

RELATIONSHIPS IN RECOVERY

NEWS



GRAM

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BE QUIET, NOT YOUR BUSINESS

Tai B.

Colton, California, USA

I had been the cause of forming no real relationships, no form of love. How could I show love when I didn't love myself? In the reading "*Reaching Out*" it says the very thing I never knew how to explain. "...it was not until I offered and accepted my own forgiveness, that I was truly able to grow in my sobriety". It was those two sentences that made me see me. I realized then it was an inside job. I had to treat myself correctly, show myself love, show myself grace, give myself worth before I could ever form a meaningful, loving and healthy relationship.

That very task was daunting. I really still struggle with it 6 years later if I am being honest. All my relationships prior to 2018 were manipulative, self-centered, Tai's ideal or nonexistent as the reading states. I had been told I was hard to love. I had been called a pessimist. I had been called a buzz kill, even worthless, of no use and even though all of those statements were hurtful they felt very true. Maybe some of them were true at the time by the people who said them but none the less I knew why they'd say those things, I was a monster. Sometimes when I look back or sit across the table with another I see it and remember it. I see the horrible things I did. I also see why my family made a choice to desert me where I was. They couldn't watch me die like that. Having become a widow by addiction, I understand. It's super hard to watch and incredibly draining.

Today relationships look so damn different. I even have this thing called boundaries...which even though I've been told it's beneficial I still am not comfortable with it. I still even have troubles with my own personal boundaries but this isn't about boundaries and if I get started on that topic I'll never stop. Back to relationships.

I think the moment I started loving myself and started forming a relationship with me, even taking care of me I started to form relationships with others. Today I have real relationships, ones of integrity,

humility, acceptance and love, real love. As I come to an end in my journey here in California I get to watch this fellowship I built around me change, grow and deepen. The scenery is about to change and yet I have complete faith that the love I found in "We're Here and We're Free" West Inland Empire C.A. my homegroup meeting, I will find in Phoenix. I speak about C.A. relationships because they have been the most difficult, why is that? Well because I have learned to live by the 12 principles C.A. has taught me and that rooms are filled with differences just as life is. It was my introduction back into the world and it started with C.A. members. I learned to be quiet when you have nothing nice to say, I learned that it was a real benefit to be of use to others, I learned that "I don't know it all", I learned to love even when I don't like and the most important that God is in everything. I've spent so much of these last 6 years so uncomfortable with God's business (the results) yet still staying in the action business of acceptance. I've yelled, cursed people out, slammed tables and even kicked a few doors in my mind while staying calm and silent. For a person who prides herself on being right and talking to anyone this has been a complete change in behavior. If you really want to hear what the 12 Traditions of C.A. has taught me about dealing with others just ask my mother. Trust me it has been like day from night. I still catch myself in those moments of pure clarity and say to myself "Be quiet, not your business". Of course, there are hiccups and I may have a complete battle of using the sword or the shield and blurt out complete emotion rather than intelligence. Example: Conference 2023, Russell thanks for the calling me out!!!! Hey take it easy, I am still learning to turn on my brain before my mouth. I am a work in progress and so are all my relationships today. God is in the middle of all of it and the better the relationship I have with myself the better the relationships I have with others. (Continued on pg 4)

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RELATIONSHIPS IN RECOVERY THAT MADE LIFE WORTH LIVING!

Jacqueline T.
St.Catharines, Ontario, Canada

On my journey in sobriety relationships have changed. In the beginning all I knew was lying, cheating and stealing and so many other characteristics that sums up who I was. It was challenging to look in that mirror and love the ones staring back, that relationship was the hardest one to build.

The relationship with my children was broken, there was no trust, absolutely terrifying whether or not their mom was going to be present for them, to be there giving them the love that they deserved. How could I do it for them if I couldn't even do it for myself, I was truly incapable of being honest to myself let alone my children, family, friends, lover, or fellows.

When I walked into the rooms of this 12 Step Fellowship and started doing the work of this simple program my heart and mind began to open. Freely given hugs, suggestions, love and understanding of their experience, strength and hope It was a confusing and overwhelming response at first. It took time to have the enthusiasm of love, hugs, suggestions, compassion, trust, forgiveness, acceptance, and surrendering to Thy Will. I ran the show for so long the true and false lines were blurred and fogged with distortions.

After working closely with sponsors, sponsees and Spiritual Advisors it became clear with clarity of heart and mind of being ROCKED INTO THE 4TH DIMENSION! It was outstanding to have this liberation, peace and awareness. That I was to be of service to the Creator as the child of God. This program for me was an inside job, going thoroughly through each Step and living those principles in all aspects of my life.

The Traditions gave me a sense of purpose and the direction of the non-profit that is Cocaine Anonymous. Being able to sober up to the truth with members all over the world is remarkable to see that light spark within them. Thank God Consciousness for it illuminates their entire beingness, it's a gift and miracle you don't want to miss, the most amazing part is I get to be present right here right now.

Having trust within my children, family, fellows, duties and responsibilities today gives me an overwhelming amount of gratitude. Relationships in

recovery evolve as you get to know oneself even more deeply, that's the best part of sobriety.

The Promises always come true when you live this simple program in all aspects of your life, especially when you open your heart and mind. Don't give up now there is much to explore, you are worth it!

Prayer and meditation have been a fantastic tool in the toolbox of endless possibilities. In prayer and meditation I always ask God what the highest greatest good that I can do for myself, and others. Giving back what was so freely given to me is an honour, blessing and privilege that not all of us get to witness, it opens you up to the altruistic plane of reality.

All of us recovering or recovered have witnessed that drugs, alcohol, men, gambling, food, and much more no longer keep us chained to victimhood, selfishness, pity, demoralising statues we call life. Progressiveness of this disease the malady entwines it with the fabrics of reality. The Ego system keeps you for your Higher Power, the Ecosystem gives you the opportunity to be one with your Higher Power where everyone is connected in the God consciousness. Relationships in Recovery has been a God sent delivered to me to have the deepest connection with others. Showing up for fellows and being a part of the Fellowship so others can find the home that's been here all along. There are reasons for the suggestion to find a home group? Its so you can really feel at home with people that love you deeply and that you can understand. Family and friends that are always such a treasure, call anytime and ask for help, that hand will always be there.

Being of Service to God is great! The best part of getting out of your comfort zone, it takes courage to be who you really are. God's got that design you have to just be willing when you surrender and fully place that faith upon God.

It will be done because you say YES to recovery, now stay. If you've been here long enough then you know it's a lifetime journey so be easy with yourself. Life is absolutaly stellar when you just feel the joy, happiness and bliss. Enjoy yourself wherever you are, that's the relationship one has with oneself and others. Thanks for being a part of my journey in recovery, I appreciate you all immensely.

(Companion Guide - pg 130) The maintenance of our recovery depends upon the sharing of our experience, strength, and hope with each other, thus helping us to identify and understand the nature of our disease. As the Twelve Steps are our guide to recovery, the Twelve Traditions are our guide to unity, growth and discipline. The Twelve Concepts are our guide to the Fellowships service structure.

WHAT C.A. MEANS TO ME

Danial S.

Orange, California, USA

What C.A. means to me, is that I get to be free, free from a mind-numbing disease that is trying to kill me. To those doubters, it's not fiction, just simply an addiction.

Relieving the burden of fault, all those names I've been called.

Forgiving myself from within is not where I begin.

I begin with finding a spirit, I must get near it.

Finding my Higher Power, even if was just a flower.

Trusting it was a task, for yet, I haven't been unmasked.

We Start with meetings, shaking hands and greetings.

It is With these new friends we have found, our new hang out compound.

With Those that understand the addictive mind, hopefully a sponsor we will find.

Then I saw those steps on the wall, oh Lord, I hope I won't fall.

While taking inventory, I've known what I've done, my sponsor said do it, even if it's just for fun.

Listing my defects, one at a time, oh, my God, what did I find?

To all those resentments and fears, that we all held so dear.

I had a part in it all, had it caused me to fall?

Selfish in my mind, fancy real is what I did find.

The book says those out there are sick, I better work the steps quick.

Give it all to my God, resentments and sins, burn that fourth step in the nearest trash bin.

You never have to go back to the person you once were.

Even though some doubters won't except this because. Take that resentment list, work on it hard, making amends were possible, don't leave names off the card. When we are wrong just tell the person soon as you know, resentment, mean doom.

Sought through prayer and meditation, to find the skills and wills, to do life without drugs and pills.

This is a selfish program, I need to do it for me, after all, I want to be Happy, Joyous and Free.

When I was done, I'd found I'd just begun, for my sponsor says "there's some work to be done".

Carrying the message is my new life, no worry, no anger, no strife.

Living for the day, 24 hours at a time, stay in your hula hoop, don't whine. What you have is better than ever, what you have your mind said never.

Don't get distracted, don't lose touch, your diseases out there, doing push-ups.

Tempting you to fail, to be meek and weak, how many meetings are you attending every week?

How many addicts are you calling or mailing? Is this where some of us are failing?

Thank your God morning, noon, and night, for it was him that gave you this insight.

Lift a load off your fellow man, even if he's not in the program.

Give back what was so freely given to us, old timers, newcomers, the fresh ones on the bus.

Don't forget to read our books, cover to cover, this is our mission, to help our fallen brother.

I stay in the middle away from the fins, after all the sharks eat from the outside in.

This is the program don't be discouraged, with these tools I live a life filled with, Hope Faith and Courage.

BE QUIET, NOT YOUR BUSINESS

Tai B.

Colton, California, USA

(Continued from page 1)

It just that simple and clear for me today. I can truly see what the 12 Steps of C.A. has done for me personally and what the 12 Traditions of C.A. has

taught me about dealing with others. I am blessed as we all are to have a complete psychic change. I pray it continues for another 24 hours.

GOD AND I

Rene H.
Copenhagen, Denmark

Over the last couple of days it's become very clear to me that the most important relationships in my life are the ones I have with God and myself. Those two relationships impact all my other relationships. They must come before anything else.

It's so easy for me to fall asleep in my recovery, to run on autopilot and forget to pause. It only takes me a second to lose myself in service, fellowship and self-forgetfulness and forget that our triangle consists of three sides and not two. I want to save the whole world but forget that I have to save myself first.

I still have a lot to learn in my recovery and the last weeks I've done exactly that. I became complacent and selfish and stopped following my sponsor's directions. I did not seek conscious contact with God throughout my day and did not do my Step 10.

I was more busy preaching to others than seeking wisdom myself. I got busy being there for everyone else other than myself.

Old habits returned in the shape of hitting the gym harder, unhealthy eating, no rest and too much scrolling. I lost my humility and quickly became sick again, the malady and fear also returned, luckily without paying the ultimate price.

But the lesson stands clear, in order to be of maximum service to God and the people around me I must first and foremost ensure that my relationship with myself and God is intact, I can't pour from an empty cup.

When practiced right I can be the good son, brother, uncle, friend and fellow that I always wanted to be.



DESPERATION INTO PASSION-THE PINK CLOUD

Roxanne S.
Santa Ana, California, USA

The euphoric or exhilaration one may experience during the early days in recovery from drugs or alcohol, a time when one may be extremely interested, involved, and active in all things relating to recovery. After one acquires more recovery time they may be at risk of 'falling off of the pink cloud'. This may occur when one becomes too comfortable or complacent, slowly changing their daily habits back to those of old patterns, becoming a high risk of relapse for some. There are others who have the same typical behaviors, but who seem to have no end to their 'pink cloud' experience. These are individuals who have taken their desperation and turned it into their passion. Those who had not found any enjoyment or escape in their use for some time before seeking sobriety, those who found the drugs were no longer serving the purpose they once had. Those who had been done far before they had quit. I am one who can identify with this. I was done far before I quit.

My experience as an addict had begun as a way to escape a reality I couldn't understand. A family dynamic which had been built upon generation after generation of secrets and lies resulting in a bloodline of alcoholics and drug addicts. Many of which had spent the majority of their lives in and out of jails or institutions. Those who were fortunate enough to live a life without these experiences were still held hostage by their own defects and demons in the form of mental health disorders and various types of abuse. As a child in this environment I had experienced repeated sexual abuse at a very young age which had been disregarded by my mother whom suffered from severe mental health issues her entire life. The abuser had threatened me and my family if I were to ever tell anyone so the abuse continued in silence until it had been discovered by other family members. I'd had to go to court and reenact the abuse using dolls to show the DA what had happened. A week after the man was removed from our home, my mother had relocated us to a new town and a big new stepfamily.

A house of (Seventeen people), (Nine) of which were male, I believe this is the root of my developing complex PTSD. Throughout the following years the inhabitants of the home had shifted. Some moving out and others moving in taking their place. My two siblings had lived with us on and off as well. Later, I had learned that the two families had been blended for over twenty years. My parents had been close friends with my stepparents and my sibling's childhood friends with my step siblings. This truth had been the

umbrella which protected a history of secrets and lies many of which remain a mystery to this day.

As an adolescent, I grew to hate the dishonesty and the disrespect my family had adapted as their way of life. I'd never known how to be myself because myself had never been good enough. I began to cope in the only way I'd learned, drowning myself daily in bottle after bottle of tequila and any other substance which provided me the liquid courage to survive another day. This feeling of inadequacy within my own family led to my extreme social anxiety and feeling like an outcast with those my own age.

At age fifteen, I'd had my first serious relationship. I fell in love with this guy whom for some reason unfathomable to me had fallen in love with me too. I'd lost my virginity to him, close to my sixteenth birthday, I'd learned that I was pregnant. We were married a week after my birthday and moved into our own apartment. I was still attending high school while working at a burger joint at night. He was very supportive, working and saving as we prepared to bring our baby girl into this world, she was our first of three children. Eighteen months later our son was born, both sat in the auditorium as I graduated high school. Four months and four years later I gave birth to our youngest daughter. Though our divorce had been finalized on our oldest daughters first birthday, we were back together until our youngest had been seven months.

I stayed sober during my first two pregnancies. After the birth of my son their father and I both became addicted to Roxicodone which led to our being addicted to heroin. At first we were strictly smoking it, a few months later we became constant I.V. users. By the time I had learned that I was pregnant with my youngest daughter I had been afraid to ask for help out of fear of my oldest children being removed, but I was afraid to quit using out of fear of causing harm in pregnancy. Stuck in a miserable, manic, depressive state I'd promised myself to quit before giving birth, a promise which I failed to keep. The day of her birth she remained in the hospital and my oldest two were removed from my home. I'd pled into the Family Drug Court program but continued to use until being court ordered into treatment seven months later. Their father refused treatment and sobriety so in choosing to fight for our children I'd chosen to end our relationship. Upon the completion of the treatment program, my children were returned to my care and I began a new relationship with a man I'd met in treatment who I had also attended high school with. (Continued on pg 7)

DESPERATION INTO PASSION-THE PINK CLOUD

Roxanne S.
Santa Ana, California, USA

(Continued from page 6)

He had moved in with us and even pled into the FDC program to be allowed to be in my children's lives. My children loved him, I loved him. I'd finally felt what it's like to be truly happy to love and be loved unconditionally. This feeling had been short lived however because in trying to hold on to this feeling I'd experienced my first relapse.

I'd chosen to use out of fear that he was going to leave me because he loved the dope more. I'd chosen to use out of fear that I wasn't good enough to deserve the happiness I had found. I'd chosen to use to escape the weight of my responsibilities and my guilt at having self-sabotaged. This relapse led to the permanent removal of my children, a very toxic relationship due to my self hatred, guilt, and shame, a lonely downward spiral which lasted six months six years which resulted in an abusive relationship and another treatment center with the abuser.

This time I had stayed sober for about three months. We had returned to the old neighborhood, the same people, places, and things. This is when I'd learned the reality of what was happening in the environment I was living in. One morning I woke to the police busting through the door, arresting others in the home, and handcuffing me while in the nude. He was taken into custody.

They had released me because the drugs in the room had all been in the case which my ex had written his name on and they told me, "Today is your lucky day."

Two days later I had surgery for the first time ever. Then a few days after that I learned my ex husband had passed away. I sobered myself up and went to a couple of meetings, but when my ex was released from jail I was back to using with him. Within a week or two he began acting strange, disappearing until early morning hours. He had spoken to me places and times of where I'd been while he was in jail, people I had spoke to, and then told me he had been cheating on me, and I told him to leave.

Then I reached out to the women's treatment center I'd attended previously, asking to return. They had me on a flight within a week. I spent twenty-five days in the women's residential program then transferred to the sober living program I currently reside.

Returning to treatment is the first time I've made a decision based entirely upon myself, my own well-being. Each and every day that I choose to continue a life of sobriety, to live a life in recovery is a day that I spend in a euphoric state of mind. I don't feel as though this feeling will fade because I am not 'on a pink cloud'. I believe this is the feeling achieved by turning desperation into passion.



RELATIONSHIPS IN RECOVERY

Talia S.
Shawnee, KS, USA

Romantic relationships in recovery can be tricky. Sponsors usually suggest that you don't get into a relationship for the first year of your recovery but often times someone comes along and they peak your interest.

I believe I was 90 days clean when I met Isaac. I was living in a sober house and I was actively working the steps with my sponsor. It was the first time I had ever actually began thoroughly working the steps in recovery. Isaac and I met at a sober 4th of July party at my sober house. We continued to talk and hang out after we met.

After about a month Isaac told me that he wanted me to get through steps 4 & 5 before we became an official couple in a relationship. Fast forward 3 months and I was done with steps 4 & 5 and we became an official couple. For me this was the healthiest relationship I had ever been in. Isaac was over 6 years clean and I was a mere 8 months. Unfortunately I relapsed at 9 months and 1 day and used for about two weeks. I inevitably got kicked out of my sober house and Isaac let me move in with him for those two weeks. It was a very difficult two weeks for our relationship. We did almost call it quits. But I got my act together, quit using, moved back into my sober house and went crawling back to my homegroup, ashamed at that. Everyone welcomed me back with open arms and the trust between Isaac and I started getting better the longer I stayed clean again. My relapse had nothing to do with my relationship. I relapsed because I convinced myself I didn't need my mental health medication anymore. So if you take mental health meds I advise you to follow your doctor's orders and take them as prescribed. My sponsor and I discussed my relapse in depth and we went on with working the steps.

1 year later in December of 2022 Isaac proposed to me and I was elated! 3 months later we moved into an apartment together. All together I spent 2 years in the sober house. They say the longer you stay in sober living, the higher of a chance you are to remain sober when you move out. In June of this year, Isaac and I got married and we are very happy together. He's got over 9 years clean and I've got 2 1/2 years.

Like I mentioned before, this is the healthiest relationship I have ever been in. My past relationships revolved around drinking and drugging, so it was different at first. I had all my feelings to deal with and just sit in and I tend to have extreme feelings hence why I'm an addict. So, I had to learn to communicate

in a healthy manner and this is something we work on together every day. Isaac and I have always trusted one another from day one of our relationship. My relapse interrupted that trust momentarily, but fortunately it was built back up. My past relationships were unhealthy so there was always accusations of cheating and what not but there's never been anything like that between him and I. I had to make sure to pay attention to my motives, my tone of voice and to also not make any assumptions without having a productive conversation about any concerns. That took a lot of work as well, believe it or not, because I used to be the queen of self-sabotage. But there was just something inside me that knew I didn't want to do anything to jeopardize my relationship with him so I respected him to his face and behind his back at all times and he's done the same for me.

Feelings are hard to deal with in the beginning of recovery so I definitely don't recommend dating in early recovery regardless of my situation. If you do find yourself in a situation where you don't want to miss out on what could be a really great opportunity with someone then I really suggest you take it slow. Start out as friends and get to know one another. Pay attention to red flags.

At this point in your life as you're reading this you're probably in recovery, that being said GET A SPONSOR & WORK THE STEPS it's going to save your life.

I absolutely do not recommend getting into a relationship if you aren't actively working the steps with a sponsor. Here's why, if you ARE thoroughly working the steps with a sponsor you are going to slowly change into a better person over time. You are going to notice those red flags in others and that is going to keep you away from people that you used to be attracted to. Your 'type' will more than likely change over time.

If you aren't working the steps and you're getting into relationships I wish you all the best because it's more than likely going to be full of a lot of negative attributes almost identical to your relationships in active addiction and could actually lead you back out if you're not careful.

To wrap up I would: (1) Work on yourself first, (2) Maybe make a list of characteristics you want out of a significant other, (3) Talk to your sponsor about it, (4) Take it slow and get to know one another first, (5) Confirm that you both have the same intentions, (Continued on pg 9)

RELATIONSHIPS IN RECOVERY

Talia S.
Shawnee, KS, USA

(Continued from page 8)

6) Communicate, communicate, communicate, (7) Don't make assumptions, (8) Don't force anything (9) Talk to your sponsor about it some more, (10) Be mature about ending things with someone if that's what needs to be done.

We are in recovery now, our actions should follow suit. Significant others should not complete you or make you whole.

You should already feel that way about yourself without anyone adding to the equation. I'm going to go ahead and repeat the most important line in this excerpt: **GET A SPONSOR & WORK THE STEPS!**

I wish you all the best in your future relationships!!!



RELATIONSHIPS IN RECOVERY

Cameron W.
Glasgow, Scotland

Relationships, any relationships, good or bad are hard work, thankfully I am not the one doing that work. The patience, tolerance, unconditional love, communication, honesty, and courage that are required when in a committed relationship do not seem to be a product of the mind. In my experience, these qualities are found only through a Higher Power. No matter how long I think about being patient, no matter how much effort I put into being loving, the results are always the same, fear, resentment and dishonesty. To the exact extent that I seek the guidance of a Higher Power to remove these aspects of self, I find that I am able to match any challenge in a relationship with patience and love. A love more pure and unconditional than anything that could come from the powerless mind, a love that could only come from a power higher than this.

For me the hard work involved in a relationship usually comes in the form of deep insecurities produced by the addict mind: *What do they think of me? Am I doing the right thing? Do they secretly hate me? Am I attractive? Could I get someone better?* We could increase the list infinitum. For the addict mind which can only see the universe with itself as the centre, as the main character, these questions are only natural. For the addict mind, which in my experience, only has the ability to produce fear and resentment,

these questions arise out of automatic mental activity. I have learned that the more I rely on this mental activity to tell me the nature of reality, the more tangled I get in its selfish web. I find that the more that I depend upon the mind to direct me in my relationship the further I am from the love that it requires.

Today I have another option. Through the 12 steps I have entered into a relationship (a different kind of relationship) with a Higher Power. This Higher Power not only has the ability to remove these unhelpful aspects of self, but once removed, fills me and drives me with an infinite source of love and peace. No amount of wishing or trying on my own power can reduce these insecurities, I have to have God's help. The moment that I identify these manifestations of self in my life and ask for God's help to remove them I find that I am able to act as God would have me in any situation, in any relationship. God has never had me act with anything less than unconditional love and infinite patience.

Two weeks ago, my partner and I ended our relationship after two and a half years. This relationship was kind, loving, and happy for its duration but had run its course and by the end the right thing was to go our separate ways. The addict mind did everything in its power to drive me to hold onto the relationship, to kick and scream and get its own way.

RELATIONSHIPS IN

RECOVERY

GUD OG JEG
Rene H.
Copenhagen, Denmark

I løbet af de sidste dage er det blevet tydeligt for mig, at de vigtigste forhold i mit liv er forholdet til Gud og til mig selv. De to forhold har indvirkning på alle mine andre forhold. De må komme før alt andet. Det er så nemt for mig at falde i søvn i min bedring, køre på autopilot og glemme at stoppe op. Det tager mig kun et splitsekund, at tabe mig selv i service, fællesskab og selvforglemmelse, og glemme at vores trekant består af tre sider og ikke to. At ville redde hele verden og glemme, at jeg først og fremmest skal redde mig selv.

Jeg har stadigvæk meget at lære i min bedring, og de sidste uger er det lige præcis det jeg har gjort. Jeg blev magelig og selvisk, og stoppede med at følge min sponsors anvisninger. Jeg søgte ikke bevidst kontakt med Gud gennem min dag og lavede ikke mine 10 trin.

Jeg havde mere travlt med at belære andre end selv at søge visdom. Jeg fik travlt med at være noget for alle andre end mig selv. Gamle vaner vendte retur i form af overtræning, usund kost, utilstrækkelig hvile, og alt for meget scrolling. Jeg mistede min ydmyghed, og så blev jeg hurtigt syg igen og frygten vendte tilbage. Heldigvis uden at jeg måtte betale den ultimative pris. Men lektien står klar. For at være til maksimal brugbarhed for Gud og med mine medmennesker må jeg først og fremmest sørge for at mit forhold til mig selv og Gud er i orden. Jeg kan ikke skænke fra en tom kop.

Når jeg efterlever dette, kan jeg være den gode søn, bror, onkel, ven og fælle, som jeg altid ønskede mig at være.

HAPPILY EVER AFTER IN RECOVERY

Bridget M.
New Mexico

The story you're about to hear is not fiction,
You see we come from different sides of this disease we call addiction.
Coming into these rooms already in a relationship with a normie,
Either we grow together or grow apart is what was said to me.
22 months I am sober today,
September 3, 2022 is my clean day.
Terrible things I have put my girl through,
To relate I'll only mention a few.
Infidelity, lies, taking her money for drugs,
Telling her my drugs are more important than her hugs.
She stayed by my side, no matter how many times she said she was done,
Feeling as if my relationship in recovery is a unique one.
So I got a sponsor and stayed open to suggestions,
And did the 12 steps that the group mentions.
Every day it is a challenge worth taking,
This recovery thing there is no faking.
These are all honest facts don't you see?
I'm living a life where I'm finally free!
Free from the pain, misery, anger, & self-centeredness,
The list could go on & on as I have witnessed.
Today Hope, Faith, Courage, & service work I share,
Doing it together because alone we cannot bare.
I thank my Higher Power for giving me my one and only,
She's helped take away that hurt of being ever so lonely.
But don't get it twisted you gotta do this for yourself,
Don't be a menace like that elf on the shelf.
So ill end this for now in hoping someone could relate,
To save a life or many before it's too late.

I want to thank Cocaine Anonymous for saving my life and relationship.

Also my lovely partner Vanessa S. for always reminding me that we will figure this thing we call life out together.

Love Always

RELATIONSHIPS IN RECOVERY

Candice S.
Innisfil, Ontario, Canada

As a child I felt abandoned, like an outsider looking in on my family. I had an abusive mother, being physical was one thing however she would hurl words that sliced like razor blades. Looking back I see the malady so early on. My need for validation and love in any form (mostly negative) set me on a dark path when it came to relationships. I was incapable of a healthy strong bonded relationships of any kind, I was full of pain and fear.

I believe that my inability to truly be who I was or lacking that knowledge played a paramount role. I consistently changed the way I talked and walked, my whole persona at times based on what I thought you wanted from me. As I grew older, feeling like everyone I ever loved had failed me, I walked the never ending revolving door of abusive relationships, toxic would be an understatement. They were riddled with confusion and resentment lacking self worth and security. I refused to let anyone past a certain point, vowing to hurt you should you ever wound me. My vicious tongue annihilated many who would not deserve it. It gave me a false sense of security. I often put myself in harmful situations because knowing the outcome was easier than learning how to love and be loved in a healthy way. I am not a victim blaming others here though through recovery I saw the cycles,

I simply could not stop at the time but can now.

My recovery journey has taught me many great lessons this far, boundaries and leading with love at the tip top. I am mindful of my words although we believe in spiritual progress rather than spiritual perfection, what I'm trying to say is, I'm trying. I have made amends with my father who I was estranged from for many years (12ish). My children have watched me recover and it has done nothing but bring a closeness and honesty between us. I care for my once abusive mother, her condition these days is frail. Today I am learning to break these cycles no matter how painful it is. I forgive without apology, more importantly I have forgiven myself.

My ability to show up for others and meet them where they are at is a gift I am so incredibly grateful for. The inner knowing that we are all doing the best we can gives me much comfort. Learning to say no and when to walk away, how to be vulnerable, deserves so much gratitude. I am no longer scared to build bonds and let people in

I have forged the most beautiful connections with the most magical humans in recovery. Our relationships are built of substance rather than substances. Nothing lasts forever if you want things to change, YOU have to change.



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/y9yu9213>

or snail mail it to:

**NewsGram / C/O CAWSO /
11460 N. Cave Creek Rd., Suite 12,
Phoenix, AZ, 85020
USA**

NEWSGRAM THEME NEXT EDITION

2024 WORLD SERVICE CONFERENCE

DEADLINE:

SEPTEMBER 30, 2024

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

Subscribe to the NewsGram

For the low price of \$15 U.S. per year, you can receive 10 copies of the NewsGram to share with your friends or your group. Complete this form and include your credit card information, or enclose a \$15 check or money order (U.S. dollars only) and send to: NewsGram, c/o CAWSO, 11460 N. Cave Creek Rd., Suite 12, Phoenix, AZ, 85020, USA, Subscription form is also available for download at www.ca.org.

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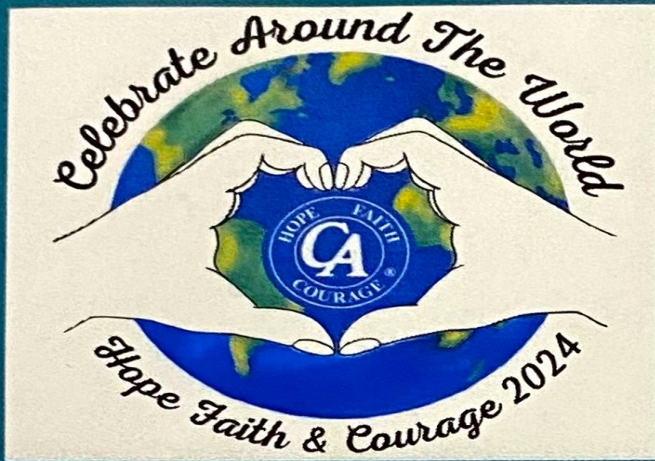
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Creative? Artistic?
Want to see your artwork and logo featured on
flyers & t-shirts?

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 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 .



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 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.

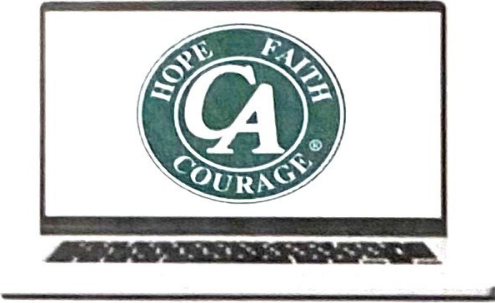
Once your meeting information is uploaded into the database, it can be easily updated at any time and the data can be used to update your Area's meeting list on your website in real time along with the App.

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

C.A. WORLD SERVICE CONFERENCE COMMITTEES

I.T.

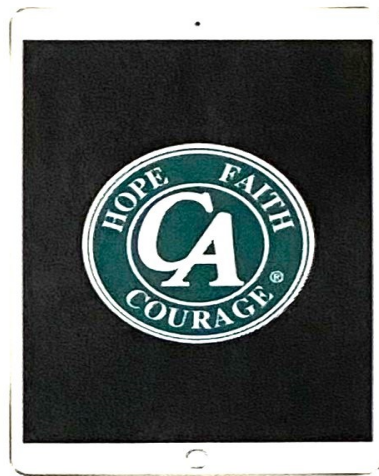
WSCIT CORNER



We would like to **APP**eal to all meetings who have not onboarded to connect with us @ itcommittee@ca.org. We are here to help you do this.

Your IT Committee

APPreciates all those who have onboarded their meetings: to date, 1692 from 40+ Areas.



We are working with the World Service Office to finalize the details for **APP**le® users and create a way for non-affiliated meetings to be included!

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

From Loneliness To A Host of Friends

Aurora L.

Colton, California, USA

I believe most addicts in their disease suffer from perpetual loneliness, I certainly was no exception. I had an absolute inability to connect on any personal level with another human being as my thoughts were obsessively on the next hit.

I remember my early days in the fellowship vividly, it's difficult to explain the duality of emotions that came from hugs in those days. It was a combination of wanting desperately to pull away in absolute panic while simultaneously wanting to sink into it and breathe a sigh of relief. I kept hearing "get a sponsor" at every meeting I showed up to, and that my friends was my first relationship in recovery.

I met my sponsor at her dining room table every Wednesday morning for the next two and a half years. She would make toast and coffee, we would talk socially for a few minutes, and then she would say, "let's get into the solution." We embarked on a journey through the steps that changed my life and introduced me to a power that could solve all of my problems. At meetings, she nominated me for service commitments and helped me understand how to fulfill those responsibilities. She expected me to call her regularly just to check in, she explained that I was building a habit, so that in times of real trouble that phone call was easier to make. She pulled my covers and confronted me on poor behavior and I never doubted that it came from a place of love. She told me to get other women's numbers and call them. To this day some of my very best friends are in recovery. She told me to sponsor others the way she had sponsored me and I have witnessed miracles. The women I sponsor are truly the bright spot in my day.

At 60 days sober and the newly elected chip person, I had the privilege of giving my dad his first newcomer chip. I was able to rebuild my very broken relationship with my dad because the group taught me how we welcome and love newcomers. Our first family vacation was to the World Convention in Denver, Colorado. 29 years later, and almost as many World Conventions, my dad remains my trudging buddy in recovery. My mom is not one of us, but she works a strong 12-step program through Co-Anon and embraces recovery with equal enthusiasm. We have a host of friends from all over the world.

I met my husband in the rooms of C.A., our motto in our home is: You, Me, & God. Every day we balance that fine line of one addict to another and husband to wife. Everything seems to work out beautifully as long as we practice the spiritual principles we learned in the program.

Relationships in recovery are invaluable. They are built around trust and honesty, consistency, humor, and love. Healthy relationships take a lot of time and energy and are worth every minute of it.

“Because of Cocaine Anonymous I Have Friends All Over The World”

Richard B.

New York, New York, USA

When I first came into the program I remember a guy always saying that as a newcomer I never understood what he meant. My world had become small, I had shunned all of my friends while using and only associated with like minded people, people who were using or people who could get me drugs.

My relationship with these people was baffling. I knew they were not really my friends but still I wanted to impress them. I remember that I would call my dealer for a delivery, hang up the phone and run around the apartment cleaning up as if I had invited guests over. One year I even bought him a Christmas present, meanwhile I hadn't even bought gifts for my family.

I went to my first CA World Convention when I was 6 months sober, there I met other like minded people. People who were interested in the solution to not using, people who wanted to share what they had found. I was so enthralled, I knew I would be at the World Convention the following year.

I've been to 11 world conventions in 16 years, at those conventions I've met people from all over the world, I didn't realize that I was building long term relationships. I thought that after the convention was over that everyone would go back home to their real friends, back to their real families.

That changed in 2018 when I walked into the convention hotel in Montreal. It was around 2pm and registration had already started, as I crossed the lobby to check in for my room I heard someone call my name. “Richard! So good to see you here,” it was a woman from Arizona who I had met through my sponsor. I replied “Hey! Good to be here.” As I continued on I heard “Richard! You made it.” It was a guy from Toronto and I gave a heartfelt wave. Then I heard “Richard! Anyone else from NY with you?” It was a woman from Ireland who I met at a New York meeting, I had several more greetings before I reached the front desk. Going up in the elevator I remember thinking “this is what he's talking about” “I have friends all over the world.”

The 2019 World Service Convention was in Sweden. It was my first convention in Europe. I took advantage and stopped in Copenhagen on the way. Hearing that I was coming a fellow from the local fellowship offered to pick me and my companions up at the airport. There were 3 of us with lots of luggage. He met us in baggage claim with his sponsee in tow, the sponsee had a bigger car so his job was to take the luggage, at 90 days he was already being of maximum service. They got us to the place we were staying, took us to a restaurant for food, gave us a tour of the city and later that night got me to a meeting. Again I thought “I have friends all over the world.”

These encounters and acts of kindness remind me that my recovery has been built on Unity, built on sharing a solution to a common problem. That sponsee with 90 days has 5 years now, I saw him at the 2024 World Service Convention in Holland. The relationships that I have in my life today are a direct result of my participation in Cocaine Anonymous, and for that I am truly grateful.

CALENDAR OF EVENTS

August 22-24, 2024
39th annual CALA Convention
LOCATION:
Doubletree Golf Resort by Hilton 67967 Vista Chino, Cathedral City, Ca 92235
August 25, 2024
26th Massachusetts Area of CA Annual Speaker Jam & Cookout
LOCATION:
Houghton's Pond Recreation Area Picnic Site #1 840 Hillside St, Milton, MA 02186
August 25, 2024
NEODCCA Special Events Annual 2024 Fish Fry (12pm-7pm)
LOCATION:
Euclid Beach Park 16301 Lakeshore Blvd Cleveland, Ohio 44110
September 20-22, 2024
Scotland's 18th Annual Convention
LOCATION:
Glynhill Hotel & Spa 169 Paisley Road, Renfrew, Glasgow, PA4 8XB
October 25-27, 2024
CA Ireland Annual Convention
LOCATION:
La Mon Hotel & Country Club 41 Gransha Rd, Comber, Belfast, Newtownards BT23 5RF Northern Ireland
October 25-27, 2024
Arkansas Area Convention
LOCATION:
Delta Hotels Little Rock West 201 South Shackleford Road Little Rock, Arkansas 72211

COMING IN 2025
May 22- May 26, 2025

C.A. WORLD SERVICE CONVENTION
AWAKENING



CAWS 2025 in Scottsdale, Arizona
DoubleTree Resort by Hilton Hotel Paradise Valley
5401 N. Scottsdale Rd.
Scottsdale, Arizona 85250-7090 USA

INFORMATION, REGISTRATION, RESERVATION
<https://www.caws2025.org/>

Get the word out about your local Event - Use the form at:
www.ca.org/event_form.html
to get your event listed on both the website and the NewsGram
or notify us by mail to:
NewsGram C/O CAWSO, Inc.
11460 N. Cave Creek Rd., Suite 12
Phoenix, AZ, 85020
USA

**7th Tradition April-June 2024
Group or Category**

LOCATION	NAME/CITY	TOTAL
Canada	Northern Alberta Area	1,420.00 \$
	Yellow Knife NW Territories	34.93 \$
UK	England and Wales	6,043.00 \$
	Hants & Berks District	1,277.75 \$
	Kent District	387.56 \$
	North London District	629.92 \$
	West London District	652.60 \$
USA		
Arizona	Birds of a Feather	391.33 \$
	Arizona Area	24,000.00 \$
California	Beyond Human Aid	51.62 \$
	Inland Empire Area Service Committee	250.00 \$
	Northbay Service Group	100.00 \$
	OCCA	375.00 \$
	Richmond CA Fellowship, N. Cal	100.00 \$
	San Diego Area	1,063.22 \$
	San Gabriel-Pomona Valley CA	3,180.00 \$
	SFCA- Grateful in Granada	30.00 \$
	WIECA	55.90 \$
	Colorado	Nirvana
Florida	CA-Central Service Board FL	29.82 \$
	Florida Area C.A. Inc. SWFL District	300.00 \$
Georgia	Log Cabin Group	150.00 \$
Illinois	C.A.-IACA Inc	183.18 \$
	C.A.-IACA Inc IL	300.00 \$
Michigan	Saturday Morning Alive	115.00 \$
Nebraska	C.A. of Nebraska	260.53 \$
	Monday Night Miracles	669.00 \$
Ohio	NEODCCA-Ohio	500.00 \$
Oregon	C.A. of Oregon	200.00 \$
Wisconsin	Cocaine Anonymous of Wisconsin	65.00 \$
7th Tradition		
Give Butter	Freedom Fund	2,639.37 \$
	Gratitude Contribution	
Individuals	Anonymous (Multiple Donators)	15,183.37 \$
	<i>Total recurring and individual:</i>	17,822.74 \$
Total		60,664.75 \$