

# HOW RESENTMENTS AFFECT US

# NEWS



# GRAM

Vol. 43 No. 1 C.A. World Service Office - 11460 N. Cave Creek Road, Suite 12, Phoenix, AZ, 85020, USA - 1st Quarter 2025

## LIEBE IST UNBESIEGBAR

Max N.  
Frankfurt, Germany

Liebe ist unbesiegbar. Ich erinnere mich, dass ich als junger Mann oft sehr wütend war. Ich war oft so wütend, dass ich wegen Kleinigkeiten ausgeflippt bin. Da hat es genügt, dass jemand mir auf den Fuß getreten ist oder etwas gesagt hat, was meinen Kopf verdreht hat. Denn als Suchtkranker habe ich ein verdrehtes Denken. Das hat oft dazu geführt, dass ich nicht wusste, wie ich mich verhalten sollte. Ich hatte Angst, in solchen Situationen zu reagieren, weil ich Angst hatte, überzureagieren. Also, habe ich nie etwas gesagt.

Dann hatte ich einen starken Groll auf mich selbst, aber auch auf die Personen, um die sich der Groll drehte. Ich wusste nicht, dass es Groll war. Ich wusste nicht, dass ich suchtkrank war. Ich wusste auch nicht, gegen wen dieser Groll gerichtet war. Ich war völlig hilflos und verzweifelt und habe mich ganz einsam und alleine auf dieser Welt gefühlt. Unzugehörig und nutzlos. Ohne Freunde, ohne Menschen, denen ich vertrauen konnte. Mein Kopf hat sich immer mehr isoliert und das Einzige, was mir blieb, um mit diesem Problem fertig zu werden, war der Konsum von bewusstseinsverändernden Substanzen.

Wenn ich konsumiert habe, hat sich all dieses Kopfkino, der Amoklauf im Kopf sofort gewendet ins Gegenteil und ich fühlte mich leicht, mutig, ohne Angst. Ich konnte mit Menschen sprechen. Ich konnte in den Spiegel sehen und war zufrieden. Ich fühlte keinen Groll und ich fühlte keine Wut. Ich fühlte auch selten Angst. Das war aber nicht sehr lange möglich, weil ich suchtkrank bin.

Das heißt, dass ich schnell mehr bewusstseinsverändernde Substanzen brauchte, um mit meinen Gefühlen fertig zu werden. Denn außer dem Groll ist da auch eine schlimme Leere in mir und diese

Leere musste ich permanent füllen, aufs Neue und aufs Neue. Mit den Jahren wurde es immer schlimmer und auch mein Groll wurde immer stärker, weil die Lösung gegen meinen Groll hier langsam mehr und mehr versagte. Der Effekt ging verloren. Das hat dazu geführt, dass ich mich oft fast getötet hätte mit dem Konsumieren. Und nicht mehr ein noch auswusste.

Ich danke Gott heute, dass er mich 2018 in die Räume der Genesung geführt hat und auch in die Räume von Cocaine Anonymous. Ich danke Gott dafür, dass ich jetzt hier lebend sitzen darf und diese Geschichte für das NewsGram vorbereiten darf. Und ich danke Gott dafür, dass er mir den Titel gegeben hat "Liebe ist unbesiegbar".

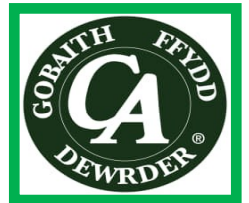
Liebe ist unbesiegbar, denn wenn ich mit Gott gehe und wenn ich dem Weg der Liebe folge, dann wird der Groll weniger. Und das ist das große in heutigen Zeiten in meinem Leben geworden, dass ich den Groll erkenne und damit umgehen kann und dass er dann wieder verschwindet. Dass ich so Tag für Tag zu einer besseren Version von mir selbst werden kann, die in erster Linie sich selbst liebt und somit auch andere lieben kann und somit Menschen helfen kann.

Ich liebe das Gebet des vierten Schritts für einen kranken Menschen: "Das ist ein kranker Mensch, wie kann ich ihm helfen? Gott bewahre mich davor ärgerlich zu werden. Dein Wille geschehe."

Das sind alles Dinge, die ich im Programm von Cocaine Anonymous lernen durfte. Mit dem Groll umzugehen, mit einem Sponsor.

Mit dem Blauen Buch und natürlich zunächst mit der Inventur im Vierten Schritt.

All die Dinge, die mich seit Jahren und sogar Jahrzehnten belasten, von mir nehmen zu lassen, frei zu werden und im Sonnenlicht des Geistes zu stehen. Danke Gott und danke Cocaine Anonymous.



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When was the last time you reviewed your Area contact info on [ca.org](http://ca.org)? Is the phone number on the Telephone Directory page correct for your Area? Is the website address for your Area correct?

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

If you see any discrepancies, please ask your Area Delegate to provide the updated information to WSO.

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## RESENTMENTS ONE STEP AT A TIME

Susan C.  
St. Louis, Missouri

When I first arrived in the 12 Step C.A. program I would have never looked at myself as being at fault in any of my actions. Everybody else was hurting me or doing me wrong and I had a great deal of anger and hatred toward the world around me.

The hatred started with my family of origin. My childhood wasn't the best or the worst, just a family who had been generationally dysfunctional. After my father passed away at a young age my mother became extremely sad and angry as a young wife left to raise four daughters on her own might be prone to do.

Although I was the oldest, I could not process the big emotions and changes transpiring into our family dynamic. I found escape in drugs and alcohol which would provide temporary relief, but I know now that I just fell farther down the rabbit hole of anger and frustration. I was either mad at everyone and everything **or** I felt sorry for myself and stayed sitting on the pity pot.

It was not until I got into the program that I recognized how I was building up all these resentments. The definition of resentment is "*Bitter indignation at having been treated unfairly*". That is it!! I only looked at the other person, place, thing or situation never myself for wrongdoing, I become consumed with victimhood. Saying to myself, "Look what they did", "Did you hear what they just said to me", "Don't you know who I am", blah, blah and blah.

Another flaw is that I would have unrealistic expectations in said people, places, things and situations. "**They** are not behaving correctly", my bad attitude carried right into my early recovery. So now I bring this mess to my first sponsor and she gently pointed out my part.

I believe to this day that just as the Big Book says resentments are our number one offender. Resentments can cause me to think and behave badly. I turn into a self-centered, self-righteous person and my ego is out of control. So now what to do? I **MUST** work the Steps.

Step One - I am not only powerless over drugs and alcohol but like I said before, people, places, things and situations. Today my life is **still** unmanageable if I believe I have any control over those things.

Step Two - I ask myself this question, "Do I want to be insane or do I want to have sanity?", I choose sanity, I need to take the suggestions of the C.A. program and my sponsor.

Step Three - I make a decision to turn my life and will over to a Higher Power and when I take it back that I am willing to turn it over again and again.

Step Four - Here I begin to clear the wreckage

and look at myself in a healthy way with the help of my sponsor.

Step Five - I share that wreckage with myself my sponsor and my H.P. as I gradually begin to see my part my sponsor also helps me recognize the patterns of my past. I can clearly see where I have to change, I want to experience *Hope, Faith and Courage!* If resentment arises in my daily life I remember to pray for that person, place, thing or situation.

One of my favorite readings at C.A. meetings is "*Reaching Out*". That makes a great prayer to remember where I came from and what I want to strive for. Being a devoted member of C.A., I suggest that the people I sponsor read it daily especially if they are newcomers or having a lot of trouble with anger or resentments.

Step Six - Gets me looking at healthier ways to deal with my character defects with the help of my Higher Power.

Step Seven - I must remember to ask for help with my shortcomings.

Step Eight - I construct that list of people I have wronged with the help of my sponsor and my Fourth Step inventory.

Step Nine - I thought some of the amends I owed were **NEVER** going to happen. In the end they did because I learned to pray for those people. I felt so relieved after making amends. I need to continually check that my side of the street is cleared.

Step Ten - I am reminded to look at my day and take care of situations as they arise. ("*Promptly admitted it*"). I learned to pause before I get too angry and think to myself "What is happening? Am I acting out old fears that could turn into resentments? Did I ask directions from my H.P.? Is this situation any of my business? Am I staying on my side of the street? Do I need to call a fellow C.A. member?"

Step Eleven - My sponsor reminds me that my Eleventh Step will **ALWAYS** be a work in progress. She says that the answer to every single problem I may encounter in life is *MORE SPIRITUAL DEVELOPMENT!*.

Step Twelve - Do I think of others instead of myself? I try to be kind and see others with compassion. When I accept people, places, things and situations as being exactly what they are supposed to be I don't lose my peace and Serenity. By working The Steps, I can have a spiritual awakening one day at a time.

I have been given the tools to address my anger and most times "*Progress not Perfection*" will arrest it before it turns into a resentment.



# C.A. WORLD SERVICE CONFERENCE COMMITTEES

## ARCHIVES COMMITTEE



### CAWS Archive Committee Meeting

1st Saturday of the month

9:00 am (Pacific)

10:00 am (Mountain)

11:00 am (Central)

12:00 noon (Eastern)

5:00 pm (UK)

**ZOOM ID: 814 2516 6805**

A meeting for all C.A. Archive Chairs and Archivists around the world to meet and greet and discuss challenges, accomplishments, show & tell, and share questions and answers.





# THE WIND NEVER STOPS BLOWING

Lewis E.  
New Brighton, UK

When I was adrift in the middle of the cold black ocean of addiction, broken and alone, the last residual glimmer of hope had finally fizzled out and the vast dreadful truth bore down upon me completer and more undeniable than it ever had before. I had become sub-human, an ex-being, my soul had been evacuated and I welcomed the dial tone of death to finally ring out its deafening silence.

Yet in that chasm of despair, a fragment of hope was about to shimmer. I found another lost soul who invited me aboard their vessel. My heart softened and the plight of mere being began to gentle. What at first seemed to be a caring and charitable gesture from a stranger later showed itself to be the moment from which life began to dawn once more. I was promised of a nearby shore where neither ghost of the past nor fantasies of the future would haunt me any longer. There would be no more bitter anger, petty frustration or desperate tears from the lonely boy I had lived

as for so many years, no longer was I to drown in myself.

The fellowship that I found there proved to be a masterpiece of nature, a chorus of lost souls found together and bound together singing into eternity. There goes a message unspoken, a palpable sense of belonging and a fulfilment abidingly undiminished. Within it lies the tender dreams still to be glimpsed that await our discovery and to it this wonderous life I will always owe. My heavy heart was healed so that in the cold night, just as dawn finally breaks and shines on those still lost at sea, I may hold the next fellow's hand and welcome them aboard this paragon of beauty.

If you find yourself adrift deep within a perilous void, don't take your sails down. The stillness might feel infinite yet just beyond the horizon there lies hope. The wind never stops blowing though sometimes we might not feel it. On a nearby shore there is a land called Life, and you will know it when you find it.





**2025 – Scottsdale, Arizona - May 22 – 25**

**2026 – Orlando, Florida - May 21 - 25**

**2027 – Seattle, Washington, USA**

**2028 – Glasgow, Scotland**

# I WAS REFLECTING ON LIFE

Holly K.

Leduc, Alberta, Canada

I was reflecting on life, where I came from, what happened, all the hard work, and the beautiful life C.A.'s 12 Step program has given me.

As a child I was trafficked from 2-13yrs old, and I held the trauma and resentment deep in every cell of my body. My mother knew what was happening and her father was my trafficker. Anytime I would tell anyone she would convince them I was lying and dubbed me the dirty little liar.

As much as I hated her for that was as much as I wanted her to love me. She either could not or would not give me what I desperately craved.

I'd already had dope in my tiny little body to make me docile and less likely to fight back, so I never stopped using. I was like a feral child, teenager and adult that used to die and died to use.

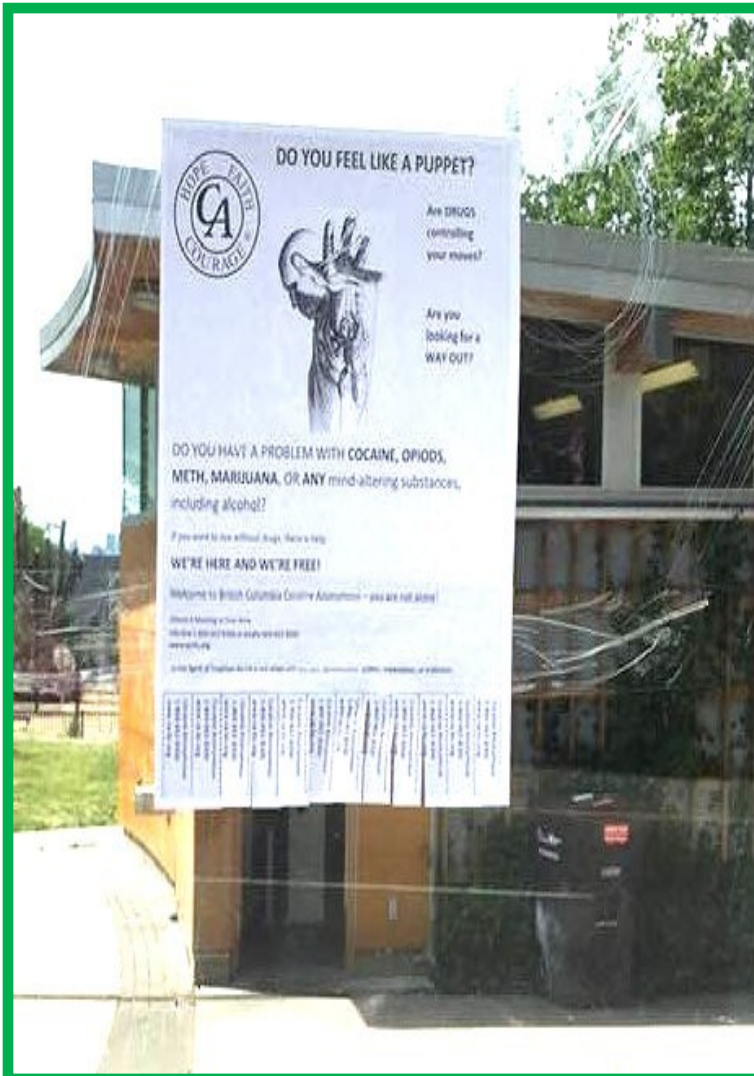
I blamed EVERYONE else for my poor behaviour, decisions and the harm I caused others. I resented anyone with a "normal" life, but the resentment towards my mother is what drove me insane.

While doing my step work, I argued with my sponsor I could never forgive because she was never sorry. I asked what part did I play? I was an innocent child!! She explained that my part was expecting my mother to be a mother, loving, caring, protective, and for whatever reason she couldn't. (My mother has her own traumatic story)

Something in me changed in that moment. I thought about all the trauma my using and behaviour did to my own children because I was not equipped to deal with life after trauma, but I could break the cycle and heal.

That I could forgive my own mother without an apology or accountability... I wanted to be better and do better and it all had to end and start with me.

I'm eternally grateful my sponsor was able to strip back all the feelings I'd held onto so I could see the truth and change my life. I've been able to heal and move forward with many blessings including healing with my children. I'm no longer a "Resentments Slave".





The NewsGram is a C.A. publication featuring articles etc. from our worldwide C.A. Fellowship. You can submit small items of 1 or 2 lines up to articles with a maximum of 1100 words. Published quarterly it also features various world committee reports & flyers, WSO & WSBT information as well as event and donation information.

To submit an article go to our website homepage at [ca.org](http://ca.org), click on NewsGram, and follow the instructions provided.

The suggested theme for our next issue is

## **Self-Esteem In Recovery**

The deadline for submissions is

**March 15, 2025**

**[Newsgram@ca.org](mailto:Newsgram@ca.org)**



## RESENTMENTS TORMENTED ME

Jacqueline T.  
St. Catharines, Ontario, Canada

Resentments tormented me, I didn't even know. Until I started to live this new design for living. Resentfulness, anger, denial this is how my beginning and wonderful journey in the Fellowship started. Being unable to pallet let alone digest those facts about myself and the character that I had been living for so long angry at myself that I became dependent on something outside of myself. Resentments that I had to let go and concede to my innermost self that the drugs and alcohol did not numb the pain anymore it just enhanced it. Denial that I was even an addict or an alcoholic that everyone else around me was and I was functioning just fine. The key word is fine. I was living a life based on lies, resentments, remorse, pain and turmoil desperate because I was sick and tired of being sick and tired. Lost at sea swimming in a pool of my own manifestations that the world was against me. I was the one against the entire world thinking that there was something to fix outside of myself. Being told that it was an inside job, that I didn't have to live the low life and high cost of being disconnected from reality, I didn't know there was another way to live.

A simple toolbox of tools spiritual in nature were presented to me that would allow me to accept and surrender to Thy Will. Being confused and distorted by all reality I was willing to do anything because I was so close to losing my children, my security, my house, my relationships, everything really. I had already lost their trust let alone my own trust and most people in many relationships in life because I was angry, disconnected, and distorted.

When I was handed a Big Book I was terrified and told not to leave it in the crack of my window to keep it open to actually read it. It was so intimidating to be able to read a book that made no sense to me, that was a design for living that would change my life forever.

Getting to work with my sponsor, going through the book word by word, line by line until I truly understood what it was that this design for living was going to create in my life. Being willing to make amends financial, spiritual, living amends with the changed behavior creating more actions with justice of my corrected behaviors, no longer running the show myself, being connected with my sponsor, Higher Power, and within my own heart.

With each promise that was given because, the same as others have received them was astonishing and absolutely mind-blowing that it was possible for me. That those promises would come to light

Life. All I can do is my best and be willing to go to any lengths to correct and take the right actions without fear. All I had to do was believe in a power greater than myself, that I had to be willing and surrender into this unknown.

I genuinely thought I was doing these things all along, it wasn't until I got my inventory down and armed with the facts about myself that I was truly able to move forward in life. To be able to be an active member in society, my community, and Fellowship.

It was then I realized it wasn't the drink or the drug that numbed the pain it was my own thoughts, my actions, my reactions that truly created that open space and justified that it I was fixing it. It was a Higher Power in my life, the God of my understanding and the beginning it was simple Master Jesus he was my maker.

Now in sobriety with this conscious connection and unity all around me I see it as a Divine Feminine and Divine Masculine Mother Father God that has always been with me and shows me the way. Teaching, guiding me how to be the best version of who I can be.

Being in communion with this power greater than myself that I called God, Sophia Christ Consciousness, the Creator, my everything. It's giving me the best life that I could ever ask for in my dreams and admirations and many things beyond. My God Conscious connection has been absolutely mind blowing and I have such gratitude and appreciation for this Fellowship. I have not only been given back my life it's giving me a life beyond my wildest dreams. They always keep evolving because I am always staying connected with that eternal force that is within me. Because I've been able to concede to my innermost self for me to use is for my essence to die, I always want to remain spiritually uniquely alive, living and connected.

Here's a little poem we wrote. "God give me the patience to allow the resentments to no longer be with me accepting that I am perfect as I am having the Courage to be the best version of who you want me to be and the Wisdom to be at peace with life that God has created for me".

For in my heart I know I am always complete and ready for what God has in store for me and everyone else, the difference today is I get to celebrate the Fellowship with every single one of you.

Thank you for being on my journey, I get to be a part of this wonderful magnificent God conscious fourth dimension of reality with you all.



# C.A. WORLD SERVICE CONFERENCE COMMITTEES

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“How dark it is before the dawn!”



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## RESENTMENTS

Candice S.  
Innisfil, Ontario, Canada

The reality for me an addict/alcoholic of my type is that when I hold on to resentments, they kill me. When I came into this program I was riddled with anxiety, fear, shame, guilt, the list goes on, however, I was also empty, numb and scared. I didn't feel human as though the human was ripped from my body, an empty casing floating through the world, correction I was tumbling and hitting every object along the way.

Throughout my life I often heard the phrase "allowing your anger at someone to control your life is like drinking poison and expecting the other person to die.", although I could grasp the gist of it, I did not fully comprehend the meaning until recovery.

From where I was standing the world had utterly failed me, the anger that lived inside me was a beast of its own. I went through life holding grudges and at times could not even tell you why, I could find your fault but never my own. The complexity I had created, the sense of superiority when I verbally destroyed someone who had caused me the most minor inconvenience was my shield. As I progressed through life the amount of how dare you's, how could you's and simple f you's created the dumpster fire I was later introduced to as my resentments.

While doing my 4th and 5<sup>th</sup> Steps a few things became abundantly clear to me.

1. I was riddled with fear, fear of abandonment, feeling unworthy, vulnerability, the list goes on.
2. I had consistently been a willing (unknowingly) participant in my own pain and suffering.
3. Most of all it was NOT the things that others did to me that kept me sick, it was the things I did to others.

Weirdly enough, those resentments that were killing me, I held on to them as if I were a toddler

attached to their blankie, how insane does that sound? The truth is they were my safe place, all that pain and suffering I spoke about previously, I was nothing without it.

Resentments hindered me, I was incapable of foundation-built relationships, communication, compassion or understanding simply because I was unable to see my part. Of course, there are things that have happened in my life that were NOT my fault, however I played a role in most of them. Whether I put myself in dangerous situations or welcomed abuse I am not completely exonerated that of course is NOT to victim blame.

This gave me all the reasons and excuses to use and drink the way I wanted to. Every "event" was a new trophy in my backpack filled with hardships however recovery taught me that my resentments created cycles.

It was easier for me to accept unhealthy aggressive and violent treatment than it was for me to face reality and heal. If I am being honest it at times turned me into the monster I was running from. This caused me to destroy people along the way, the resentments I carried were the battleground for people caught in the crossfire.

Pre-recovery I felt as though I was born to suffer through life until I realized that suffering is optional. I chose to suffer because it was familiar and comfortable. If I continue holding on to pain, keeping quiet to keep the peace, and unrealistic expectations, they will turn into resentments and that is an extremely dangerous place for me.

In recovery I see that pain is inevitable, with God on my side no matter how hard things get, everything will be okay.







## Onboard with your meetings in the C.A. Mobile App

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 - [it.ca.org/meeting-finder](http://it.ca.org/meeting-finder)

Thank you for letting us be of service!

### The C.A. App is in the Apple Store and Google Play!

Go to - [it.ca.org](http://it.ca.org) to open a link to the App or look for C.A. Meetings.

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.

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. The meeting data can also be used on your Area's website.

Please visit the IT Committee website for more information or email us.

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## DEPTH

Macy R.

Anacortes, Washington, USA

I'm so honored to be alive, so honored to be human. I used to scream to the heavens in agony and rage that I was created human. So furious that I was born against my will, assembled with this body with this mind and this heart. "Why me God, why am I like this? why couldn't I have been a bird or a flower or a fucking blade of grass?". In retrospect I was unaware my soul was not yet awake.

I'm so honored to have experienced all the tragedies and heartbreaks throughout my life, honored to feel my heart weigh so heavy, honored to feel my blood boil with rage. I'm thankful to have the capacity to move through these stages of grief. I'm honored to know what pure joy and serenity feels like. I'm honored to know peace, love and tolerance. I'm so honored to know that every experience that's lead me to where I am today has been intentional on my journey to reawakening my soul.

I'm so incredibly honored to know I have the capacity and ability to experience the whole spectrum of human emotions, no matter how sickening the side effects might be.

I'm so honored to have the capacity to serve a spiritual Fellowship and my surrounding community with love and compassion no matter the trails and tribulations I overcome, and I do always overcome them and remain loving.

I'm honored to acknowledge as my soul awakens this is one of my unique gifts to share with this world. I know I will always be able to continue to be a beacon of light and love after all the pain and suffering has been put to rest, and I know I will have the strength to

walk through it even if I feel like I'm crawling.

I'm so honored to know that I am loved by my friends and family, that even though I may doubt myself from time to time I know that my love and authenticity is so profound it is uncharted territory for some people.

A friend once said that "people can only meet you in the depths which they've met themselves", I'm honored to know that even if it is uncharted territory. It's a gift I have the strength and capacity to continue giving and exploring new currents and directions each time I venture this vast body of emotions like an ocean.

To know that my depth knows no bounds and will always find new life within it, I'm honored to know that I am divinely protected, honored to know that my purpose here is not complete.

I'm so honored to know that no matter how I may be conditioned in my human experience by society, myself, my family, and my relationships, the Divine has given my soul this mission.

No matter how I've tried to disconnect from this vessel, my purpose is stronger than my brain and my hearts tiny little pitter patters or thuds.

Today I know that the depth of my soul runs so deep and so strong that each human experience or connection strengthens my bond with my spirit, because that's how I cope today with spiritual growth.

I'm so honored to have been given these spiritual tools to use as coping mechanisms when my human condition becomes too much for myself to handle. I'm so honored to have all these wonderful tiny dots of extraordinary love on this endless timeline of my soul.

Hope  
Faith &  
Courage

*... We do recover*

# C.A. WORLD SERVICE CONFERENCE COMMITTEES

## LITERATURE, CHIPS & FORMATS COMMITTEE

### C.A. Members Are Resilient! Hope, Faith & Courage Volume III



As face-to-face meetings closed in the wake of the Covid-19 pandemic more virtual meetings opened that connected addicts to each other and the Fellowship of C.A. The program of Cocaine Anonymous did not change, but the method by which our message of recovery was carried evolved and swept the globe in ways we never could have imagined.

Since *HFC II* was published the names of some of today's most common drugs and the imminent danger they pose has changed. So, it is to this new generation of addicts seeking recovery that *HFC III* should speak in terms they understand. Sharing our stories has always reinforced the power of one addict talking to another. It's important that people see the benefit of sobriety.



**Story submissions in languages other than English are welcome if possible, please include an English translation.**

**Please submit your stories to [Lcfhfc3subs@ca.org](mailto:Lcfhfc3subs@ca.org)**

**by April 1, 2025**

**Maximum of 2500 words**



# LOVE IS INVINCIBLE

Max N.  
Frankfurt, Germany

Love is invincible. I remember when I was younger, I was angry all the time, I mean seriously pissed off about everything, it didn't take much to set me off either. Someone could step on my foot or say something that twisted my brain and boom I'd lose it. See, as an addict, my thinking was totally screwed up, I never knew how to handle myself in those situations. I was scared to react because I knew I'd probably overreact, so I'd just stay quiet.

But then I'd be stuck with this heavy resentment at myself and at whoever I was pissed off at. I didn't even know it was resentment back then; I didn't know I was an addict, and I didn't understand why I felt so messed up. I felt completely helpless and desperate like I didn't belong anywhere, totally useless. No friends, no one I could trust, my head just kept spiraling and the only thing I could turn to was using, getting high to cope.

When I was using all that chaos in my head was gone. The anger, the resentment, out the window. I felt light, brave, fearless, I could talk to people. I could look in the mirror and feel okay about myself, no anger, no fear, no drama in my head. But as an addict that feeling didn't last it never does, I needed more and more to keep those feelings at bay.

But it wasn't just the resentment I was running from; it was this awful emptiness inside me and I had to keep filling it over and over again. But over time the drugs stopped working, they didn't fill the hole

anymore.

That's when things got bad, I started using so much I was pretty much killing myself, I didn't know how to stop, I didn't know how to live.

I thank God today for leading me to the rooms of recovery back in 2018 and especially to Cocaine Anonymous. I thank God that I'm alive that I'm here to write this story for the NewsGram, and I thank God for giving me the title "Love is invincible".

Love is invincible because when I walk with God and when I follow the path of love that resentment starts to fade. That's the big miracle in my life today, I can recognize my resentment, deal with it, and let it go. And because of that I'm becoming a better version of myself every day. I can love myself and love others and help people in ways I never thought possible.

I love the "Fourth Step Prayer", "This is a sick man. How can I help him? God save me from being angry. Thy will be done". (A.A. pg 67) That prayer and everything I've learned through the program of Cocaine Anonymous has changed my life.

Working with my sponsor, reading the Big Book and doing the inventory in the "Fourth Step" is where it all started.

I was able to face the stuff that had been weighing me down for years, even decades and finally let it go. Now I can stand in the sunlight of the Spirit free. Thank you, God, and thank you Cocaine Anonymous.



## Welcome to CA



For me, spirituality comes from caring about others. I have found that the more I focus on improving the quality of the lives of others, the less I am into myself and my will. I feel a freedom and peace from within. The gifts I am beginning to receive in my life are greater than I could have ever imagined.

## 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.



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

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## MIRROR

Hattie E.

Seattle, WA State, USA

Mirror, mirror on the wall,  
All I see, is nothing more than a hologram.  
Who is this? The mirage that is my reflection?  
I have become the number one offender.  
Fueled by a thousand forms of fear.  
Bubbling over, as hot blood rushes to my face.  
Just the same, in every passing, on the streets that I  
know so well.  
I do not recognize myself anymore.  
The empty bottles, and dirty cottons were never the  
assassin I had made them to be.  
When it was me, the whole time.  
The next drink, and the next fix, was merely the mask  
of my choosing.  
So that I didn't have to see myself, for what I was, in  
the mirror on the wall.  
A spiritual warfare that was infinitely grave.  
A disease bound by a spiritual malady.  
Mind, body and spirit.  
A peril that desperately needed to be arrested by  
something bigger than I,  
and the rage that engulfed my entire being.  
My problem was never the mask of my choice.  
More so, a gaping hole, like a flesh-eating disease that  
corroded the crevices of my soul's lining.  
With eyes, that were fogged over like windowpanes,  
splattered in the blood of all whom I believed had  
brought me injustice.  
A vengeance for blood, circulating through my veins.  
Like a wild animal awaiting its next prey.  
How could they do such things to me?  
A wallowing in self pity that I would continue to  
propel on a never-ending loop.  
Just as a jaywalker to a trolley cart.  
Insanity comes in many forms, not just that of bringing  
a bottle to my lips or the rig to my arm.  
The true insanity lies within the mental obsession that  
reels in my mind.  
Again and again, in the never-ending loop of all that I  
hold hostage to.  
As I sat alone, staring at a blank white wall.  
I sank quicker and quicker into the mental blank spot...  
I spent hours, imagining the faces of all of those who  
had harmed me in an oscillating thought spiral.  
Gradually, the faces of my perceived perpetrators  
became not only the wall that I had burned their faces  
into...  
But rather, those faces became that of what I see as my  
reflection in the mirror.  
The world around me, and all of what I had  
experienced, had become my identity.

I became, what hurt me the most.  
For I am a sick person now, just as they are.  
Mirror, mirror,  
Who would I be if I let the faces that I now claim as  
my own, go?  
The drugs and alcohol aren't all that was poison in my  
veins.  
The true poison that kept me going back again, were  
the resentments that I clung to as my rite of passage.  
A justification of all that I had been burned up by.  
One day, I asked myself as I stared at my reflection in  
the mirror,  
How could the sunlight of the spirit ever reach past the  
layers, of all the faces I had collected, if I wasn't  
willing?  
To illuminate the true emotion, of shame, that I  
harbored.  
Blocking me.  
I had reached a brokenness.  
As I stripped back the masks, one by one.  
Knowing that I had to fully concede within myself...  
That the many faces I wore, were merely a delusion of  
my own making...  
Peeling back the illusion, that there was somehow any  
honor in the blood bath all who had wronged me.  
It was only when I got honest enough with the man in  
the mirror, whom I did not recognize,  
I came to see that it was nothing more than a reflection  
of me, after all.  
Then and there, I chose to cease fighting the many  
faces I had come to claim as my own,  
And there, I found hope.  
"Mirror, mirror on the wall, I surrender."  
I fell to my knees, and I prayed...  
"God take from me, all of what I thought I had to  
become.  
God, take all the faces that are no longer mine to bear.  
God, take everything that I thought I knew about them,  
myself, and about you.  
God, I surrender the resentments that keep me blocked  
from you."  
In that moment, I made a decision.  
Like a hot flame, I recoiled from the many faces I had  
worn.  
I smashed the mirror and every fragmented part of me  
that it held...  
And suddenly, there it was...  
The sunlight of the spirit was on the other side of the  
mirror on the wall.  
The only thing that was blocking me, was me...  
after all.





**CAWS 2025**



# HOSPITALITY SIGN UP



May 22nd-26th 2025  
Scottsdale, AZ



**Sign up to host a hospitality slot**

- Be of Service!
- Bring food for people to enjoy!

**SCAN QR CODE  
TO SIGN UP**



In the spirit of Tradition Six, "CA is not allied with any sect, denomination, politics, organization or institution." Pull Date 5/27/25

## RESENTMENTS

John S.  
Omaha, Nebraska

Resentments are like you taking the poison hoping the other person dies. I remember how I had a resentment against my former high school baseball coach because of how he embarrassed me. See, the whole team had full uniforms but I only had a tattered shirt that didn't even look like the team's shirt. I hated him, everyday I talked about him but it didn't hurt him it just hurt me.

It took me years to get over that but I finally did. I had to pray for him to find prosperity and I finally found peace.

So, I hope you don't have something that you just can't let go of because the only one it's hurting is you. It can affect Your Health, Your Mind, and Your Spirit.

JUST LET IT GO!!!

## POEMS BY

Cassandra C.  
Ajax, Ontario, Canada

### “Out Of The Dark”

It's taking over.  
The Darkness, it's back.  
Trying to make it stop.  
The more I try, to tell  
it to stop. The more the darkness,  
wants to come out and  
play.  
I ignore the darkness,  
and let it go.  
Then I see the light.  
The light at the end of  
the tunnel.  
That's where I found,  
Life.

### “Knocked Me Down”

You say you love me.  
But hurt me.  
Knocked me when I was down.  
Broke me down to nothing.  
Just for you to feel something.  
That something was, Control.  
Control you never had before.  
You damaged me, but I thank you  
because now.  
I have control.  
Over myself.  
Control I never had before.  
You will never.  
Control me ever again.  
Now I am.  
FREE

### “Hard Times”

You were always there.  
At my highs, and my lows.  
You helped me through hard times.  
But.  
You also broke me down, to nothing.  
I guess that was your plan.  
Never a friend.  
Just a demon in disguise.  
Now I sit here broken.  
Broken like glass, spilled on the floor.  
Because of you, I have to fix me.  
One more time again.

### “Hiding Behind My Mask”

Why me? Why am I the one, who has to hide  
their true behind this mask?  
Self  
To be accepted?  
This world is so cruel, so cold, so  
narrow minded.  
I know I have a past.  
They tell me not to hide my true self.  
So why am I being forced to hide behind this  
mask?  
To be accepted. To be wanted.  
To be loved.  
To be apart of my family. When growing up I  
was told to take off my mask, and  
show the real me.  
That's what we learned right? But now I hide  
behind this mask, and cover the parts  
of my true self. That others don't want to see.  
Just so they can accept me.

**SAVE  
—THE—  
DATE**

**CAWSPi COMMITTEE  
NORTH AMERICAN  
PI SUMMIT**

**MARCH 12-14, 2025  
INDIANAPOLIS, INDIANA**

**Questions? Donna K. (414) 651-2683**

**MORE INFORMATION  
COMING SOON!**



**IN THE SPIRIT OF TRADITION 6, C.A. IS NOT ALLIED WITH ANY SECT, DENOMINATION,  
POLITICS, ORGANIZATION OR INSTITUTION.**



### Resentments

Tina R. - Midwest Regional Trustee  
Milwaukee, Wisconsin, USA

It says in the Big Book of Alcoholics Anonymous on page 64 of “*How It Works*” that resentment is the “number one” offender, it will destroy us as addicts.

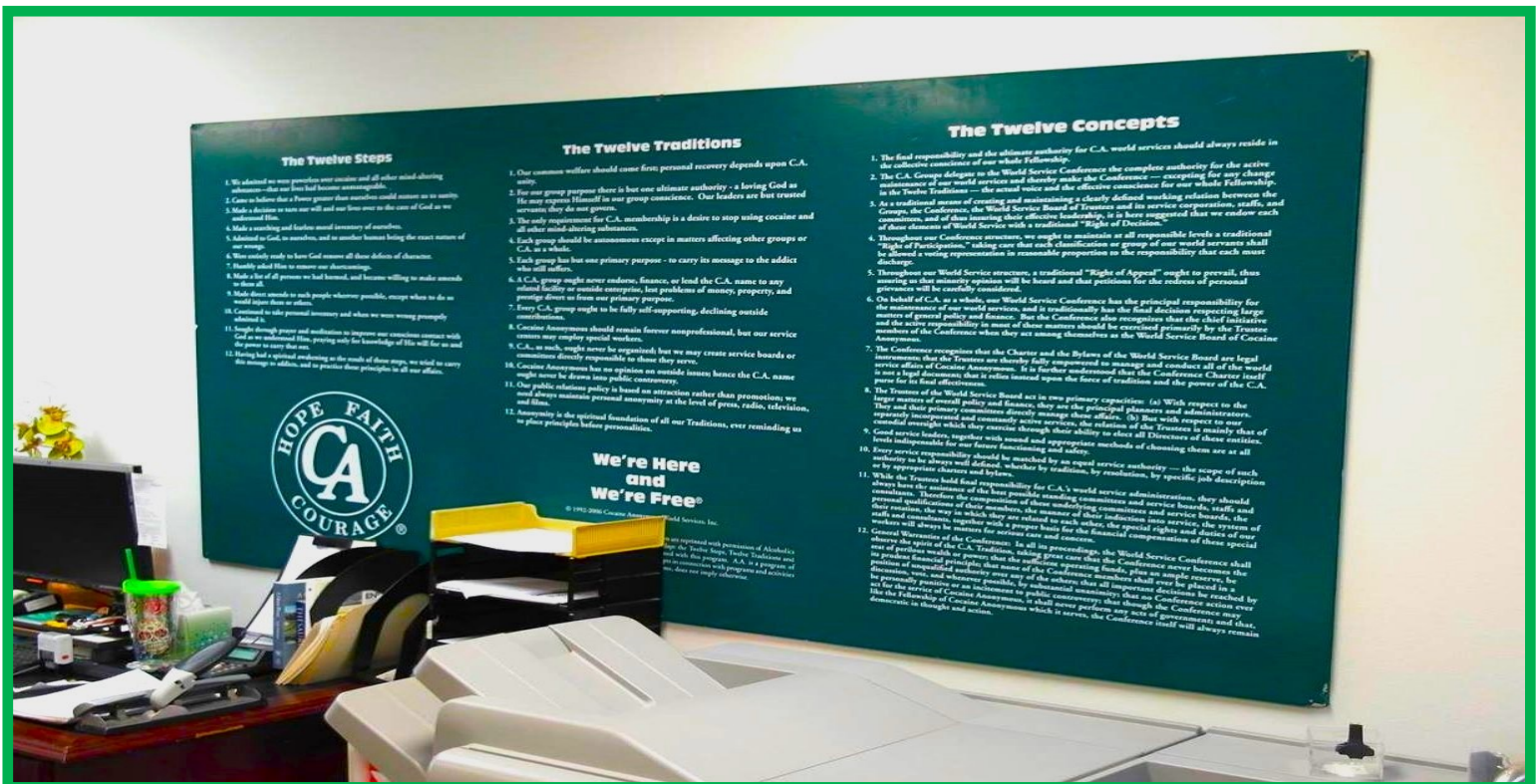
How much can I relate to this with my own resentments. It has taken me 13 years to finally be able to look at my resentment of my mother, which has caused me in the last year to have a spiritual breakdown. When I first came into the program in 2011 and started working with a sponsor, I was not ready to forgive her and didn't think that time would ever come.

Well as the years passed the Big Book makes it clear that “any life which includes deep resentment leads only to futility and unhappiness”. Even though I tried to go on with my life that resentment was still tucked away festering, which then started to leak on other aspects of my life, tainting it and spoiling it.

I was so shut off from God that I became irritable, restless and discontent. Pain is a huge motivator, and that pain made me willing to seek God's help with doing a thorough 4<sup>th</sup> Step.

Looking at my thoughts and actions finally I was able to face that resentment, finally I could put myself in her shoes. I could see that I was also spiritually sick, not just her, so for the first time in over 13 years, I am finally ready to make an amends to her.

I now feel God's presence in my life, I'm not filled with anger, and bitterness. I can now be filled with gratitude and peace. I can now focus on how I can be of service to others.



# C.A. CALENDAR OF EVENTS

February 21-23, 2025

**29th Annual NEODCCA Unity Convention**

LOCATION:

**Double Tree by Hilton Cleveland-Westlake**

1100 Crocker Road Westlake, Ohio 44145

February 22-23, 2025

**Wiara Nadzieja Odwaga (Hope Faith Courage)**

LOCATION:

**Hotel HP Park Plaza**

Boleslawa Drobnera 11-13, 50-257 Wroclaw, Polska

March 28-30, 2025

**2025 Southwest Regional Convention**

LOCATION:

**Hyatt Regency houston West**

13210 Katy Freeway Houston, Texas 77079

March 28-30, 2025

**European P.I. Summit**

LOCATION:

**London Docklands**

\*\*\*\*\*

April 11-13, 2025

**35th Annual Ohio Area Convention**

LOCATION:

**Double Tree Worthington**

175 Hutchinson Dr. Columbus, OH 43235

LOCATION:

**MORE C.A. EVENTS COMING SOON !!!**



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Joni E. - World Service Trustee  
San Diego, California, USA

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# 7th Tradition Donations October - December 2024

## Group or Category

<b><u>Online Service Area</u></b>	<b>Daily Reprieve</b>	<b>\$135.61</b>
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<b>Arizona</b>	<b>Birds of a Feather</b>	<b>\$168.47</b>
	<b>A Common Birds Solution</b>	<b>\$26.00</b>
	<b>SNL Group</b>	<b>\$1930.35</b>
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	<b>Bagels By the Beach</b>	<b>\$150.00</b>
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	<b>CALA-WSH District</b>	<b>\$2000.00</b>
	<b>Came to Believe</b>	<b>\$100.00</b>
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	<b>Inland Empire Area Service Committee</b>	<b>\$375.00</b>
	<b>Long Beach Compton</b>	<b>\$500.00</b>
	<b>Northbay Service Group</b>	<b>\$350.00</b>
	<b>Northern California C.A.</b>	<b>\$500.00</b>
	<b>San Diego</b>	<b>\$2188.13</b>
	<b>SFCA Grateful in Granada</b>	<b>\$75.00</b>
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	<b>Simi Vally-Sunday Funday</b>	<b>\$52.00</b>
	<b>Sisters in Sobriety</b>	<b>\$528.00</b>
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	<b>WIECA</b>	<b>\$387.11</b>
<b>Colorado</b>	<b>Nirvana</b>	<b>\$72.25</b>
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<b>Georgia</b>	<b>MACAI</b>	<b>\$76.93</b>
<b>Illinois</b>	<b>C.A. – IACA Inc IL</b>	<b>\$510.00</b>
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<b>Freedom Fund</b>	<b>Individual/recurring donations</b>	<b>\$7706.42</b>
<b>Gratitude Month</b>	<b>Individual donations</b>	<b>\$212.00</b>
<b>California</b>	<b>One Puff Too Tough-Gratitude Month</b>	<b>\$300.00</b>
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<b>H&amp;I Donations</b>	<b>C.A. – IACA Inc IL</b>	<b>\$90.00</b>
<b>Individuals</b>	<b>Anonymous</b>	<b><u>\$10,000.00</u></b>
	<b>Total Freedom Fund, Gratitude &amp; Individual Donations</b>	<b>\$18,493.02</b>
	<b>Total Donations</b>	<b>\$72,413.02</b>