

## Who's an Addict? I Am!

Anonymous

Sometime in June or July of 1990, I found myself sitting in a Cocaine Anonymous meeting for the first time. I had nine months of sobriety. It was a small meeting. As the only newcomer that night, I was asked to read a portion of the pamphlet "To the Newcomer," entitled "Who is a Cocaine Addict?"

By the time I had finished reading, a few things happened. The first was a feeling of uneasiness. The reading took me back to a time where I had experienced most of what is described in the text. The next feeling was an awesome sense of relief. For nine months I had not participated in those fears. Finally, a feeling of safety in knowing that I was in the right place, and that there were others like me in the room that shared in a common problem. Most of all, these people offered a common solution as well. My sponsor had advised me to build my foundation in AA before I ventured into other areas of recovery. Being the hard headed addict that I am, I decided to go against his advice and go it alone. Today I understand what he was trying to offer me. I have never regretted going on my own that night. Unfortunately, after a few months some people that were there for me when I arrived found it necessary to search for an "easier softer way." I pray that they have made it back to the rooms sometime, somehow, somewhere.

That group is still going strong. I am proud to say I have a C.A. Home Group. I've celebrated my sobriety there every year now for the last six. I've served as meeting Secretary and G.S.R. That involvement eventually sparked interest in H&I work and answering phone lines at our local Central Office.

My level of commitment and involvement with C.A. has taken me to the World Service conference as an Area Delegate. This September will be my third Conference. My first year was as an Alternate. That feeling of being new swept over me then. I made it through with the help of people that came before me. It's hard to describe the gratitude and sense of purpose C.A. has shown me. I look forward to this year's WSC with great anticipation. I remind myself on a daily basis where I come from and that "I'm the Addict." I must remain humble and remember I'm just a small part of a large whole.

The last two pages in the story Dr. Bob's Nightmare on pages 180 and 181 of the Big Book describe it best. "It is a most wonderful blessing to be relieved of the terrible curse with which I was afflicted. My health is good and I have regained my self-respect and the respect of my colleagues. My home life is ideal and my business is as good as can be expected in these uncertain times."

"I spend a great deal of time passing on what I learned to others who want and need it. I do it for four reasons:

1. Sense of duty,
2. It is a pleasure,
3. Because in so doing I am paying my debt to the man who took time to pass it on to me,
4. Because every time I do it I take out a little more insurance for myself against a possible slip".

Every newcomer is a constant reminder of the experience, strength and hope that I've found in Cocaine Anonymous. Today I believe God led me into that meeting that night. He has continued to guide me through each day, as I trudge the road to happy destiny.



## The 1996 World Service Conference Report

The Cocaine Anonymous World Service Conference is the annual business meeting for the Fellowship as a whole. Issues are addressed that affect C.A. Groups worldwide. Reports are given from various committees, Trustees and the WSO. Committees spend time in meetings completing work on such matters as committee manuals and guidelines, new literature and budgets.

This year's Conference opened Wednesday, August 28 with the reading of the Twelve Steps, the Twelve Traditions and the Twelve Concepts. Tom T., Conference Chair introduced himself and the Conference Officers: Amy B. from New York, Conference Parliamentarian, and Elena T., filling in as Conference Secretary until Elections could be held. Tom went over procedures for the conference participants.

First order of business was a suspension of the rules to recognize Nevada, Toronto Ontario Canada and the United Kingdom as new areas so that their Delegates may vote at this conference.

Immediately thereafter, a new conference secretary was elected. After a very close vote, Conference members welcomed Deneen G. as their new recording secretary.

The theme for this year's conference was "Unity begins with the individual."

The Trustee nominating committee started things off with the announcement of recently elected Trustees: Meredith A. of Burbank California was named the new World Service Trustee, replacing Roger G. of Los Angeles. Susan T. of West Hills California replaces Brian N. of Pasadena California as WSO Trustee. Succeeding Mike P., of San Jose California as Pacific North Trustee is Andy W. of West Linn Oregon. Pacific South Trustee Lee A. of Los Angeles California rotates out with Joe S. of San Clemente California replacing him. Welcome to the new Trustees!

Trustee reports began with Sharon S. of Silver Spring, Maryland reporting that she and Chris P. of Tulsa Oklahoma (both Trustees at Large) will be offering information on regional quorums and workshops to those areas that need them. The Board of Trustees rendered an opinion of Ride Share from hotline telephone calls. The Board's unanimous feeling and opinion, through a vote, that the issue of anyone using the C.A. name while starting or operating a Ride Share program jeopardizes the Fellowship as a whole. The Trustee Post Office Box to correspond directly with the Board of Trustees is: CAWS Board of Trustees; P.O. Box 492013,

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## A Note From the WSO

I did some reflecting recently on the nearly six years I have worked at the WSO. When I began, we were a staff of three, *me, myself and I*. Soon, I hired a part time shipping clerk. As the years went by, and the WSO grew, we added an Office Assistant. Then another. We currently have a staff of two full time, and two part time positions. With the recent barrage of community service workers and volunteers, we typically have seven or eight people working in the office daily, all of whom love their jobs, and love serving the Fellowship. Watching our organization grow and flourish has been wonderful. If this is any indication of whether or not C.A. has grown, then I would say it has steadily increased over the years. We are more organized. We have a very active Board of Directors. We are on the Internet. We have E-mail. We have new PSA's. We can pay our bills. That in itself is something to be grateful for.

The WSO Board is planning to initiate a voice mail system for our (800) number in place of the current live answering service. Look for information from your Delegates.

Our office building landlord recently offered us an incredible deal on the vacant office next door. One which we could hardly pass up. For about 28% more rent, we nearly doubled our square footage. Our employees had been working in such tight quarters. It was nearly unbearable. Storage was a continuous problem. The shipping room was being used for much more than shipping. After two years of our nine member board meeting in my office, we again have a conference room. No more squeezing intimately together on the couch, sitting on furniture that was not meant to be sat on. So, we knocked out a couple of doors to join the two offices, and moved.

In addition, some members of the Fellowship donated a great deal of furniture.

Desks, chairs, filing cabinets, storage units, pictures and office supplies. They had closed one of their offices, and no longer needed the furnishings. The donation was timely. It has allowed us to fill the office with furniture, give employees much needed desks and chairs, and has really helped spruce up the mismatched assortment of donated furniture we have worked on for years. We thank them.

Please let us know if there is anything we can do for you. We are here to serve the Fellowship of Cocaine Anonymous. Send us an E-mail! [<cawso@ca.org>](mailto:cawso@ca.org)

-K.D.

### Where to Write:

CAWS, Inc., Board of Trustees, P.O. Box 492013, Los Angeles, CA 90049-8013

CAWSO, Inc., Board of Directors, 3740 Overland Avenue - Suite C, Los Angeles, CA 90034-6337

ATTN: NewsGram Editor, c/o CAWSO, Inc., 3740 Overland Avenue - Suite C, Los Angeles, CA 90034-6337

The NewsGram presents experiences and opinions of Cocaine Anonymous members. The opinions expressed herein are those of the individual contributors and are not to be attributed to nor taken as an endorsement by either Cocaine Anonymous or the NewsGram.

The NewsGram is always looking for submissions! If you have ideas, cartoons, poems, stories or any other recovery or service related material that you would like considered for publication in future issues of the NewsGram, please fill out the form below and forward with your original work to: NewsGram Editor, c/o CAWSO, Inc., 3740 Overland Avenue - Suite C, Los Angeles, CA 90034.

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Signature \_\_\_\_\_

# Calendar of Events

**February 21, 22 & 23, 1997**

*"The High Road To A New Freedom"*

Oregon/SW Washington Area Convention  
Red Lion at the Quay, Vancouver, WA 800-547-8010  
For information call Jason H. (503) 788-9194, Andy or Linda  
(503) 655-7784 or Gary S. (503) 232-3007

**February 21, 22 & 23, 1997**

*Northeast Ohio District Unity Convention*

Holiday Inn, Middleburg Heights, Ohio  
For more information contact Terry B. (216) 231-1517

**February 28, March 1 & 2, 1997**

*"At Last I was at Peace..."*

NE Oklahoma District Convention  
Ramada Inn Hotel, Tulsa, Oklahoma  
For more information: Chris P. (918) 747-0009

**March 6, 7, 8 & 9, 1997**

*"A New Freedom"*

San Gabriel/Pomona Valley's 5<sup>th</sup> Annual Convention  
Harrah's Hotel and Casino, Laughlin, Nevada (800) 447-8700  
For more information contact Lynette (818) 305-0934, Charles  
(818) 557-4286 or Cindy (909) 923-4907

**April 4, 5 & 6, 1997**

*Washington State CA Convention and Regional Assembly*

Cottontree Inn, Mt. Vernon, WA (800) 662-6886  
For more information contact Debbie A. (360) 676-7164

**April 11, 12 & 13, 1997**

*"Try The Serenity of Many"*

7<sup>th</sup> Annual Tri-State Convention  
The Ramada Plaza Hotel, 20 W. Mill St., Akron, OH  
For more information contact Una H. (330) 375-1503; George  
V. (330) 784-1959 or Dennis D. (330) 773-9778

**May 2, 3 & 4, 1997**

*"The Courage to Change, Here and Now"*

Illinois Area 14 Years of Unity Convention  
Wyndham Hotel Northwest, Itasca, IL  
For information contact Kim S. (847) 297-2224, Kevin F. (630)  
968-3471 or Tim N. (847) 329-7728

**May 2, 3 & 4, 1997**

*Central California Area "Seaside Celebration '97"*

Harbortown Marina Resort, Ventura, California  
For more information contact the Central Cal Area Help line  
at: (805) 969-5178. *Tell the service that you wish to speak to some-  
one regarding the convention.*

**May 23, 24, 25 & 26, 1997**

*"We Carry This Message"*

13<sup>th</sup> Annual Cocaine Anonymous World Service Convention  
Hyatt Hotel-Downtown, 1730 Welton Street, Denver, Col-  
orado. Reservations: (303) 295-1234 or (800) 358-5593.  
For convention information: Jay (303) 777-0874 or Hugh (303)  
722-8054

**July 26 & 27, 1997**

*"Unity Days"*

Rock Creek Park, Twin Falls, Idaho  
For more information contact: Susan or Gary (208) 734-7242

**July 31, August 1, 2 & 3, 1997**

*1<sup>st</sup> Annual New Mexico State Convention*

Rio Grande Inn, Albuquerque, NM (505) 298-2515  
For information contact the Area help line: (505) 291-3888

**\*New Dates!**

**August 15, 16 & 17, 1997**

*"Laissez le' bon Temps Rouler" (Let the Good Times Roll")*  
*Recovery on the River*

New Orleans District Convention  
Best Western Landmark Hotel, Metairie, LA (800) 277-7575  
For more information, write CANOLA; P.O. Box 6391,  
Metairie, LA 70009-6391

**August 21, 22, 23 & 24, 1997**

*"Steps Toward Unity"*

Los Angeles Area's 13<sup>th</sup> Annual Convention  
Riviera Resort; 1600 N. Indian Canyon Dr., Palm Springs, CA  
(619) 327-8311.  
For more information call the CALA office: (310) 216-4444.

**August 22, 23 & 24, 1997**

*"Show Me Recovery"*

Greater Missouri Area of Cocaine Anonymous  
Holiday Inn Convention Center  
For information contact: Pearl B. (816) 333-1984 Jeannette W.  
(314) 972-0406

**August 27, 28, 29, 30 & 31, 1997**

**Cocaine Anonymous World Service Conference**

C.A. Fellowship's Annual Business Meeting  
Radisson Plaza Hotel - LAX, Manhattan Beach, CA For reser-  
vations: (310) 546-7511  
For more information contact the World Service Office: (310)  
559-5833

**October 9, 10, 11, & 12, 1997**

*"Recovery in the Rockies VIII"*

Utah Service Area's annual convention  
Hotel Olympia Park, Park City, Utah (800) 234-9003  
For convention information call: Scott J. (801) 363-3963 or  
Ruby L. (801) 731-3798

**October 24, 25 & 26, 1997**

*"The Courage To Change"*

1997 Midwest Regional Convention  
Holiday Inn at Old Mill, Omaha, Nebraska  
For information contact Barb L. (402) 558-9275

*If you are having a Regional, Area or District Cocaine Anony-  
mous Event, please let us know! We can list your event in the News-  
Gram. Submissions should be made in writing, as soon as you know  
the date and location. Deadline for submission is 30 days prior to  
the publication of each NewsGram. Publications dates are: Febru-  
ary 1, May 1, August 1 and November 1. We will publish up to a  
year in advance, and continue the listing until the event. Submis-  
sions will be published at the discretion of the editor and/or the  
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ATTN: The NewsGram  
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Los Angeles, CA 90049-8013. Elections for positions within the board took place. John H. of Atlanta Georgia was named Chairperson of the Board of Trustees, and Sharon S. of Silver Spring, Maryland was voted in as Vice Chairperson.

Scott S., WSO Board Chairperson began the WSO report. He was followed by Ed G., WSO Treasurer with a financial report. K.D. Z. reported on the goings on of the WSO staff and projects. Highlights from the reports were: The French Translation Project of our book, "Hope, Faith & Courage" is complete. The book is now available in French through the Office. The WSO has begun accepting MasterCard and VISA as payment alternatives for chip and literature purchase. The WSO is looking into a new phone system for the office. This should alleviate the phones always being busy when members call. A new Web Page is up and running at: <<http://www.ca.org>>. You can E-mail the WSO directly at: [cawso@ca.org](mailto:cawso@ca.org). The WSO has received many requests for on-line meeting information. They are looking for someone to refer this issue to, for a first time ever CA meeting in cyberspace. The President of A Partnership for A Drug Free Nigeria recently visited the office. Over the past year, the WSO has sent starter kits to the following locations: Hawaii; Costa Rica; Louisville, Kentucky; The Netherlands Antilles; St. Thomas Virgin Islands; Australia; Mexico; Sierra Leone, West Africa; Nova Scotia, Thunder Bay Ontario, and British Columbia Canada, and Las Vegas. New Order forms will be available soon. The WSO Treasurer, Ed. G. gave a financial report. CAWSO assets are up 37.8% over this time last year. 7th Tradition is up slightly at 1.4%. Chip and Literature sales have declined about 19%. This is due in part to a manufacturer's increase in price of plastic chips. Operating expenses have gone up about 10% due in part to shipping costs increasing. The translation of the book was also a key factor. The WSO's overall income was actually 33.3% higher than last year. The WSO Board announced the necessity to increase the price of the chips. Plastic chips will be raised to \$.35, and metal medallions are now \$2.00. The new shipping prices will be on a percentage basis. Please contact the WSO for more information.

The WSC Public Information Committee Chair, Kevin M., presented the three new PSA's; "Shattered," "Crack" and "Fact" (now available through the WSO). The P.I. Committee gave direction to the WSO to discount the following pieces of literature for Public Information Committees only: "What is C.A.?" and "Self Test for Cocaine Addiction." This is to offset the cost of carrying the message when providing information to the public. A motion passed to approve CAWSO to use and distribute CA Help Line Guidelines to assist areas in setting up telephone help lines. Approval was given to revise the layout of the C.A. billboard and approve its use for bus placards and benches. A public information survey was completed by gathering the information from members of the fellowship. (Please see the report in this issue of the NewsGram).

The Convention Committee reported on this year's convention. Final numbers are not reconciled as of yet, but the numbers look to be about \$58,000. Bill A., WSC Convention Committee Chair introduced Jay F., Chair of the 1997 World Service Convention. The 1997 convention will be held in Denver Colorado. The 1998 Convention will be held in San Diego California. Milwaukee Wisconsin was chosen as the site for the 1999 world convention. The bidding for the year 2000 will take place at next year's conference. Bill and his committee worked into the wee hours of the morning updating the Convention Committee Guidelines. The transfer of World Convention responsibilities from a local committee to WSO was a major factor in much of the discussion. It is the hope of the committee that the WSO will have full responsibility for the World Conventions in the next couple of years.

Chips, Literature and Format Committee Chair Heidi J. announced that the committee currently has 11 pieces of literature in various stages of the approval process. Pieces that are being considered are: Illness in Recovery, A Guide

to the Fourth Step, A Meditation Book, a piece on Anonymity, Being of Service, The Group Meeting Handbook, The Traditions, The Twelve Principles, Help line information guidelines, Youth in Recovery and the 70/30 Plan. The Chair asked for opinion on the Illness in Recovery piece that appeared in the last issue of the NewsGram. Added to the "Tools of Recovery" pamphlet was reference to our book, "Hope, Faith & Courage" as additional World Service literature. Look for the revised piece later this year.

The outgoing Finance Committee's chair Erin C. from Salt Lake City introduced herself. She informed the conference body that what she has found is that people who work on the Finance Committee and people who are handling the financial affairs of Cocaine Anonymous in the World Service Office line up with the Steps, Traditions and Concepts. She has trust in their integrity and their desire to carry the message and make sure that C.A. remains available to anyone, anywhere who reaches their hand out. It is the finance committee's intention to come to a zero in our budget for 1997, rather than the fantasy red figures and imaginary black figures that we have been operating under. And that they did.

Craig S., outgoing Hospitals & Institutions Committee Chairperson reported on the quarterly inclusion of H&I articles in each issue of the NewsGram. H&I Guidelines are being distributed to the Fellowship through the World Service Office. Craig reported on a visitor from the California Department of Corrections who will be speaking to the Conference H&I Committee in the upcoming week. This is to communicate with someone on the "other" side to help CA H&I Committees better carry the message.

Jennifer C. started the Structures & By Laws Committee report off by informing the conference of their meeting in Atlanta Georgia. The World Service Manual revisions were reviewed there. The committee also discussed developing a plan to get the manual out more quickly. The 1997 manual is now available through the WSO.

Walter J., of Baton Rouge, Louisiana, outgoing chair of the World Service Unity Committee, reported on a Unity pamphlet now within the literature approval process. Guidelines for unity committees were completed at this conference and will be distributed through the World Service Office. The committee held a meeting and a workshop in Atlanta at this year's world convention. He reported on the great amount of interest from the Fellowship as a whole. Unity committees are forming around the globe. The committee has had an article in the NewsGram, and hopes to have more.

Many items were referred to the different standing committees to discuss at this year's conference proceedings. These items were referred to the appropriate committees from areas, districts, groups and individuals. Typically, they were issues that local groups needed guidance on. Also, matters of procedure were referred. It is the committee's job to review, discuss and vote on such issues, to make a recommendation to the conference floor. Committees are made up of delegates, trustees, WSO Board members, and non-voting participating members. Any member of Cocaine Anonymous can serve on a WSC Committee.

The committee budgets were submitted and approved. The committee budgets consist of mailing costs, travel to and from the conference and/or the convention and telephone call reimbursement throughout the year. The reimbursements are specifically for the committee members to use to carry out their duties as a committee.

Overall, this year's conference was very productive. Several standing committees completed or updated their committee guidelines. New versions of the World Service Manual, the Convention Committee Guidelines, Unity Committee Guidelines and Help Line Guidelines are now available through the WSO.

If you have any interest in participating in the World Conference, you may do so by joining a standing committee. Contact the World Service Office for more information.



# The Twelve Principles in the Twelve Traditions

1. Our common welfare should come first; personal recovery depends upon C.A. Unity. **HONESTY** in the admission that unity is our problem and that this is God's program for us all.
2. For our group purpose there is but one ultimate authority – a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern. **HOPE** in the realization that no person is in charge, that unity is preserved after confrontation of the issues, and that loving service is our leaders' code.
3. The only requirement for C.A. membership is a desire to stop using cocaine and all other mind-altering substances. **FAITH** we find only one requirement for membership.
4. Each group should be autonomous except in matters affecting other groups or C.A. as a whole. **COURAGE** where we grant each other freedom to choose and accept responsibility for our own freedom.
5. Each group has but one primary purpose – to carry its message to the addict who still suffers. **INTEGRITY** where we do one thing and one thing only.
6. A C.A. group ought never endorse, finance or lend the C.A. name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose. **WILLINGNESS** to stay our course.
7. Every C.A. group ought to be fully self-supporting, declining outside contributions. **HUMILITY** in supporting ourselves and meeting our needs.
8. Cocaine Anonymous should remain forever nonprofessional, but our service centers may employ special workers. **BROTHERLY LOVE** in sharing with another as equals without reward.
9. C.A. as such ought never be organized, but we may create service boards or committees directly responsible to those they serve. **JUDGEMENT** in intuitive knowledge and living functionally together.
10. Cocaine Anonymous has no opinion on outside issues; hence the C.A. name ought never be drawn into public controversy. **DISCIPLINE** in keeping to ourselves and focusing on our growth.
11. 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 films. **AWARENESS** by practicing attraction through "walking the walk" instead of "talking the talk" and realizing the difference.
12. Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities. **SERVICE** without reward where humility is granted to us through selfless service, the results being we live in the "we" and know Unity.

The Twelve Traditions are reprinted with permission of Alcoholics Anonymous World Services, Inc. Permission to reprint and adapt the Twelve Traditions does not mean that AA is affiliated with this program. AA is a program of recovery from alcoholism. Use of the Traditions in connection with programs and activities which are patterned after AA but which address other problems does not imply otherwise.

The Twelve Traditions of Alcoholics Anonymous 1. Our common welfare should come first; personal recovery depends upon A.A. unity. 2. For our group purpose there is but one ultimate authority – a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern. 3. The only requirement for A.A. membership is a desire to stop drinking. 4. Each group should be autonomous except in matters affecting other groups or A.A. as a whole. 5. Each group has but one primary purpose – to carry its message to the alcoholic who still suffers. 6. An A.A. group ought never endorse, finance or lend the A.A. name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose. 7. Every A.A. group ought to be fully self-supporting, declining outside contributions. 8. Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers. 9. A.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve. 10. Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy. 11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio and films. 12. Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.



## “We Carry This Message”

13<sup>th</sup> Annual Cocaine Anonymous  
World Service Convention

May 23, 24, 25 & 26, 1997

Hyatt Hotel – Downtown  
1730 Welton Street  
Denver, Colorado

**Reservations:** (303) 295-1234  
or (800) 358-5593

**For convention information:**  
Jay (303) 777-0874  
or Hugh (303) 722-8054

Visit us in CyberSpace!  
The Cocaine Anonymous World Service  
Home Page: <<http://www.ca.org>>

You can E-mail us at <[cawso@ca.org](mailto:cawso@ca.org)>

Happy surfing!

**The 1998 World Service Convention Committee is looking for committee members!**

If you live in the Southern California Area, and would like to help out in this monumental event, please contact the WSO.



## One Day at A Time

By Forest D., Mobile, Alabama

This program has blessed me with an abundance of things both of the material and spiritual world. Some of its best gifts have been the simplest principle in the universe, yet the hardest to comprehend and put into action. Here is a good example of how simple things really are.

My roommate and I were having a cookout one Sunday afternoon. I was putting two of the best steaks you have ever seen on the grill, when I turned to notice a look of extreme pain on his face. I continued what I was doing, and didn't comment right away. As I went into the house to mix up the bar-b-que sauce and check on the baked potatoes, I noticed he was still very serious, but again I chose not to say anything. It was not long after I made the salad, retrieved the steaks and buttered the potatoes that we were on the table and ready to eat. I looked up and he had the same expression. I blurted out, "What's wrong with you, Man?"

With the biggest puppy dog eyes I had ever seen, he replied, "I'm just not happy with sobriety."

"Okay, so what do you want, answer me that?" I asked him.

With the most intelligent look that he could muster, he replied, "I just want to stay sober, do God's will, and help others."

"Oh balderdash!" I exclaimed. "You don't love God that much. Now what is it that you really want?"

A smile appeared and he asked, "Do you want the truth?"

"Of course I want the truth. What do you want?"

He told me, "I want breads, I want a lot of money and I want action. That's what I want."

I smiled, "Yeah, you want to go to jail too, because that's where you go every time you get any of that." I looked him straight in the eye and said, "Okay, let's try this again. Now, clear your mind, take your time, take a deep breath and relax." He did everything I told him.

"Alright" I said. "Are you ready?" He said that he was and again I calmly asked him, "What is it that you want?"

He replied, "I don't know what I want..."

We were both smiling by now, and I said, "Now ask me the same thing."

"Okay, Forrest, what do you want?"

"Man, I just want to enjoy this steak in front of me!" We busted our laughing so hard that we both almost fell out of our chairs.

I knew at that moment, I had grown up quite a bit in this Program. I suddenly understood what... One day at a time meant. I also understood that I had been miserable for a long time about what I wanted, or who had what, or who was doing what with whom. It was endless and non of it really mattered much, all that did matter was enjoying the steak in front of me, and having a good day.

*No friendship is ever too fragile for the truth!*



## New PSA's Are Announced at This Year's Conference

By Chuck McC.

### CAWSO Conference Public Information Committee

A terrific thing happened at this year's World Service Conference: three 15-second television Public Service Announcements produced by the Public Information Committee were approved on the conference floor. These PSA's are now available through the World Service Office. The three spots are entitled, "Facts," "Shattered" and "Crack." They feature either our (800) Infoline number, or they can be obtained blank and an area can have their local number "burned in." The WSO can also have the number burned in for you, if you like. All spots are available in English and Spanish, however, the only Spanish versions we can distribute are those with the blank space for local numbers; our (800) InfoLine service is not equipped with multi-lingual options—YET! Please pass it on new PSA's to your local P.I. Committees.

copy and making all other copies locally. A high quality D-2 master of all three spots with the (800) number can be purchased at our cost plus shipping and handling. Burning in local numbers can cost a considerable amount more. Buying a blank master and having your area's number burned in at a local post house might be more economical. The committee and the WSO are continually trying to find a way to improve on these costs. Master copies in other formats are also available; call the WSO for more specific information.

There is more good news. The conference also approved a budget of \$3,000 to translate and produce these same spots into French for our Canadian Fellowship. Unfortunately, this is not a guarantee that the money will be there when needed. It simply means that if the capital is in our general fund, then the Public Information Committee has permission to use it. What does guarantee the immediate availability of cash, are the contributions to our PSA fund. Local areas, can request that a donation be set aside specifically for video PSA's. This

has been helpful in the past, and actually made a difference in being able to produce these three new spots in the first place. We are very grateful to the Illinois area and the other Area's whose generous contributions made it possible in past years.

The CAWSO Public Information Committee is very proud of these spots and we are hoping that the fellowship will make good use of them. If you would like to see the spots, viewing copies are available on VHS from the World Service Office for a nominal fee, which will be refunded once the copy is returned to the WSO.

**Spread the word!**



### Correction!

**Last issue we reported a donation from the wrong City! We would like to thank the Day And A Life Group in Huntsville, Alabama for their 7<sup>th</sup> Tradition Donation!**



# The Spirit of Rotation

By Charles L., Atlantic North Regional Trustee

**O**ur desire to stop using cocaine was the driving force for most of us in our early recovery. When we were told to make meetings, get a sponsor, get a home group, or any other of the many suggestions, we followed that direction looking for any ray of hope. How we could stop using and stay stopped?

For some of us, being of service was a key. We took on any new job as if our lives depended on it. For some of us, it did. We found that the best way to show our gratitude and add to our recovery was to be of service to the Fellowship of Cocaine Anonymous. We also discovered that the best way to serve God was to serve our fellow man. For some that feeling of belonging which was missing in our lives was now filled. For others it was the start of replacing the self-centered behavior with that of humility. Whatever was the reason, service became a large part of our lives and our recovery. The promise of our uselessness and self-pity disappearing started to take hold. We wanted to give back. To help our fellows.

The idea of doing something new might have been scary. Sharing their experience, the preceding member who had completed the same commitment had a profound effect on us. Yes, we could do this. We started on this new path. Our self-centered behavior was replaced with an "attitude of service." What a feeling. Now comes the time to rotate out, to give the next person a chance to grow as we did, to feel the power of recovery as we did, to be of service. Jobs, like almost everything else in CA gets passed around for all to share. To step out of a CA position you love can be hard for you, just as it might have been for the person before you. By them doing so, you had your chance at growth and involvement. So should those who come after you. If you have been doing a good job, or you don't see anyone willing, qualified or with the time to do it, it is especially tough. But its at this time you could take a real step forward in growth, a real spiritual step.

Rotation helps bring us spiritual rewards far more enduring that a job well done. Another promise will take hold and we will see how our experience can benefit others. With no "status" at stake, we have more freedom to serve as we are needed, we can always step into another CA chore or always be a dependable twelfth stepper. Rotation will allow us to show the foundation of our kind of recovery, under God's will as we understand it.

Service to Others!



# Unity or Disunity?

By Gil L., Redondo Beach, CA

**Unity:** *noun; Harmony, continuing with purpose.*

It may be possible to function on the fundamental powers of our principles, rather than on the prestige or inspiration of our cofounders. C.A., however, still needs good leadership. Instead of hundreds doing for thousands, it should be thousands doing for thousands.

Continued unity and its success are dependent upon a God of our understanding. Only when unity works in the thousands and not the hundreds, are we safe. Unity begins in the home group. Personal recovery depends on it. A fellowship is only as strong as its groups unity. Groups are like the spokes of a wheel. If there are a few loose spokes, the wheel will wobble. In some Areas, the wheel is wobbling. When a group and its members practice the Traditions, unity is formed. Without unity there is little hope.

The Traditions help us with the problems of living and working together. They have grown out of trial and error. The Traditions also correspond to relating with ourselves, others and a Higher Power. They measure our progress as individuals, as groups, and at all levels of service.

There are different kinds of unity. There is perfect unity. There is unbreakable unity. There is unshakable unity. They all guide us toward permanent unity. We must protect it and strive for it. Without it, we may weaken or worse, perish. If unity does not exist in our home groups, it will not exist in our district, area or any functions of C.A.



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# 7<sup>th</sup> Tradition Donations

## October, November, December 1996

Your donations keep the doors of the WSO open, allowing us to provide starter kits to new groups, publish The News-Gram, provide free literature to the Fellowship, answer the numerous requests for information on C.A., and provide all groups chips and literature for their meetings. We appreciate each and every contribution, no matter what amount. The Cocaine Anonymous World Service Office would like to thank the following contributors for their 7th Tradition Donations:

<b>Alabama</b>					
Huntsville					
A Day and a Life Group	75.50				
Christa L.	25.00				
<b>Alberta</b>					
Edmonton					
Sunday Step Group	50.00				
<b>Arizona</b>					
Tucson					
Tucson District/CA of Arizona, Inc.	1060.70				
Coconuts Group	56.00				
Phoenix					
Sun Valley Intergroup	3000.00				
<b>Arkansas</b>					
Little Rock					
Arkansas Area	100.00				
<b>California</b>					
Los Angeles					
Scott S./Birthday	12.00				
Steve S./Birthday	40.00				
Bagels by the Beach Group	120.00				
One Puff Group	100.00				
Tired of Being Dogged Out Marathon	200.00				
Long Beach/Compton District	822.47				
Westside/Hollywood District	703.40				
Central California					
Back To Basics Group	125.00				
Tuesday Night Live Group	30.00				
Central California Area	1227.00				
Inland Empire					
Roger F.	500.00				
Inland Empire Area	125.00				
Northern California					
Curt & Michelle F.	78.70				
Dan D./Birthday	60.00				
End of the Line Group	60.00				
Friday Night Group/Fresno	123.35				
Monday Night Better Late Group	15.00				
North Bay District	540.00				
Santa Cruz District	105.00				
Clovis District	9.00				
Sacramento District	34.08				
San Francisco District	390.00				
South Bay District	120.00				
Northern California Area	900.00				
Southern California					
Tom S.	10.00				
Clubhouse Step Study Group	33.00				
Del Mar Group	83.80				
Drop The Rock Group	195.00				
Thursday Night Men's Group	15.00				
Inter-Area/Campvention	703.71				
Orange County Area	500.00				
San Fernando Valley Area	50.00				
San Gabriel/Pomona Valley Area	929.44				
<b>Colorado</b>					
Denver					
Scootin' Clean Group	10.00				
Startin' Over Group	30.00				
Powder Heads Group	10.00				
Denver District	940.34				
		Colorado Springs			
		Recovering Snowflakes	309.33		
		<b>Connecticut</b>			
		District 3	8.00		
		Hugs Not Drugs Group	500.00		
		<b>Florida</b>			
		Southwest Florida District	50.00		
		Treasure Coast District	100.00		
		<b>Georgia</b>			
		Ain't No Shame Group	45.00		
		End of the Line Group	209.85		
		One Day at a Time Group	287.00		
		Over The Hump w/o a Bump Group	100.00		
		Valencia B.	25.00		
		<b>Illinois</b>			
		Steps to Serenity Group	164.00		
		Straight and Grateful Group	110.60		
		Spiritual Inspiration Group	1.00		
		Faith Hope and Courage Group	50.00		
		Forever Free Group	57.05		
		Freedom to Live Group	100.00		
		Turning Point of Peoria Group	80.00		
		District 1	288.50		
		NW Suburban District	1281.89		
		Illinois Area	1000.00		
		<b>Indiana</b>			
		Fort Wayne Group	230.00		
		<b>Iowa</b>			
		District 1	68.80		
		L.B.	5.00		
		<b>Louisiana</b>			
		Baton Rouge District	100.00		
		Louisiana Area Convention	1000.00		
		<b>Manitoba</b>			
		Winnipeg District	69.50		
		<b>Massachusetts</b>			
		Freedom to Choose Group	91.50		
		<b>Michigan</b>			
		Sunday Reflections Group	200.00		
		<b>Missouri</b>			
		St. Louis District	87.00		
		We Do Recover Group	8.78		
		Working with Others Group	15.00		
		<b>Nebraska</b>			
		Omaha			
		C.A. Of Nebraska, Inc.	137.60		
		Friday New Creations Group	10.50		
		Friday You Are Not Alone Group	7.50		
		Monday Miracles Group	93.93		
		Saturday Night Solutions Group	50.70		
		Saturday No Name Group	2.40		
		Sunday Solid as a Rock Group	44.41		
		Thursday Scooters Group	1.50		
		Tuesday Steps To Victory Group	6.30		
		<b>Nevada</b>			
		Las Vegas Area	50.00		
		<b>New Mexico</b>			
		Albuquerque District	200.00		
		<b>New York</b>			
		A Step Forward Group	6.60		
		Saturday Night Live Group	20.00		
		Sunday Serenity Group	25.00		
		Women in Motion Group	39.90		
		Long Island District	36.00		
		Manhattan District	65.00		
		New York Area	200.00		
		<b>Ohio</b>			
		Southwest Ohio	100.00		
		<b>Oklahoma</b>			
		Oklahoma City District	100.00		
		Freedom Group	190.31		
		Sunday Night Group	50.00		
		Unity Group	18.00		
		<b>Oregon</b>			
		Oregon/SW Washington Area	1000.00		
		<b>Pennsylvania</b>			
		God Sent Group	70.00		
		New Beginning Group	30.00		
		PA/NJ/DE Area	150.00		
		<b>Quebec</b>			
		Montreal			
		Le Nature Exacte Group	25.00		
		Quebec Area	145.00		
		<b>Tennessee</b>			
		Memphis			
		Tennessee Area	100.00		
		Cokebusters Group	282.76		
		Nashville			
		Pioneers Group	50.00		
		<b>Texas</b>			
		Texas Area	1600.00		
		<b>Virginia</b>			
		One Day At A Time Group	335.00		
		Put Down The Drugs...Group	20.00		
		The Great Escape	30.00		
		We are Small but Growing Group	20.00		
		We Have the Solution Group	20.00		
		<b>Washington State</b>			
		Freedom Fighters Group	28.78		
		District 1	91.62		
		District 5	156.48		
		Washington State Area	200.00		
		<b>Wisconsin</b>			
		A Vision For You Group	119.00		
		Coke Busters Group	68.00		
		First Things First Group	169.00		
		Keeping it Simple Group	10.00		
		Lawrence Center Group	120.00		
		Let's Stay Together Group	21.00		
		Meeting Of The Century Group	30.00		
		Monday Night Dewey Group	30.00		
		Positive Action Group	30.00		
		Sunday Morning Big Book Group	21.00		
		Wisconsin Area	350.00		

