca-online.org> is registered on 1999-09-16.

2000-09-03 – The C.A. World Conference ratifies ca-online.org as a Cocaine Anonymous Online Service Area. OSA Delegates representing the OSA are: Michael C. (2 votes) and Alt. Del. Sherri H. (1 vote).

2001 “There is a Solution” meeting began.

2002 – “Steps On Line” meeting started.

2010 – Voice meetings were introduced.

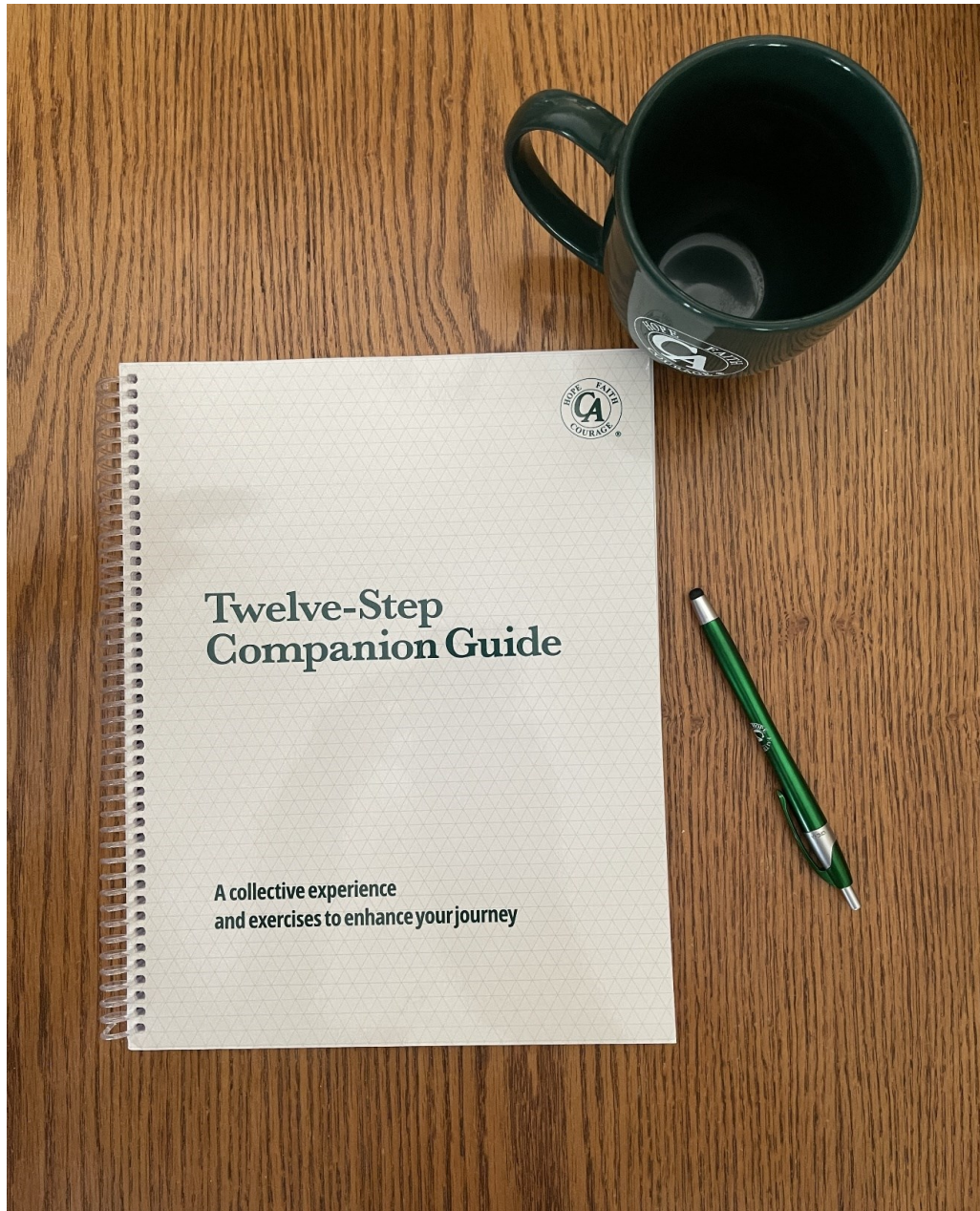
2020 – Global pandemic starts and C.A. moves to the “ZOOM” platform. OSA experiences exponential growth.

Today the OSA has some 50 + virtual meetings with hundreds of members participating from countries throughout the Americas, Europe, Asia, Africa and Australia.



C.A. WORLD SERVICE CONFERENCE COMMITTEES

LITERATURE, CHIPS & FORMATS



In case you weren't aware, Cocaine Anonymous has come out with a new guidebook called the Twelve-Step Companion Guide.

"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."

It is available on the C.A. web site store at the following link:

<https://ca.org/product/12-step-companion-guide-english-soft-cover-spiral-bound-8-%c2%bd-x-11/>

CALENDAR OF EVENTS

August 12-14, 2022

Texas Area Service Gulf Coast 2022 Convention

LOCATION:

Hyatt Regency Houston West
Houston, Texas, USA

September 9-12, 2022

Annual Recovery in the Rockies
(Rockies 33) Convention

LOCATION:

Salt Lake Downtown Marriott Hotel
City Creek Center, Salt Lake, Utah, USA

September 16-18, 2022

Florida Area C.A. Convention

LOCATION:

Embassy Suites
Fort Lauderdale, Florida, USA

October 21-23, 2022

C.A. Ireland 2022 Convention

LOCATION:

Crowne Plaza Hotel
Blanchardstown, Dublin, Ireland

November 4-6, 2022

28th Annual C.A. Midwest Regional Convention

LOCATION:

The Doubletree by Hilton
Worthington, Ohio, USA

March 24-26, 2023

Thus We Grow - C.A. European Regional
Convention

LOCATION:

The Celtic Manor Resort
Newport, South Wales, UK

May 25-29, 2023

37th Annual Cocaine Anonymous World Service
Convention

LOCATION:

Atlanta Marriott Marquis
Atlanta, Georgia, USA

COMING IN 2023

May 26- May 30, 2021

C.A. WORLD SERVICE CONVENTION
RECOVERY ON MY MIND



CAWS 2023 in Atlanta, GEORGIA
Atlanta Marriott Marquis
265 Peachtree Center Ave. NE
Atlanta, GEORGIA 30303, USA

INFORMATION, REGISTRATION, RESERVATION

<https://caws2023.org/>

Get the word out about your local
Event - Use the form at:
www.ca.org/event_form.html
to get your event listed on both the
website and the NewsGram

or notify us by mail to:
NewsGram C/O CAWSO, Inc.
21720 S. Wilmington Ave., Ste. 304
Long Beach, CA, 90810
USA

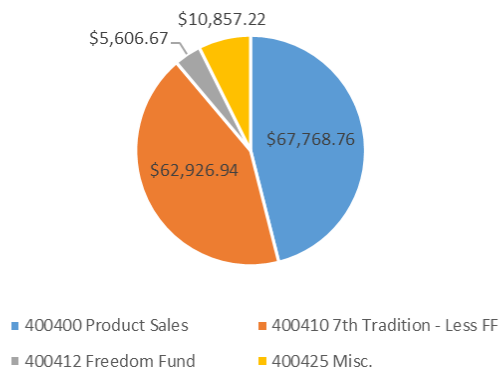
7th Tradition April-June 2022 Category or Group

LOCATION	NAME/CITY	TOTAL
CANADA		
Alberta	Northern Alberta Area	\$1,000.00
British Columbia	Mayhem to Miracles	\$378.00
Manitoba	CA Service Committee, Manitoba Area	\$758.00
Ontario	Bridge the Connetion Group, Ontario Canada	\$100.00
Quebec	Get Well Soon	\$150.00
Europe		
England	CA Kent District	\$1,435.10
	CA London	\$4,313.00
	CA North London District	\$865.00
Scotland	CA Scotland	\$5,525.10
Thailand	PaKlok Group of Thailand	\$50.00
Mainland Europe		
Netherlands	CA District North, Netherlands	\$160.00
USA		
California	24/7 Online Service Area Quiet Peace	\$237.92
	CA- LBC	\$110.00
	CA Southbay	\$155.00
	Came to Believe	\$100.00
	IEACA	\$250.00
	Mainline Group	\$250.00
	OCCA	\$1,000.00
Colorado	Coconuts Sunday AM	\$256.00
	Colorado District One - White Out	\$149.19
	Nirvana Group of CA	\$81.53

7th Tradition April-June 2022 Category or Group

LOCATION	NAME/CITY	TOTAL
Pennsylvania	CA of PA/NJ/DE	\$200.00
	How Do You Like Us Now Group CA DC	\$50.00
Florida	Florida Area CA, Inc (SWFL District)	\$270.00
Georgia	Beyond Human AID	\$82.93
	Log Cabin Group	\$34.00
Illinois	Forever Free Meeting of CA	\$15.00
Massachusetts	Mass. Area of CA	\$63.00
Michigan	Saturday Morning Alive	\$80.00
Nebraska	Monday Miracles Meeting	\$255.00
New York	Centered on Sobriety NYC	\$100.00
Ohio	AM Sunday CA Group	\$200.00
Oklahoma	Oklahoma District	\$75.00
Oregon	CA of Oregon	\$200.00
South Carolina	There Is A Solution	\$42.10
Tennessee	Off the Rocks	\$25.05
Texas	SCTA of CA Inc (The Fox Group)	\$100.00
Utah	CA of Utah	\$10,000.00
Washington	Washington State CA	\$18,500.00
7th Tradition		\$6,383.23
Freedom Fund		\$6,411.17
Gratitude		\$55.00
S.M.A.R.T.		\$295.00
Total 7th Tradition		\$60,760.32

2nd Quarter Income



2nd Quarter Expenses

