

SURRENDER AND ACCEPTANCE

NEWS



GRAM

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I SURRENDERED, I GAVE UP, I ACCEPTED

Harrison F..
South Glamorgan, Wales, UK

It would have been an average Friday by any other measure; being off work that day, my using began first thing in the morning around 6:30am. Yes, I used to get up on my days off at 6:30 just to use. By this point, my drugs of choice – morphine, oxycodone and fentanyl – had stopped working, though I didn't realise it. I unconsciously looked for a higher high and began to cocktail with high-power sedative-hypnotics – well, that landed me on the rocks, as Bill might say.

I went into a dangerous irregular heart rhythm that morning; gripped by chest pain, shortness of breath, unable to stand or walk, slurring my words, and the sensation of flames licking at my neck, I thought I might be dying and called for an ambulance. I also knew this would blow my life up, as up until this point my illness had been a near-perfect secret. My family and my employer had been none the wiser, though a few partners had seen my illness up close, and a few close friends knew I was struggling, though not the full extent.

That morning I learnt something very important about myself; up until that point, I thought I wanted to die. I struggled with terrible depression for many years (even before drugs became my solution). I felt totally lost in this world - no direction, no purpose, no meaning – couldn't cope and couldn't understand how other people did and just got on with it. Debt, relationship issues, you name it. The bedevilments to a T. The spiritual malady had been with me since I was a small child, and over the years I had learnt to recognise it, name it, and feed it, throwing everything I could into it to make me feel better. I'd lost the will to live - lost in oblivion with no way out. I knew I was committing slow-icide; every time I cooked up, I knew everything I threw in that spoon might kill me. I certainly didn't care.

But faced with actual death, I felt terror - sheer terror. I didn't want to die at all. I wanted to live; to

grow, to travel, to work, to love and find love again, to make love, to find a partner, to find peace and balance in life, to see my niece grow up, to find a purpose in my career again, to be there for my family; I had wanted so desperately to live, but did not know how. I was terrified that I would make the wrong choices and get it all wrong.

I was carted off to the A&E (ER) of a large hospital I had worked at a few years previously, knowing I would be recognised, knowing I would get in trouble, knowing my career might be gone, knowing my family would be contacted. Knowing that the cat would now be out of the bag. Hell, that sure would make using difficult...

When told I could go home – still high as a kite and nodding off – I knew my family were waiting outside of the hospital to take me home. I knew that hospital like the back of my hand and snuck out the back, got a taxi home and injected twice more in the hour before I let anyone in. Sheer insanity. There was no fear that time – that I might go over or die, no thought of what had just happened hours previously, no sane reasoning parallel to the frankly insane repetition. My using at this point was compulsive and subconscious, I would use on autopilot without thinking. I was dying of this illness. It was a miracle that I didn't accidentally kill myself.

My family at this point, still in shock, performed an impromptu intervention and rescued me back to my hometown. Being bloody-minded and not knowing any other way, I proceeded with another cold turkey. Luke-warm actually, attempting to self-medicate with pharmaceuticals and even picking up once under the guise of "going to a meeting". How delusional I was that I could not tell the true from the false and actually believed I could treat myself. Could manage it myself.

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

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

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I SURRENDERED, I GAVE UP, I ACCEPTED

Harrison F..
South Glamorgan, Wales, UK

(Continued from page 1)

I awoke on the 7th day, due to go into treatment that day. I went to shower, as I had not actually cleaned myself for several days, only boiling myself in a bathtub several times a day for relief from the agony. Usually for me, the worst of the storm had passed by the 7th day of a cluck. Sure enough was the case that morning – I felt restored physically - but something else was indescribably different. I didn't realise it at the time, but I subconsciously became sure of the curious belief that I was about to go and get on with the rest of my life. And I had been waiting for that day for years by this point. This was my step 2 experience.

It was a beautiful sunny spring day, my favourite time of year. My dad drove me to treatment and we rocked up to the door. I was a scared little boy. I was terrified again - of what I might face, that I might have to feel my feelings, that I might have a blank-spot and bolt and disappoint everyone, that I might have to cry in front of other people (God forbid - and God knows I wanted and needed to cry). I knew I was about to do a walk-of-fire. But I also knew that anything was preferable to ever again having to experience the misery, terror and pain of addiction. I was sick and tired of being sick and tired – clichéd but I really was.

“Dad, I need a minute”. I vaguely wanted to do something meaningful, to make the moment meaningful - because I knew something fundamental had to change. I closed my eyes before I crossed that threshold and did something so intuitive that I didn't even realise it: I prayed. It came so naturally. I closed my eyes and said to whatever was out there - “open ears, open eyes, open heart, open mind”. I still use that beautiful and simple prayer to this day.

For the first time, I surrendered. I gave up. I accepted that I needed help – divine spiritual help - and stopped trying to fight this illness on my own. I believe this to be my step 3 experience. Until this point, a deadly mixture of guilt, shame, fear and pride – too proud to ask for help – had nearly killed me. I suffered from the great obsession of every drinker, the delusion that one day I would beat the game – by myself. Simply that one day, it just wouldn't be a problem for me anymore. That I would have beaten it. My step 1 was lived in my illness – I knew that I couldn't have just one or use for just one day, I knew using once meant somewhere down the line I would be a cold and

shivering mess. I knew I was powerless, but I never made the intellectual leap that being powerless might mean I needed to find a power (step 2). That power found me.

I hit the jackpot in that treatment centre – my counsellor was a hard-line staunch elder-statesmen, with over 10 years in C.A.. And H&I also carried the message to me in that treatment centre. They all told me the same thing - when I got out, to go to meetings, get a sponsor, work the steps, pray, meditate, and help others. I did just that. I made it into this program because someone else worked their Twelfth Step on me. Someone passed it on to me. Someone was out there after they got clean and sober, caring about others. I need to never, ever forget that. Had they simply gone on with their lives and forgotten about people like me who were still out there using and suffering, I wouldn't be here today. I wouldn't be alive today.

That smallest seed of faith that day – the belief that I was about to go and get on with my life, that something was looking out for me and had gotten me that far, to the doorstep of that treatment centre, had narrowly avoided death many times – that seed grew as I watered it, and today is a beautiful tree that protects me from the rain, shades me from the sun, and bears fruit. The central fact of my life today is the absolute certainty that God has entered into my heart and my life in a way which is indeed miraculous. God has done for me what I never could have done for myself. I do what was suggested, and to this day have never had to pick up a drink or a drug again. I came looking for Copper, and I found Gold. That is what this program has to offer.

Today I use that faith and everything I have learnt in my recovery to carry that message to other addicts, to give away what was so freely given to me, to show others the simple kit of spiritual tools to recover from a hopeless state of mind and body, the pathway to a vital spiritual experience which can solve all of our problems. We can recover – one day at a time. It is possible to live a life filled with *hope, faith and courage*.

QUOTE: TWELVE-STEP COMPANION GUIDE, p. 2 (Step One)

“For me, Step One isn't just a Step, which is why I'm still sober today. It's not just about admitting I'm a drug addict; it's an experience in powerlessness. It was never about the things that were going on around me, outside of me. It was about what was going on inside of me.”

BROOKLYN BRIDGE FROM A HOSPITAL WINDOW

Maksim A. T.
Kansas City, Missouri, USA

I felt the vibration of my phone in my pocket, the text from my landlord read, "BP gas station at 5 pm. Bring all the lease agreements, and I will let you go for good." I read the message repeatedly, each time imagining it in the voice of Al Capone. "Well, Alex is definitely up to something, but I won't let him evict me like that—I'm going to fight."

I navigated to my contact list and scrolled until I found the number I needed. With the crack pipe still in my hand, I dialed the contact labeled M.K., a lawyer-friend. After five beeps, I left a message - "It's Max," I said, "I need your help."

As far back as I can remember, I had always been a storyteller, weaving tales with an unlimited imagination. This time, my story painted me as an honest young entrepreneur battling a cruel landlord. "No matter what, do not give him the leases. He will evict you with the police the same day. You need to go to court," advised my lawyer. I agreed. We were going to give Alex a fight; he couldn't treat us so cruelly. The meeting with Alex unfolded as expected. He yelled, threatened eviction, and labeled me a junky. Outraged, I retorted that I primarily used cocaine, not heroin, and refused to be labeled so unfairly.

As I pulled away from the gas station, I made a call to my dealer. "Turtle, I need 10 cookies and 2 brownies." Driving down the highway, an unexpected realization struck me—I had to confide in my lawyer in case of the worst. I trusted him; he wouldn't reveal my secret. I put the call on speaker, admitting, "The problems I face aren't just because of the landlord. I am addicted."

"Addicted? Addicted to who?" he inquired.

"Not to whom, but to what. I am addicted to heroin and cocaine. I've been on this downward spiral for the last 5 months, using all my business money and unable to pay rent for the last 3 months. I'm broke, and I'm going to detox tomorrow. I am getting clean for good."

"Okay, keep me posted," he responded.

Upon hanging up, a wave of relief washed over me. "I am an addict," echoed in my mind. "I don't have to hide and pretend anymore. That's my problem." As I arrived at my plug's house, I declared this to be my last time consuming my stash within two hours but somehow managed to fall asleep.

The next morning, I checked into Bergen Regional Medical Center, detoxing for five days. Upon release, I returned to Newark, relapsing within ten hours and continuing for another 17 days until I hit rock bottom. The

four horsemen—Terror, Bewilderment, Frustration, and Despair—finally caught my attention. I couldn't ignore them any longer.

Desperate, I asked a friend to accompany me to the hospital. I didn't care how or who would help me; all I knew was that I couldn't live like that anymore. At the emergency room, I confessed my attempt to hang myself, emphasizing that if they didn't help, I would try again. My attention shifted to the hospital window, where I could see the Brooklyn Bridge.

"Do you see that bridge?" I asked the receptionist. "I will jump it, I swear. Please, help me. I can't do it anymore. I shoot dope and smoke crack every day. I just can't stop."

He assured me, "I got you, brother. Please take a seat." Two minutes later, hospital personnel walked me in.

"Everything will be okay, thank you, Lord," I whispered to myself as Niagara Falls streamed from my eyes. Astonishingly, I was no longer afraid; I felt, or rather knew, that God was with me, and now I was safe.

Eleven days in a psychiatric ward, six months in a rehabilitation center, followed by relocation to Kansas City—initial months felt like I had no skin, hypersensitive and unsure how to navigate. My old communication mechanisms were gone, and the new, proper ones hadn't surfaced. **But I adhered to all the suggestions**—attending three meetings daily, finding a sponsor, and working the program. Progress was gradual, and I embraced the slow pace with gratitude. I no longer use; the nightmares have ceased.

Now, the crucial task was to lay the foundation for a new life. Rushing was a hindrance; I felt God and discovered myself in the program of Cocaine Anonymous.

Today, six years later, I comprehend that I live in the promises of the 9th step. My selfishness transformed into constant service in the Fellowship of C.A., eventually leading me to serve in the United States Armed Forces. Feelings of failure and incompetence evolved into a completed college degree and a new career path. Lack of social skills turned into hundreds of friends as close as family. Most importantly, the obsession vanished, and sanity returned. However, I'm uncertain if I ever possessed that sanity before working the program. Today, I genuinely live in the 4th dimension, extending my gratitude to those around me—for that is a true purpose worth living.

QUOTE: TWELVE-STEP COMPANION GUIDE, p. 21 (Step Three)

"When I got to Step Three, my sponsor asked what my will and my life meant to me. My will or doing things my way had led me down the path of broken hearts and broken dreams. My will led me to shooting dope, smoking coke, drunk driving, bankruptcy, ruined relationships and misery. My sponsor suggested I turn all that over to God's care.

My sponsor continued, "You seem to have made a mess of your life. Maybe your Higher Power can do a better job." There was no more fight left in me. I was willing to give it all to my Higher Power. I thought, "I hope God takes all that pain because I don't want it anymore."

ACCEPTANCE AND SURRENDER

Jacqueline T.
St. Catharines, Ontario, Canada

Being in acceptance and surrender is a daily process and progression of God Consciousness. Both are key features in the keystones in recovery allowing yourself to be the greatest version of the oneself that God is naturally designed all of us to be.

The surrender will become willingness to open up to this power greater than oneself and openness with our hearts as being rocketed into the fourth dimension of reality as we each come together and the unity and together we recover. Each of us have that ability to surrender to a higher power and the god of our understanding all of us have the ability to have the greatest life ever with the design for living that allows all of us to be the best version of God's true plan for each of us.

Acceptance is the courage to allow yourself to see all aspects of your wrongdoings or others wrongdoings and to create a new way of being allowing yourself to acknowledge your past behaviors and to create new patterns and behaviors between one with Almighty God and this Fellowship that has given us all our lives back to create the best life for our families our friends community and everyone and anyone that has the desperate desire to give up the high cost of low living. we have witnessed miracles before our eyes but those who have surrendered and accepted all that they are naturally designed to be and live in this wonderful design for living their spirits become uniquely alive and they get to be all that they want to be or dreamed of being the promises always come true when you allow yourself to see the larger part of all that is already taken place and to create the best space for you

to grow and nourish this wonderful garden because new seats have been planted for you and for all of us.

In recovery and sobriety it's wonderful to have this new way of life and to see people grow up right before your eyes from scared little girls or scared little boys but then develop into women and men that they've always been. The miracles are all around us, especially the ones staring back from the glass in the mirror that is the one that you will have the most growth and expansion with because you are open to connect to a higher power that I call God today and every day and it grows and expands with my consciousness. God Consciousness is one of the greatest gifts for humanity.

It's a vital direction to understand the omniscience that is within us all. Is endless gratitude and total appreciation for this Fellowship, the big book and all of my fellows. It is with great honor and privilege that we get to participate together and be a part of this wonderful Fellowship but still tends to grow up around us as we learn to connect to who we have always been. If you're still on the fence or confused, dive deeper into the 12 principles of each of the steps with a spiritual advisor because it is a way and design of living that all of us have access to. It's such an honor and a blessing to live these in every aspect of one's life because it's so freeing to have the awareness and be of service to the All.

It's all about change in one's perspective and knowing there is a higher power, God Consciousness within us All.

FINALLY, I SURRENDERED

Brady G.
Kansas City, Kansas, USA

I was 14 years old the first time I shot up cocaine and I never could have imagined the ride it took me on. I had a very normal upbringing with 2 parents who were both very involved in my life. Everything on the outside appeared normal but the first time I had a sip of alcohol I just wanted more.

The first time someone offered me a needle I accepted without hesitation. Using dominated every part of my life. I got high at my dad's funeral, in the bathroom at high school and even in church on Easter Sunday one year. I did not believe anyone who had sunk to my depths had the capability to get sober.

In January of 2021 I ended up in the hospital after a particularly bad bout of drinking that put me in critical

condition. The doctors and nurses both assured me if I did not immediately stop drinking and doing drugs I wouldn't live much longer. I left the hospital with \$3 in my pocket and proceeded to go on the bender of all benders.

On February 5th, 2021, I had finally had enough and fully surrendered myself and my will to God. Shortly thereafter I found my home group (Free at Last) got a sponsor and immediately started working the steps.

Today I am approaching 3 years clean and sober and the thought of using doesn't cross my mind. I sponsor other men in the program in hopes of giving them a part of what was so freely given to me

MY LIFE STORY

Leanne V-D.

Port Talbot, Neath Port Talbot, UK

I had a good childhood, it was me my mother my father and my younger brother, I had everything if I put something on my Christmas list I would have it, the only thing was missing is that I didn't feel loved, I was jealous of my brother he was golden boy, he would get away with everything we didn't get on I was the one who was always in trouble where he would be praised for doing well in his sports and school work.

I started experimenting with drugs and alcohol at the age of 14 loved the effect it gave me and I was always searching for that high.

I left school didn't know what I wanted to be I had no goals, got into the wrong crowd, met a boy who was using Heroin I ended up using it in the end at the age of 18 I was a Heroin addict this is what I had been looking for all my life I started smoking it, lost all my friends and my family disowned me, my partner at the time could see the state I was in he broke up with me that didn't stop me from using I got into a relationship with one of the biggest heroin dealers in town I was injecting in the end. We were living in his grandads at the time he went out the night before and got caught for burglary hours went on in the day I was crying in pain with the cluck I was going through then his grandad said hes in prison u need to go, the only thoughts I had where am I to get my next hit, I rang my dad crying out for help begging him to get me, he came he didn't recognise his own daughter, I got in the car and begged him to get me heroine he could see the pain I was in he dropped me off to a dealers house where I got some he couldn't see his little girl like that.

I stayed in my parent's things weren't good I was still using, going out not coming home, they tried everything.

I went out one night and a boy asked me to go home with him, I fell pregnant not knowing what to do as I was still on heroin, rang him up told him he wanted to make things work. I went into services to get support and was put on a Subutex program, I didn't use anything whist pregnant on my little girl I was so proud and made a promise never to touch anything again that didn't go to plan. When my daughter was born, I started using amphetamine I loved it I

was addicted to this substance and thought there is no way out, I decided to get pregnant again, my son was born again I failed to stop using after he was born not even my own children could keep me clean.

I was in active addiction and was to afraid to tell anyone as I thought I would have my children taken off me I was an expert at sneaking around and pretending everything is ok.

I came off amphetamine in 2015, I then started using painkillers and alcohol, again I was in active addiction.

In 2018 I lost my nana she was my life; I have never felt pain like that before I could not accept, she had gone, I hit rock bottom and ended up using cocaine, I was at my lowest stage of life. My fiancé who has always been there for me had enough he couldn't take no more, I cheated on him he had gone and taken my children with him.

My brother who is a friend of a fellow in C.A. rang him up and begged him to help me, I will never forget that phone call I had that day, and he said I want you to go to a C.A. meeting, I was willing to try anything I was desperate.

I remember my first meeting I was full of anxiety thinking why these people are so kind to me they are laughing they look happy how is this possible without drugs and alcohol, I kept coming back done everything that was suggested to me I got a sponsor and started the steps, my sponsor asked am I willing to go any lengths.

I am 1,284 days sober today I will hit four years this august, what a journey it has been in recovery, I have met some of the nicest people and class them as some of my closest friends, they are my kind we get each other we relate to each other's stories but most of all they don't judge me.

I believe I have been given a gift, I've been given a second chance in life, I don't ever want to let that go. C.A. has saved my life all by a simple program, one day at a time I know I can't do this on my own I will be forever grateful for this beautiful program.

CONTROL

Cassandra C.

Ajax, Ontario, Canada

You were the only one there when no one was.
You were the only thing to take away the pain.
You numbed me.
You made me not have to feel the hurt I felt each day.
But then you numbed me, to the point where you were the only thing that could help me cope.
You to my mind, life, family, friends. You took more than my hurt.

You took all of me and more.
Now I sit and of all the things I missed, wasted time because of you.
Now you are gone, I'm taking my life back.
You will no longer control me.
This is my LAST goodbye.
I'm in control now.

THE GLIMPSE

Luis S.
Bronx, New York, USA

I have suffered immensely
I have had my heart broken more than once
I lost a brother, my hero
I have been diagnosed with multiple “terminal”
illnesses
I have lost friends and family
I have hurt people I loved
I have experienced grave poverty
I have been abused
I have been a fool, a sucker, a victim
I have victimized and been narcissistic and sadistic
I have fallen down a dark path
I have come to terms with dying
I have dreaded continued living
I have known much fear...

In other words, I have lived a full life
A life worth living and worthy of the “fight”
I am grateful for each and every painful experience.
I have the scars to prove I’m alive.

For every traumatic experience, I can name 10
amazingly beautiful gifts that I have been granted. But
that’s another list.

This one.

This list right here is the one that sparks every
smile and joy that I experience.

For me life doesn’t need to be fair, it needs to be
complete. It needs to be lived. It must include
teachable moments, and experiences that illustrate the
strength within.

It’s easy to be grateful for all the good times, but
the life well lived is in the gritty.

It’s when I’ve felt so hopeless that I almost
couldn’t see that sliver of shine that can never be
snuffed out.

In that tiny sliver of shine is the best of me, my
complete self, my undefeatable soul.

May you always catch a glimpse of that sliver - in
me, and in yourselves.

I do not believe in absolute darkness, there is only
the absence of the glimpse. If you can’t see it. Look
harder. Stare if you must. Just a glance can change
your perspective and perception and therefore,
perhapsibly, maybe, possibly, probably - your reality .

MOMENT

Serguei B.
Shawnee, Kansas, USA

A moment of relief and everything feels like a pet peeve.

So all want to do is leave, my life was worthless and so brief.

Chasing shit I had no need for, and it just made me bleed more.

Another trip a basement floor can I go any lower? And fell through that trap door. Now I’m worthless and I’m sore.

No money no soul inside my core can’t even buy some groceries at the store

I sold it all..... What for?

Another pill another shot another rail?

Chasing chores that smelly tail!

Drug dealers telling me to bail

I stole some shit and went to jail.

And No one came to visit no one to pay my bail

Another DUI another fail ! No one sends me any mail...

Be hold I found My holy grail

Step one for those who truly done

Let go of everything and every one

My thoughts, opinions

My so called friends and yes my minions.

THE DAY I NEVER LOOK BACK

Alexandra G.
Hamilton, Ontario, Canada

The day I never looked back

The memory of the day I surrendered
is planted on my heart
A thousand blessings make their mark
since

I'd never imagined the peace that comes
from admitting addiction
I went to one dear friend, who --
Thank God
knew about this wonderful fellowship and
shared her knowing with me

Into the church basement I crawl
Suddenly I'm brave
God's warmth protecting me and I don't
even know it at all

Thank you to my people for lifting me up
For showing me there is hope
For shouldering up with me and
for teaching me the work that keeps you
free.

So that I can be free
So that others can be free
May we all, be free 🍀

-Alex G addict/alcoholic



QUOTE: TWELVE-STEP COMPANION GUIDE, p. 3 (Step One)

"Some of us hit a physical bottom. . . . Others of us hit an emotional or spiritual bottom. The good times were gone. . . . We suffered violent mood swings. Perhaps we awoke to our predicament after threatening or actually harming a loved one, desperately demanding imagined hidden money. We were overcome by feelings of alienation from friends, loved ones, parents, children, society, from the sky, from everything wholesome. . . . Perhaps we awoke in dread of the isolation we had created for ourselves—using alone, suffocated by our self-centered fear and our paranoia. We were spiritually and emotionally deadened. Perhaps we thought of suicide, or tried it."

Reinaut K.
Pellenberg, Lubbeek, Belgium



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

EMOTIONAL SOBRIETY

DEADLINE:

APRIL 10, 2024

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

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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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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.

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Surrender and Acceptance – My 12 Step Fellowship Perspective

In my personal journey of recovery through a 12 Step Fellowship, two of my most pivotal learnings are surrender and acceptance. These principles are fundamental for me, not only in overcoming my addiction but also in achieving personal growth and some sort of spiritual awakening. The Nature of Surrender, in this context, is sometimes misunderstood as a sign of weakness or defeat. However, it is, in reality, a powerful step towards liberation and healing. Surrender involves the acknowledgment of powerlessness – a realization that my life is unmanageable.

A few years back, a young newcomer said something at a meeting, she could not have been more than 18 years old. She said, “Powerlessness is easy, it’s just to act without power”. I am not sure she understood what she said, sadly she is no longer in the program, but that short sentence made me realize that surrender could be an active choice to do nothing. It does not have to be understood - it is like most of the program just an action, we are a program of action. Those few words from the newcomer are very important to me. Wisdom is found everywhere; we just need to shut up and listen.

The pain of addiction made me realize that I was powerless, and that was the final thing that made me give up and admit I needed help. That was my first little surrender, since, I have surrendered again and again, and again. It's about giving in to a new way of living, letting go of old patterns, behaviors, and the illusion of control. My Acceptance of my situation and my addiction goes hand in hand with my surrender.

Practicing surrender and acceptance is my daily endeavor. It's about continually reminding myself of the limitations of control and the need to trust in something greater. It involves facing each day with an open heart and mind, ready to accept life as it is. This practice also means being willing to accept help from others – something I have always struggled with. I do see the life change for myself and my fellows in front of my eyes, I understand that I know very little - and more will be relieved to me as I continue walking this path.

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

Johan T, Sweden, Mainland European Regional Trustee.

Starting and Maintaining C.A. Group Archive

Why have a C.A Group archive?

A C.A Group archive helps to preserve the history of C.A. in your Area as well as illustrates the Area’s growth and success, thus protecting C.A.’s legacy for the posterity C.A.

Know your C.A. Group’s History

Every C.A. Group ought to know their inception date, who were the original members and how their present C.A. Group came to be where it is today. The C.A. Group’s Business Meeting minutes will provide a written record of such matters. Furthermore, knowing your Group’s history, such as past motions, changes to the Group conscience, past Group events, treasury and secretary reports can greatly assist the Group in handling current issues. A Group’s business meeting minutes will provide a written record of past discussions and show reasons why specific Group motions were made and how the Group handled them. This can be helpful to resolving similar issues affecting the Group in the present.

Should a C.A Group have an archivist?

Having a C.A. Group archivist gives the C.A. Group yet another opportunity to involve members in Group Service. Moreover, it gives the C.A. member an opportunity to fulfill a vital part in the continuity of C.A.’s ongoing history in your C.A. Area. Be sure to store Group’s archive collection in safe and secure location free from water, light, fire, and insects.

(Continue on page 14)

C.A. WORLD SERVICE CONFERENCE COMMITTEES

ARCHIVES

(Continued from page 13)

What should a C.A. Group collect, preserve and archive?

- Business Meeting Minutes
- GSR Reports
- Treasurer Reports
- Secretary Announcements
- Membership Lists
- Group Event Flyers, Tickets, and other ephemera
- Group Members Oral histories
 - By recording and preserving of oral testimony of an individual's unique personal C.A. recovery experience. Oral testimonies help to preserve the voices and perspectives of people connected with your C.A. Group., for use by present and future generations.

How should the C.A. Group protect and preserve its archive?

Paper documents can be stored in Mylar (acid-free plastic sleeves) and kept in a binder. Binders can be stored in an acid-free or acid-neutral "Banker Box" clearly marked with the C.A. Group's Name and contact information.

For digital files, best practices suggest having four (4) redundant systems for backing up the digital files.

1. The computer on which the Archive is saved.
2. The cloud backup in which the Archive information is saved.
3. The external hard drive on which the Archive information is saved.
4. An "M-DISC" similar to a CD that has more storage and will last 1000 years.

Lastly create a story about your group's history:

1. How and why was the name of your group chosen?
2. Has the group's name changed over the years? if so, what was the original name of the group and when and why did it change?
3. What is the inception date of the group? (if unsure, approximately when did the group start?)
4. How did the group get started? was the group a spin-off from another group? if so, what was that group's name?
5. When does the group meet (day and time)? has it changed over the years? why?
6. Who were the original members of the group?
7. does the group hold social or special c.a. related activities? (holiday parties, candlelight meetings, picnics, etc.)?
8. Has the group's location changed over the years? if so, why?
9. How many members are in the group? has it changed over time? has the membership increased or decreased?
10. Does your group have its own website? if so, what is its URL?
11. Does the group have any particular customs, traditions or interesting anecdotes to share?

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.



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.

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

CALENDAR OF EVENTS

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, USA

April 12-14, 2024

Pacific North Regional Convention 2024

LOCATION:

Pinnacle Hotel Harbourfront

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

April 26-28, 2024

2024 Atlantic South Regional Convention

LOCATION:

Hyatt Regency Birmingham - The Wynfrey Hotel

1000 Riverchase Galleria Birmingham, Alabama 35244 USA

May 10-12, 2024

34th Annual Ohio Area Convention "Peace and Serenity"

LOCATION:

Best Western Plus Strongsville

15471 Royalton Rd., Strongsville, OH 44136

May 31-June 2, 2024

Ferry to Freedom: C.A. Scotland Campvention 2024

LOCATION:

Fintry Bay, Millport, Scotland

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

July 13, 2024

Ladies of C.A. 19th Annual Conference (All day event)

LOCATION:

Akron City Hospital/Raymond C. Firestone Auditorium

55 Arch St., Akron OH 44304

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

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

7th Tradition October-December 2023 Group or Category		
LOCATION	NAME/CITY	TOTAL
CANADA		
Quebec	C.A. Quebec	\$2,500.00
	Get Well Soon Group	\$100.00
Ontario	Southern Ontario Cocaine Anonymous	\$4,164.60
Europe		
UK	C.A.-North London District	\$379.70
	Daily Reprieve	\$140.00
	Fulham London	\$222.88
	West London District	\$878.29
Thailand	Thalang Group of C.A.	\$25.00
Mainland Europe		
Germany	German Area	\$602.00
Netherland	Men's in Haarlem	\$600.00
USA		
Arizona	Birds of a Feather	\$72.17
	SNL Group	\$210.17
California	C.A. Online Service Area	\$200.00
	CALA-WSH District	\$225.00
	Fledgling Society Meeting	\$60.00
	Inland Empire Area Service Committee	\$250.00
	Love and Tolerance Meeting	\$100.00
	North Bay Service Group	\$260.00
	Northern California C.A.	\$500.00
	OCCA	\$450.00
	One Puff Too Tough	\$800.00
	Richmond C.A. Fellowship No. Cal.	\$100.00
	San Diego Area	\$2,444.60
	Sisters in Sobriety	\$207.00
	Topic Thunder	\$50.00

7th Tradition October-December 2023 Group or Category		
LOCATION	NAME/CITY	TOTAL
Colorado	Boiled As An Egg	\$50.00
	Nirvana	\$212.47
Florida	Florida Area CA INC SWFL District	\$390.00
Georgia	Beyond Human Aid	\$226.25
Idaho	M.U.C.A. District	\$200.00
Illinois	C.A.-IACA Inc S&W District	\$349.86
	C.A.-IACA Inc IL	\$4,300.00
Kansas	Kansas Area C.A. Inc	\$2,000.00
Michigan	Saturday Morning Alive	\$45.00
Nebraska	Monday Night Miracles	\$315.00
New York	New Life at the Oaks	\$300.00
	Solution at the Annex Meeting	\$100.00
North Carolina	Mixed Nuts Group NC	\$110.00
	North Carolina C.A. Area	\$226.84
Oregon	CA of Oregon	\$200.00
Texas	Firing Line Group	\$201.00
	The Fix	\$110.00
Washington DC	DC, MD, No VA	\$50.00
Wisconsin	Razor's Edge Meeting	\$117.00
7th Tradition	Anonymous	\$8,169.58
Freedom Fund	Freedom Fund	\$5,310.20
	Give Butter	\$6,612.18
Gratitude		\$2,967.19
S.M.A.R.T.		\$245.00
Total		\$48,348.98

WSO extends our apologies to Monday Night Miracles NE for incorrectly posting 7th Tradition Donations during the 1st, 2nd, and 3rd quarters of 2023 as anonymous donations.

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:
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