

## A NEW BEGINNING

# NEWS



# GRAM

Vol. 41 No. 4 C.A. World Service Office, 21720 S. Wilmington Ave., Ste. 304, Long Beach, C.A. 90810-1641 4<sup>th</sup> Quarter 2023

### JUST GOING TO A MEETING

Justin C.

Lakeland, Florida, USA

I attended my first meeting of Cocaine Anonymous during residential treatment in Alabama. I did not arrive there with the intention of doing any sort of work. Coincidentally, I didn't arrive at treatment with the intention of doing any work either, that was their job. During my first few weeks of treatment, I went to meetings of other fellowships. The people seemed nice enough and the message was good. However, when I attended my first C.A. meeting and heard the reading "Who is a Cocaine Addict" and the group members began sharing their experiences it all felt very raw and meaningful to me. I was instantly hooked and knew that I had found the right place! I then looked forward to every C.A. meeting I was able to attend, disappointed when other meetings were chosen instead. After treatment, upon recommendation, I moved to Nashville and sober living. I was skittish, unsure, but hopeful.

There were two C.A. meetings somewhat nearby the house and on the bus route in opposite directions. I bolstered these meetings with others at the local clubhouse. I had already found a sponsor while there on a furlough, one of those "hard cases" that insists on a daily phone call. About two weeks into it I missed a day of calling him. When I phoned the next day, he leveled with me, "You're supposed to call me every day and you didn't call yesterday. I don't think you're taking this thing seriously. Call me tomorrow and we'll see (click)." This was on a Friday, and I was fearful the rest of the day that he might stop working with me. I phoned the next morning as early as I felt appropriate. The conversation went like this:

Sponsor: (casually) "Ok, good. What are you doing tonight?"

Me: "Just going to a meeting."

Sponsor: "Ok, we're going to the Detox tonight, some guys and me, you going to come with us and you're going to share."

Me: "But I only have 90 days clean."

Sponsor: (loud and gruff) "SOME OF THESE PEOPLE ONLY HAVE 90 MINUTES CLEAN." BE READY AT 6:00!

I was ready and waiting on the porch. Now my whole experience with the detox to that point was the calm and quiet few rooms in the basement of the treatment center where I slept off my last meth binge and a whiskey fueled, early morning flight. He explained that we were going to the university hospital and that I was going to share a bit of my story. What he didn't say, and what I learned, is that this was a co-occurring detox unit for both substance use and mental health. It was quite an eye-opening experience! Now, at the groups I had already picked up some chairs and moved tables, assisted in cleaning up, that sort of thing. But on this evening, I took my first step into a larger world. I can't tell you what came out of my mouth that night, or if it made sense, but what I experienced was an entirely new feeling, and it was good. This became my Saturday night activity for the six months that followed, and I loved it.

After moving back to Florida, I continued my journey in recovery and in service. Taking a recommendation from my first sponsor in Alabama, I started a C.A. meeting in my hometown. Next, I found a new H&I commitment, became a regular at District and Area, and I volunteered to serve on committees. I studied the Traditions and began learning to practice them. I kept showing up, watching, learning, hoping that there would be something for me to do when service positions became open. I was eventually elected as a delegate and served my Area at the WSC where I was led to the Literature, Chips, and Formats (LCF) Committee. What a lifechanging experience that was!

*(Continued on page 3)*

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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](https://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: [doo@ca.org](mailto:doo@ca.org)

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

## JUST GOING TO A MEETING

Justin C.  
Lakeland, Florida, USA

(Continued from page 1)

There was a point during my service on LCF Committee where I began to “Feel the Magic,” although at first it was more akin to “Feel the Panic.” It was my third year as delegate, I felt that I was beginning to have a rudimentary understanding of the business taking place at World Service. I enjoyed the challenges and experienced a feeling of accomplishment and of belonging with the LCF Committee. I had contributed to some pamphlets, served as secretary, and it all seemed to be going along nicely.

However, that particular year during breakout session someone threw my hat in the ring for the Chair position, and for the first time I felt apprehensive about taking on a service commitment. I asked the committee to please let me take a few minutes and I stepped out into the hall to phone my current sponsor, explaining what was happening. “They want me to Chair this committee, I’m not sure if I’m ready for this,” I said. After a moment he replied, “Well, all those times where you needed to get clean, were you ready for that?” I knew he had me there. Still, I was nervous about stepping into leadership of a world service committee. I knew only a little and our project chart was lengthy, spanning multiple years of unfinished books and pamphlets, some had barely begun the process of drafting. I was afraid that I would disappoint my fellows.

But my rear end was already there so I knew that my head was eventually sure to follow. Although it seemed clunky, and I was nervous, and I didn’t get everything right, and I was frustrated at times, I eventually was able to find a groove that I slid into. I had a lot of support from some folks on the committee that today I call my friends. We had some tense meetings, well, I felt tense anyway, and there were more than a few challenges on some of our projects.

Moving The Twelve Step Companion Guide through its approval process into publishing was an enormous undertaking, one that could not have been possible without the loving service of some talented and dedicated members. Looking back now, I realize just how much God was present through our Group Conscience in those meetings and throughout that process.

In 1950, Dr. Bob related during his speech at the 1st International A.A. Convention in Cleveland Ohio, “Our Twelve Steps, when simmered down to the last, resolve themselves into the words “love” and “service.” We understand what love is, and we understand what service is. So let’s bear those two things in mind.” And I think that it really does come down to Love and Service. During my journey in Cocaine Anonymous I have always been supported by my fellows, I have felt loved, and I also have learned to love. To love God, to love others, and to love myself. Alcoholics Anonymous page 47 suggests that “Our real purpose is to fit ourselves to be of maximum service to God and the people about us.” I used to think that I had to figure out how to accomplish this. What I have learned is that so long as I keep showing up and remain willing to serve, God not only illuminates the door, but also provides the means, and most importantly the timing.

Today, I am grateful that I can be useful. I am clean, sober, and free today as a result of God’s grace which has led me to the tremendous miracle that is Cocaine Anonymous. This program has been built upon the love and service of those who arrived well before me, and I’m certain it will be here for others long after I am gone. I feel that while I am here it is my duty to contribute what I have, wherever it is needed, so long as I remain in a state of balance. Part of this duty is helping newcomers to service, providing them with the encouragement and support that was given to me, and showing them the ropes. My desire is to be a living example of what results from surrendering oneself to God and to this program, so that there may be hope for others, that they may experience this miracle for themselves, much as I have. While it can sometimes be challenging, I don’t call it work – as I did not arrive with the intention of doing work. Instead, I have become a “being of service,” and today I get to live, and what a full life it is! So, my suggestion is to show up and be willing, there is almost always something to do. Anyone can be useful to the extent that they are willing to be used. And to you, dear reader, I hope to meet you somewhere along the Road of Happy Destiny. May God bless you and keep you - until then.

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### **QUOTE: HFC Vol. II, page 59-60**

*“Amazingly, the bullet had only grazed my forehead, and I still have the scar to this day. I call it my birthmark because it marked the beginning of my new life. From that point on, I knew that I had a serious problem.”*

## SO IT HAPPENED, WITHOUT MY PERMISSION

Tai B..  
Colton, California, USA

So, I have been sitting here crying, crying like never before. Crying like these damn windows of my soul have been professionally washed by newspaper and ammonia in the little Windex bottles that spray just enough to have that obnoxious glare of a beautiful sunset that hits my eyes just right under the visor of my short body as I attempt to make it across town on the 10 freeway to the 7pm meeting "Recovery for Life" in Pomona.

I am crying because I kept my word. I kept my word after I made amends to my children to lead by example, to be present, to be helpful, responsible, accountable and to work hard in this program of recovery by taking action no matter how hard it was no matter how much I resisted. Recovery that consists of practicing these principals in all my offers, accepting life on life's terms and all those other slogans we throw out around here. Today it happened for me again, as it always seems to continue to.

You see I was instructed on how to get better credit, along with so many other adult big girl stuff and that it's completely possible to pay those bills off on time when half if not all of your paycheck doesn't go to the liquor store or isn't lit in a pipe if you can maintain a job for longer than one paycheck. I was taught that anything is possible if you do the work and get "into action". So, I got to it. I started paying those bills on time, got a car with the lowest credit score possible and the highest interest rate ever, of course I called my sponsor because I had never done that before on my own, I must say I was pretty good at the haggling part, I put in a lot of practice for that. I worked hard on not seeing a credit card offer come in the mail and sign up for it because it was free money. Eventually I started accepting offers with my mother's name on it so she could watch and help me maintain it with a budget and bills. Weird how you can pay for everything and have money left over from just one damn check. I most definitely still feel the need to hand over every paycheck because let's face it, I am not completely there yet to be that responsible.

My stepdaughter graduated high school this summer, Class of 2023 yeahhhhhh. I told her I would help her with college not to worry but what I really meant was like here's some money for that Ramen and a few extra dollars for that incredibly expensive and tight crop top hoody you'll just need to purchase from the college of your chosen destination. Then it happened, I offered to pay for her first year of college, minus all the scholarships and grants she applied for because she is a hustler like me. I had no idea how that happened or where it came from, but it just came out, without my permission. So here I am sitting in pure anxiety, depression, and living in complete denial for what was about to take place. I was going to have to get to work and fast. I started filling out all the paperwork to get my school loans forgiven even pay some of them off (said with a dreadful voice), I even gave them my address and my social security number like honest people do. To my surprise there it was in black and white... Balance from 32k

to \$0.00. I haven't seen so many zeros since my account balance in 2017 when I went to the local ATM to get out another \$40 for a rock which I should have just purchased the damn 8 ball in the beginning, and it had one of these (-) in front of it.

I applied for a government loan and of course it wouldn't be easy, thanks God for the preparation. It wasn't accepted by her school so there I was again at square one looking for the next loan to submit paperwork for and let me add they pretty much want blood and a liver in good working order which won't be coming from me for an approval. I did it with the help of her biological mother. We found a loan and I applied for an amount that is worth more than my car, and more than all those fines I had my mom pay to keep me out of jail...again (the reason she still gets my paychecks/amends), it was even more than the detox facility I thought I might try one time. I prayed, cried then I filled out all that damn paperwork, prayed, cried to my mom, waited, filled out more paperwork, prayed, waited.

I received word via email to the most computer illiterate person on the planet aka me that what I needed to do was to get "into action" and fill some more paperwork and copy stuff and get the right paperwork to them, blah blah blah. Then I did it, I called them just to verify I did everything right and to my surprise, it happened without my permission. I asked "so how do I know if I got approved?" and she said "Ma'am (yes she called me a ma'am) you've been approved. We're just waiting on the acceptance letter from the school and the final paperwork". So, like most sensitive people like myself do, I started to cry and have been since 11:19 AM, that has been 4 hours ago.

I say all this to say, recovery happened without my permission, life happened without my permission, asking for "help" happened without my permission, God working in my life happened without my permission. I keep pushing on because the power greater than myself directs my thinking without my permission. I didn't know it was possible to have an excellent credit score, I didn't know I could budget, I didn't know there was an easier softer way. It is funny to me now that I trusted after some long 2 year hesitation that God could relieve me of my alcoholism and addiction but I wasn't willing to trust God with a school loan, I'll pay off in 15 years but I prayed for acceptance of it all anyway, I prayed for financial security, I prayed for the courage to do the work I put in for the last 5 years and 7 months, I prayed for me to be honest, I prayed to be accountable, I prayed for me to believe there's an answer to all my problems, I prayed to ask for help with filling out the elusive 4th step of a loan paper work, yeah her school is now on my 4th but I already did the 9th (TUITION) on it so all is well. I prayed to stay in the action business and keep God in the results business.

*(Continued on page 6)*

## A NEW BEGINNING

Barry H.  
Oklahoma City, Oklahoma, USA

Looking back on my life, I could not have known a new beginning awaited me by taking the 12 Steps of Cocaine Anonymous and practicing them in my life, one day at a time. My sobriety date is July 14<sup>th</sup>, 1993, and for that I will always be grateful. I try to demonstrate that gratitude in acts of service to God, to C.A., and to the world around me.

On July 13<sup>th</sup>, 1993, I came to my knees on the floor of an abandoned house and cried out to a God I didn't believe in "Help me or let me Die!" and I have never meant anything more than I did on that day, at that moment. I went outside and sat on the steps of this house and cried uncontrollably until I had nothing left. I walked about half a mile to a convenient store and ask the lady behind the counter if I could borrow a quarter to make a phone call. I promised to give it back to her when someone came to pick me up. She said "son, you just keep that quarter. You look like you need it more than I do". After making a phone call, I saw my reflection in the glass, and I felt several things while staring at myself. I looked like I hadn't really looked before. Hair all matted, clothes dirty and torn, body odor, etc., but most importantly I was feeling like I had never really felt before. I was ashamed, and frustrated of who I was, and what I had become, and all those whom I had disappointed by my behavior. Hopeless, utterly hopeless. I had just admitted for the first time that I was strung out on drugs and alcohol and needed help, desperately needed help.

I ended up in a detox unit where I was introduced to three of the 12 Step fellowships (A.A. / C.A. / N.A.). I had never heard of any of them and had no idea what they were or how they could help me. C.A. brought an H & I meeting to this detox, and we were all required to attend. As I listened, two of the members of C.A. began to tell me they had been where I had been, had done what I had done, and had lived how I had lived and they weren't living that way anymore. They told me I didn't ever have to live that way again if I was willing to do some things. They had

my attention. They proceeded to talk about the C.A. Fellowship and the twelve-step recovery program. While they were talking, I began to experience hope for the first time in a long time. When they were through, I was encouraged to find my way to a twelve-step program and seek help from someone who had taken the 12 Steps. They called this person a sponsor. They told me A New Beginning was only 12 Steps away, which turned out to be true.

I left detox and went to a treatment center where C.A. had a weekly meeting. There I got a sponsor who helped me take the 12 Steps, told me the truth about myself, and encouraged me to really seek a God of my own understanding. I was about 45-60 days sober when it came to me that the God I didn't believe in when I cried out for help, had come to me, and placed me in a position to get sober and change my life. Sitting on the steps of that treatment center I began to cry again uncontrollably, but this time it was because of what had happened in such a short time despite who I was and what I done. Not only had I not used any drugs or alcohol in about 45-60 days, but I also hadn't wanted to drink or use drugs!

On page 25 in the book, Alcoholics Anonymous, the first two paragraphs describe what has happened in my life and again on page 63, the first paragraph, describing the death (old me), the rebirth (new me) and the regeneration of my soul (spiritual awakening). To think that I survived my previous life and have been given an opportunity to live a new life is not taken for granted. I am so fortunate to have lived two lives in one lifetime. Today, I try to serve the God of my understanding, the Fellowship of C.A., and the people around me. I know had it not been for God, for C.A., and for sponsorship I would most certainly be dead. Instead, I'm sober today as the results of following the tried-and-true method of recovery. Trust God, Clean House, and Work with Others which put me in the best possible position to experience A New Beginning.

\*\*\*

## A NEW PERSPECTIVE

Brady W. G.  
Kansas City, Kansas, USA

When I came into the program of Cocaine Anonymous, I was at the lowest point of my existence. I was 27 years old and had been hopelessly addicted to drugs since the age of 12. I had ruined every friendship, relationship, and meaningful thing that I had ever been in contact with. In the program and in the steps, I found a new way of living. Today I am a free man. It's been nearly 3 years and the changes that have taken place are a direct result of the program.

I hold my head high and the shame and guilt no longer eat away at me. I am no longer afraid, and I no longer hide from my past. My Fellowship and my home group are essential to my recovery. To me each day is a new beginning, one that would not have been possible had someone not directed me to Cocaine Anonymous

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## WHAT C.A. MEANS TO ME

Daniel S.

Kathleen, Indiana, USA

What C.A. 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 had been called.  
Forgiving myself from within, is not where I begin.  
I begin with finding a spirit, I must get near it.  
Finding 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 new 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.  
Why take an inventory; I've known what I've done, my sponsor said do it, even if it's just for fun.  
Listing my defects, one at a time, oh my God, what did I find?  
To all those resentments and fears, that we all held so dear.  
I had a part in it all, had it caused me to fall?  
Selfish in my mind, fancied or real, is what I did find.  
The book says those out there are sick, I 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, to the person you once were, 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 a selfish program, I need to do it for me. after all I want to be happy joyous and free.  
When I was done, I'd found I'd just begun, for my sponsor says, "there's more 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 and Courage."

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## SO IT HAPPENED, WITHOUT MY PERMISSION

Tai B..

Colton, California, USA

*(Continued from page 4)*

Regardless I grew. With out Cocaine Anonymous I would be dead and that I know for sure. I would have nothing, no kids, no dignity, no God, and no life. I tried for so many years to deny who I am, an alcoholic and an addict, but here I am admitting it and carrying it around like a

badge to light the way for others in and out of the rooms of C.A., without my permission. I am beyond grateful that God doesn't ask for my permission to work in my life, and I pray he never does.

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## I FOUND MY PLACE

Leslie R.  
Mission, Kansas, USA

I arrived at the rooms of Cocaine Anonymous with six months of sobriety in 2003, and at once, I knew I was finally at home. I had found a place where I could be fully me, an addict and an alcoholic. I had been attending meetings of A.A. and N.A., but I was never completely comfortable in either Fellowship. A.A. didn't want to hear about my drug addiction and N.A. didn't want to hear about my alcoholism.

In that first meeting, as the meeting began, they read Who Is A Cocaine Addict and Who is A C.A. Member. I listened to the readings, and I heard my story in them. I was filled with hope and the desire to be a part of Cocaine Anonymous and of this amazing group, which became my first C.A. homegroup.

I got a new C.A. sponsor, I worked the steps, I changed, I grew, and I wanted more. I began to sponsor others and in doing so, I experienced the power in giving away what was so freely given to me, the power of being of service to another addict. I took every workshop, step or tradition study that came my way and I began to have a deeper understanding and experience of the 12 Steps and of the 12 Traditions, and how they keep our Fellowship safe and protected and allow it to flourish and grow. I took service commitments, just small ones at first, setting up the meeting space, making coffee. This led to chairing meetings and serving on event committees. In turn this led to serving at District and Area levels. I remember when one of our home group members became a Delegate to the World Service of Cocaine Anonymous, I was inspired by his dedication to C.A. but I didn't really know anything about service at that level and those 12 Concepts were a bit confusing, but I knew if he could do it, so could I. The example of his service and his love for C.A. stayed with me as I grew in my recovery.

In 2022 I was elected as a Delegate for the Greater Missouri Area my service journey expanded once again. I had served as a Delegate for C.A. Thailand in 2019, however my service was cut short due to the Covid 19 pandemic. I was locked out of my home country of Thailand while travelling in the US in March of 2020, and not knowing when I would be allowed to return to Thailand, I took a job in Kansas City and three and a half years later I am still living and working in Kansas City.

Attending the World Service Conference in 2023, I was again flooded with love, admiration and inspiration by and for the other members in attendance who give so freely of their time to serve the Fellowship they love. I watched the 12 Concepts come alive on the conference floor. The right of minority opinion to be

heard, which is the foundation of the 5th Concept. The right of participation which gives us a voice and a vote which is the basis of the 4th Concept. I learned more about the important roles and responsibilities of the WS Board of Trustees and the WS Office Board in serving our Fellowship and ensuring C.A.'s growth. I remain in awe of how our Fellowship has trusted servants, but no governance. That our ultimate authority is a loving God as He may express Himself in our group conscious as set forth in Tradition 2 along with Concept 1 which states the final responsibility and the ultimate authority for C.A. World Services should always reside in the collective conscious of our whole Fellowship.

Each Delegate serves on one of the 10 World Service Conference Committees. I chose the Public Information Committee as I felt it would best serve the Greater Missouri Area, which I represent. The Public Information Committee is, in part, tasked with getting the word out to the still suffering addict, and the general public, that C.A. is here and that we offer a solution to both alcoholism and drug addiction. Cocaine Anonymous is not well known in the Midwest and serving on PI, we work to remedy this situation. Through my service on the PI Committee, I am able to express my gratitude for the gift of recovery, which was so freely given to me, by helping others to find recovery through of wonderfully inclusive C.A. Fellowship.

Serving as a Delegate has been both an enormous gift and a huge honor. It has enhanced my recovery and my life in immeasurable ways and amounts. I am still overwhelmed with gratitude that an addict like me would be considered a trusted servant to the World Service Organization of Cocaine Anonymous, something I couldn't even have fathomed in early recovery. I am forever grateful to those members who served before me, alongside of me, and those who will come after me. I am forever grateful to Cocaine Anonymous for giving this addict and alcoholic a home.

When I got sober it was for one reason and one reason only... to make the pain stop. I had no other goals. Well, the pain did stop and was healed long ago, but what I got was so much more than that, my life is filled with meaning, purpose and love. I have truly been given a life beyond my wildest dreams by serving the Fellowship I love, Cocaine Anonymous.

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## SERVICE WAS THE BEGINNING FOR ME

Brandon B.  
Federal Way, Washington, USA

When I first came into Cocaine Anonymous, I was defeated, broken and hopeless. 16 years as an active cocaine addict changed me into a person I was never meant to be. Of course, it wasn't always like that, but it's not about where we come from. It's about where we ended up that brought us into the rooms of C.A.

Waking to the reality of where I had led my life was scary. A young and hopeful marriage crumbling before my eyes, a career wasting away, my physical and mental health declining. Everything I had spent the last decade of my life to achieve was being taken away from me. Not because of circumstances, or chance. But because I had become a lying, manipulating, self-centered, self seeking, resentful person. I became the very worst version of myself. Giving up everything to keep getting high was not out of the question or the realm of possibility. I knew I was an addict, and I knew I needed help. I also knew I wasn't going to ask for it. I was convinced my story was going to end with me dying from my drug use or I was going to be intervened.

Having survived another long bout of several sleepless nights and miserable days, I had a brief moment of clarity when the obsession of getting high was silenced. With no more lies to tell, schemes to pull, excuses to make -- the truth had come out. Confronted by my wife, I finally had to admit out loud to another person that I was a cocaine addict and I needed help.

My first day of sobriety, I didn't know what to do until someone suggested I go to a C.A. meeting. That day I began my journey to recovery. Struggling from withdrawals and picking up the pieces of my old life was difficult, but I knew the end result would be worth it. I threw myself into the Program, doing 90 meetings in 90 days and found a home group that felt right for me. I found a sponsor that was willing to bring me through the 12 steps and to show me how to live a full and sober life.

One day at a time life got better. Gifts were given back to me, some of which I didn't ask for. I began to heal emotionally and physically, reconnected with my higher power. The obsession of the mind and the allergy of the body subsided. The broken trust in my marriage began to heal. A sober community was building around me and friendships were made. Life as it should be was returning. Still, it wasn't enough. I needed to start contributing to the river of life, giving back what was so freely given to me.

I completed my 12 Steps but that was only the beginning of my recovery. I served my home group as treasurer, attending recovery meetings in rehab facilities, attending C.A. state conventions - all to share my experience, strength and hope with other people. I finished the 12 Traditions, took on a new position in my home group as Group Service Representative. Right now, I am finishing the 12 Concepts with my sponsor. Even with this work, I still needed to give back the gift that my sponsor gave me, so I started sponsoring others.

Being able to sponsor others has been the most fulfilling way for me to serve the C.A. Fellowship. The opportunity to be there for someone just as someone was there for me when I needed it most is a humbling experience that keeps my spiritual cup full. It is the most selfless act I can offer, and in my opinion, the most fulfilling act of service.

My name is Brandon and I am a cocaine addict. My sobriety date is 4/21/2020 and today I have 1,300 days sober. I wouldn't be here today without Cocaine Anonymous and my sponsor's willingness to be of service when I needed him. These two facts are the cornerstones to my recovery. I wouldn't be the son, brother, or husband I am today without them. Serving others keeps me sober. I hope one day I get to pass on the same willingness to be of service that my sponsor passed on to me.

\*\*\*

### **QUOTE: HFC Vol. II, page 148**

*"This time a lady at the meeting told me about Cocaine Anonymous. She told me of a local C.A. meeting on Sunday morning at 11:30. I went there, and I knew I had found home. The people there talked about using like I used. They said no matter how much they had, it was never enough. I saw people laughing about the chaos that used to be in their lives. I wanted to know how they were able to do that, and I felt the beginnings of hope."*

## NewsGram Editorial Policy

The NewsGram publishes articles that reflect the full diversity of experience and opinion found within the Fellowship of Cocaine Anonymous. No one viewpoint or philosophy dominates its pages, and in determining the editorial content, the editors rely on the principles of the Twelve Steps, Twelve Traditions, and the Twelve Concepts. The heart of The NewsGram is in the shared experience of individual C.A. members working the C.A. program and applying the spiritual principles of the Twelve Steps. Yet what works for one individual or C.A. group may not always work for another. For this reason, from month to month, articles may be published that appear to contradict one another. Seeking neither to gloss over difficult issues, nor to present such issues in a harmful or contentious manner, The NewsGram tries to embody the widest possible view of the C.A. Fellowship.

The Charter of the World Service Conference guarantees The NewsGram editor the right to accept or reject material for publication. The NewsGram staff members evaluate articles and, while some editing is done for purposes of clarity, styling, length and content, the editors encourage all writers to express their own experience in their own unique way.

Articles are not intended to be statements of C.A. policy, nor does publication of any article constitute endorsement by either Cocaine Anonymous or The NewsGram. Articles are invited, although no payment can be made nor can material be returned.

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

WOULD YOU LIKE TO BE PUBLISHED???

DO YOU HAVE SOMETHING TO SAY???

The NewsGram is looking for your articles, recovery jokes, recovery poems, suggestions, ideas, recovery drawing, or spiritual thoughts. This is YOUR publication!! We're looking for small items of 1 or 2 lines up to articles anywhere from 200 to 1100 words. If you write an item, you can upload it and

sign the release form online at

<https://tinyurl.com/y9yu92l3>

or snail mail it to:

NewsGram / C/O CAWSO /  
21720 S. Wilmington Ave., Ste. 304 /  
Long Beach, C.A. 90810, USA

### NEWSGRAM THEME NEXT EDITION

***SURRENDER AND ACCEPTANCE***

***DEADLINE:***

***FEBRUARY 10, 2024***

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

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For the low price of \$15 U.S. per year, you can receive 10 copies of the NewsGram to share with your friends or your group. Complete this form and include your credit card information, or enclose a \$15 check or money order (U.S. dollars only) and send to: NewsGram, c/o CAWSO, 21720 S. Wilmington Ave., Ste. 304, Long Beach, C.A. 90810-1641. A subscription form is also available for download at [www.ca.org](http://www.ca.org).

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

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I further acknowledge and agree that:

1. I possess full legal capacity to exercise this authorization and hereby release CAWS and CAWSO from any claims by myself, my successors, and/or my assigns regarding the attached material.
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4. CAWS and/or CAWSO may change, modify or revise this work to whatever extent either or both deem necessary. I understand that, if selected for publication, this material will be edited in keeping with C.A.'s understanding of the Twelve Steps and Twelve Traditions. Submissions will also be copyedited to ensure ease of comprehension and adherence to standard rules of grammar and punctuation as well as current CAWS and CAWSO style guidelines. In addition, editorial staff may also substitute different words and/or revise sentence structure for clarification. I further understand that this material may be retitled and/or reprinted in more than one CAWS or CAWSO publication.

Signature: \_\_\_\_\_

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

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# C.A. WORLD SERVICE CONFERENCE COMMITTEES

WSOB

## New Travel Requirements for Non-EU Residents Attending the CAWS 2024 Convention in Holland

It has been recently announced that, starting in 2024, the European Union (EU) will require non-EU resident travelers from “Visa-Free” countries arriving into the Schengen Zone (the 27 member countries making up mainland Europe, including the Netherlands) to be pre-approved through the European Travel Information and Authorisation System (ETIAS). While this is still not considered a travel visa, it is part of the EU’s efforts to increase security throughout the region. Members travelling from Current EU countries that are Schengen Zone members will not be affected.

This is similar to the Electronic System for Travel Authorization (ESTA) that many of our non-US members are required to complete to travel to the United States. This system is not a travel visa and is considered a “visa-waiver.” Each individual will need to formally submit the application along with a €7 (approximately \$8) application fee. These applications typically take about 10 minutes to complete and only a few hours to a few days for a decision to be made. Approval for Schengen Zone travel will be good for 3 years upon approval. Anyone applying under the age of 18 or over the age of 70 will not be charged.

Please note that the system is NOT online yet and only says, “Starting in 2024.” Per the guidelines, there will be a 180-day (6-month) grace period once the system is fully implemented. While the system may not be fully implemented or in effect at the time of the CAWS 2024 Convention, it would be highly suggested that all the proper paperwork is completed before travelling if ETIAS has begun. Border Agents in the Schengen Zone Countries will have the authority to turn travelers away at their discretion and there is nothing that the CAWS 2024 Convention nor C.A. World Services can do for you.

This may be concerning for some of our members if, like myself, you have a less-than-stellar past and/or criminal record. You will be required to disclose whatever is requested in the document. All applications will be processed through numerous police and security databases, including Interpol and Europol. If in the event your ETIAS is not approved, an individual travel visa may still be applied for. The requirements of the application are not fully known yet, but it does imply that only the preceding 10 years will be reviewed.

Obviously, this is not a C.A. requirement, nor is C.A. affiliated with the ETIAS system. Neither the CAWS 2024 Convention nor C.A. World Services can help with this process, it will be the personal responsibility of each member traveling to the Netherlands of their own accord. We will try to keep the Fellowship informed as this unfolds. More will always be revealed.

The following are useful links:

**ETIAS News & Information for Visitors Coming to Europe** – [www.etias.com](http://www.etias.com)

**ETIAS for American Citizens** – [www.etias.com/etias-requirements/etias-for-american-citizens](http://www.etias.com/etias-requirements/etias-for-american-citizens)

**ETIAS for British Citizens** – [www.etias.com/etias-requirements/etias-for-british-citizens](http://www.etias.com/etias-requirements/etias-for-british-citizens)

**ETIAS for Canadian Citizens** – [www.etias.com/etias-requirements/etias-for-canadian-citizens](http://www.etias.com/etias-requirements/etias-for-canadian-citizens)

**Information from the Government of the Netherlands | Government.nl** – [www.government.nl](http://www.government.nl)

## Could *YOU* Be the Next NewsGram Editor?

Are you looking for a service commitment that is creatively challenging and incredibly rewarding? Would you enjoy working with the World Service Office Board, World Service Board of Trustees, and other members of the Fellowship around the world to help carry a message of hope, faith and courage via the NewsGram? Then perhaps this is the job for YOU!

The role of the NewsGram Editor is to select, edit and lay out the content of each issue. While ultimate responsibility for publication of the NewsGram rests with the WSOB as a whole, the Editor will bear primary responsibility for ensuring timely publication of the NewsGram for delivery to the Fellowship. Due to the nature of the roles and responsibilities of the job, it is important that the editor have the following knowledge and skills:

1. Working knowledge of C.A.’s Twelve Steps, Twelve Traditions, Twelve Concepts and World Service Manual.
2. Professional editing experience or prior C.A. service experience involving editing and/or writing material for distribution to the Fellowship.
3. Working knowledge of Microsoft Word (or other similar word processing software compatible with WSO software), regular access to e-mail, good organizational skills and attention to detail.

Responsibilities of the Editor include soliciting submissions, selecting appropriate articles for publication, ensuring that each published article is accompanied by the appropriate release form, editing articles, verifying and attributing quotes, and following the publication timetable and flow set forth in the NewsGram Guidelines.

The NewsGram Editor position is a 2-year-term, appointed by the WSOB. If you'd like to be considered for the position, please send a service resume and recent sample of your work to [newsgram@ca.org](mailto:newsgram@ca.org).

# C.A. WORLD SERVICE CONFERENCE COMMITTEES

WSBT

I write to share a noteworthy development that has stirred excitement among our Fellowship's community. The Cocaine Anonymous World Service Office, a cornerstone of support for those in recovery, is embarking on a transformative journey. I'd like to draw attention to several key points that make this move to Arizona a milestone worth celebrating.

First and foremost, this relocation underscores a commitment to cost efficiency and really allowing us to better serve the still suffering addict with our contributions. To choose Arizona, the Cocaine Anonymous World Service Office aims to optimize its operations, ensuring that every dollar contributes to this vital mission.

The enthusiasm of the new area's participation is palpable. The local Fellowship has embraced this opportunity with open arms, eager to join forces in advancing the cause of recovery. It's heartening to witness this level of commitment and unity.

Equally remarkable is the excitement surrounding the office's first-ever move out of the Pacific South Region. We would like to extend a special thanks for the almost 40 years of service our Fellowship did there, words cannot express our appreciation and gratitude for the work performed.

This shift not only reflects the organization's growth but also signifies its adaptability to meet the evolving needs of its members worldwide.

This transition underscores the importance of our local areas supporting the World Service Office financially, so now's the perfect opportunity to send that extra money we have in our Area's bank accounts to help with the one-time cost of such a historical event. In a time where the need for recovery services is more significant than ever, our collective support ensures that help remains accessible to those seeking it.

Furthermore, this move brings the promise of new open positions on the World Service Office Board. It invites fresh perspectives and talents to contribute to the global C.A. Fellowship, ushering in a new era of innovation and inclusivity.

In closing, the move of the Cocaine Anonymous World Service Office to Arizona represents a momentous step forward. As members of the C.A. Fellowship and as individuals committed to the principles of recovery, let us stand together in embracing this change and ensuring its continued success.

Thank you for allowing me to be of service.

Gary P. TAL

**THE QUALITY OF  
BEING THANKFUL;  
READINESS TO SHOW  
APPRECIATION FOR AND  
TO RETURN KINDNESS**

Our primary purpose is to carry  
the message to the addict who  
still suffers, and certainly there  
are suffering addicts in all  
corners of the world.



**GRATITUDE  
MONTH**



giveutter.com/cagratitude

Money donated during  
Gratitude Month goes  
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Office to help carry the  
message in important ways.

Publishing & translating books, chips & literature  
Supports WS Conventions & WS Conferences  
Providing free books & literature to inmates  
Support for new districts, areas & regions  
Access to drug court conferences  
Mailing free meeting starter kits

IN THE SPIRIT OF TRADITION & CA IS NOT ALLIED WITH ANY SECT, DENOMINATION, POLITICS OR INSTITUTION



To: All Areas of Cocaine Anonymous

From: The World Service Conference IT Committee

RE: Including your meetings in the C.A. App Database

The WSCIT Committee needs your participation in preparation for the launch of the C.A. App in Google Play, approved by the 2023 WSC Conference.

We are asking each Area of Cocaine Anonymous to appoint or elect ONE point person to follow the process to input and maintain your meeting information our new worldwide meeting database. No programming skill is required, but some computer savvy with data entry would be helpful.

This individual may currently be in Area service, or this may be an entirely new service position within your structure.

Once your meeting information is uploaded into the database, it can be easily updated at any time and the data can be used to update your Area's meeting list on your website in real time along with the App.

Thank you for being a part of this exciting addition to our primary purpose and worldwide growth.

When you have selected your point person, a member of the WSCIT App Development Committee will assist you through the process.

Please contact them via email at [itcommittee@ca.org](mailto:itcommittee@ca.org).

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

# CALENDAR OF EVENTS

November 10-12, 2023

Tennessee Area Cocaine Anonymous Convention  
"Recovery is a Life Event"

LOCATION:

Memphis Marriott East

5795 Poplar Avenue  
Memphis, TN 38119

November 17-19, 2023

COCACO State Convention

LOCATION:

Crowne Plaza

15500 E. 40th Ave.  
Denver, CO 80239

December 31, 2023-January 1, 2024

The Unity of the Valleys Convention  
presents a New Year's Eve Bash 2024

LOCATION:

DoubleTree by Hilton

924 West Huntington Dr.  
Monrovia CA 91016

March 15-17, 2024

SEPVCA, SFVCA & WIECA PRESENT  
2024 Unity of the Valleys Convention

LOCATION:

Hilton Orange County/Costa Mesa

3050 Bristol St.  
Costa Mesa, California

April 12-14, 2024

Pacific North Regional Convention 2024

LOCATION:

Pinnacle Hotel Harbourfront

1133 West Hastings Street  
Vancouver, BC V6E 3T3, CA

April 26-28, 2024

2024 Atlantic South Regional Convention

LOCATION:

Hyatt Regency Birmingham - The Wynfrey Hotel

1000 Riverchase Galleria  
Birmingham, Alabama 35244 United States

July 11-15, 2024

C.A. World Convention Hope Faith Courage in Holland

LOCATION:

NH Noordwijk Conference Centre Leeuwenhorst

Langelaan, 3, - 2211 XT The Netherlands

## COMING IN 2024

July 11- 15, 2024

**The 2024 World Convention of Cocaine Anonymous (C.A.)** is coming to Holland!!!!!! Our World Convention will bring together C.A. members from all around the world to share their experience, strength, and hope. The 2024 convention is scheduled to take place in Noordwijkerhout, Netherlands, from 11 till 15 July, under the theme of "Hope, Faith, Courage." For those who are not able to physically attend the convention we will have a tailored online experience to ensure everyone can get a taste of CAWS 2024.

Our convention is a momentous occasion for C.A. members, you will have the opportunity to attend various meetings, speakers, workshops, and excursions. These events will be geared towards promoting the spirit of camaraderie and support, which are critical to our recovery.

One of the main objectives of the World Convention is to provide support to the newcomer. Together we can achieve this if we all bring newcomers to the convention [#bringanewcomer] and putting them "on fire", through sharing our personal stories, discussions on how we stay clean & sober, and various workshops aimed at helping our members develop and maintain their recovery. Our convention offers an opportunity for C.A. members to connect with other recovering addicts, creating a supportive and healing environment for all who attend.

Moreover, the World Convention of Cocaine Anonymous also serves as a platform to financially support the World Service Office, which is responsible for facilitating and coordinating the activities of Cocaine Anonymous worldwide. The funds raised from the event will be used to support the services and resources needed to continue carrying the message of hope to those struggling with addiction.

Our World Convention is also expected to be an occasion for fun and love. Members will be able to engage in various activities that promote sobriety, socialization, and a sense of community. Do a boat tour through Amsterdam, visit the heart of the Dutch flower industry or witness how already for centuries we are able to keep our lands dry.

In summary, CAWS 2024 in The Netherlands is going to be an amazing event that brings together C.A. members from all around the world to promote sobriety, share experiences, and provide support to those struggling with addiction. This year's theme of "**Hope, Faith, Courage**" is expected to inspire members to stay committed to their recovery journey. The convention promises to be a fulfilling and life-changing experience for all who attend.

Information and registration: [www.caws2024.nl](http://www.caws2024.nl)

In love and service,  
The Service Committee, on their behalf Joost van K.  
(CAWSC 2024 Chair)

| 7th Tradition July-September 2023<br>Group or Category |                                      |            |
|--|--------------------------------------|------------|
| LOCATION   | NAME/CITY                            | TOTAL      |
| <b>CANADA</b>  |                                      |            |
| Alberta  | Northern Alberta Area                | \$1,500.00 |
| Quebec   | Quebec Area                          | \$6,600.00 |
| <b>Europe</b>  |                                      |            |
| UK   | Kent District                        | \$1,995.00 |
|  | CA North London District             | \$303.00   |
|  | West London District                 | \$416.00   |
|  | Daily Reprieve                       | \$75.00    |
|  | South Central District UK            | \$5,617.00 |
| <b>Mainland Europe</b>                                 |                                      |            |
| Germany  | German Area                          | \$228.00   |
| Netherland   | Holland Eastern District             | \$515.00   |
| <b>USA</b>   |                                      |            |
| Arizona  | Birds of a Feather                   | \$125.00   |
|  | EVMG                                 | \$414.00   |
|  | SNL Group                            | \$360.00   |
| California   | CA San Diego                         | \$126.00   |
|  | Fledgling Society Meeting CA         | \$165.00   |
|  | Inland Empire Area Service Committee | \$697.00   |
|  | Long Beach Compton Group             | \$1,750.00 |
|  | Moreno Valley Early Group            | \$500.00   |
|  | OCCA                                 | \$1,000.00 |
|  | Southbay CA Mon/Tues Meeting         | \$107.00   |
|  | XYZ-23 Group CA                      | \$165.00   |

| 7th Tradition July-September 2023<br>Group or Category |   |                    |
|--|---|--------------------|
| LOCATION   | NAME/CITY                               | TOTAL              |
| Colorado   | CA Hope Not Dope                        | \$100.00           |
|  | Nirvana                                 | \$369.00           |
| Florida  | Clean By Any Means                      | \$100.00           |
|  | Florida Area CA INC SWFL District       | \$225.00           |
| Georgia  | Awesome Group Athens GA                 | \$250.00           |
|  | Log Cabin Group                         | \$220.00           |
| Illinois   | IACA Inc IL                             | \$1,233.00         |
| Michigan   | Saturday Morning Alive                  | \$60.00            |
| New York   | New York, Inc Group                     | \$1,000.00         |
| North Carolina   | CA Wednesday Night Meeting Charlotte NC | \$43.00            |
|  | Mixed Nuts Group                        | \$55.00            |
|  | Vision of Hope NC                       | \$58.00            |
| Oregon   | CA of Oregon                            | \$100.00           |
| Pennsylvania   | New England Area                        | \$10,000.00        |
| Tennessee  | Nashville District                      | \$500.00           |
| Texas  | SCTA of CA, Inc.                        | \$5,900.00         |
| Washington   | WSCA Area                               | \$5,650.00         |
| Wisconsin  | First Things First                      | \$79.00            |
| <b>7th Tradition</b>                                   | Anonymous                               | \$3,356.00         |
| <b>Freedom Fund</b>                                    |   | \$5,542.00         |
| <b>S.M.A.R.T.</b>                                      |   | \$345.00           |
| <b>Total</b>   |   | <b>\$57,843.00</b> |

Get the word out about your local  
Event - Use the form at:

[www.ca.org/event\\_form.html](http://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.

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