

## EMOTIONAL SOBRIETY

# NEWS



# GRAM

Vol. 42 No. 2 C.A. World Service Office, 21720 S. Wilmington Ave., Ste. 304, Long Beach, C.A. 90810-1641 2nd Quarter 2024

### I GUESS WE NEVER KNOW OUR DESTINY!!!

Kenny S.  
Toronto, Ontario, Canada

My name is Kenny and I'm an addict, I'm also your new NewsGram Editor. I guess the big question is how did I get here and what happened along the way?

The crowd I grew up with mostly drank beer and smoked pot but we were always open to using whatever came around. Once or twice a year someone would show up selling these little bits of paper with funny faces on them, we would always buy a bunch but when it was gone we never went looking for more. My whole life was like that, even in marriage. After being married over 15 years things became a little less exciting, my wife was doing her own thing on weekends and so was I. I started going out looking for something to do and I found it one night in a little bar in Brampton, on the corner of Kennedy & Queen.

I made some new friends, and someone asked if I wanted to go outside and do some coke? I thought about it for about a second, then I was outside doing my very first hit. I didn't realize it at the time but nothing in my life would ever be the same again. I thought it was amazing and started to think how I could work this into my life on a regular basis. It started slow, about once a week, I thought I had everything under control, but within a year I was using daily.

Things went on for a long time and I was doing a good job of hiding what I was doing until I began to run out of money. That's when the other person began to take over, the person you never want to meet, the person who was capable of anything.

I started stealing money from my family and tried pawning anything that wasn't screwed down while sleeping all day and staying up all night. One day my wife confronted me and wanted to know what was going on, she was shocked when I told her, but even after confessing everything things would get a lot worse, the only difference now was that everyone knew about it. There were eyes on me all the time now and even then, even when everyone knew, I still used. The fact was that I was going to use and it didn't matter who knew about it.

At this point I had been completely overcome, nothing mattered anymore, my only priority was to find the money to use each day. I can only imagine what my wife and three kids must have thought about me. It didn't take long before I was asked to leave, we would never live as a family again,

I was no longer welcome in my own home.

So, there I was, in my forties, and now living with my parents in their spare room. Whenever they went out, I had to go with them, I'm sure they were worried I might steal something if they left me there alone, maybe they were right, by this time I could no longer be trusted.

I had begun making regular visits to the detox and rehabs. I counted on my fingers to keep track of how many times I had been in the Brampton detox, until I ran out of fingers. I went to rehab many times and was always sent home. I will always remember them taking me into a little room and telling me that I wasn't a suitable candidate for recovery. I didn't know what to do, I felt like my life was over. My mother suggested that maybe I should go check out one of those recovery meetings? I found one that was close by and decided to go, this was around 2003.

The night of the meeting I showed up and went inside, I sat right in the back, in the corner, and I waited quietly. When the meeting started people began to share one at a time as I listened. It suddenly dawned on me that they were all talking about the same things that were troubling me. I understood every person as they spoke, and honestly, I felt for the first time that maybe I wasn't the only one. Maybe this was what I was looking for, maybe I could make new friends here? This new and amazing place was called Cocaine Anonymous.

The meeting I walked into that night was called The Sheppard Group of CA, located in Toronto, Canada. This would become my Homegroup and pretty soon I would become their greeter. I would stand at the door each week giving out lollipops and welcoming people to the meeting, my clean date is Aug 17/05.

One day during our group business meeting I discovered that they didn't have a GSR, so I volunteered and was elected, I was now headed to the Southern Ontario Area Committee table with ten months clean time.

I enjoyed serving in most Area positions over a fifteen-year period highlighted by becoming Area Chair in 2010. After serving as Chair in 2017 I was elected as Delegate and looked forward to doing service outside Southern Ontario for the first time, I was now headed to the World Conference.

*(Continued page 4)*

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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.

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## FINDING EMOTIONAL SOBRIETY

Hayley W.  
Marysville, Washington, USA

### *A Journey of Discovery and Growth*

In life we often find ourselves on paths we never anticipated facing challenges we never imagined. For many the journey toward emotional sobriety is a profound transformation marked by moments of courage, resilience, and personal growth. In this article I share my own journey toward emotional sobriety navigating the twists and turns of recovery and personal growth.

### *Numbing Emotions with Alcohol*

Like many struggling with addiction I turned to alcohol to numb my emotions believing it was the only way to cope with stress and anxiety. But as I spiraled downward reaching rock bottom I knew I needed a change. That's when I embraced a new way of living through the 12 Steps and the program of Cocaine Anonymous. Though daunting at first, working the Steps and immersing myself in the program led me to discover healthier coping mechanisms. Through an open-mind and a willingness to consider a new way of thinking I learned to face life's challenges head-on without relying on substances to numb the pain.

### *Seeking Validation from Others*

Before embracing my recovery journey, I found myself trapped in a cycle of seeking validation from others. My happiness seemed contingent upon external approval leaving me feeling empty and unfulfilled. However, a pivotal realization dawned upon me when I entered the rooms of Cocaine Anonymous, my happiness shouldn't depend on validation from others. Instead with the help of my sponsor and fellows in

recovery I began to reframe my thinking shifting from seeking approval to seeking ways to be useful to others. This shift in perspective was a crucial step in my journey toward emotional sobriety empowering me to find fulfillment in ways that no longer relied on selfish, self-seeking behaviors.

### *Suppressing Emotions and Finding Authenticity*

Growing up, I thought it was better to suppress my emotions, to toughen up and never show vulnerability. Yet this façade only hindered my ability to form genuine connections with others. It wasn't until I surrendered my life and will to a Higher Power of my own understanding that I realized the detrimental effects of this mindset. Through taking a fearless moral inventory and confronting my character defects I broke free from the shackles of this unhelpful belief that I need to be tough. This newfound authenticity allowed me to understand the roots of my emotions, to express myself genuinely and forge meaningful connections with others.

The journey toward emotional sobriety is not easy, but it is immensely rewarding. It requires courage, introspection, and a willingness to embrace change. Through my own experiences I've learned that true fulfillment comes from within not from external validations or substances. By embracing my program of recovery and confronting my inner demons, I've found a newfound sense of freedom and peace.

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### **QUOTE: TWELVE-STEP COMPANION GUIDE, p. 56 (Step Six and Seven)**

*“Our own physical sobriety is proof that we can and do change, but emotional sobriety is a lifetime process. At times, our spiritual evolution can feel like the tide, ebbing and flowing, coming in and going out, growing as we live the Twelve-Step way of life. The more willing we become to face our defects and to ask God, as we do or don't understand God, to remove them, the more we grow and the more we experience true peace in our hearts.*

*We do recover! Over time, our character defects are converted from destructive forces to the power to help others. We become people of peace and purpose. We discover that our character defects can actually be tools to help us relate to the new people we meet along the way in C.A.*

*We've spent much of our lives chasing after things that proved to be illusions and failed to bring us happiness. It's been said that we have a God-shaped hole in our souls or hearts. Many of us tried to fill that God-shaped hole with money, drugs, sex, alcohol, power, control, the right car, house or partner, but it never worked. Sometimes those things seemed to fill us up for a while, but eventually they stopped working, and the hole in our souls felt bigger, darker and colder. Nothing outside of us ever brought lasting happiness and internal peace. However, being honest, being kind, being loving, helping and serving others, C.A. and the Twelve Steps have brought us to a relationship with a Power that has filled the hole in every one of our unique hearts. We know it will work for you, too.”*

## EMOTIONELL NYKTERHET

Sara L.  
Karlstad, Sweden

När jag kom till CA 2015 var jag slagen, trasig & livrädd för allt. Jag tyckte att gemenskapen var en läskig plats och jag gick tillbaka ut en gång till. 6 månader senare var jag tillbaka och den här gången var jag villig. Till slut verkade det som om min egenvilja hade tagit mig till "the last house on the block"

Jag tog en sponsor och gjorde stegen, kastades in i service, mina första 2 år var mest att försöka stå på benen, lära mig att leva utan droger. Jag sponsrade, gjorde service och försökte hålla mig "woke" Och det fungerade till min förvåning.

Nu 8 år senare är livet fantastiskt, jag sponsrar och gör mer service nu, jag får möjligheten att vara delegat för vårt svenska area och jag får vara en del av World Service Unity Committee. Tack vare att jag gör den här servicen så får jag chansen att möta mig själv på en nivå som jag inte ens visste att jag hade. Att praktisera mod, att stanna i mina känslor, att välja att släppa taget

istället för att hänga kvar i smärtan, allt detta är möjligt tack vare mitt 12:e steg.

Jag vågar tro att så länge jag håller mig på den här vägen kommer jag att fortsätta växa, fortsätta att våga möta mig själv. För jag står på en solid grund tillsammans med Gud och gemenskapen, den gemenskap som har blivit min familj.

Ingenting är omöjligt i Guds värld och det finns inget vackrare än att välja att leva.

Så känslomässig nykterhet för mig är att våga vara stilla och acceptera de utmaningar som uppstår och inte ge upp när det blir tufft för livet är livet och det kommer mot oss ibland. Men vi har något som är så mycket större än något problem vi någonsin kan ha... Gud.

Tack för att jag fick dela med mig.

\*\*\*

## EMOTIONAL SOBRIETY

Sara L.  
Karlstad, Sweden

When I came to CA in 2015, I was beaten, broken and terrified of everything. I thought the Fellowship was a scary place and I went straight back out one more time. 6 months later I was back and this time I was willing. Finally, it seemed like my own will had taken me to the last house on the block.

I got a sponsor and worked the steps and was thrown into service, my first 2 years were mostly trying to stand on my feet, learning to live without drugs. I sponsored, did service and tried to stay "Woke" And it worked to my surprise.

Now 8 years later life is amazing. I sponsor and do more service now, I get the opportunity to be a delegate for our Swedish area, and I am on the World Service Unity Committee. Thanks to doing this service, I get the chance to meet myself on a level I didn't even know I had. To practice

courage, to stay in my feelings, to choose to let go instead of hanging on to the pain, all of this is possible thanks to my 12th step.

I dare to believe that as long as I stay on this path, I will continue to grow, continue to dare to face myself. Because I stand on a solid foundation together with God and the Fellowship, the Fellowship that has become my family.

Nothing is impossible in God's world and there is nothing more beautiful than choosing to live.

So emotional sobriety for me is daring to be still and accept the challenges that arise and not give up when the going gets tough because life is life and it comes at us sometimes. But we have something that's so much bigger than any problem we can ever have... God.

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## I GUESS WE NEVER KNOW OUR DESTINY!!!

Kenny S.  
Toronto, Ontario, Canada

*(Continued from page 1)*

I served as Delegate until 2020 and have hung around as a past delegate trying to be of service with various world committees ever since. I have learned much and am grateful to have been of service on our S & B Committee, Conference Committee, and more recently the Finance Committee over the last seven years.

Today I feel great humility and am thankful to the WSOB for appointing, supporting me in this role, and allowing me to be of service as the new NewsGram Editor.

I promise to always give you my best and look forward to interacting with many of our members around the world

in the future.

I would like to say a few words about our outgoing Editor Yves W. I have known Yves to be a good man who has served this Fellowship from his heart for many years. Without his help, input, and training I could not serve in this capacity. It is a pleasure for me to wish Yves all the best in the future.

I guess that's all there is to say for now, take care my friends and be well, I love you all and especially this great Fellowship that saved my life.

\*\*\*

## THE PROMISES COME TRUE IF WE WORK FOR THEM

Jacqueline R.  
Bronx, New York, USA

I just spent an entire week in Florida mourning the loss of a great sister-in-law who was selfless and faithful to the end, however, what I saw were people mourning in the way I would have mourned prior to recovery. Alcohol and blunts were the staples of each gathering that preceded the days leading up to her funeral. At first, I wondered if I would be tempted to pick up, surrounded by so many users, but as they offered, I made it my business to tell them that I had met my quota 28 years ago and I have no desire to start counting my days again. Some of them were intrigued as I shared my story with them. Others couldn't care less, they just wanted to hang out and get high. I'm not judging them; I'm merely stating the facts.

When I first became a part of that family, I was only 14 years old, drinking, smoking pot and ready to try anything they gave me. I spent seven years living with a man who had no intentions of leaving his mother's home, but it didn't matter so long as I was hanging out with the family, getting high and partying every weekend.

Eventually I got tired of living in his mom's house, and I wanted my own. We had two children and they needed stuff, you know, clothes, shoes, coats for winter. I tried working in a factory freezing my ass just to put coats and boots on them one winter. Then I worked at a department store only to be sexually harassed by one of the managers.

That's when I decided to go back to school. I got my GED and my drivers license and started working in an office as a clerk. I took an exam to work for the City of New York and passed. I have been with them for 30 years. I never went back to that relationship, but I did come often to visit the family. After all they took me in when I was just a kid.

I was probably 23 when I met the father of my 3rd child. Every night we drank and smoked pot and up until that point I had not tried cocaine. Then came the holidays and I was introduced to it by his cousins. Whoa, I liked it. It made me want to keep partying all night. I looked forward to every get together just to get my hands on cocaine.

Seven years into the relationship, my partner broke his ankle and I had to work two jobs to keep us afloat. The second job was as a waitress and after a month I was ready to quit. A bouncer gave me some cocaine and that was it, I was off to the races. I kept that job for six months and even when I didn't need it anymore, I kept going back for more. I was a lost soul.

A child that never grew up and had children of her own. I neglected them by leaving them home alone so

that I could go get high. I thought that by coming home and cooking for them and sending them to bed I was doing enough. What I was really doing was putting their lives in danger. The courts call it child endangerment, but I couldn't see how that was what I was doing. My ex lived in Pennsylvania at the time. His job had relocated, and he was supposed to find us a home there and come get us when all was set. Instead, He took his time and I developed a severe depression. Using became my escape.

I came into the rooms through a suicide hotline. When I stood at the door of my first Cocaine Anonymous meeting and saw the word God plastered all over the place, I knew I had come full circle. As a child, I attended church and prayed to a higher power who I chose to call God. I prayed for my dad to stop beating and sexually abusing me but instead God gave me the strength to stand up to him and get out of my own horrifying situation.

Back then, I had memorized a verse that says, "For I know the plans I have for you, says the Lord, plans to prosper and not to hurt you, plans to give you hope and a future." That verse came flooding back into my memory the second I walked into my very first meeting. It took me almost four months to surrender but when I did it was for life.

So, how am I guaranteed that I will not go back? I did the work. I got a sponsor. I called that sponsor every day. I asked my sponsor(s) to quickly take me through the steps. I got phone numbers. I dialed them I didn't file them. I built myself a safe network of women I could call, in times of need. I used the tools for every difficult circumstance.

As soon as I got three months under my belt, I began to do service. I chaired meetings, became a secretary, shared my story (my experience, strength, and hope), I set-up chairs, I stamped literature, I mailed out flyers (I know some of you younger members or members who came in during the pandemic are scratching their heads right now wondering what the heck is she talking about but these are the things that take place in live/in-person meetings) and more.

THE PROMISES COME TRUE IF WE WORK FOR THEM. So I did therapy for seven years, hum, seven seems to be a theme in my life, and during those seven years I aired out all my dirty laundry and forgave everyone who had ever hurt me. I didn't do that for them, I did it to set myself free of the burden of resentment.

*(Continued on page 6)*

## THE PROMISES COME TRUE IF WE WORK FOR THEM

Jacqueline R.  
Bronx, New York, USA

*(Continued from page 4)*

Today I continuously practice the steps in my life. I do work at the Area level, World level and group level. I still make meetings, I still chair meetings, I'm still secretary at meetings and I help with special events. I love to promote unity. I have several sponsees whom I love very much, they help to keep me sober. I have many blessings to be thankful for as a result of these Steps and practicing these principles in ALL my affairs.

Today depression and anxiety is something that comes and goes like a fleeting moment. Once I identify it I make a meeting or call my sponsor and face it head on, I don't procrastinate as much as I used to. I don't let fear become my master anymore, I've got recovery and I've got a Higher Power, and I've got you, my wonderful brothers and sisters in sobriety. I've been married for 22 years in sobriety to a person who is also a member. We keep our recovery programs separate but share a lot of the same meetings and events. I

returned to school and got my Associates and Bachelor's Degree in Multimedia Theatre and Fine Arts. I've returned to my passion of acting and have added other meaningful crafts like producing and directing and I continue to pursue my career as a singer. We've just invested in a home and two of my adult children and their families live in it with us. Who'd a thought that those children I neglected would turn out so well once I surrendered and cleaned up my act? They are wonderful well-rounded adults today and all because I chose to do THE WORK. Emotional sobriety is doing the work. It's living, breathing, bathing, eating, vacationing, helping others, paying your bills on time, exercising, taking your meds, enjoying your life through this program, and being of service. In order to keep it, I have to give it away. I am grateful and I am blessed to be a proud member of Cocaine Anonymous.

\*\*\*

## MOMENTS

Luke P.  
Swadlincote, Derbyshire, UK

Reaching out

Where did it all go wrong?  
I can't bring to explain,  
I thought life was just a game,  
People said I was insane,  
I traded everything for cocaine,  
Lost so many loved ones on the way,  
In the end I lost the game.  
I reached out I found a loving place,  
A place where I could admit how I lost the game,  
A place that taught me a better way.  
A place that was loving everyday.  
In the end I traded cocaine for God.  
He was the new orchestrator of my game,  
He taught me everyday to love myself and  
everyone else every single day.  
So the question is,  
Did I lose the game?

\*\*\*

C.A.

I too joined C.A. one day,  
I was grateful for the unconditional love I gained,  
I sat and I prayed with my fellows and it helped my mind  
stay sustained,  
I listened to newcomers and praised them for being brave,  
they released secrets of which most people bury with them  
at their grave,  
I kept coming back every day,  
I sat at the table and stayed,  
And when I wasn't sat God kept my seat warm, for he  
knew I would come back for more,  
I love C.A.,  
What more can I say,  
And the best part is we don't have to pay for this stuff is  
just given away.

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

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

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***RELATIONSHIPS IN SOBRIETY***

***DEADLINE:***

***JULY 10, 2024***

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

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

Date: \_\_\_\_\_

Name (please print): \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Phone number: \_\_\_\_\_

E-mail address: \_\_\_\_\_



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

Available in Bright Bronze



BACK



CAWSO - FRANÇAIS

DEVANT



DERRIÈRE



CAWSO - FRANÇAIS

DEVANT



DERRIÈRE



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

Available in Bright Bronze



BACK



# COMMEMORATIVE C.A. RECOVERY MEDALLIONS

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

Bill To:

Ship To:

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

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

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

Quantity: \_\_\_\_\_ Year: \_\_\_\_\_ Color: \_\_\_\_\_  
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**SUBTOTAL:** \_\_\_\_\_

**TAX:** \_\_\_\_\_

**SHIPPING:** \_\_\_\_\_

**TOTAL:** \_\_\_\_\_

**CIRCLE METHOD OF PAYMENT:**

CASH    CHECK    CREDIT DEBIT    PAYPAL    OTHER

**COLOR CODES**

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

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

*Please make checks, money orders, or cashier's checks payable to: CAWSO  
 Contact CAWSO for credit/debit card payments and for shipping costs to addresses outside of the U.S. and Canada.*

**CAWSO**  
 21720 S. WILMINGTON AVE. STE 304  
 LONG BEACH, CA 90810-1641  
 PHONE: 310-559-5833    FAX: 310-559-2554    EMAIL: CUSTOMERSERVICE@CA.ORG

# C.A. WORLD SERVICE CONFERENCE COMMITTEES

WSBT

## Defining Emotional Sobriety

Two great definitions for Emotional Sobriety come to mind. 1) Emotional Sobriety is the method with which to deal with the world without using drugs or alcohol as a coping mechanism; 2) Learning how to be happy, joyous, and free regardless of present circumstances. Emotional Sobriety is a foundation of recovery that allows us to face life on life's terms. As we read, "Acceptance is the key," this is at its core the concept of Emotional Sobriety.

But what happens if we aren't "OK" with everything? What happens when we are sad, or concerned, or even mad when something occurs? Does it mean that we are not living a spiritual lifestyle? Does it mean that we have lost faith and trust in our Higher Power? These are tough questions, that when left unchecked, can often put a person in recovery into a dangerous situation.

This can become especially true when dealing with all levels of service within the triangle. We can often find ourselves on the "losing" side of an opinion, debate, or vote. Whether this is at the Group, Area, or World level; it can seem like we are not living in a Higher Power's will if we do not agree with the group conscience. Are we truly placing our faith and trust when we completely disagree with the outcome considering Tradition 2 and Concept 1?

While it may seem like a disagreement is the antithesis of Emotional Sobriety...it may be the purest example of what Emotional Sobriety should be. The capability to feel emotions is/was something new to a substantial number of us. Turning our life and will over to the care of a Higher Power was a huge step that allowed us to make a beginning. But what comes next?

Service work tests many aspects of our sobriety. Committing to the greater good of our Fellowship challenges us all in diverse ways. When something occurs within our service commitments, challenging ourselves to overcome any feeling, good or bad, allows us to better serve our Fellowship. We will not always agree with everything that happens...and that is OK. Our differing opinions, viewpoints, and positions are what make service to Cocaine Anonymous so much fun.

Invariably, something will not go our way. Emotional Sobriety tells us that other servants are not better or worse because of how they voted. The program or fellowship of Cocaine Anonymous is not at fault. We feel a certain way about something, and we have been provided with a set of tools to deal with that. We try not to stuff our feelings anymore, rather we address what we can, and we discuss with others if we face an obstacle. True Emotional Sobriety comes when we accept our feelings for what they are and stay physically sober despite it. .

Robert B., World Service Office Trustee.

ARCHIVES

## CREATING A C.A. DIGITAL ARCHIVE

### DIGITAL (Electronic File )Archive Practices

The advantage of a C.A. Digital Archive is that it takes up little physical space and can be backed up to multiple redundant storage media i.e. M-disc, thumb-drives, external hard-drives, and server-side cloud accounts. For example, the CAWS digital archive (as of Sept. 22, 2021) has 18,266 files and takes 107.4 GB of disk space. Therefore, it is important to organize your digital archive so that files can be easily and readily obtained when required. The following suggestions are some best practices we use today.

### ORGANIZING A DIGITAL REPOSITORY: FIND FILES QUICKLY

**Folder File structure:** Hierarchical file structures can add additional organization to your files. As with file naming, use whatever makes most sense for your data.

- Top Level Folder: CAWS Archives
  - Sub-Folder: CAWS Conference Minutes
    - Sub-Folder: 2019 WS Conference Minutes
      - Document: 2019-08-28 Conference Day 1 Minutes.pdf
  - Sub Folder: WSOB Minutes
    - Sub Folder: 2019 WSOB Minutes
      - Document: 2019-01-16 WSOB Minutes Approved.pdf

(Continued on page 12)



# C.A. WORLD SERVICE CONFERENCE COMMITTEES

**ARCHIVES**

*(Continued from page 11)*

## Suggested Uniform Naming Conventions

The following uniform naming conventions have been suggested to provide guidance on consistent production of naming files to ensure the ability of fellowship members to retrieve said documents.

| Element                    | Description  | Examples   |
|----------------------------|--|--|
| Date                       | Date associated with the document (generally date of document creation or date of meeting memorialized)                        | YYYY-MM-DD,<br>YYYYMMDD                            |
| Service Body               | Committee, Board, Area/District, etc. associated with document   | LCF, CALA, Archives                                |
| Title or Project Name      | A brief description of what is being documented  | Pamphlet X, Conference Call                        |
| Type of File               | If applicable (to help distinguish agendas and minutes for the same date, for example)   | Agenda Minutes, Report, Guidelines                 |
| Status                     | Status of the document (general)   | Draft, Final, Approved                             |
| Conference Approval Status | More specific status if document is to be presented at Conference  | SR13 draft, SR14 draft, WSC approved               |
| Version/Revision           | Changes made to the original document are tracked<br>Distinct version each time the document is changed<br>Who made the change | v3-KS  |
| File Extension             | What type of document is being saved   | .doc, .docx, .pdf, .wav, .mp3, .png,<br>.tif/.tiff |

### Uniform Examples:

2020-11-14 SOCA Area Minutes approved.pdf  
 20201114 LCF Pamphlet X Point 6 draft v3-KS.docx  
 2005-08 WSC Finance Committee Report.docx (if the day is not given, use only 6 digits)  
 2021 PI Guidelines WSC approved.docx

### Version Control:

1. Why changes to a document were made can be explained outside of the title.
2. References can also be provided within the document to explain any problems that were fixed, or amplifications introduced, by the changes made.
3. It can be easy for files to accidentally be overwritten or deleted when working collaboratively, therefore it is important to remember to save version files for working documents.
- 4.

### Change Control:

1. The approval of documents based on their relevancy and suitability before they are issued to relevant parties/committees.
2. Reviewing and updating documents when it is required (if it is required). This can also include re-approvals.
3. Changes and revisions are documented within the status of each controlled document.
4. Having available the most relevant or recent version of the document in question when it is needed for usage by fellowship members.
5. Making documents legible and named appropriately for ease of identification.
6. Having documents ready for distribution within the fellowship.
7. Avoiding unauthorized use of documents which are controlled.

*(Continued on page 13)*

# C.A. WORLD SERVICE CONFERENCE COMMITTEES

**ARCHIVES**

*(Continued from page 12)*

## Miscellaneous Notes:

1. Placing the date at the beginning of the file name aids in computer sorting of the documents by date
2. Ideally descriptions will be short as to not overburden the reader with too much information to sort through to find the necessary file
3. If using autosave create a copy with the current date before revising a file
4. Best practices for file naming are important to ensure time is not wasted searching for the desired file and that files are not lost without the possibility of retrieval
5. File naming conventions when used properly allow for an “audit trail” (a record of changes made to a particular file) so that each file can be traced and retrieved
6. Automatically generated file names (such as those from a digital camera for images) ideally will be replaced with a file name that meets the conventions outlined above to ensure retrieval is more seamless.

Establishing fellowship-wide standards may not be practical. As such, the naming conventions and related practices set forth above are only suggestions. Committees or other service bodies may choose to implement any or all of them. Before implementation, it is suggested that existing practices be carefully reviewed and that a realistic timeline for implementation of new standards be established. If a service body wishes to retain its own practices, hopefully this document will be of assistance in establishing and maintaining internal uniformity and consistency.

## SOME NOTES ON DIGITAL FILES

### IMAGE RESOLUTION (72 dpi for web and 300 dpi or higher resolution for print quality)

**LOSSLESS (e.g. RAW)** Preserves or captures all the files’ original data. All photos, art pieces, and text are NOT lost. Lossless files can be compressed and still preserve all the files’ data to its original state.

**LOSSY (e.g. JPEG)** Loses the data and quality of an image file, which is irreversible. The Lossy files will get rid of unnecessary data. Making the file smaller and, in the process, reducing the quality of the image.

### RASTER (BITMAP) IMAGE FILES (FINITE)

Raster (or bitmap) images are described by an array or map of bits within a rectangular grid of pixels or dots.

### JPEG/JPG

JPEG is a raster format and is the most used online file format because of the flexibility of compression. If you need an image to download quickly, JPEG is a perfect choice. JPEG’s are created for posting images online and are not recommended for printing.

Use JPEG when:

- You want to send a quick preview image. JPEGs offer the most flexibility with raster editing and compression, making them ideal for web images.
- Downloading a file quickly.
- Working with online photos.

Avoid using JPEG when:

- Needing transparency. JPEGs don’t have transparency channels and must have a solid colored background. GIF or PNG files are best for transparencies.
- You need a layered, editable image. JPEGs are a flat image format, which means all the edits are saved into one layered image and cannot be undone. Use EPS, AI, or PSD files for multi-layered editable images.
- For sharp edges. JPEGs are raster files that are made up of pixels producing blurred edges.

### GIF (Graphics Interchange Format)

GIFs are a series of soundless animated videos or images that loop continuously together and doesn’t require anyone to press play. GIF files are a web image format, typically used for animated graphics like ads, emails, and social media meme

*(Continued on page 14)*

# C.A. WORLD SERVICE CONFERENCE COMMITTEES

**ARCHIVES**

*(Continued from page 13)*

Use GIF when:

- Creating web animation. GIF files can hold all of the individual image frames and timing information in one single file.
- Specifically, for online use only.
- Needing a small video file. GIFs can be compressed down tremendously for very simple icons and web graphics.
- Needing transparency videos. Can also place GIFs on any colored background.

Avoid using GIF when:

- You need a photographic-quality image. GIFs have a limit of 256 colors, while photos typically have thousands of colors. TIFF, PSD or JPG files if you need to print photos.
- Needing a layered, editable image. GIFs are flat image formats that stack images on top of each other. Choose a PSD file for fully editable layered images.
- Wanting a High Quality Video.

## **PNG (Portable Network Graphics)**

PNGs are best used for online text and graphics with high-quality image sizes. PNGs are quickly becoming one of the most common image formats used online.

Use PNG when:

- Needing high-quality transparent web graphics. PNG images have a variable “alpha channel” that can have any degree of transparency.
- You have illustrations with limited colors. Though any image will work, PNG files are best with a small color palette, or with greater depths of True Colors, you'll have a more vibrant image than you would with a GIF file.
- Needing a large or small file. PNG files can shrink and grow to incredible sizes—especially for simple colors, shapes, or text. This makes it the ideal image file type for web graphics.

Avoid using PNG when:

- You're working with photos. Thanks to PNGs' high color depth, the format can easily handle high resolution photos. However, because it is a lossless web format, file sizes tend to get too large to send to a different platform.
- You're dealing with a print project. PNG graphics are optimized for the screen and not for print. You can use a PNG for print but it is best to use a JPEG or TIFF file for printing.

**TIFF** stands for Tagged Image File Format which, are large file formats with extremely high-quality raster images used with professional photography. The files; are also used as a storage container for multiple image files like JPEGs to be edited at a later date.

Use TIFF when:

- Needing large high-quality prints. Along with RAW, TIFF files are among the highest quality graphic formats available. If your printing photos—especially at enormous sizes—use this format.
- You are making a high-quality scan (300 dpi or higher for print quality). Using TIFFs to scan your documents, photos and artwork will ensure that you have the best original file to work with.
- For storing high quality images together in one place.

Avoid using TIFF when:

- You're working with web graphics. TIFF files are optimized for transport only, because, they are a very large file size. JPEG or PNG files are your best bet when it comes to displaying high-quality images online or printing quality images.

## **PSD = Photoshop Document (works with photos).**

PSD is a proprietary layered image format that stands for Photoshop Document. These are original design files created in Photoshop that are fully editable with many layers and image adjustments. PSDs are primarily used to create and edit raster images, making them flexible for many different projects. as a result, PSD files can be exported into any number of image file formats, including all the raster formats listed above.

*(Continued on page 15)*



Use PSD when:

- It's time to retouch photos. Needing to color correct a photo or remove part of a photo? Photoshop is your tool!
- You need to edit artwork for digital or print. That could be a photo, painting, drawing, or anything else. Photoshop is the right tool to make sure every line, shadow and texture is in place.
- You want digital images for the web like social media images, banner ads, email headers, videos etc. Creating these images in Photoshop will ensure they are the right size and optimized for the web.
- Having to create a website or app mockup. Layers make it easy to move UI elements around.

Avoid using PSD when:

- You need to post a photo online or send a preview to a client. The web is JPEG friendly. Convert PSD files to JPEG or PDF first to make sure your audience can see your image quickly.
- You're ready to print your photos. Many printers won't accept the PSD format, so first convert to PDF.

### VECTOR FILES (INFINITE):

Vector images are described by lines, shapes, and other graphic image components stored in a format that incorporates geometric formulas for rendering the image elements. A Vector file means they can be enlarged or shrunk down to any size, over and over for whatever project you have, and they will always come out looking great.

A RAW image contains the unprocessed data captured by a digital camera or scanner's sensor. These files are of the highest quality that you can get in any image format. Typically, images are processed and then converted and compressed into another format (e.g. JPEG or TIFF). Raw images store the unprocessed and processed data in two separate files. So you're left with the highest quality image possible that you can then edit with either Adobe Lightroom or Adobe Photoshop.

Use RAW when:

- You are shooting and editing photos. Make sure your camera is set to RAW so you can capture the most versatile image. Then, use a compatible photo-editing application to adjust your image lighting.

Avoid using RAW when:

- You're working with web graphics. RAW is built for photo editing. When you're ready to present your photos for the web, convert them to JPEG.
- You're ready to print your photos. Many printers won't accept raw formats, so first convert to JPEG or TIFF.

**PDF (Portable Document Format)** is an image file format used to display documents and graphics. No matter the device, PDF files have a powerful vector graphic foundation. They can display everything from digital graphics to spreadsheets while keeping the quality intact. PDF files are often the standard file format requested by printers to be sent into production. Both Adobe Photoshop and Adobe Illustrator can export straight to PDFs. Great for sharing with clients.

Use PDF when:

- You're ready to print. As we mentioned, many printers prefer PDF as their primary delivery format because it is so universal. Check with your printer providers to see how they'd like you to prepare your file.
- You want to display documents on the web. You wouldn't use a PDF for a single icon or logo, but it's great for posters, flyers, magazines and booklets. PDFs will keep your entire design in one package, making it easy to view, download, or print.

Avoid using PDF when:

- You need to edit your design. PDFs are great containers but use other applications for creating content. You can edit raster images with Photoshop and vector graphics with Illustrator. After that, You can combine those into a PDF for easy viewing.

(Continued on page 16)

# C.A. WORLD SERVICE CONFERENCE COMMITTEES

**ARCHIVES**

(Continued from page 15)

## REMEMBER TO BACK UP YOUR DIGITAL ARCHIVE

It is suggested that all file backups be migrated to an independent cloud account with at least two (2) trusted servants who have full access (login url, user name, password, security questions, etc.) AND that said files (working and archived) be downloaded to a minimum of two (2) hard-drives or thumb-drives. This should be done on a regular basis depending on how often the files are changing i.e. daily, weekly, monthly? Furthermore, it is suggested that the last (2) previous backups be always on file and accessible.

## What's the difference between backup and archiving.

*Backup* is for recovery from hardware failure or recent data corruption or loss.

*Archiving* is for space management and long term retention.

## Document Corruption

File corruption usually occurs in the process of incomplete saving of a document, or incorrect saving. To avoid file corruption, make sure to SAVE OFTEN and to a backup to ensure, if there is a loss due to corruption, the file can be retrieved elsewhere.

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

The computer on which the Archive is saved.

The cloud backup in which the Archive information is saved.

The external hard drive on which the Archive information is saved.

An "M-DISC" similar to a CD that has more storage and will last 1000 years.

Send your digital archive to the CAWS Archive Committee and we will back them on our Cloud Account so you'll have a redundant copy there too!

With 4 redundant systems, the chance of losing the majority of the Archive through corruption or total system failure is significantly decreased.

Excerpt from the Archives Guidelines: [https://ca.org/content/uploads/2024/03/2024-WSC-Archives-Committee-Guidelines\\_2023-WSC-Approved.pdf](https://ca.org/content/uploads/2024/03/2024-WSC-Archives-Committee-Guidelines_2023-WSC-Approved.pdf)

Cameron F., Secretary  
CAWS Archive Committee

### **QUOTE: TWELVE-STEP COMPANION GUIDE, p. 102 (Step Twelve)**

*"We learned that service is about gratitude and learning how to contribute to our lives and the lives of others. Being of Service (C.A. Pamphlet)*

*. . . . committee work is perhaps the least desirable of all service work, yet it seems to be the one I like the most. Groups, Districts, Areas, and World Service Conference Committees need members, secretaries, treasurers, chairpersons, etc. How do newcomers discover that you can still have fun and be clean and sober? . . . Who plans these events? These activities don't happen automatically. Who answers the phone lines? Who orders the chips and pamphlets? Who writes the literature? Who brings meetings into the hospitals and institutions where we get our lifeblood of new members and carry our message? Service committees, that's who! These committees are made up of volunteers who are giving back to the Fellowship that which was so freely given to them. No one gets paid for these services, and the work needs to be rotated so that everyone gets a chance to pitch in. Many people in our Fellowship swear that being of service is the key component of their continued sobriety."*



### Onboard your meetings in the C.A. App Database

Here's how:

- Select or elect a trusted servant to be responsible.
- Contact the World Service Conference IT Committee at [itcommittee@ca.org](mailto:itcommittee@ca.org) to get login credentials for your Area.
- Follow the instructions to add your meetings into the database – If you have questions, ASK.

We look forward to launching the C.A. App in Apple soon.

Thank you for letting us be of service!

### The C.A. App has launched in Google Play!

Go to the Google Play Store, Look for C.A. Meetings and open to download.

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 service 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.

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

Creative? Artistic?  
Want to see your artwork and logo featured on  
flyers & t-shirts?

**THIS IS YOUR OPPORTUNITY**



**COCAINE ANONYMOUS  
WORLD UNITY  
COMMITTEE NEEDS  
YOUR SUBMISSIONS!**



## **2025 Celebrate Around the World Theme “Awakening”**

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

### **REQUIREMENTS:**

- Create new logo for 2025 (artwork with the design and theme “Awakening”)
- Should contain the event name “Celebrate Around The World”
- Cannot be signed - should sign release from ( link below )
- Artwork is to be sent to World Service Conference Unity Committee at [unity@ca.org](mailto:unity@ca.org) for approval
- Artwork must be submitted in vector format - High resolution pdf/300dpi

Please note: The Unity Committee will review all submissions, vote and present their selected piece to the World Service Conference Floor for final approval .

Release Form: page 10

# CALENDAR OF EVENTS

## COMING IN 2024

July 11– 15, 2024

|   |
|---|
| <b>May 31-June 2, 2024</b>  |
| <b>Ferry to Freedom: C.A. Scotland Campvention 2024</b>                   |
| <b>LOCATION:</b>  |
| Fintry Bay, Millport, Scotland  |
| <b>July 11-15, 2024</b>   |
| <b>C.A. World Convention Hope Faith Courage in Holland</b>                |
| <b>LOCATION:</b>  |
| NH Noordwijk Conference Centre Leeuwenhorst                               |
| Langelaan, 3, - 2211 XT The Netherlands                                   |
| <b>July 13, 2024</b>  |
| <b>Ladies of C.A. 19th Annual Conference (All day event)</b>              |
| <b>LOCATION:</b>  |
| Akron City Hospital/Raymond C. Firestone Auditorium                       |
| 55 Arch St., Akron OH 44304   |
| <b>August 22-24, 2024</b>   |
| <b>39th annual CALA Convention</b>  |
| <b>LOCATION:</b>  |
| Doubletree Golf Resort by Hilton  |
| 67967 Vista Chino, Cathedral City, Ca 92235                               |
| <b>August 25, 2024</b>  |
| <b>Massachusetts Area of CA Annual Speaker Jam &amp; Cookout 10am-4pm</b> |
| <b>LOCATION:</b>  |
| Houghton's Pond Recreation Area Picnic Site #1                            |
| 840 Hillside St, Milton, MA 02186   |
| <b>October 25-27, 2024</b>  |
| <b>CA Ireland Annual Convention</b>                                       |
| <b>LOCATION:</b>  |
| La Mon Hotel & Country Club   |
| 41 Gransha Rd, Comber, Belfast, Newtownards BT23 5RF<br>Northern Ireland  |

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 January-March 2024  
Group or Category**

| LOCATION       | NAME/CITY                            | TOTAL       |
|----------------|--------------------------------------|-------------|
| <b>CANADA</b>  |                                      |             |
| Quebec         | C.A. Quebec                          | \$2,297.90  |
| Ontario        | Southern Ontario Cocaine Anonymous   | \$7,773.00  |
|                | Sudbury Solution Group               | \$141.76    |
|                | Type 3 Meeting ON CN                 | \$1,406.23  |
| <b>Europe</b>  |                                      |             |
| UK             | Daily Reprieve                       | \$179.00    |
|                | London                               | \$2,448.76  |
|                | Hants & Berks District               | \$1,007.86  |
|                | Kent District                        | \$902.92    |
|                | North London District                | \$1,133.98  |
|                | West London District                 | \$1,133.70  |
| Holland        | CA Holland                           | \$27,663.12 |
| <b>Ireland</b> | C.A. Ireland                         | \$300.00    |
| South Africa   | CA South Africa                      | \$1,760.00  |
| Sweden         | Sweden Area HFC                      | \$16,152.26 |
| <b>USA</b>     |                                      |             |
| Arizona        | Birds of a Feather                   | \$182.05    |
| California     | 211 In Progress CALA                 | \$355.00    |
|                | Because of You GOD CALA              | \$25.00     |
|                | C.A. Online Service Area             | \$200.00    |
|                | Focus on Recovery                    | \$275.00    |
|                | Inland Empire Area Service Committee | \$375.00    |
|                | Long Beach Compton                   | \$455.88    |
|                | Mainline Group                       | \$250.00    |
|                | Moreno Valley Early Group (MVEG)     | \$250.00    |
|                | Northbay Service Group               | \$200.00    |
|                | OCCA                                 | \$500.00    |
|                | Primary Purpose                      | \$35.00     |
|                | Richmond CA Fellowship, N. Cal       | \$135.00    |
|                | San Diego Area                       | \$3,548.36  |
|                | SFCA- Grateful in Granada            | \$25.00     |
|                | Sisters in Sobriety                  | \$35.00     |

**7th Tradition January-March 2024  
Group or Category**

| LOCATION             | NAME/CITY                             | TOTAL               |
|----------------------|---------------------------------------|---------------------|
|                      | The Hole in the Wall Inc              | \$20.00             |
|                      | Tired of Being Dogged Out             | \$55.00             |
|                      | WIECA                                 | \$2,100.00          |
| Colorado             | CA of Colorado Inc                    | \$7,000.00          |
|                      | District 4                            | \$496.97            |
|                      | Nirvana                               | \$245.65            |
| Florida              | Florida Area C.A. Inc.                | \$6,500.00          |
|                      | Florida Area C.A. Inc. SWFL District  | \$330.00            |
| Georgia              | Beyond Human Aid                      | \$76.10             |
|                      | Boomerang Group                       | \$52.20             |
| Illinois             | C.A.-IACA Inc IL                      | \$300.00            |
|                      | Honeymooners                          | \$90.00             |
| Kansas               | Free at Last                          | \$500.00            |
|                      | Recovery in Progress                  | \$450.00            |
| Massachusetts        | Mass Area of Cocaine Anonymous        | \$28.00             |
| Michigan             | Saturday Morning Alive                | \$170.00            |
| Missouri             | Fried Pipers & Coconuts               | \$20.00             |
|                      | Greater Missouri of C.A.              | \$400.00            |
| New York             | C.A.-New York Inc.                    | \$500.00            |
|                      | Sole Proprietorship                   | \$250.00            |
| North Carolina       | Vision of Hope                        | \$30.00             |
|                      | Wednesday Night Meeting               | \$73.16             |
| Ohio                 | CA-AM Sunday, Middleburg Heights      | \$100.00            |
| Oregon               | C.A. of Oregon                        | \$100.00            |
| South Carolina       | Common Solutions of West Ashley Group | \$100.00            |
| Texas                | Drop Kick Rocks                       | \$74.00             |
| Washington           | WSCA Area                             | \$300.00            |
| Wisconsin            | Cocaine Anonymous of Wisconsin        | \$5,121.85          |
|                      | Razor's Edge                          | \$107.00            |
| <b>7th Tradition</b> |                                       |                     |
| <b>Give Butter</b>   | Freedom Fund                          | \$2,704.00          |
|                      | Gratitude Contribution                | \$65.00             |
| <b>Individuals</b>   | Anonymous (Multiple Donators)         | \$5,659.95          |
| <b>Total</b>         |                                       | <b>\$105,165.66</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.  
21720 S. Wilmington Ave., Ste. 304  
Long Beach, CA, 90810  
USA**