

THE HOME GROUP

NEWS GRAM

Vol. 41 No. 1 C.A. World Service Office, 21720 S. Wilmington Ave., Ste. 304, Long Beach, C.A. 90810-1641 1st Quarter 2023

I FOUND MY HOME...GROUP

By Lisa M.

Vancouver, British-Columbia, Canada

I was lying in a hospital bed with tubes in my arms. I had pneumonia and I was 89 pounds. My chest felt like there was an elephant sitting on it. I needed oxygen to breathe. My oxygen level was so low they would not let me leave. Since I was a heavy smoker they had slapped a nicotine patch on me.

The man that I thought loved me was nowhere to be found. When I finally got him on the phone he said, "What do YOU want?." I was devastated by his response.

My so called friends were not there either. They were what you call "fair weather" friends. I had nothing to offer them and they were busy chasing their demons.

My family came to visit and they were scared. I think they even bought me a funeral plot. I guess they thought this was close enough for them. I felt so alone, unwanted and devastated.

I had a lot of time on my hands . I thought about how I had ended up here and what I wanted to do next. I remember praying and asking for guidance. I had wanted to get sober. I decided that now I could not forgive my boyfriend. I had forgiven him for a lot of horrible things in the past. But this was it, this was not to be forgiven. Without him in my life it would be easier to think seriously about getting sober. I decided that was what I wanted to do. I remember feeling happy, and hopeful. I felt a sense of peace come over me.

I also wanted to get sober because I had hepatitis. I knew that I needed six months sober to get treated. I was on the "six month plan". I wanted to get sober, get healthy and then I could go back to what I was doing.

I got out of the hospital and found a Cocaine Anonymous meeting. The meeting was five minutes away from home. Imagine that, help was there all that time. This meeting became my homegroup and it still is 17 years later. I found a C.A. sponsor who led me

through the steps and mentored me. I went to her sober wedding to a wonderful man. Unfortunately, they moved away, and I was in the market for a new sponsor.

I went through the hepatitis treatment for six months with the help and support of my new sponsor. I no longer wanted to be on the "six month plan". I was so much happier now and I wanted to stay that way. I decided it was "easier" to keep going forward, one day at a time.

The promises of this program were coming true for me. At nine months sober my mother gave me back the house keys, she trusted me again. She was happy to have "her Lisa back" . She signed over the house to me as well. I am so very blessed.

At five years sober my mother helped me buy a car. I quit smoking successfully at six years sober. I started chairing meetings at women's treatment centers to give back what had been given to me.

A lot has happened in my journey. I have met so many wonderful people that I am proud to call friends. I have shared my life with two great sponsors who have guided me through some very tough times.

The tools in recovery helped me get through the unbearable loss of family members. I lost my brother, my sister-in-law and my Aunt all in 2019.

With 2020 came the Pandemic. Thanks to Zoom I was able to stay connected and make new friends. With a recent shift change in March of 2022 came the opportunity to do 90/90 again! Thanks to Zoom I found new meetings and new friends. I was so happy to find a great CA Women's meeting!

I do have a new life and a new happiness! I am not done, I am not cured, I am a work in progress, one day at a time.

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MY HOME GROUP
By Gary P.
Seattle, Washington, USA

As newcomers, we hear the suggestion to get a “home group,” but we aren’t sure why. Many of us have been in isolation for the last months or years of our using. We feel apart from society and need to connect with people who understand. We find those people at meetings of Cocaine Anonymous, Taken from the Home Group Pamphlet

When I came to Cocaine Anonymous there were a lot of terms and sayings I had no comprehension of.. a few of those words were “sponsor”, “service work” and “home group”. As a result of getting a sponsor with the knowledge and experience of the program of recovery my journey on the path of sobriety started to change fast, I was recommended to get a home group and was explained what that actually meant by my sponsor. I was told the importance of having one even though I could’ve never fully understood at the time, I did what was suggested and got my first home group. Bladerunners was the only C.A. meeting in the area of Washington state I lived in so it became my homegroup. What I didn’t understand was that it would become my home and the people that attended would become my family.

Having to be accountable to a group was a vital step in my early recovery and definitely was something new to me, but the home group and my sponsor taught me how to be just that. Then started what got me involved in the service side of my recovery by attending the groups business meeting I was quickly moved to be helpful and of service to this group by being elected to be the activities chair for the group. This continued through almost all of the positions available at the group level and continued on to the district, area and world levels.

There were times in early recovery I struggled and wasn’t properly armed with the tools needed to get through those times, the home group circled around me and made sure I was ok. The love and kindness I found was indescribably different from the world I was used to living in. What I found to be what I share with new members today is “find a meeting that you love and make it your home” because I believe if you don’t feel like your home group is the best meeting in existence you may not have the right home group.

Over the years I’ve had a few home groups, my original group Bladerunners was my home for many years and with the enthusiasm building in C.A. it allowed the new members to come in and expand the strength of the fellowship and start new meetings, in that same area that only had one meeting to pick from now has a minimum of three different meetings every day for a new member to find a home in. I moved out of the area and still drove to that group for roughly two or more years after driving 45 minutes each way, I then learned to apply all the lessons I learned from my Bladerunners family and applied them to the area I was now living in and have been able to witness the growth in this area now. My current home group is located in a treatment center in a town that’s not the one I live in but like I mentioned above I think it’s the best group in the world so I made it my home group and attend all regularly scheduled meetings.

So in ending I would have to say if you don’t have a home group I would suggest getting one and watch your world change for the better as you gain a host of new friends.



THERACOM AND SAND DOLLARS

By Kelly Marie S.
Kathleen, Georgia, USA

I was born in Macon GA on February 9th, 1986. From a very early age I always remember feeling different than other people. My childhood was good, and I was given any and everything a child needed to be successful in life. I remember always getting extremely mad however when things did not go my way. Or when I was told No. I never liked being told No, I would always demand an answer or explanation for these things.

I never seemed to quite “fit in” anywhere it seemed. I made so many choices, negative and positive, to try and “fit in” rather than trying to fit a mold or a friend group. I always had an awkwardness about me that never could seem to be explained. I am an only child and I always got all of the attention at home. When it came to school or sports, I became good at fitting in and because I was so gifted at putting on a show. I usually got my way or manipulated my way to the things in life that I wanted.

This theme of fitting in was semi harmless at first. Until the people I was fitting in with became quite dangerous. I would go to any lengths to “fit in” the habits and behaviors in my life kept going further down the ladder and finally at age 17, I was already in the grip of a disease I didn't even know I had.

I knew I was different from my peers in the sense that I liked girls, and I am from the South where that is totally unacceptable, and I was surely going to burn in Hell. In these teen years I would hide my true feelings and intentions and put on this double life, one for my parents and the other for myself. I would do crazy things like drive to another state to see a girl I was dating and not tell anyone where I was going in fear I would be “found out”. I was taught things like well this is just the way things are. That is about as far as it got. I dared not question the adults in my life. So once again I did whatever it was I had to do to get by. I was highly active in sports in middle school/high school. Softball, basketball, track, skating you name it I played it. I loved being the center of attention. I loved the release I found in sports; it was like small little escapes from my other troubles.

My disease was already at work even in my senior year of high school. By then I was already completely addicted to crystal meth. They had to take me to a residential facility in Alabama because they did not have a treatment facility in the state of Georgia that would house a minor at that time. The consequences of my addictions began to be severe, and fear set in because I had no idea how to combat this thing, I really didn't know anything about. I would hear things like go to church, work some steps, just don't drink, or use no matter what! Or just don't hang out with bad people! But in that phase of my development me not using or drinking was unthinkable. It would be equivalent to someone asking a person not to breathe. I had lost my power of choice. I was a slave to my addictions/ alcoholism.

Around 2010 I got detained in a local detention center and under the impression that I would get bonded out. This was one of many times I was detained. I was not too concerned with what was happening to me as it had

happened to me time and time again. Until something different happened, there was no getting me out. I was truly in a legal position where nobody could help me. I was mandated to a long-term treatment facility where I stayed for an entire year.

As a result of this I found recovery for quite some years to come. Life was good again and I saw a hope in the world probably for the first time. Material things came back to me. I obtained employment, a place to live, a friend group, all of these external factors. As part of the recovery program then I was told to get a network and a sponsor, which I had obtained. But there was always a huge part of me that didn't trust that process. So internally I had what they like to refer to as reservations.

Again, I was invited out with friends and I found myself letting myself be convinced that I could have a few drinks with impunity. How truly insane that thinking was. I knew in my heart I couldn't do it, but the fear of being different or some absolutely crazy idea was there with me and I couldn't back down, it's not in my nature when I am untreated. I was insanely sick right after the night out and my sickness grew unnoticed and untreated for several years. These were bottoms that I had always said I would never reach, yet here I am performing all of those, and then some. I had a death wish for sure, and I also had no way out it seemed. There have been approximately nine documented treatment attempts, but what about the undocumented treatments? You know, all the times they carried me off in the middle of the night but just didn't write it down!

After things didn't go as I had planned and all my human will power was exhausted at this point, I set out on a path of destruction. I was introduced to Heroin one night. I remember I googled the effects of it before I did it, and was very scared to go this far, yet I was not scared enough because I let some dealers show me how to shoot up. I experienced a phenomenon of craving I don't usually like to try to recall. I found that Hell had a trap door, which I kicked open and traveled into lower worlds I didn't even know existed. This is a phase in my Addiction I don't care to discuss much, because I became animalistic and unrecognizable. Because there are dark forces in life, and the one that was associated with this particular drug took a hold of me, and I truly never thought I could move past the bondage of that voice. It was about 3-4 months of the use of Heroin as well as amphetamines and other things I could get my hands on. I tried stopping myself, I sat on my hands, anything to stop the insanity of the next use. Nothing worked.

I know the timeline here is around July 2019. I was stopped one evening by 6 sheriffs who quickly informed me that I could go to jail, or the hospital. I quickly chose the hospital and there began the countless hours of antibiotics and surgeries performed to save my life. I detoxed here and was then taken to yet another long-term treatment facility. I lasted about 4 months this time and was kicked out due to fraternizing with another client there.

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THERACOM AND SAND DOLLARS

By Kelly Marie S.
Kathleen, Georgia, USA.

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I knew I wanted out; I was tired of being in that place. Plus, things could go back to normal now i thought, just as long as i wasn't using heavy drugs. Drinking was totally legal still. I jumped into yet another sick relationship convinced this would make me happy. And I stayed in this relationship approximately about eight months or so, and when it didn't work out, then i set out yet again to kill myself with drugs and alcohol. Narcan was used on me more than once.

This time I knew something had to change, but I had "tried" A.A., N.A., therapy, any conceivable method known to man, and at that point all had failed. I cried out to what I knew at the time as God, I looked up in the sky and said God please just help me, I need a clean friend and a sponsor who knows what they are doing. See I asked for a clean friend because my disease is so cunning that I will get a sponsor— check that box—but I will hang on to a using buddy in case the sponsor pisses me off. When I drove up to the only C.A. meeting I knew of in my area, My sponsor and new best friend approached me, I didn't have to look at all. I knelt down with her right then and said the 3rd step prayer. When I stood up, I began to write a 4th step, which I completed in about nine days, followed up by the rest of the steps outlined in the program of action. Something was different about this round of steps than any other. I felt a new sense of power come to me and even though I was highly mentally fogged, I had a strange sensation that somehow my alcoholic drug problem was going to be somehow fixed. As soon as I finished my step work I began working with other recovering persons.

This was and is still a vital piece of my recovery. I always thought my problem was drugs and alcohol. My real problem is total self-centeredness. The drugs and alcohol were just my solutions to this problem. I always try to seek something externally to fill up this grand canyon sized hole in my chest. Today I am not confused anymore, the only thing that is big enough to fill up this hole is my God. As you know being a lesbian in the Bible Belt of South Georgia, well it is certainly likely that I have some God issues. Particularly surrounding churches, religious leaders etc. I was so relieved when I realized that I didn't have to follow some strict moral code or be preached to when it came to my own conception of God. I got to ask myself things like, what does Spirit of the Universe mean to me? I was told to come up with my own God concept. I believed in God for the Bible tells me so, I just didn't believe that God would work for me! The God concept was finally loving, caring, forgiving, all Powerful, not the fearful little bearded man with a lightning bolt waiting to strike me! I finally began to see how important the correction of my skewed thinking was in the spiritual sense.

This played an immensely important role in me staying in C.A. and the fellowship. Around a year sober, I went to donate plasma for money one day and I received a letter in the mail informing me that I needed to be tested for hepatitis

C. I turned white for about a week and began the grueling process of determining if I had contracted hepatitis C or was this test a false positive. To my consternation I was informed I indeed did have hepatitis C. I lost my mind. I remember calling my sponsor and saying I can't do this screw this C.A. crap this is too much! I'll never forget it when He replied, "I'm not worried". I said, dude you have a screw lose I just told you they said I have hepatitis C and the medication is going to cost thousands of dollars, so much that I don't even know anyone who could afford this treatment. I was hanging on by a thread and I went in and proceeded to see the round of doctors and nurses and filled out an application for treatment that I was certain would do no good.

Some weeks went by, and I started getting even more discouraged. I surrendered this to God to the best of my ability, but honestly every night when I would go to sleep, I had this insane lump of anxiety in my stomach that would just not leave me alone. I was visiting some family members out of state when my phone rang one morning. The girl on the other end announced herself and she said, "Kelly I am so glad I got you on the phone! I have some news for you. I grudging said yea, what's the news? She said they have accepted your application and your treatment is on the way. I dropped the phone and fell on the couch I was standing near. I couldn't believe my ears. Here is a woman telling me they were sending a washed-up junkie like me some 80,000 something dollar treatment in the mailbox. The immense relief that followed even that news was unforgettable, but then I had to take the course of treatment and wait. I took the medication for 90 days and then had to return for a final test to make sure the treatment worked. After three or so more agonizing weeks, I called the nurses one day and asked for my results. The nurse said, Kelly the Doctor came in and your hepatitis C is undetectable. I said, excuse me? Did you just say it's undetectable? She said yes, it's gone.

I will never forget the moment I heard those final words. My entire life I had Always doubted God, right up until that moment. The title of my story says Epclusa, which is the name of the Drug I was given to rid my body of hepatitis C. After this experience I continue to grow in understanding and effectiveness. I went on a beach trip around 20 months of sobriety, I was in the ocean on the last day of the nine days stretch and I have always wanted to find a perfect sand dollar in the ocean. I have tried since I was very young to find one. I was all alone in the ocean and I said God please just let me find ONE perfect sand dollar, I've always wanted to! I began to swim to the sandbar, and I am looking through these goggles for a sand dollar and I am not seeing anything at all. Suddenly, I stepped on something, and I thought, wow that's it I am standing on a sand dollar I just know it! I almost choked on the water to reach down and grab it and as I pulled it up, I noticed it was broken.

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THERACOM AND SAND DOLLARS

By Kelly Marie S.
Kathleen, Georgia, USA.

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Somewhat heartbroken, I said wow I just wanted to find a perfect whole sand dollar, and I heard an audible voice say, "You're perfect just the way you are." I was a little frightened after that and I said OK, I am going to swim out again and find five whole sand dollars! And I proceeded to swim out to the sandbar again and search for whole ones. Pretty quickly I found one, two, three sand dollars, five in total !! and these were totally perfect. They were slimy and alive and orange stuff was all over my hands. I swam these to shore quickly and then proceeded out to the sandbar one more time. I picked up about eight more sand dollars, and as I was heading back to shore for the final time, I heard another audible voice say, "I'll give you more than what you ask."

See I had the most profound spiritual experience here, all my life I was looking for the sand dollars with these goggles on in the water, unable to see them. But when I stopped looking, I stepped on one, I couldn't see it but I could feel it under my foot. It correlates with my relationship with God. Just because I can't see God, certainly doesn't mean God is not there!

I have had a spiritual awakening as the result of working the 12 steps outlined in the Big Book of Alcoholics Anonymous, and I continue to work on them. At these once per year, I re-work the steps. I always have new experiences with the work. I get new lenses after completing the step work with a competent sponsor. I carry the message into my local detox on the weekends to those still afflicted with the disease. Again, my purpose is ignited, and I am very thankful I get the opportunity to share with others what was so freely shared with me. In the Big Book it says, "No matter how far down the scale we have gone, we will see how our experience can benefit others," this absolutely holds true for me.

I have absolutely seen every single piece of my dark past be a place where someone else could identify with. Sometimes I get to watch the lights come on in the new man, and then I see God working firsthand. Restoration of trust in my family has come to me as a direct result of working the program of action. I have seen multiple miraculous things happen since September 28th, 2022.

I almost missed my life. Today I don't hear the voices of my old addictions anymore. I almost decided no, this A.A. or C.A. N.A. whatever will never work for me. Well, I am here to tell you that I am not terminally unique, some recovered person did reach down and hold my hand until I could learn to walk by myself again. To those I am forever grateful. It reminds me to always try my best to be the hand of C.A. when someone cries out for help, for that I am responsible.

Today I live the program of action and God has indeed moved in my heart in a way that is indeed beyond miraculous. I have a wonderful working relationship with

my Creator. That relationship is the only way I can maintain and continue to grow in my sobriety.

When I had everything, I thought I wanted on the outside, there was still a stellar hole inside of myself that could never be satisfied. I could never change my consciousness myself and my ideas about God were very confused. I began to practice prayer and meditation regularly and got with sponsors, worked the 12 steps as outlined in the Big Book of Alcoholics Anonymous and then worked them again rapidly. Today, as a result of God doing for me what I could never do for myself, I am able to meet each day with a newfound confidence and grace. Even my worst moments today are absolutely of no comparison to one day in my active use.

I sponsor and share with others what was so freely given to me. I take men and women through the steps in the Big Book of Alcoholics Anonymous and I am renewed each time I do it. I am free from more than bondage today; I have freedom from the miserable life I lived in chains most of my adult life. I have been given relief from emotional/ physical issues that once dominated me. I know a new freedom and a new happiness. I want to continue to learn and grow and see what I can contribute to life.

My Higher Power whom I choose to call God gave me 20th chances, I am still blown away that a program of action written in the 1930s works today, 2022. My sobriety date is 09/28/2020. Today I am happy, joyous, and free!!! All credits reserved to the One who has all the power that one is God! Today I am not only free from my addictions, but I am free from a purposeless life. I have experienced all of the promises in the big book, and this is only the beginning. My life has true meaning and value today and it is only the beginning! I enjoy speaking and am highly active in my local C.A. groups. See i believed in God all my life, i just did not believe that God would work for me. Well, I found out quickly that He does work for me and will continue to work so long as I keep close to Him and perform His work well. When I have moments of doubt, which I do frequently, I always think, Theracom and Sand dollars. I am rocketed into the fourth dimension of existence. I know the best is yet to come and I can literally make it through anything in my new life sober. I am so excited to live the life God gave me, and not have to wake up and want to die ever again if I continue to work and grow spiritually.

I truly know today that the best is yet to come, and this is only the beginning of a life I didn't even know was possible. I can't wait to see what the future brings and what every dark cranny of my past can help going forward. And that is Theracom and Sand dollars!

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NEWSGRAM THEME NEXT EDITION

***RECOVERY THROUGH AND
THROUGH***

***DEADLINE:
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4. CAWS and/or CAWSO may change, modify or revise this work to whatever extent either or both deem necessary. I understand that, if selected for publication, this material will be edited in keeping with C.A.'s understanding of the Twelve Steps and Twelve Traditions. Submissions will also be copyedited to ensure ease of comprehension and adherence to standard rules of grammar and punctuation as well as current CAWS and CAWSO style guidelines. In addition, editorial staff may also substitute different words and/or revise sentence structure for clarification. I further understand that this material may be retitled and/or reprinted in more than one CAWS or CAWSO publication.

Signature: _____

Date: _____

Name (please print): _____

Address: _____

Phone number: _____

E-mail address: _____

MY ONLINE HOME GROUP

By Susan B.
Seattle, Washington, USA

The online home group became a “thing” because it was, for a time, the only way to carry the message to the addict who still suffers. It also allowed those of us confined to local meetings to expand our recovery horizons, despite initial resistance. When the world shut down, the Online Service Area was there with a solution. I remember posting an OSA PI graphic, adding the words, “Online Meetings are Virus Free” to and it was on. We were inundated with requests for help, and we were grateful for them.

I remember the Irish fellowship being the first to attend a daily OSA meeting wondering what they were to do. Their anxiety was palpable. Would they be able to survive without access to local meetings? YES! And online meetings have grown and flourished ever since.

Online home groups sprung up on Zoom and other virtual platforms from all parts of the globe, and it wasn't long before a truly international flavor developed and new friendships were forged as the virtual world of C.A. expanded. Online made it possible to go to meetings with people from other countries and exchange ideas about the Big Book, Steps, and Traditions that would not have been possible otherwise, with the exception of the speakers and marathons slots at regional and world conventions.

A whole new generation of newcomers found (and

continues to find) recovery and have thrived online. Many now have time, having built their foundation in C.A. recovery and embraced new ways to be of service. Online groups needed to create and fill very different service positions to facilitate online meetings. Hence the positions of screen sharer, host, co-host developed, along with new methods of collecting the 7th Tradition, celebrating recovery milestones, sponsorship. And how to hold events. Online safety and anonymity became concerns.

The last few years have been a period of trial and error. Thus, C.A. has grown. Both the UK and the Netherlands have online Districts! The WSC IT Committee created an online safety disclaimer approved at the WS Conference. References to online meetings have been added to the WSM and in our literature. C.A. social media has served to connect us and share information in ways we would not have imagined.

Online is here to stay as more and more meetings have become mainstays of C.A. growth and recovery. The exponential growth of our fellowship in the virtual world changes forever the notion that ‘we are people who normally would not mix.’ Clearly we do; and we like it!

WHAT C.A. MEANS TO ME

By Daniel S..
Orange, California, USA

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

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

NEW COMMEMORATIVE CHIPS NOW AVAILABLE THROUGH THE WORLD SERVICE OFFICE

Available in Bright Bronze



BACK



BACK

CAWSO - FRANÇAIS

DEVANT



DERRIÈRE



CAWSO - FRANÇAIS

DEVANT



DERRIÈRE



NEW COMMEMORATIVE CHIPS NOW AVAILABLE THROUGH THE WORLD SERVICE OFFICE

Available in Bright Bronze



BACK



BACK

COMMEMORATIVE C.A. RECOVERY MEDALLIONS

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

Bill To:

Ship To:

Name: _____
Address: _____
City: _____
State/Prov: _____
Zip/Postal: _____
Phone #: _____
Email: _____

Name: _____
Address: _____
City: _____
State/Prov: _____
Zip/Postal: _____
Phone #: _____
Email: _____

PRICE (USD) - \$25 EACH OR \$20 EACH WHEN ORDERING 3 OR MORE

Quantity: _____	Year: _____	Color: _____
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SUBTOTAL: _____

TAX: _____

SHIPPING: _____

TOTAL: _____

CIRCLE METHOD OF PAYMENT:

CASH CHECK CREDIT DEBIT PAYPAL OTHER

COLOR CODES

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

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

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

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

CAWSO

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

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

C.A. WORLD SERVICE CONFERENCE COMMITTEES

INFORMATION TECHNOLOGY COMMITTEE

The Virtual Services Committee

Is a Sub-committee of the C.A. World Service Conference IT Committee



... and growing!

Our Mission is to Unify the Virtual/ Online World of Cocaine Anonymous

Our Statement of Purpose

The purpose of the Virtual Services Committee is to gather and make available C.A.'s best practices and collective experience of our worldwide virtual presence, while maintaining adherence to the 12 Traditions in the ever evolving, virtual world, and to unify and support C.A. online meetings at every level of outreach and service in Cocaine Anonymous.

You are invited to participate and contribute to this committee.

Find Out How YOU CAN HELP! All are welcome.

We are currently crafting language for Area/District Bylaws to incorporate their online meetings into their existing service structure, provide best practices in preserving virtual anonymity and safety, alternatives to collecting the 7th Tradition, and defining the service positions necessary to effectively facilitate online meetings.

We meet the last Sunday of every month on Zoom.

ID 87572911093 Password 525252

@ 9 AM West Coast (US & Canada)

12 noon East Coast (US & Canada)

5 PM UK – 6 PM Europe

Contact us at VSComOutreach@gmail.com

In the spirit of Tradition 6, C.A. is not allied with any sect, denomination, politics, organization, or institution.

C.A. WORLD SERVICE CONFERENCE COMMITTEES

ARCHIVES



Do you know your C.A. Area's History?

The C.A. World Service Archive Committee collects, preserves, catalogs and curates the historical record of C.A.'s World activities.

Our archives can tell us more about our membership, our committees, our procedures and most importantly how we got from way back when to where we are now, which can have a tremendous bearing on where C.A. headed.

Our C.A. Archive can tell us stories and increases our sense of C.A. identity and helps us to understand of our fellowship, both locally and globally. This dynamic not only focuses our C.A. identity, it also facilitates C.A. Unity.

Did you know that there are 78 C.A. Areas across 30 countries. Moreover, a third of these C.A. Areas have NO Archive Chair or Archive Committee or Archivist!

Jennifer G. from the Colorado Area is our Outreach Chair for CAWS Archives Committee.

To help facilitate this goal, we, the C.A. World Service Archive Committee will be hosting a number virtual presentations on the importance of having a

C.A. Area Archive and how build one. Maybe your Area already has someone who is preserving the history of your Area and could use some additional support and like-minded fellowship.

Jennifer will be reaching out to all of the C.A. Areas in an effort to recruit, educate and activate C.A. Members to become involved in either joining the Archive Committee in your Area OR if there is no Archive Committee how get one started.

Please attend and encourage others in your Area to attend the upcoming presentation OR contact me directly for additional assistance.

The presentation (1 hour) will be held via zoom. Details of the presentation will be sent out via email to all the Area Chairs and Service Committee Chairs across the world. To connect with Jennifer G., email her at archive@ca.org

Download our slide show presentation: "How to Build a C.A. Archive" visit: <https://museum.ca.org/tutorials/>

Submit Your C.A. Area's History

Please answer in as much detail as possible the following C.A. Area History questionnaire.

<https://ca.org/service/world-service-conference/archives/area-history-form/>

Help the C.A. World Service Archive Committee build and maintain a historical record of C.A. Areas around the world. Your submission will be used to augment our C.A. Virtual Museum Project. Here are some links to how your CA History submission will be used:

Please answer in as much detail as possible the following C.A. Area History questionnaire.

C.A. Online Area: <https://museum.ca.org/category/ca-areas/ca-online-service-area/>

C.A. Southern Ontario Area: <https://museum.ca.org/category/ca-areas/canada/southern-ontario-area/>

(Continued on page 14)

C.A. WORLD SERVICE CONFERENCE COMMITTEES

ARCHIVES

(Continued from page 13)

CAUK Area: <https://museum.ca.org/category/ca-areas/uk-area/>

Germany-Deutschland Area: <https://museum.ca.org/category/ca-areas/uk-area/>

Georgia Area: <https://museum.ca.org/category/ca-areas/united-states/georgia-area/>

C.A. Chronological History: <https://museum.ca.org/c-a-historical-chronology/>

How to Contact the CAWS Archive Committee (archive@ca.org)

<https://ca.org/service/world-service-conference/archives/archive-request-form/>

Download the CAWS Archive Guidelines & Procedures Manual

<https://ca.org/content/uploads/2022/09/2022-CAWS-Archives-Guidelines.pdf>

Protect C.A.'s Future by Preserving C.A.'s Legacy

TRUSTEE CORNER

Have you ever looked at your digital files and thought “I need to get these organized one day,” but you didn’t know how to start? Or . . . have you ever tried to find something in the digital files for the Committee you serve on, only to get frustrated during the search because you couldn’t figure out how the file was labeled? The C.A. World Service Archive Committee Guidelines and Procedures approved at the 2022 World Service Conference now includes suggestions for organizing a digital repository.

It is easier than ever to access the vast, collective knowledge of the Fellowship in the form of digital files. Being able to locate a specific digital file comes down to the naming format used when the digital file was saved. A naming format or ‘naming convention’ is a standardized way of labeling all the files within the digital repository. The idea is to create a naming format that, years later, can be easily learned and understood by a new committee member.

There are several elements to the file name. The suggested elements and order of the elements are – Date, Service Body, Title or Project name, and Type of file. This would create a file name that looks like 20220630 WSLCF XXXX Book Committee Meeting Minutes.doc. Additional elements, such as version number, Draft/Approved, etc., can be added to the file name as needed. For a full list of suggested file naming elements and detailed examples, refer to the 2022 Archive Committee Guidelines and Procedures starting on Page 15.

Once a naming format has been created, it is important to document all elements of the naming format being used, including all abbreviations, so the format can be followed year after year as members rotate on and off the Committee. Documenting the naming format also makes it possible to incorporate the naming convention process into the Committee’s procedural documents. The consistency of using the same naming format year after year is the difference between an overwhelming jumble of files and a well-organized digital repository.

The fellowship of Cocaine Anonymous has a large amount of knowledge and experience recorded in the meeting minutes, reports, and other documents created by the various Boards and Committees throughout the years. Preserving these items is important. Being able to find, view, and utilize this collective knowledge and experience is even more important. It is what turns these items from a random collection of data into a resource of unmeasurable wealth.

Ruby C. PNR Trustee

CALENDAR OF EVENTS

March 24-26, 2023

Thus We Grow - C.A. European Regional Convention

LOCATION:

The Celtic Manor Resort
Newport, South Wales, UK

March 31-April 2, 2023

PNR Convention 2023

LOCATION:

Doubletree Hilton by SeaTac airport
Seattle, Washington, USA

April 21-23, 2023

The Southwest Regional Convention

LOCATION:

Wyndham Garden OKC Airport Hotel
Oklahoma City, Oklahoma, USA

April 28-30, 2023

Atlantic South Region Convention

LOCATION:

Landmark Resort
Myrtle Beach, South Carolina, USA

May 25-29, 2023

37th Annual Cocaine Anonymous World Service Convention

LOCATION:

Atlanta Marriott Marquis
Atlanta, Georgia, USA

August 4-6, 2023

Texas Area Service Gulf Coast Area Convention

LOCATION:

Hyatt Regency Houston West
Houston, Texas, USA

August 4-6, 2023

CA Denmark Area Convention 2023

LOCATION:

uKirken, Dannebrogsgade 53
1660 Copenhagen, Denmark

August 24-27, 2023

38th Annual CALA Convention

LOCATION:

Doubletree Golf Resort, Vista Chino
Cathedral City, California, USA

COMING IN 2023

May 25-May 29, 2023

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 October-December 2022 Group or Category		
LOCATION	NAME/CITY	TOTAL
CANADA		
Alberta	Northern Alberta Area	\$450.00
Europe		
England	Hants & Berks District of CA UK	\$108.00
	Central UK Area of CA	\$13,560.00
	Daily Reprieve Grp	\$88.00
	North London District	\$580.00
Thailand	PaKlok Group of Thailand	\$25.00
Mainland Europe		
Greece	Greece Area Donation	\$50.00
Netherlands	CA Holland Area	\$934.00
USA		
Arizona	AZ Inc	\$5,000.00
California	40 Year Anniversary Board	\$100.00
	BIPOC Arm Members	\$92.00
	40th Year Anniversary Grp	\$20.00
	Northbay Service Grp	\$450.00
	Westside Hollywoof Area	\$300.00
	IEASC Recovery in the Desert	\$1,540.00
	Northern CA Area	\$100.00
	San Diego Area	\$447.00
	South Bay San Jose HFC (7PM	\$120.00
	OCCA Area	\$1,500.00
Colorado	Sisters in Sobriety Grp	\$50.00
	Colorado District 1	\$312.00
	White Out Colorado Grp District 1	\$79.00
Connecticut	Beyond Human Aid	\$39.00

7th Tradition October-December 2022 Group or Category		
LOCATION	NAME/CITY	TOTAL
Illinois	Forever Free Meeting	\$60.00
	IACA South & West District Illinois Area	\$282.00
Iowa	Monday Miracles Grp	\$341.00
Kansas	Kansas Area CA Inc	\$3,000.00
Michigan	Saturday Night Alive Grp	\$50.00
Missouri	What Does the Book Say Grp	\$30.00
New Jersey	NJ District of CA	\$300.00
New York	NY Inc	\$5,000.00
	Sunday Serenity NY in Person Grp	\$148.00
	The Last Straw	\$100.00
North Carolina	Q2 Wed Night Charlotte NC Area	\$496.00
Oklahoma	CA-Oklahoma District	\$75.00
Oregon	Oregon Area	\$300.00
Pensylvania	PA/NJ/DE Area	\$200.00
South Carolina	A Okay Grp.	\$50.00
	Common Solutions Group of West	\$250.00
	There is a Solution Grp	\$11.00
Washington	District 3 of Washintgon State Area	\$500.00
Wisconsin	Hope Faith Courage Group	\$53.00
	'November' Wisconsin Area	\$600.00
	Friday Uncolas Wisconsin Area	\$155.00
	WI Wednesday Night Big Book Study Grp	\$155.00
	The Headache or the Hammer Grp	\$58.00
7th Tradition		\$5,802.00
Freedom Fund		
Gratitude		
S.M.A.R.T.		
Total		\$43,805.00