CHOOSING FRIENDS WHILE WORKING THE PROGRAM



Vol. 43 No. 3 C.A. World Service Office - 11460 N. Cave Creek Road, Suite 12, Phoenix, AZ, 85020, USA - 3rd Quarter 2025

THE GIFT OF FRIENDSHIP IN THE FELLOWSHIP OF COCAINE ANONYMOUS

Albina K.

Kew Gardens, New York, USA

When I walked into the rooms of Cocaine Anonymous in 1993 I didn't know what to expect. My life was in shambles, my spirit was broken, and I was completely disconnected from the world and from myself. I had lost almost everything, my dignity, my self-respect and many of the relationships I once held dear. But what I didn't realize at that time was that I was about to gain something even more valuable than what I had lost, true, meaningful friendships that would carry me through the next three decades of my life in recovery.

From the very beginning of my journey in sobriety I was fortunate to find what we in C.A. lovingly call "sober running buddies". These weren't just people I went to meetings with or shared coffee with afterward, these were individuals who, like me, were building new lives from the ashes of addiction. We formed a bond that could only come from walking through fire together, we laughed, cried, struggled, and celebrated, always together. We didn't just talk about The Steps or sobriety; we lived it out loud side by side.

Over the years these running buddies became more than just friends, they became my family. We made it a point not just to stay clean but to live life fully. Some of my most cherished memories are of the adventures we've had throughout New York City. Every year, like clockwork, we show up for the Halloween Day Parade, dressed in outrageous costumes and full of laughter. We gather for the Thanksgiving Day Parade, sipping hot cocoa and feeling grateful not just for our sobriety but for each other. And on July 4th we always find the best spots for

fireworks sitting on lawn chairs on the East River or Hudson River. Watching the sky light up with bursts of color, an outward expression of the inner joy we've cultivated in sobriety.

What's more beautiful is how these relationships have evolved over time. As I've grown in the program I've had the privilege of sponsoring others. At first my role was to guide them through The Steps and help them stay sober but what unfolded was so much more, many of my sponsees have become some of my closest friends. We've gone on vacations together, not just for conventions, but for the pure joy of living life clean and connected. Whether it's road-tripping to the beach, walking through Central Park, or just escaping the city for a weekend getaway, these trips have solidified our bonds and reminded me of how far we've come.

It's funny, when I look back at my life before I got sober I realize how few true friendships I actually had. To this day I can count on one hand the number of people from that part of my life that I still speak to, just three. And even those relationships have changed because I've changed, I'm not the same person I was before 1993. Recovery hasn't just given me a new life, it's given me a new heart, a new mind, and a new way of connecting with others.

Today, almost all of my friends come from the rooms of Cocaine Anonymous. They understand me in a way that no one else can because they've walked the same path. They know what it's like to feel hopeless and to rediscover hope. They know what it means to make amends, to forgive, and to grow.

(Continued on page 3)

Cocaine Anonymous World Service Conference August 27 - 31 / 2025

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THE GIFT OF FRIENDSHIP IN THE FELLOWSHIP OF COCAINE ANONYMOUS

Albina K.

Kew Gardens, New York, USA

(Continued from page 1)

We've celebrated milestones together, from 30-day chips to 30-year anniversaries and we've stood by one another in times of loss, grief, and hardship. Our friendships are forged not in convenience or proximity, but in shared experience and spiritual growth.



My sister often tells me "You have a lot of friends", she's right and I never get tired of hearing it because it wasn't always that way. I remember feeling completely alone in my addiction convinced that no one could possibly understand or care. And yet here I am living a life filled with companionship, laughter, and love. That abundance is a direct result of the Fellowship of Cocaine Anonymous. It's because of C.A. that I'm no longer isolated, it's because of C.A. that I've built a network of friends who not only accept me but inspire me to be my best self.

Now, as I prepare for a big transition, my move to Texas in November of 2025, I find myself reflecting on just how much the Fellowship has given me. Of course I'll miss my New York crew, the parades the spontaneous dinners, the late-night phone calls. But I also feel an incredible sense of excitement because I know without a doubt that C.A. exists in Texas too. And that means new meetings, new faces, and new friends waiting to be made.

I don't fear the move I embrace it, recovery has taught me how to be open, how to show up and how to build connections no matter where I go. I know that the Principles of this Program are universal, and the Fellowship extends beyond state lines. I've already started researching meetings in my future city and I'm looking forward to walking into those rooms as a newcomer to the area, but not a newcomer to the way

of life that has sustained me for over 30 years.

I also look forward to bringing the spirit of my New York Fellowship with me. I'll carry the lessons, the laughter and the love that my friends here have given me and who knows maybe some of them will come visit. Maybe we'll find new parades to attend, new places to watch fireworks, and new adventures to go on together, just like old times in a new place.

Friendship in recovery is not just about having people to hang out with, it's about accountability, vulnerability, and mutual growth. It's about walking hand in hand with others as we navigate this wild and wonderful journey of sobriety. And it's about



celebrating the miracle of being alive, clean, and connected.

I often think of the phrase we hear in the rooms "You'll find a life beyond your wildest dreams". That life for me has never been about material success or fame, it's been about relationships, the deep soulnourishing kind that recovery makes possible. It's about sitting at a diner after a meeting laughing so hard your stomach hurts. It's about showing up for someone when they need you most, it's about being part of something greater than yourself.

Thirty-plus years ago I never would've imagined the kind of friendships I have today. But here I am, living proof that recovery works and that Fellowship heals. I am beyond grateful for every person who has walked with me on this journey from my first sponsor to my newest sponsee, they've all played a role in shaping the life I live today.

As I look ahead to the next chapter in Texas my heart is full, I'm not just moving I'm expanding. Expanding my horizons, my heart, and my circle of friends, and I can't wait to see what and who is waiting for me on the other side.

FINANCE COMMITTEE



Fragments Of Myself

I wake to echoes, voices blurred, A stranger's face in glass returned. Was I the shadow in the haze, Or something whole before the days. Of longing hands and hollow breath, O A name lost in the arms of death? The past still lingers in my veins, Not in the poison, not in chains. But in the way the silence speaks. A fractured self, a heart that leaks. Not knowing what was ever mine, Was I the drug, or just the crime? The world moves on, and so must I. Each dawn I breathe, each night I cry. The ghosts still whisper in my ear, But I won't fold to shame or fear. A step, a choice, a word, a sigh, Each proof that I refuse to die. Yet who am I beyond the war, Beyond the wounds, beyond before? What piece remains when all is burned, What part of me has still returned? No easy answer, no clear way, Just learning who I am today. The mirrors shift, but I stand tall, Though names may fade, I have them all. A child, a dreamer, broken, whole, A warrior bound within my soul. And though the past still aches and calls, I'm more than pain-I am it all.

I See An Island

O'er the Firth of Clyde, 'neath the Scottish sky, Ardrossan's shore to Arran lies nigh. A view so bonnie, it steals yer breath, Where the sea meets the land, life meets myth. The silhouette of Goatfell, proud and high, Cuts the horizon, 'neath the twilight sky. Majestic Arran, in the gloamin' light, A gem of Alba, in the coming night. The waves whisper tales of auld lang syne, Of clans and thistles, of the tartan line. The salt air carries the bagpipes' tune, A song of the isles, 'neath the crescent moon. From Ardrossan's embrace, I gaze afar, To the isle where the highland spirits are. In the dance of the ferry's gentle sway, My heart crosses o'er, to where the selkies play. In the hush of eve, as the stars appear, I feel the pull of the ancestors near. Arran's beauty, in its timeless call, Weaves the past and present, in its thrall. So here I stand, where the sky meets the sea, A Scottish soul, forever wild and free. With Arran's grace, in the fading light, I find my peace, in the coming night.

Shadows to Sunlight

I walked through fire, felt the burn,
A life unravelling with every turn.
Her whispers soft, her grip was tight,
Heroin stole both day and night.
A needle's kiss, a fleeting high,
Chased the clouds across the sky.
But darkness lingered, crept so near,
Left me drowning in my fear.
Rehab came-a hollow place,
Walls of sorrow, worn-out grace.
Shaking hands, a trembling soul,
Fighting demons took its toll.

But somewhere past the endless ache, A sliver shone, a thread unfrayed. Hands reached out, held me close, Broke the silence, spoke in hope. Days grew longer, nights less cold, I learned the weight of truths untold. No more hiding, no more chains, Light returns after the rain. The road is rough, the scars run deep, But peace is found in those who keep Their strength alive, their voices clear I stand, I rise, I'm still right here.

CONVENTION COMMITTEE



2026 - Orlando, Florida, USA 2027 - Seattle, Washington, USA 2028 - Glasgow, Scotland

C.A. WORLD SERVICE CONVENTION

2026 ORLANDO, FLORIDA, USA







May 21-25, 2026

Caribe Royale Resort - 8101 World Center Dr., Orlando, FL 32821

Registration Packages

<u>Sabal Package</u> - Marathon meetings, speaker meetings, workshops and basic entertainment, as well as \$5.00 in C.A. bucks to be used for memorabilia or auctions.

<u>Bismarck Package</u> - Includes everything in the **Sabal** Package plus Breakaway Breakfast, premium entertainment, as well as \$15.00 in C.A. bucks to be used for memorabilia or auctions.

<u>Royal Package</u> - Includes everything in the **Bismarck** Package, plus the Banquet and \$25.00 in C.A. bucks to be used for memorabilia or auctions.

All Special Events will be added on to the Registration Packages selected and will only be available through Reg-Fox. Space is limited, first come; first served

Registration pricing in U.S. Dollars:

	<u>EARLY</u>	<u>REGULAR</u>	LATE
Sabal -	\$115	\$125	\$140
Bismark -	\$205	\$220	\$245
Royal -	\$325	\$350	\$390

Important registration deadlines to be aware of

Early Registration ends – Regular Registration ends – Late Registration ends – August 31st, 2025, after that date prices will increase February 28th, 2026, after that date prices will increase

May 4th, 2026, all online registration closes

On-site Registration –

May 21st, 2026, on-site registration opens and is limited to Day Passes and Daily Enter tainment tickets only.

Registration & hotel booking links, contact, and all other info check out the website www.caws2026.org

Paper registrations and registration related questions, please email: registration@caws2026.org

Hotel related questions, please email: hotelliaison@caws2026.org

"In the spririt of Tradition Six, C.A. is not allied with any sect, denomination, politics, organization or institution." As such, Cocaine Anonymous World Services Convention 2026 and Cocaine Anonymous as a whole, does not endorse and is not affiliated with RegFox or the Caribe Royale.

FROM NUMBNESS TO WHOLENESS THROUGH THE 12 STEPS

Jacqueline T. St. Catharines, Ontario, Canada

When I walked into recovery, I was completely shattered, I had no connection to God, no love for myself, and no idea how to live without numbing the pain. My life had been ruled by chaos, shame, and desperation, I thought the people I used with were my friends. We shared misery and self-destruction but the moment the drugs were gone so were they and I was left sitting in my own skin, raw, restless, and empty.

In those early days, I couldn't imagine a life without drugs but I also couldn't imagine surviving with them anymore. I had burned bridges, abandoned myself and honestly believed I was beyond saving. I didn't believe God wanted anything to do with me, I couldn't feel anything but regret and fear.

Then something changed, I found myself in the rooms of Cocaine Anonymous. Something pulled me in, something I can only describe as grace. I didn't understand the Steps,I didn't feel connected, but I kept showing up. People welcomed me with love I didn't feel I deserved and when they said "Keep coming back" I did.

Working the 12 Steps was the turning point of my life. Each Step brought me closer to myself and closer to a God I never knew I was allowed to trust. I started facing my past, not to shame myself but to free myself. I looked at my resentments, my fears and my part in the harm I had caused. I learned how to take responsibility without self-condemnation. I made amends and in doing so I gained back pieces of my soul I thought were gone forever. The biggest miracle of all? I began to love myself again, not in a surface-level feel-good way but in a deep grounded spiritual way. I learned to see myself the way God sees me,

whole, worthy, and loved, that inner transformation bled into every area of my life.

Spiritually I'm not the same person, today I have a relationship with a loving, guiding, personal God, I live in God-consciousness. I pause, I pray, I listen, I let go, and when I drift off course, which I still do, God gently leads me back, I no longer operate from fear, I live from faith.

Emotionally I've grown from someone ruled by anxiety, guilt, and survival into a person who knows how to sit with uncomfortable feelings, process them, and move through them. I no longer stuff them down or drown them out, I face them and I've learned I can survive them, I've built resilience I didn't know I had.

Mentally I've become clear and grounded my thoughts aren't constantly spinning, I can make decisions, and I can trust myself. I've become someone I can depend on. I used to live in confusion and chaos today I live with clarity and peace.

Relationally my life has transformed in ways I couldn't have imagined. I've learned how to choose people who are good for my spirit, people who walk in truth, integrity, and love. The friends I have today aren't just people I hang out with they're **lifetime friends**, they cherish me for who I really am, they see me, love me, and **celebrate me**. We walk side-by-side through this program, lifting each other up in a Fellowship that is deeper than anything I ever experienced using. And it's not just friendships, my family relationships have healed also. I've learned how to set healthy boundaries, how to be honest without being cruel, how to love without losing myself. (Continued on page 9)







FROM NUMBNESS TO WHOLENESS THROUGH THE 12 STEPS

Jacqueline T. St. Catharines, Ontario, Canada

(Continued from page 8)

I've become someone others can count on. I've become someone I can count on.

Financially and professionally I've become responsible, I show up, I keep my word, I handle my life with care and attention. The same 12 Steps I worked to recover from addiction I now apply in my job, my relationships, and my goals. They're not just about not using they're about building a life that's solid, meaningful, and real.

Today I have a life I couldn't have ever dreamed of when I first came in, I used to just want the pain to stop. I couldn't see past the next 24 hours, now I wake up grateful, I laugh from a real place. I have peace in my heart, I'm surrounded by people who love me deeply and honestly, I get to be **present** for my life and that's something I never thought I'd say. I've been given a second chance but it's not just a chance to survive it's a chance to live, to thrive, to grow in ways I didn't know were possible. This life I have now it's the best life I've ever had, it's the best life I could ever **imagine** and it's still unfolding. I owe it all to God, the program of action, and the 12 Steps that brought me back home to myself.

I'm not just clean, I'm awake, I'm alive. I'm loved and I finally know I deserve this life. One of the greatest gifts this program has given me is the understanding that my healing isn't just for me it's meant to be shared.

Service has become the heartbeat of my recovery, sponsoring women, chairing meetings,

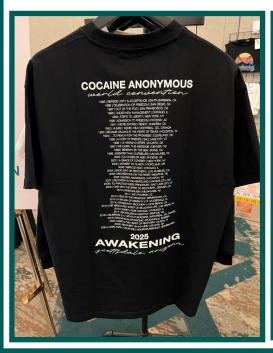
making coffee, answering phone calls late at night, none of these things are small, they are sacred. Every act of service connects me more deeply to the person I was always meant to be and it keeps me grounded in humility, gratitude and purpose.

Before recovery I took from the world, I used people, opportunities, and time as if they owed me something. Today I get to give back and **want** to. Not out of guilt or obligation but because service keeps me spiritually alive, it reminds me that I'm not the center of the universe but I have a place in it, a meaningful place.

Through service I've found joy I never thought possible, I've learned that healing multiplies when it's shared. That my story, my pain, my progress, my experience, can help save someone else's life and that's what it's all about. Service has transformed my recovery into a way of life, it's no longer just about staying clean. It's about becoming a vessel for love, honesty, and light in a world that desperately needs it, it's about being available, being useful and being willing.

The Steps gave me freedom, God gave me identity, but service gave me purpose, and because of that I can truly say today I don't just have a new life I have a gorgeous full spiritual life that's richer than I ever imagined. And I get to live it **fully awake** connected to God, surrounded by love, and walking side-by-side with others on the same path.

This isn't the life I expected, it's better than anything I ever dreamed.







C.A. WORLD SERVICE OFFICE - NEWSGRAM

FROM THE EDITOR

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, click on NewsGram, and follow the instructions provided.

The theme for our next issue is:

Do You Believe In A Higher Power

The deadline for submissions is

September 15, 2025

Newsgram@ca.org

WSOB TRANSLATION COMMITTEE



Dear Fellowship Members,

The 2024 Conference has approved a revised version of Tradition 11 to more inclusively reflect today's evolving media landscape.

PREVIOUS WORDING:

"Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, television and film."

UPDATED WORDING:

"Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of all public media."

To ensure consistency across all Cocaine Anonymous literature worldwide, the WSOB Translation Committee kindly requests that each country and area currently using non-English literature submit their officially approved translation of the updated Tradition 11.

Additionally, we are collecting updated translations of meeting formats to support new areas with accurate and consistent materials.

Please submit your translations at your earliest convenience, ideally by August 22, 2025.

If you have any questions or need assistance, feel free to contact us at **translations@ca.org.**

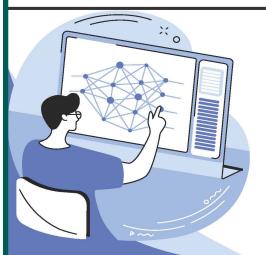
With gratitude,

WSOB Translation Committee

CONFERENCE COMMITTEE

Conference Committee Presents:

NEW DELEGATE WORKSHOPS



What to Expect at Conference Saturday 9 August 2025

Zoom Meeting ID: 87636914017 Password: Conference. (The "C" is capitalized)

10am -12am CDT 4pm-6pm UK

NEW DELEGATE ON-SITE WORKSHOP



Wednesday, August 27th at noon

- > Tips and tricks to survive Conference
- > Conference Functions
- > Tour of key areas of the Hotel

We will record workshops and place them in Box if you are unable to attend or you can email ravanrooyen@gmail.com to request them and future workshop dates.

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

CHOOSING FRIENDS WHILE WORKING THE PROGRAM

Samantha B. West Jordan, Utah, USA

When I first got sober, like so many of us I naturally gravitated toward the people I met in treatment. I went to meetings partly for the community, and, if I'm being honest, for the attention from men with felonies. It wasn't about deep connection at that point it was about feeling like I belonged. I formed friendships not based on shared values or integrity but on surface-level similarities. I remember thinking "She has the same crooked tooth as me, clearly we're meant to be best friends".



In those early days that was enough but as the years have gone by life and recovery has taught me some hard lessons. One of the people I considered my best friend ended up deeply hurting me, we haven't spoken since even though I still see her in meetings from time to time. We're both still sober and I hold no ill will but that experience shifted my perspective.

Today after nearly eight years in recovery I see friendship differently. I've learned that I can love everyone in the rooms of Cocaine Anonymous but I don't have to like everyone or let them into my inner circle. I don't choose friends based on quirks or shared interests anymore, I watch what people *do*. I'm drawn to those who live in the solution, who are of service to others, who walk the walk, who can take accountability for their own

actions, that's who I want around me.

My circle is small now and I like it that way. I once heard someone say, "If you're friends with everyone, you're friends with no one." That hit home for me because I used to always want everyone to like me and I lacked genuine deep connections with anyone. When I tried to please everyone around me I watered down the truest version of myself. I now can show up for the Fellowship with love and tolerance without giving everyone access to the deepest parts of me. I can be my outgoing bubbly self



without telling everyone all my business.

The friends I have today are solid. They call me out when I'm out of line, they speak truth even when it's uncomfortable, they show up for me when I need them most, and they have my back even when I'm not around. They love me through my flaws and my growth, they don't make me walk on eggshells. We don't have to agree on everything and we don't have to fight when we don't.

These friendships didn't just happen they were built over time through trust, honesty, consistency and love. They are the kind of friendships I cherish, I hope everyone in recovery gets to experience friendships like these. Ones that help you grow, keep you accountable, remind you that you're never alone, and most of all loved for exactly who you are.



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 Maximum of 2500 words

The goal of *HFC III* is to embrace what C.A. is now. We have more members than ever before from countries who have different languages and cultures. Each of these is important in and of itself.

We were never meant to live in isolation, or to try and recover on our own. In that spirit, we welcome your contribution to the future and continuing growth of Cocaine Anonymous, in your words.

PUBLIC INFORMATION COMMITTEE

Please take a few minutes to complete the World Service Committee Public Information Survey:

pi.ca.org/survey

For information about why the survey is a useful tool for PI see:

https://pi.ca.org/fact-file-survey/



WORLD SERVICE COMMITTEE
PUBLIC INFORMATION SURVEY



Please take a few minutes to complete the Survey: pi.ca.org/survey

ARCHIVES COMMITTEE

EXPERIENCING C.A. ARCHIVES

Veronica W. Houston, Texas, USA

Balancing life's situations and circumstances can often present themselves as difficult, yet the program of Cocaine Anonymous has taught me nothing saves the day like working with or for our members. In our area meeting September 2022, (Texas Area Service Gulf Coast) I was honored with the awesome task of Archives Chair. I immediately took inventory of my daily responsibilities to make sure I could devote the necessary time to this task. I am a big fan of the history component in general, and felt it was crucial that I could effectively fulfill the task with consistency, effective communication, transparency, love, and unity. As I reached out for assistance.

I contacted the CAWS Archives Chair at the time, Cameron F., who immediately, among other things, informed me of the monthly meeting. This in turn introduced me to a treasure trove of information, ideas, and experiences from a local to a global perspective. In February of 2023 I was selected by my area to represent the Texas Area Service Gulf Coast as a World Service Delegate. By April 2023, I was off to the Southwest Regional Convention in Oklahoma City, Oklahoma. There, with the blessings and guidance of my new worldwide archive committee members, I introduced the idea of a virtual archives dedicated to our Southwest Region which includes the states of Colorado, Arizona, New Mexico, Kansas, Texas, and Oklahoma. It was at that time decided that the delegates would go back and introduce the idea to their prospective areas and bring responses to the WS Regional Caucus at the end of August 2023, to see what the next steps, if any, would be.

In the interim I enlisted the aid of several members of our World Service Archives Committee and tapped into their expansive knowledge as to how to proceed. I am happy to announce during the Southwest Regional Caucus on August 31, 2023 due to the graciousness of our SW Regional Trustee adding this item once again to his agenda, it was unanimously decided that the SW Region would move forward with a Virtual Museum exhibit to be eventually introduced (still a work in progress) to the entire fellowship on https://museum.ca.org. Submissions would be forwarded to the CAWS

Archives committee at the website and tagged so that they can be added to this process and eventually viewed by all who wish to explore the history of the Southwest Region of Cocaine Anonymous with the archived items from inception, past memorabilia, as well as other historical data and content that may be of interest.

During our Texas Area Gulf Coast (TASGC) Convention in early August 2023, TASGC presented its most recent rendering of a convention archives exhibit for the entire weekend with the help of Liz T. from South Central C.A. in Texas who mentored me through this task and other members gave input and donations that I will always be grateful to such as Chris W. from the Pacific South Region, Jennifer G. from Colorado, Dwanna from the Midwest Region as well as Dot T. former Texas Resident now living in Atlanta for a number years just to name a few. Pictures rolled in of all sorts of displays around the country that aided me setting up my first try at preparing the room at the hotel for a weekend Archives display.

There are workers with boots on the ground here in Houston who volunteered in helping me find and move into a new storage area for our Archives that is twice as big, and climate controlled to preserve and protect our precious legacy. Then the fun began, and I learned how to create a Zoom format for the purpose of interviewing the C.A. members that were present in the humble beginnings of our Houston Area Service, then Texas Area Service and now Texas Area Service Gulf Coast (using only the audio of course)! What an order, but I went through with it and am now continuing with the interviews as well as instructing others how to interview so that our most interesting C.A. history will be safe in the Archives both here in Houston and on a World-Wide scale (https:// museum.ca.org.) for the posterity of C.A. not only now but in the distant future cause out living us is what history does!

As 2024 rolled in, I was facing life on life's terms in my personal life as usual, and life on life's terms at times seemed to be winning! I had lost my vehicle but the bus or shall I say buses took me right to the storage destination so (Continued on page 17)

ARCHIVES COMMITTEE

(Continued from page 16)

I could continue to inventory items and prepare for our Southwest Regional in March 28-30 in Houston. Then in April of 2024, I was injured in a bus accident that left me with 4 herniated discs in my lower back, 4 herniated discs in my neck, a head injury and a torn tendon in my left shoulder! The day before Thanksgiving 2024 I had 3 discs removed from my lower back but donations were still rolling in from the other areas in my region as well as folks from all over C.A. that just wanted to contribute so although I took good care of myself and followed doctor's orders, I was still enjoying the archives commitment which never ceases to give me something to look forward to.

Now, our CAWS Archives Secretary, Cameron put together a great video presentation that I could run through my computer to the screen and visitors to the archives room display could sit down and watch bits and pieces of C.A. history from its early days to the

strengthening, and learning to have fun gathering the history from whatever corner of the world in which they exist.

This year I was able to travel to Phoenix to work in the new CAWS Archives Office where the magic happens, and I not only learned and participated in a lot of hands-on curating but could feel the peaceful vibes while going through the Johnny S. Box, Ray G. Boxes, and Steve A. donations. Our committee was involved in conducting tours through the archives portion of the new C.A. World Service Office! There were opportunities to visit the CAWSO 4 times during the convention, and each tour had a packed van as well as others who drove over so that no interested members would be left behind, Big Shout out to Nikki K. the Phoenix Archives Chair for the great display items she allowed us to use that really made the 2025 CAWS Convention Archives Display a great success and thanks to the entire



present.

I had been voted in as the CAWS Archives Chair of Outreach for North America and Canada, it was time to learn and explore new options and processes. Gathering a team around me for this task was a bit daunting but to my amazement the brothers and sisters from the Fellowship showed up and showed out! We are even taking our show on the road by extending Zoom Archives Workshops to groups, districts, areas and individuals interested in beginning,

Fellowship who allowed us to inundate them as usual with our most enjoyable Archives Swag Campaign!

I am truly honored to work with this committee in whatever capacity they require of me and to be involved in Preserving and Protecting our relics for future members to see where C.A. started and how it has blossomed over the past 42 plus years is just so rewarding.

Thanks so very much for allowing me to be of service.

How To Submit An Article To The NewsGram

- Go to the C.A. website homepage at ca.org,
- Scroll down until you see the "NewsGram" button,
- Click on "NewsGram" and follow the simple directions,
 - Don't forget to click the "Permission Release Box ".

How To View The NewsGram

- Go to the C.A. website homepage at ca.org and scroll down the left side,
 - Click on "For Our Membership" and follow the directions, OR,
- Go to the C.A. website homepage at ca.org and scroll down the right side,
 - Look for the "NewsGram Advertisement",
- At the bottom of the advertisement click on "Download the latest issue".

NewsGram@ca.org

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 editor relys 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 of 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 different issues, nor to prevent 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 editor 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.

C.A. WORLD SERVICE

TRUSTEE'S CORNER

CHOOSING FRIENDS WHILE WORKING THE PROGRAM

Barry H. - Southwest Regional Trustee Oklahoma Cily, Oklahoma, USA

I came to on the floor of an abandoned house and cried out to a God I did not believe in "help me or let me die"! I was homeless, had nothing, had no friends, and was dying from the disease of addiction.

By the grace of God I ended up in a detox and later a treatment center where I was introduced to several Twelve Step Fellowships. It was during this period of my life that I met some individuals at the treatment center that would later become my new friends in recovery. We shared a desire to change who we were. Prior to this discovery of new friendships I went through a process of learning who to hang out with and who to avoid.

One night after a meeting I was sitting outside talking with others at the treatment center. We were mainly telling lies about using but every time someone started romancing the use of cocaine my heart would start racing and I would begin to sweat, I became nauseated and would have to excuse myself to go to the bathroom.

I was telling my sponsor about my experience the next day and he made a simple statement, stop hanging out with those individuals telling "war" stories. He went on to explain the importance of choosing the right individuals to be around. He suggested I ask God to put the people in my life that would help me get sober and help me stay sober.

I began to watch others and look for those who were excited about staying sober, who were going to meetings, who were asking questions, who wanted something different, who have a sponsor, who were taking the Steps, doing the deal, working the program. He suggested those would be the individuals I should try to strike up a friend-ship with because they are the ones I would need to lean on for support during the recovery process, he was right!, again!

My sponsor would later tell me there are two kinds of people you are going to meet in recovery, those who teach you what to do and those who teach you what not to do and both are equally important, he suggested I learn from both. Once my sponsor had suggested who to hang out with, he suggested how to make new friends. He suggested I introduce myself, get their phone number, give them my phone number, and start asking them what they were doing before and after the meetings.

I started hanging around a few people that wanted sobriety and something different and we started doing everything together. We went to meetings together, out for coffee and Fellowship after the meetings, game night on the weekends, sharing rooms and beds at conventions, studying the book outside of meetings, going to movies, and many other social activities. We developed into a group of friends that were always helping each other. In learning how to stay sober I have met people I normally would not have hung out with and a few of them are my closest friends today.

During the most challenging times in my early sobriety I found I had a network of friends I could call that were instrumental in helping me stay sober. Later I found these same friends to be instrumental in helping me just deal with the difficulties of life. I have met some of the most dynamic and inspirational people and some of the most down to earth, humble people in the rooms of Cocaine Anonymous.

Over the years as I have gotten older I have watched friendships slowly disappear only to be replaced with new friendships that have sparked a spiritual renewal in my life. God has placed some of the most beautiful people in my path and I will be forever grateful for those I call "friends", they have changed my life!!!



INFORMATION TECHNOLOGY COMMITTEE



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 to get login credentials for your Area.
- Follow the instructions to add your meetings 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 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.

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

CHOOSING FRIENDS WHILE WORKING THE PROGRAM

Amberly P. Las Vegas, Nevada, USA

When I first walked into the rooms of Cocaine Anonymous I didn't realize that recovery would mean redefining not just my relationship with drugs but also my relationship with people. The truth is when you're working a program of recovery, who you spend your time with becomes just as important as what you're doing to stay clean.

I came into the program with no friends, I destroyed them all drinking. My group of friends used to include drinking buddies, those down to party and old using companions. People I laughed with, cried with, and made terrible decisions with, some of them felt like family. But when I started taking recovery seriously I had to face a painful truth, I had to start over, and that was hard but it was also necessary.

The People Around Me Reflect the Path I'm On

One of the earliest lessons I learned in recovery was that if I wanted a different life I had to surround myself with people who were living it. That meant letting go of relationships that were rooted in chaos, co-dependency or active addiction. It didn't mean I loved those people any less but I had to love myself more.

I started asking myself simple but powerful questions, Do I feel safe and supported after spending time with this person? Are they living in integrity or still caught in old patterns? Can I be my authentic self with them or do I feel pressure to pretend?

If the answer wasn't clear or if I found myself justifying someone's behavior that was a red flag.



Setting Boundaries Without Guilt

In the beginning I thought setting boundaries made me selfish, I was a people-pleaser and a fixer and I didn't want to hurt anyone's feelings. But recovery taught me that boundaries are not walls, they're doors, they keep the chaos out and the serenity in.

I had to practice saying things like, "I'm not in a place where I can be around that kind of energy right now", "I care about you but I need to protect my

sobriety first", "I'm working on myself and that means I need some space". More often than not setting a boundary was a powerful filter. The people who respected my boundaries, even if they didn't fully get it were the ones who stuck around, and the ones who



didn't? That told me everything I needed to know.

Choosing People Who Get It

There's a special kind of magic in being around people who truly understand the journey you're on, that's why meetings are so powerful. We don't have to explain the shame, the craving, the chaos, we all know that story. So, when someone shares a win no matter how small, it feels like we all won.

As I worked the Steps I started gravitating toward people who were walking their talk. Not just the ones who sounded good in meetings but the ones who showed up consistently, who called their sponsor, who made amends, who lived by spiritual principles, they became my compass. Some of the strongest relationships I've built in sobriety started with simple conversations after a meeting. A "Hey, I really liked what you shared", or a "Do you want to grab coffee sometime?", that's all it takes. Recovery friends are the ones who check in when you disappear, who talk you off the ledge when your mind starts racing, and who remind you of who you are when you forget.

Watch Their Actions, Not Just Their Words

One thing I've learned the hard way is that not everyone in recovery is actually in recovery, some people come into the rooms but aren't ready to do the work. I had to stop giving people credit just for showing up because showing up is just the start, it's what we do after that matters. So I watch what people do, do they take responsibility for their part? Do they respect other people's time, space, and process? Do they talk about growth or do they still gossip and complain about the same old stuff? Recovery is about evolving, if someone isn't growing I lovingly keep my distance. (Continued on page 22)

CHOOSING FRIENDS WHILE WORKING THE PROGRAM

Amberly P. Las Vegas, Nevads, USA

(Continued from page 21)

Friendship Now Looks Different, And That's a Good Thing

Before recovery my friendships were often based on shared dysfunction, we bonded over pain, over numbing out, over reckless choices. In sobriety my friendships are built on honesty, accountability, laughter, and mutual support, we cry together yes, but we also belly laugh and dream big.

I don't need a thousand friends, truthfully I don't want that many, I just need a few real ones. People who will tell me the truth with love, who will sit with me in my darkness without trying to fix it, who will remind me why I'm doing this, and who will let me do the same for them.

A Final Word for the Newcomer

If you're new to this journey and still unsure about who should be in your inner circle take your time, you don't need to cut everyone off overnight. But you do need to stay honest with yourself, if someone is pulling you off your path listen to that gut feeling, that just might be your Higher Power nudging you. If someone inspires you to be better, lean into that connection.

This program gave me a second chance at life. But it also gave me something even more precious, the ability to choose my people with care, to build relationships that are rooted in truth, and to finally, finally know what real friendship feels like.

And let me tell you, nothing gets you high like that.





CHOOSING FRIENDS WHILE WORKING THE PROGRAM

Ann B. Guyana, South America

Somewhere along my journey in recovery from active alcoholism my definition of the word "Friend" has changed. I came to realize that a friend is not necessarily someone I had known for forty years nor my "go to person" who would tell me exactly what I want to hear, etc.

Today my selection of friends each possess the qualities of a friend, for example, honesty, loyalty, empathy, respect, understanding, dependability, trustworthiness etc. These friends align with my new way of life, my friends are part of my support network, and this is extremely important to me.

My sobriety is my priority, therefore I need to stay in tuned with my Higher Power who has so graciously granted me a second lifestyle in this lifetime.

I can no longer be a people pleaser (as is required in false friendships), because their wish/es may go contrary to my Higher Powers will for me, that's a risk I'm not willing to take. My friends understand that I am working a program of recovery which means I need to always be my true self.

Thy Will Be Done.

CONFERENCE COMMITTEE



Welcome New Delegate!
Are you on the BOX yet?

Thanks! What is the BOX?!?



The BOX is where all the files are. The Delegate Mailings, SR-14 stuff, committee files and the reports from last year.

How do I get on the BOX?!?

Send a request via email to the office at doo@ca.org or the Box Coordinator at conference@ca.org.

Thanks! I'll do it right now!

WANT TO GET ON BOX?

Send a request via email to the office at doo@ca.org or the Box Coordinator at conference@ca.org.

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

LAST STOP IN WEST PALM BEACH

James Y. Boynton Beach, Florida, USA

The Cocaine Anonymous World Service Convention has been a long-standing event for gathering fellows in C.A. from across the globe beginning in 1985 with the first event occurring in Santa Barbara, California.

And now it's coming to Orlando, Florida, May 21st-26th, 2026 – the heartbeat of the Sunshine State full of theme parks galore and vibrant communities.

Since its conception, the CAWS Convention has been held every year except in 2020 and 2021 because of the COVID-19 pandemic. It has spanned much of the U.S., all the way from the frozen north of Montreal, Canada to Noordwijkerhout in the



Netherlands.

The question remains, why would such events in far-flung regions be so important and why make the trip to attend? What would one expect to gain?

To answer this we reached out to a few members of the Fellowship who have attended in the past and have histories of service.

One such member is Alan S. of Lantana, Fla. He



has attended over twenty World Service Conventions thus far and wouldn't think of not being in attendance in Orlando in 2026. Alan cites the important aspect of attending such a gathering as being a realization that the local meetings we typically attend for our own spiritual wellbeing and Fellowship are "just the tip of the iceberg". "The idea of the (CA) fellowship being much larger than just my meeting is intriguing to me," he said. Alan S. said these conventions draw people from all parts of the globe allowing any C.A. member to make and maintain connections with fellow C.A.

members on a global scale, meeting fellows from anywhere from Germany to Thailand.

As the Fellowship of C.A. is an integral ingredient of our spiritual foundation, the CAWS Convention serves as a reminder to any attendee that members are not alone when in any corner of the world.

Furthering the above sentiment Robert F. from Montreal, responsible for helping kick-start C.A. in the area said, "World conventions really show that we're not alone, that we're a lot bigger than the city or town we live in or do service in". One would be remiss not to mention that the highlight of any CA World Convention is the genuine fun and enthusiasm such an event generates for those who attend. Unity is an important aspect of anybody's recovery, and the global unity the CAWS conventions generate through speakers, parties, dancing, and general conversation is unparalleled. Regarding prospective attendees Robert F. said, "If you have some time get involved, the work is there, the key is it's a lot of fun and you're also helping C.A.." Having been sober since 1983 Robert continued to drive home the overall importance of Fellowship and Service at such an event and plans on attending in Orlando next year.

So again, why would the CAWS conventions be



of such importance? Summarizing the points made above Ken S. of Los Angeles writes "It is a place to go and really understand the power of the Fellowship, by the end you will be exhausted and yet filled with joy, happiness and love at levels you've never experienced."

Service and Unity exist well beyond the confines of our local home groups. Attending the Cocaine Anonymous World Service convention in Orlando next year is the best way to get involved with Service and meet lifelong friends from around the world.

"Life will take on a new meaning. To watch people recover, to watch them help others, to watch loneliness vanish, to see a Fellowship grow up about you, to have a host of friends, this is an experience you must not miss." (From A.A. page 89)

PUBLIC INFORMATION COMMITTEE

Cocaine Anonymous

2025

PI GROUP LIAISON?

Service in your group with Public Information

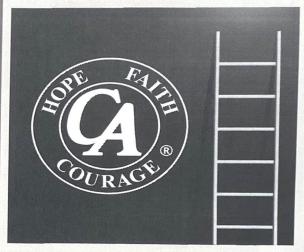
"Public Information

Committees carry the message of Cocaine Anonymous to the still suffering addict."

We achieve this by making our presence known to the individuals, community groups and interested parties affected by drug addiction.

"The purpose of the Group Pl Liaison is ...

to attend their local PI committee meetings held the 3rd Sunday of each month via Zoom, and to collect C.A. literature/posters and distribute these locally." Actively support your group by: placing literature & posters in your meeting venue/local area regularly



Familiarize themselves with Pl guidelines and C.A.'s 12 traditions **pi.ca.orq**

GSR's looking for information on PI at the group level can email:

pi.ca.org

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

C.A. WORLD SERVICE CONVENTION

A FINAL LOOK - 2025 SCOTTSDALE, ARIZONA, USA















C.A. CALENDAR OF EVENTS

August 1 - 3, 2025

Greater Missouri Show Me Recovery Convention
LOCATION

Holiday Inn

3400 Rider Trail South, Earth City, MO

August 15 - 17, 2025

Celebrating 26 Years of C.A. in Holland LOCATION

NH Hotel, Noordwijkerhout, The Netherlands

Langelaan 3, 2211 XN Noordwijkerhout, Netherlands

August 15 - 17, 2025

Death Comes Before Life CANMAC 2025
LOCATION

Marriot Pyramid Hotel

5151 San Francisco Rd. NE Albuquerque NM 87109

August 21 - 24, 2025

CALA 40th Annual Palm Springs Convention LOCATION

Doubletree Golf Course Resort

67967 Vista Chino, Cathedral City, CA 92234

September 4 - 7, 2025

BIG SUR-enity 30th Annual Campout
LOCATION

Fernwood Campground

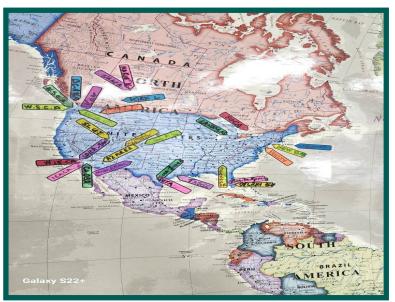
47200 CA - 1, Big Sur, CA 93920, USA

September 19 - 21, 2025

2025 Southern Ontario Area Convention
LOCATION

Crowne Plaza, Toronto Airport

33 Carlson Ct., Toronto, Ont., Canada, M9W 6H5







7th Tradition Donations - 2nd Quarter 2025

Location		Area / Group	Donation
Asia	Thailand	Thalong Group of C.A.	\$ 25.00
Canada	Ontario	Southern Ontario C.A.	\$ 15,000.00
		Bridge the Connection	\$ 140.61
U.K.	England	C.A. West Country Area CAUK South Central District	\$ 623.45 \$ 141.56
		Central UK Area	\$ 3,909.40
		CAUK England and Wales	\$ 34,990.06
		Kent District	\$ 2,361.60
		North London District West London District	\$ 959.54 \$ 545.47
	Scotland	Scotland Area	\$ 320.00
USA	Arizona	Birds of a Feather	\$ 141.90
	California	SNL Group	\$ 305.44
	California	211 in Progress Bagels by the Beach	\$ 75.00 \$ 50.00
		Because of you God	\$ 95.00
		Boy 2 Men	\$ 48.00
		C.A. on a Mission	\$ 150.00 \$ 130.00
		CALA Relapse Prevention CALS South Central District	\$ 1,626.00
		Hugs not Drugs	\$ 37.62
		Inland Empire Area Service Committee	\$ 1418.00
		Natural High North Bay Service Group	\$ 51.00 \$ 350.00
		OC C.A.	\$ 250.00
		OSA – Daily Reprieve	\$ 56.00
		Relapse Prevention	\$ 130.00 \$ 1,326.31
		San Diego Area Sunday Morning Spiritual	\$ 1,326.31 \$ 25.00
		WIECA	\$ 100.00
		XYZ – 32 Group	\$ 125.67
	Colorado	Your Dead Meat (aka God's in Charge) CA Colorado	\$ 8.00 \$ 2,500.00
	Colorado	Colorado District 4	\$ 2,300.00 \$ 416.11
		Courage to Change	\$ 80.00
		Nirvana	\$ 59.15
	Georgia	Staying Stopped Beyond Human Aid	\$ 113.63 \$ 59.40
	Georgia	MACAI	\$ 43.10
	Idaho	Idaho	\$ 2,500.00
	Illinois Massachusets	C.A IACA Inc IL Mass Aea of Cocaine Anonymous	\$ 300.00 \$ 93.00
	Missouri	Fried Pipers & Cocanuts	\$ 25.00
	Nebraska	Monday Night Miracles	\$ 500.00
	New Jersey	NJ District of CA	\$ 300.00 \$ 75.00
	New York North Carolina	The Last Straw, Queen CA Charlotte Wed Night Group	\$ 75.00 \$ 33.71
		Vision of Hope	\$ 70.00
	Oregon	C.A. of Oregon	\$ 500.00
	Tennessee	Nashville District Off the Rocks	\$ 100.00 \$ 75.39
	Texas	Drop Kick Rocks	\$ 50.00
	Utah	CA of Utah	\$ 2,453.00
Regional Donations	ASR	Atlantic South Regional	\$ 600.00
	EUR SWR	Euro Regional Southwest Regional	\$ 5,159.93 \$ 5,000.00
Mambar Danations		_	ŕ
Member Donations		CAWSO 7th Tradition Freedom Fund (Individual Member Donations)	\$ 421.15 \$ 4,344.71
		GiveButter (Individual Member Donations)	\$ 3,252.76
2 nd Quarter 2025 Tot	ID "		\$ 94,640.67
	al Hanations		× 04 640 6'