

The Group Inventory

By Steve M. & Scott S.

Milwaukee, Wisconsin

We have found the group inventory process to be a valuable tool in keeping in-touch with our primary purpose. Following is one group's experience:

This past January our group embarked on a wonderful expression of our Higher Power's will for us. Once a year for the past five we have taken a group inventory. The Group Inventory (from the pamphlet titled "AA Group" revised) is a list of questions that we ask ourselves, which allow us to evaluate the group's actions. It assists us in staying focused on our primary purpose.

Our home group is based in the Wisconsin Area, in the City of Milwaukee. The "A Vision For You" group has been in existence for over eight years. Many past & present World Service Delegates attend this meeting, as well as other trusted servants from our Area. We try to take our recovery and the enjoyment of life seriously.

The night of this group inventory, winter's grip was at its tightest. Below zero wind chills and snow did not hamper attendance. For the month preceding, an announcement was made by our Secretary at each meeting. Those who did not wish to participate were given the opportunity to break-off into a separate recovery meeting. Newcomers as well as old timers availed themselves to the group inventory.

Our Group Service Representative chaired the meeting. Our Group Inventory asks us to look at many aspects of what we are doing. What is the basic purpose, what more can we do to carry the message? From previous inventories, action such as members developing an H&I panel at a local hospital has evolved. Questions like, do we see a good cross section of our community? What sort of turnovers occur? Or, how much is sponsorship stressed? Were answered. Some of these questions led to the rewriting of our meeting format. Our format now stresses that sponsorship is vital to our recovery. We suggest action be taken tonight! After our breakout group ends, newcomers are introduced to those of us who have a few 24 hours and are asked if they would like a temporary sponsor. As far as turnover and seeing a cross section of our community, we found making Newcomers feel welcome is essential to their return to the group.

We looked at how the anonymity of our members is preserved. We saw how the sharing in our group was kept confidential. By having a monthly sign up sheet posted during our meeting kitchen/housekeeping set-up and clean-up, we found it handled itself. The examination of how all members are given the opportunity to speak and participate in group activities was clarified. Ours is a speaker lead meeting. In January, most dates were taken throughout July.

Everyone is encouraged to participate in activities the Group undertakes. Our annual holiday party is one of the most bountiful in Hope, Faith & Courage, as well as, tasty foods and treats. As a result of our last group inventory the group decided to host a one day recovery workshop. We mailed flyers to treatment providers and offered lunch free of charge to all workshop participants.

We reassured ourselves the elections of our trusted servants is not a popularity contest. We choose our officers with care. The fact that good housekeeping is maintained, having plenty of literature on hand and having greeters at the door, assists us in achieving an attractive meeting place. By asking ourselves if we are doing our fair share toward participating in the purpose of CA and what are we doing to help the Area, Central Office and the World Service Office helps to define our purpose further.

Questions of outreach to the professional community were answered. Our Group Inventory experience has helped us to enhance our group and focus on the tasks at hand. Many good things have evolved from this process.

continued on page 5

AMAZED BEFORE WE ARE HALF WAY THROUGH

By RONALD A.

(KARTOON)

LOS ANGELES, CALIFORNIA
SOUTH CENTRAL DISTRICT

I recently had an experience which I feel obligated to write about. Eleven days from celebrating my fourth sober birthday, I am a young, extremely active member of CA in the South Central District of Los Angeles. My home group is "Tired of Being Dogged Out."

Earlier this year I attended my first World Convention in Denver Colorado. I thank them for a new experience and exciting time! It was amazing to meet members of our fellowship from all over the world. As far away as London (Love You Steve) to smaller areas like Muncie, Indiana (Hey Gail A.!) I learned that Muncie holds only one meeting a week. I was amazed because we have more than seventy meetings a week in our district alone. It was incomprehensible.

In August, I had the opportunity to attend the Los Angeles Area's 13th Annual Convention in Palm Springs. Present was a member from Muncie, Indiana whom I met in Denver. My daughter attended the convention with me, and she had the time of her life. I was a father who didn't even know where his children were before becoming a member of Cocaine Anonymous. To see my daughter enjoy the swimming pool, and bond with other children of responsible addicts, was new and exciting for both of us.

Less than a week later, members of Cocaine Anonymous started arriving in Los Angeles from all over the world for another event. The World Service Conference. I had a burning desire to attend the Conference this year, and become a part of whatever was happening. If it was CA related, I wanted to be there.

After being self supporting for eight hours, I left work and headed to the Conference. I entered the Hotel and

continued on page 4



CAWS Board of Trustees

Sharon S., Chairperson/Trustee at Large
Silver Spring, MD

Susan T., WSO Trustee
West Hills, CA

Meredith A., World Service Trustee
Burbank, CA

Joe S., Pacific South Regional Trustee
Orange, CA

Andy W., Pacific North Regional Trustee
West Linn, OR

Steve A., Southwest Regional Trustee
Tempe, AZ

Scott S., Midwest Regional Trustee
West Allis, WI

Charles L., Atlantic North Regional Trustee
Philadelphia, PA

Walter J., Atlantic South Regional Trustee
Baton Rouge, LA

CAWSO Board of Directors

Scott S., Chairperson
Los Angeles, CA

Jeff S., Vice-Chairperson
Los Angeles, CA

Ed G., Treasurer
Los Angeles, CA

Chuck McC., Secretary
Los Angeles, CA

Steve E., Director
Culver City, CA

K.D. Zager, WSO Director of Operations
Northridge, CA

Susan T., Director/WSO Trustee
West Hills, CA

Meredith A., Director/World Service Trustee
Burbank, CA

Joe S., Director/Pacific South Regional Trustee
Orange, CA

CAWSO Personnel

Mary K. Hukill
Customer Service & Sales Coordinator

Susan Litt
Administrative Assistant

Geraldine Mitchell
Shipping Clerk

K.D. Zager
Director of Operations

NewsGram Staff

K.D. Zager
Editor

Steve E.
Co-Editor/CAWSO Board of Directors

"NewsGram" is a quarterly publication of the World Service Office of Cocaine Anonymous. It is intended solely for the information of members of the fellowship of Cocaine Anonymous. Any unauthorized publication or duplication is prohibited. Send all mail to: NewsGram, c/o CAWSO, Inc., 3740 Overland Avenue - Suite C, Los Angeles, CA 90034, E-mail: cawso@ca.org, Fax (310) 559-2554 or call (310) 559-5833.



A Note from the WSO

Another year has gone by, and our Board of Trustees has once again rotated. I would like to take a moment to thank our three outgoing Trustees for their years of service.

John H. served as Atlantic South Regional Trustee. In addition to his responsibilities within his region, he was dedicated to the fellowship as a whole. His position as Chairperson of the Board of Trustees was a responsibility in itself. Not once in his tenure, did he flinch at the thought of yet another C.A. request. No matter what was going on in his life, he was always available to the fellowship. When you talked with John, you got the distinct impression that he cared, and what you were saying mattered. His enthusiasm and sincerity will be missed.

Chris P., outgoing Trustee at Large has given this fellowship more than it knows. His behind the scenes contributions encompassed all three legacies of our structure. Unity, Service and Recovery. Chris taught me, and others, a great deal on the parts of our program that are not always readily discussed. He spoke openly and candidly about our fellowships issues of unity. He introduced me to the 12 Concepts of Service, and gave me a different perspective on the Traditions. He taught me that Traditions were not "rules", but spiritual guidelines so that we may survive as a fellowship. Chris balance his triangle with the 12 Steps. It was obvious to me he was one that walked the way he talked. And when he didn't, he was the first to admit it. His insight and understanding of our program made me think in a different light. Always challenged. I will always admire and respect his recovery, and his contribution to our fellowship.

Abbot Francis served our fellowship as a non-addict Trustee. What an enormous honor for us to have known such an individual. And, he didn't have to do it for his own recovery. He did it for the altruistic purpose of helping other human beings. His spiritual insight was always refreshing. I never knew Father Francis to be selfish. His motivations were always clean. We, as a fellowship, thank him for participating in our recovery.

On an office note, we have been busier than flies on horseback keeping up with the ever increasing chip and literature orders. Our Customer Service & Sales Administrator, Mary, has been working diligently on the State and Federal Prison systems. In an effort to get the message to individuals that are incarcerated, our books and literature are now made available in most facilities throughout the state of California. She continues to communicate with Federal officials, has had many orders from the Veterans Administration, and continues to work on getting our materials in institutions throughout the United States.

We have hired two new employees. Susan Litt is our new Administrative Assistant. Gerrie Mitchell is our new shipping clerk. Welcome aboard!

Our Web site (<http://www.ca.org>) continues to grow in the amount of visitors. E-mail has increased. What a great way to communicate. Drop us a line at: cawso@ca.org!

As always, if you need anything from the World Service Office, please do not hesitate to call on us. We are here to serve the Fellowship.

Where to Write:

CAWS, Inc.	CAWSO, Inc.	ATTN: NewsGram Editor
Board of Trustees	Board of Directors	c/o CAWSO, Inc.
P.O. Box 492013	3740 Overland Avenue - Suite C	3740 Overland Avenue - Suite C
Los Angeles, CA 90049-8013	Los Angeles, CA 90034-6337	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 forward with written permission and your original work to: NewsGram Editor, c/o CAWSO, Inc., 3740 Overland Avenue - Suite C, Los Angeles, CA 90034. Remember, we receive a lot of contributions, so your submission may not be selected, or at least not right away. You may see it in an upcoming issue!

Name _____ Phone Number () _____

Address _____

City _____ State _____ Zip _____

I herby give CAWSO, Inc., and NewsGram express permission to reprint my original work entitled:

_____ in any future publication. I understand materials submitted may be edited for publication or may not be used, at the discretion of the Editors. Original work cannot be returned. All future publication rights remain those of author.

Signature _____

CALENDAR OF EVENTS

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

October 25, 1997

Toronto Area One Day Convention (starts at 8:30a.m.)
Christ Church, Young and Heath Sts., Toronto, Ontario, Canada
For more information call the Toronto CA help line at (416) 927-7858

November 14, 15, & 16, 1997

Odysse des Jeunes

Montreal/Quebec District 1 First Annual Congress.
4600, Cyrille Delage Street, Auteuil, Laval, Quebec
For more information call Nathalie R., 514-622-3117

November 14, 15 & 16, 1997

We're Here and We're Free

Winnipeg Area Third Annual Cocaine Anonymous Convention
Holiday Inn Hotel, 2520 Portage Ave. West, Winnipeg, Manitoba,
CANADA (800) 465-4329
For more information contact David H., (204) 775-2037 or Email
David at: daveys@mb.sympatico.ca

November 29, 1997 6:00pm

Cocaine Anonymous 15th Anniversary Celebration

Hosted by the Cocaine Anonymous Los Angeles Area
Westin Hotel, 5400 W. Century Boulevard, Los Angeles, CA
90045
For more information contact Sean D. (310) 204-2564

February 20, 21 & 22, 1998

"The Age of Miracles is Still With Us"

Oregon/SW Washington Area 8th Annual Convention and Pacific
North Regional Assembly
Double Tree Hotel at the Quay, 100 Columbia Street, Vancouver,
WA 98660
For more information call Rick H. at (503) 618-0621 or check
the convention page at:
<http://www.lilwing.com/ca/convention.htm>

March 5, 6, 7, & 8, 1998

A Daily Reprieve

SGPVCA Area 6th Annual Convention
Riverside Resort and Casino, 1650 Casino Drive, Laughlin, NV
89029 (800) 227-3849 (Special CA rates apply)
For more information, contact Charles N., (626) 578-7242 or
Ron H. (818) 541-0570

March 20, 21 & 22, 1998

*Indiana Area Cocaine Anonymous hosts the 8th Annual
Tri-State Convention*

Best Western Waterfront Plaza Hotel, 2930 Waterfront Parkway
West, Indianapolis, Indiana
For more information contact: Harrison J. (317) 290-7080,
Delores C. (317) 926-9575 or Myra B. (317) 635-5365

September 11, 12 & 13, 1998

'98 CANOLA Hospitals & Institutions Extravaganza

Best Western Landmark Hotel, 2601 Severn Avenue, Metairie,
LA 70002 (800) 277-7575
For more information call: Colin at (504) 341-3578

*If you are having a Regional, Area or District Cocaine
Anonymous Event, please let us know! We can list your event in
the NewsGram. 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: February 1, May 1, August 1 and
November 1. We will publish up to a year in advance, and con-
tinue the listing until the event. Submissions will be published at
the discretion of the editor and/or the World Service Office
Board of Directors. Submissions should be made to:*

ATTN: The NewsGram

c/o CAWSO, Inc.

3740 Overland Avenue - Suite C

Los Angeles, CA 90034-6337

(310) 559-2554 FAX

"I made it into this Program because someone else worked their Twelfth Step on me. Someone passed it on to me. Someone was out there after they got clean and sober, caring about others. I need to never, ever forget that. Had they simply gone on with their lives and forgotten about people like me who were still out there using and suffering, I wouldn't be here today. My gratitude begins with that fact. It is with that gratitude in mind that I reach out to others, especially the newcomers. I need to have them in my life. That is where my spirituality begins."

An excerpt from *Hope Faith & Courage*, "From Candy to Cocaine," Page 127



AMAZED BEFORE WE ARE HALFWAY THROUGH

(continued from page 1)

found my way to the ballroom where the meeting was being held. The Conference was in recess for dinner. As I stood in the doorway observing, I could not believe what I saw. Right before my eyes was another level of CA that I never knew existed. There were multitudes of tables with enormous notebooks, literature which I never heard of, much less read. There were podiums, microphones, overhead projectors and more literature.

My sponsor, a former Delegate from Los Angeles, was there. I immediately started asking him questions. We sat side by side. He opened up a delegate notebook and began to explain. These things were unheard of and foreign to me. I hadn't recalled them being discussed at the meeting level, where I had been of maximum service. Thank you Leon.

Delegates, Trustees, Committee Chairs, WSO Board members and Conference Officers started filtering in. The conference was called to order. To me, the room had all the similarities of a Congress in session. Issues were raised and solved. Order was kept by the Conference Chair. The Parliamentarian and Conference Secretary sat by her side.

I was amazed at the order of this conference. I have sat in meetings with far fewer people, trusted servants, and witnessed all hell break loose over very simple matters. I had an opportunity to witness the process of allowing, or should I say accepting, the State of Alaska into the fellowship of Cocaine Anonymous for the first time. I found out it is more than just getting a starter kit from Central Office or the World Service Office. Their Delegate Kimberly brought the petition to the Conference. Don't give up Kimberly. Alaska is on the map now!

No one appeared to be a Bleeding Deacon as described in the 12 and 12, which I have observed throughout our groups from time to time. I witnessed the voting process. It amazed me. Once a vote was called for, clenched fists immediately went into the air. Some Delegates held up two fingers. I later learned this meant they actually held two votes. The additional vote had been proxied from another Delegate in absence. The entire Fellowship seemed to have been in one room. I noticed the accents change from delegate to delegate. To be a part of CA is one thing, to see CA from this level is entirely different. I spent the remainder of the week meeting CA members from other states and countries, and learning as much as I could.

I was surprised to learn some things, and disappointed at others. One Delegate said to me: "Yeah, we all know South Central has more meetings than any part of the world, but how many of them actually take care of their ultimate home group, World Services? A group that doesn't send money to their District, Area or World Service Office isn't fully self supporting, regardless of how many functions you have per year." The Delegate explained it so that I now have a different perspective. I am committed to sending a few dollars, even if out of my own pocket. I wouldn't be employed if CA had not been free, and had its doors opened for a hopeless, worthless addict like myself. I don't ever want to forget that I had no friends or anywhere to go.

I joined the Unity Committee as a non-Delegate. I will strive to become a Delegate in the future as I grow toward becoming an elder statesman.

I want to end by saying thanks to all the Delegates who traveled from near and far, you did more than you will ever realize this year. I'll share an experience with you. Saturday night before returning to the conference, I went home to bathe. As I relaxed in the tub, my thoughts were interrupted by the phone ringing. On the other end of the line was a frantic young lady who is new to our fellowship. She was crying out for help as she described her present condition. She told me she was having overwhelming thoughts, and fighting with a very strong temptation to get loaded. I begged her to stay at home as I listened to her innermost cries for help. My Higher Power worked through me, using me as His vessel again. I was able to convince the young lady to hold on. I rushed to her house and picked her up. There was nowhere better for me to take her then, so I took her to the conference. As we sat in the conference room, I attempted to explain to her as much as I knew about what was going on. I was trying to give back what had been freely given to me. She was amazed as I introduced her to the world. I would stop Delegates and introduce them to Tanya. I explained her present dilemma. I pointed out to her the different states and countries on their name tags. Oh yes! The world was at work!

After sitting for a few hours we decided to go to the local marathons hosted by the "U Will Know" Group. My home group was invited, and like always, we showed up in force. I was pleased to take Aaron, a Dele-

gate from Denver. I explained to him Tanya's dilemma. Aaron was able to share his experience, strength and hope with both of us. He helped us make it through another living sober experience. So, to all of you who had the opportunity to come to the Conference, I'd like to thank you all for helping my friend. She is still sober and clean today. Thank you for showing me another level of CA that I am now a part of.

When I heard Father Francis use profanity on the last day, I knew I was at home. I personally thank everyone for your efforts. Without you, the doors of CA would not have been open for me September 13, 1993. There would be no book, chips, formats, literature or any other CA materials. Thanks for being here for me and for being free. One day at a time I truly hope to see you all next year at the World Service Convention and Conference!

Editors Note: The World Service Conference is an annual event. Delegates and non-Delegates from all over the World meet to discuss the business of Cocaine Anonymous. All CA members are welcome to participate or observe. For more information, contact the World Service Office.

This is the story about four people named Everybody, Somebody, Anybody and Nobody.

There was an important job to be done and Everybody was sure Somebody would do it. Anybody could have done it, but Nobody did it. Somebody got angry about that because it was Everybody's job. Everybody thought Anybody could do it, but Nobody Realized that Everybody wouldn't do it. It ended up that Everybody blamed Somebody when Nobody did what Anybody could have done.



Unity Corner

By Steve S., United Kingdom Area Delegate
London, England

It was only a few years ago that I was unable to leave my front room. The other rooms were occupied by "them." They were watching me. The only time I would venture out was to score. The surgical smell of ammonia and ether cut into the staleness of the cold, dark, lonely nights. Feeling my spirit ebb away like the last flickering of a candle. Knowing "they" were out there. Soon it would be time for me to face "them." The fear of not having drugs was greater than the fear of facing the unknown, invisible beings. The drugs no longer dulled the pain - but I was unable to stop. The parties were long gone. So were the gigs and the clubs. It was now just me and my drugs against the world

The word, Unity was alien to me. I had always felt different, at dis-ease. At home, at school, at social gatherings, I always felt as if I didn't quite belong. It was as if I were looking through a goldfish bowl, longing to join in but unable to. The shame of whom I felt I was, paralyzed me. I longed to be accepted, loved. Yet, I had pushed away those who had loved me. I had sabotaged my career and everything I cherished. I was completely broken. An empty shell of a man. Then God sent me a messenger.

Someone I had known many years ago contacted me. We hadn't seen each other for many years. He told me that he had been sober for three years, and that I no longer had to carry on killing myself on a daily basis. Help was available. I had received help in the past which include being put in a strait jacket, a padded cell, and left to withdraw in a hospital in France. He assured me that this would be different.

"Is there anyone new here who is clean and sober today or desires a new way of life?" They asked.

A man I had never met before gave me my first chip and hugged me. I stood there and cried. What price would I have to pay for this love? After all, I had learned that a friend in

need was a pest. Nobody gave without return in the twilight world that I had been brought up in. Yet, an inner voice knew that all they wanted was to see me get well. I'd been to hell and now I was home. It had taken so many years but now I had found the family I had always longed to be a part of. A family who would love me for just being me. Not for what I had or for what I could give them. A family who would not put expectations on me, but would accept me warts and all.

I followed suggestions to the best of my ability. Got a sponsor who helped me to understand and work the steps continuously. I got involved in service immediately. Service helped me to be released from the chains of self. It taught me life skills and I learned that I could communicate with people and that I had a message to carry. It was a relief to discover that it was all about us and not about I.

What a far cry from that room that had become my prison. Today I am close to achieving five years of continuous sobriety. One day at a time. After almost three decades of using, I have been given a way of life that was beyond my wildest dreams.

During the past two years, I have been privileged to be able to attend four conventions and two World Service Conferences in the United States. Due to your love and acceptance, I now realize that my family is worldwide. I am accepted wherever I go. We are all so different, and yet we are all the same. I know you all without ever having met you. Each day is a new dawn. No matter where I go, the meetings are constant. As is the message.

Thank you for allowing me to be a "part of" instead of "apart from." The only thing different about meetings in the United States and ours back in the United Kingdom, are the accents (and the weather). The readings, steps, feelings, love and togetherness are all the same.

Love in fellowship from a nomadic addict.

The Group Inventory

(continued from page 1)

The following is the list of questions we attempted to answer:

1. What is the basic purpose of the group?
2. What more can the group do to carry the message?
3. Is the group attracting addicts from different backgrounds? Are we seeing a good cross-section of our community?
4. Do new members stick with us, or does the turnover seem excessive? If so, why? What can we do as a group?
5. Do we emphasize the importance of sponsorship? How effectively? How can we do better?
6. Are we careful to preserve the anonymity of our group members and other CA's outside the meeting rooms? Do we also leave the confidences they share at the meeting behind?
7. Do we take time to explain to all members the value to the group of keeping up with the kitchen/house-keeping chores and other essential services that are Part-and-parcel of our 12th step efforts?
8. Are all members given the opportunity to speak at meetings and to participate in other group activities?
9. Mindful that holding office is a great responsibility not to be viewed as the outcome of a popularity contest, are we choosing our officers with care?
10. Are we doing all we can to provide an attractive meeting place?
11. Does the group do its fair share toward participating in the purpose of CA?
12. What has the group done lately to bring the Cocaine Anonymous message to the attention of professionals in the community, the physicians, clergy, court officials, educators, and others who are often the first to see addicts in need of help?

You may have questions of your own to add!

This is not to say that we don't have problems, or our personalities don't still bind us. However, this helps us as recovering human beings and reminds us of Gods will for us. This is written only as one group's experience with this process. We encourage you to do an inventory within your group.

We're Searching the World Over

The CAWS 1999 Convention Committee is looking for new and enlightened speakers for the World Convention to be held in Milwaukee, Wisconsin.

If interested, please send tapes to:

CAWS '99 Convention Committee

1624 W. Mitchell

Milwaukee, WI 53204

Questions? Call Karmen K. at (414) 545-0372



Choices

By Rhona H.

We are given free will from the moment of our birth. The choices we make determines the paths we travel upon, bringing results of joy, sorrow, ecstasy, and pain.

There have been many roads to explore in my life that have brought me to the present. My choices resulted in pain compared to a sharp edged razor cutting and tearing into my inner self leaving a hole, which I elected to fill with drugs and alcohol. They worked for a while to anesthetize the pain of the choices I made.

The diseases of addiction and alcoholism carried me down to the depths of a bottomless pit where I felt safe in the cold darkness of my making. My disease progressed rapidly in a turbulent flight along the inescapable route of my choice. It left me feeling empty like a seashell washed up on the shore that has been vacated by its recent owner.

I did not have the tools of honesty, hope, and faith, nor the willingness to surrender and admit I was the problem. The comfort I once experienced in the darkness of that icy pit of hell I had chosen was no longer available. The drugs and alcohol were not the friends I thought they were. They had become like enemies waiting for their adversary to weaken so they could be victorious. They had turned on me as a deadly poisonous snake waiting to strike with its venom. My disease continued to beckon to me as a lover awaits their beloved's return so the emptiness can be filled once again.

The insanity of active addiction lifted just for a moment and the choice became clear. Would it be life or death, darkness or light? The choice was life on life's terms. Today, with the help of Cocaine Anonymous, I have been given life and the tools needed to make healthy choices.



1998 CA World Service Convention Southern California

at
The Irvine Marriott
18000 Von Karman Avenue
Irvine, CA 92715
(800) 228-9290
(714) 553-0100

For more information, or to request registration forms, please contact the
World Service Office at:

CAWSO, Inc.
3740 Overland Avenue - Suite C
Los Angeles, CA 90034-6337
(310) 559-5833
(310) 559-2554 Fax
caws98@ca.org Email

Or, visit our web site at: <http://www.ca.org/cawscon.html>



Highs from H&I

By Jim B.

The heavy door clanged shut behind me. As I walked down the spotless, bright corridor, I became aware of the cameras high upon the walls. Instinctively, I patted my left front pocket for my vial. Calming myself, after realizing it was not there, and had not been there for months. By then, the next two doors were in front of me. The guard asked for my car keys. I surrendered them reluctantly. Two more electric doors and I was in a 20 X 40 foot room. Waiting, were two addicts, both smiling and jagg- ing me for being late. They said it would be a few minutes before the guards brought the inmates. Soon, thirty or so guys came filing in as if to school lunch. I put on my semi-tough guy look to match what I perceived was on their faces. My friend opened the meeting and asked me to share my story first. Over the next hour of sharing and answering questions, I witness a change in my perception of these individuals. Instead of toughs, they were frightened, caring men. As I left and drove home, I experienced that first of many "Highs from H&I." I knew right then I would pursue this feeling. I have found this high gets better each time.

Cocaine Anonymous Preamble

Cocaine Anonymous is a fellowship designed and administered by a bunch of dope fiends, whose only qualifications for membership are that they can't control their using, and have decided they don't want to learn how. Not that they could, anyway. They never could and its highly unlikely that they ever would. It has no rules, dues or fees, nor anything else that any sensible organization seems to require.

At meetings, the speaker starts on one subject, winds up talking about something entirely different, and concludes by saying he doesn't know anything about the program except that it works. The groups are always broke, yet always seem to have money to carry on. They are always losing members but seem to grow. They claim CA is a self- ish program, but they always seem to be trying to give it away and to do something for others.

Every group passes laws, rules, edicts and pronouncements that everyone blithely ignores; members who disagree with anything have the privilege to walk out in a huff, quitting forever, only to return as if nothing has happened and be greeted accordingly. Nothing is ever planned 24 hours ahead, yet great projects are born and survive mag- nificently. Nothing in CA is according to Hoyle. How can it survive?

Perhaps it's because we have learned to live and laugh at ourselves. God made man. He made laughter too. Perhaps he is pleased with our disorganized efforts and makes things right no matter who pushed the wrong button. Maybe He is pleased not with our lack of perfections, but with our sincerity. Maybe he is pleased with our trying to be nobody but ourselves. We don't know how it works, but it does, and members keep receiv- ing their dividends from the CA investments. It is smart to be sober, and much easier, my friends to stay sober than to get sober.

Visit us in CyberSpace

The Cocaine Anonymous World Service Home Page is available at:

<http://www.ca.org>

You can E-mail us at: cawso@ca.org

**Happy
Web
Surfing!**

Subscribe to the NewsGram!

Subscriptions are now being accepted for the NewsGram. For the low, low price of \$10.00 per year, you can receive each copy of the NewsGram before your friends. Before your group. Before your neighbors.

Complete the form below, and send your check, money order, or credit card information, and worry no more about finding a NewsGram!

I have enclosed my:

Check Money Order MasterCard/Visa # _____

Signature: _____ Exp. Date _____ (required for all Credit Card orders)

Name: _____

Street Address or P.O. Box: _____

City: _____ State: ___ Zip/Postal Code: _____

Telephone Number: (_____) _____ - _____ Country: _____



7th Tradition Donations

July, August, September 1997

Arizona

Tucson	
Tucson District	122.54
Tucson District	74.25
Tucson District 121.39	
Coconuts Group	26.90
Phoenix	
*Sun Valley Intergroup	300.00

California

InterArea Campvention	740.84
Arcadia	
SGPVCA	60.00
SGPVCA	62.55
SGPVCA	77.20
Campbell	
South Bay Service District	150.00
El Cajon	
St. Thomas Sunday Group	25.00
Fresno	
Tues Night Broken Rails Group	39.00
Kerman	
End of the Line Group	30.00
Lakewood	
Los Angeles Area/Long Beach/Compton District	11.30
Los Angeles Area/Long Beach/Compton District	241.07
Los Angeles	
Los Angeles Area/South Bay Beach Cities District	26.00
Los Angeles Area/South Bay Beach Cities District	31.93
Chuck M	40.00
Deneen G.	10.00
Mountain View	
Monday Night Better Late Group	15.00
Palm Desert	
Drop the Rock Group	25.00
San Diego	
Wednesday 7-11 Group	5.00
Tuesday Night Coconuts Group	4.00
Thursday Night Men's Group	10.00
Thursday Night Men's Group	30.00
San Jose	
Northern California Service Committee	500.00
Wednesday Cornerstone Meeting	30.00
Santa Cruz	
Santa Cruz District	75.00
Santa Cruz District	35.00
Spring Valley	
Sunday Night at St. Theresa Group	25.00
Summerland	
Central California Area	103.00
Central California Area	103.00
Central California Area	103.00
Central California Area Seaside Celebration	738.95
Woodland Hills	
Kurtis K.	11.93

Colorado

Aurora	
Wednesday Night 1740 Williams Group	10.00
Colorado Springs	
Recovering Snowflakes Group	117.68
Denver	
Colorado Area	173.42
Colorado Area	233.76
Denver District	108.00
1740 Women's Group	10.00

Georgia

Atlanta	
End of the Line Group	40.92
End of the Line Group	17.75
Columbus	
Ain't No Shame Group	25.00
Norcross	
Over the Hump w/o a Bump Group	10.00

Illinois

Bloomington	
Normal District	100.00
Forever Free Group	50.00
Chicago	
Illinois Area	100.00
Illinois Area	100.00
Illinois Area	100.00
Straight & Grateful Group	10.07
Straight & Grateful Group	10.50
Elk Grove	
Freedom to Live Group	86.88
Peoria	
Turning Point	25.00

Prospect Heights	
NW Suburban District	189.87
NW Suburban District	252.44
Steps to Serenity Group	8.00
Steps to Serenity Group	9.00

Indiana

Fort Wayne	
Fort Wayne Group	25.00
Fort Wayne Group	25.00

Kansas

Wichita	
New Found Life Group	10.00
New Found Life Group	10.00

Massachusetts

Cambridge	
Freedom to Choose Group	9.00

Minnesota

Minneapolis	
Saturday Alternative Living Group	5.00

New York

Bethpage	
Sober Toast Group	50.00
New York	
New York Area	100.00
New York Area	100.00
New York Area	100.00

Ohio

Akron	
Akron District	200.00
Cleveland	
Southwest District	100.00
Snow Road CA	100.00
South Euclid	
NEODCCA District	300.00
Toledo	
End of the Line Again Group	150.00

Oklahoma

Tulsa	
Freedom Group	17.00

Pennsylvania

Philadelphia	
PA/NJ/DE Area	25.00
PA/NJ/DE Area	25.00
Pittsburgh	
Pittsburgh/Washington District	30.00

Tennessee

Nashville	
Nashville District	50.00

Texas

Houston	
Texas Area	100.00
Texas Area	100.00
Texas Area	100.00
New Pair of Shades Group	10.00

Utah

Salt Lake City	
Utah Area	450.00

Virginia

Highland Springs	
Just For the Newcomer Group	10.00
We Are Small But Growing Group	10.00
We Have the Solution Group	10.00
Sunday Night Social	5.00
Put Down The Drugs/Pick Up the Book Group	10.00

Wisconsin

Delafield	
1st Things 1st Group	24.00
Menomonee Falls	
Century House Meeting of the Century	45.00
Milwaukee	
Wisconsin Area	2000.00
Friday Uncola Group	20.00
Friday Uncola Group	25.00
A Vision For You Group	20.00
A Vision For You Group	50.00
Kurt H.	8.00
Strength Group Spaghetti Dinner	296.00
Waukesha	
Wednesday Lawrence Center Group	46.50
Wednesday Lawrence Center Group	48.51
Brown Deer	
A Vision For You Group	30.00

Canada

Alberta	
Calgary-Saturday Night Live Group	60.00

