

Springtime in New York City

By Scott L., New York, NY
2001 Convention Chair

There really is no better time to visit the great City of New York! Fortunately, we've planned a BIG party to go with it! Greetings to all of you from the Greatest Little City in the World. The CAWS 2001 Convention (2001: A Grace Odyssey) is only a couple of months away. For this addict, I've spent the past three years of my life working on it and now it's here. I can tell you without reservation that this is going to be one of the best ever! Yes, it's a bit more expensive than past Conventions, but believe me it will be worth it!

We have arranged to be right in the center of Manhattan at the New York Hilton; a hotel that has just finished undergoing an \$80 million renovation and is absolutely magnificent. A short five minute walk from the hotel will put you in the Crossroads of the World: Times Square; or in a place that keeps us New Yorkers sane: Central Park; or shop 'til you drop on world-famous Fifth Avenue at Rockefeller Center.

In addition to the meetings, workshops, and traditional convention fare, we have arranged for a few very special events to let you experience some of what makes this City so great. What would a trip to New York be without taking in a show on Broadway (you can walk to that too)? For Thursday night, we are currently in negotiations to acquire tickets to one or two of the hottest shows on Broadway: tickets you won't be able to get once you're here. Just to whet your appetite a bit without getting too specific, the two we are working on both happen to include the music of Elton John and Tim Rice. No guarantees, but we are pulling every string we can find. If we do get them they will be VERY limited, so get your deposit in right away! Those who have deposits in first will be first in line for tickets. If that doesn't work for you there are still plenty of Broadway shows to choose from,

many that you will be able to get tickets to when you get here.

On Friday, we have a couple of events in store for you. For the diehard golfers (I know you're out there), we have a golf outing planned in the morning at Van Cortlandt Park. It may not be Pebble Beach, but it is a beautiful, very challenging course that happens to be the oldest public golf course in the country. Besides, how many of you can say you've played golf in the Bronx! You will after this.... Don't worry though, we will be providing bus transportation from the hotel to the course (and these days the busses don't even need to be bullet proof). Friday night, we have arranged for a very special twilight cruise around the island of Manhattan. On a clear spring night, there is nothing quite as breathtaking and beautiful than the skyline of the City as seen from the water around it.

For those who want to see the sights, you will be able to buy a 2-day pass (Saturday and Sunday) for the Big Apple Sightseeing tours. These are very New York, big red double-decker busses that take you all over the City and let you see some of the most famous parts that make up New York City. The passes will let you make your own schedule and not be limited to a specific time. They depart the hotel at regular intervals.

On Saturday, for those of you who really feel the need to get up early and run (I've personally never quite understood that) we will have the traditional Convention Fun Run/Walk. Of course it will be taking place in Central Park and should be a great experience for all that participate. A late addition to the slate of events on Saturday is a trip to the "House that Ruth Built", also known as Yankee Stadium (you know, those guys who have won the World Series 4 out of the past 5 years). They won't be in town so the tour will actually get you inside the park to see some of the incredible history that makes this truly a New York institution. Again, **continued on page: 5**

2000 WSC Recap

World Service Conference

The annual Cocaine Anonymous World Service Conference was held from August 30th to September 3rd in Los Angeles. The Conference is where your World Service Delegates gather with the other elements of CA World Services to do the business of CA as a whole. Part of that time is spent meeting and working in committees, while the remainder is spent in general session. Here we offer a brief review, organized by World Service Conference Committee, of what was accomplished at the 2000 Conference.

The Conference Committee's goal for the 2000 CAWS Conference was to refine and streamline the structure and processes currently in place. In response to feedback and suggestions, they added more equipment for use in the Conference Business Center, provided more space for each delegate on the floor, and instituted new procedures and forms for the referral process. To assist with continuity during the transition of officers and committee members, they created and filled the position of Conference Co-Coordinator. Perhaps most importantly, the Conference Secretary duties are now a position handled by two people to ensure accurate record keeping and relieve undue burden on a single member. During the next year, they will be finalizing the Conference Committee guidelines. The theme for the 2001 Conference will be "Unity Has No Borders."

The Convention Committee brought to the floor a motion to accept a bid from the Illinois Area to hold the 2003 CAWS Convention in Chicago, which passed with enthusiasm. They also brought to the floor budgets for the 2001 Convention in New York and the 2002 Convention in Portland, Oregon. They also revised cash handling procedures, addressed the issue of fundraising raffles, and established the office of Children's Event Coordinator at CAWS Conventions. They also **continued on page: 4**



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A Note from the WSO

Well, a lot has happened since the last issue of the NewsGram. Probably the most important event was the 2000 World Service Conference; a brief summary of the highlights will be found elsewhere in this issue. As you may have noticed, there was no Fourth Quarter NewsGram last year. The reasons were many, but we don't expect it to happen again. Beginning with our next issue, our new Director at Large (formerly WSO Secretary) Kevin M. will be editor. Please help him by submitting articles, especially ones discussing a Step, Tradition, Concept or Principle of our Program.

At the Conference, the World Service Board of Trustees elected Steve E. as Chair of the World Service Office Board, replacing the outgoing Scott S. Thanks again for your many years of service, Scott. We also have three new members of the Office Board. Robin C. was elected to the Board and then promptly elected to the office of Secretary. Mark K. and Leon M. were also both elected as Directors (for a more detailed explanation of how this happened, see the article elsewhere in this NewsGram). Unfortunately, our Vice Chair Tony S. had to resign his position for personal reasons; many thanks, Tony, for your service to the Board. We expect to add another Board member and fill the Vice Chair position soon.

There have been some personnel changes at the office as well. Our Office Manager and Paid Director, Patty, has returned from maternity leave and is the proud mother of a healthy baby boy. LouLou Nieto is our new Administrative Assistant, and will probably answer the phone when you call the Office. Karen Layns is our new Shipping Coordinator, and Akasha Jelani will be our new Customer Service manager. We sincerely hope and expect that you will find the Office Staff continuing to assist you more efficiently with our new employees in place.

Finally, a reminder that the CA World Service Convention, **2001: A Grace Odyssey** will be held in New York City over Memorial Day Weekend. It sounds like it's going to be quite a party, and we hope you can all attend. You'll find articles in this NewsGram which tell you about what you can expect when you arrive, and information which should help you plan your trip to the Big Apple. Be sure to check out the Convention's web site, www.grace2001.org, for more information. Rooms are still available, but are going quickly so make your reservations now. And please send in your registration forms as soon as possible; it makes the Committee's work much easier.

Well, that's all for now. We look forward to seeing you in New York!

In love and Service, Your World Service Office

Where to Write:

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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.

Attention: CA Hotline Chairs

If your hotline number covers other area codes, please let the World Service Office know. The other area codes will be added to your hotline number for referencing purposes in the 800 # computer. Please phone (310) 559-5833, Fax (310) 559-2554 or e-mail cawso@ca.org.

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!

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CALENDAR OF EVENTS

Atlanta, Georgia

Atlantic South Regional Convention
April 6th-8th, 2001
Marriott Century Center Hotel
Hotel reservations: (404) 325-0000
Information: John (678) 985-2376

Lake Perris, California

13th Annual Inter-Area Campvention
April 20th-22nd, 2001
For location information: (310) 850-1077
Outreach: Eddie F. (760) 518-0422

Itasca, Illinois

Illinois Area Convention
"18 Years of Unity"
May 4th-6th, 2001
Wyndham Hotel
Hotel reservations: (800) 244-6200
Information: Kevin F. (708) 839-4042

New York City, New York

17th Annual C.A. World Service Convention
"2001: A Grace Odyssey"
May 24th-28th, 2001
The New York Hilton
Hotel reservations: (212) 261-5870
www.grace2001.org

Baton Rouge, Louisiana

Recovery on the River IV
"12 Steps to Freedom"
June 8th-10th, 2001
Ramada Inn & Capitol Conference Center
Hotel reservations: (225) 387-1111
Information: Duane J. (225) 355-4255 or (225) 933-7392

Albuquerque, New Mexico

New Mexico Area Convention
August 3rd-5th, 2001
Information: Don T. (505) 837-2662

Palm Springs, California

CALA Convention 2001
"Dawn of Recovery"
Aug. 23rd-26th, 2001
Riviera Resort
Hotel reservations: (800) 444-8311 or (760) 327-8311
Information: Barb (562) 799-9344
www.ca4la.org

Edmonton, Alberta, Canada

Alberta Area Convention
July 13th-15th, 2001
Coast Edmonton Plaza Hotel
Hotel reservations: (800) 663-1144 or (780) 423-4811
Chair: Percy O. (780) 435-9345
Hotel/Registration: Paulette F. (780) 406-0151

Midway, Utah

Utah Area Annual Convention
"Recovery in the Rockies XII"
October 4th-7th, 2001
Homestead Resort
Hotel reservations: (800) 654-1102
(Use group code 356596)
Chair: Cory D. (801) 447-3715
Registration: Mike E. (801) 556-1112

Akron, Ohio

Ohio's Second Annual Cocaine Anonymous Men's Conference
October 6th, 2001
Akron City Hospital
Raymond C. Firestone Auditorium
Chair: Eddie J. (330) 328-3084
Registration: Alex R. (330) 374-9044

Los Angeles, California

Pacific South Regional Convention 2001
"Bridges To Unity"
November 16th-18th, 2001
Manhattan Beach Marriott
Hotel reservations: (310) 546-7511
Chair: Charles N. (626) 356-2422
Vice Chair: Karen L. (310) 370-1551

If you are having a Regional, Area or District Cocaine Anonymous Event, please let us know. We can list your event in the NewsGram. Submission deadline is 30 days prior to the publication of each NewsGram. Publication dates are: February 1st, May 1st, August 1st, and November 1st. We will publish up to a year in advance, and continue 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:

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2000 WSC Recap

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resolved a controversial issue from last year, addressing a referral to make the Serenity Prayer the only prayer to be officially used at CAWS Conventions. The Committee made a successful motion to amend the Convention Guidelines to state that the closing prayer at the CAWS Convention be left to the discretion of the host city, remaining ever mindful of our lack of affiliation.

The Finance Committee drafted a new CAWS expense reimbursement policy, which will be added to the CAWS Manual. As usual, the primary business attended to by the Finance Committee was the drafting of a budget. In this case, the budget for the fiscal year 2001-2002 was passed despite a substantial deficit. The consensus of the WSC was that CA must increase its fundraising through Seventh Tradition and chip and literature sales in order to raise the money necessary to carry the message.

The Hospitals and Institutions Committee spent much of their time working on a proposed video that would help to carry the message of CA recovery into various treatment facilities and penal institutions. Anticipated expenses for producing this video raised their budget by \$12,000, which resulted in much discussion. Eventually both the concept of the video and the budget to produce it were approved by the WSC. Members of the H&I Committee also drafted articles for publication in the NewsGram.

The relatively new Internet Committee spent much of their time crafting proposed amendments to their Guidelines to address standards and compliance of sites which are linked to the CAWSO site, ca.org. Policies proposed by the Committee were approved by the WSC to address the handling of non-compliance issues and procedures established for de-linking sites on both an emergency basis and under less urgent circumstances.

The Literature, Chip and Format Committee continued to work on the Second Edition of the Hope, Faith and Courage storybook. They also brought successful motions which in various ways amended the formats and readings included in Starter Kits. Four new pamphlets are now ready to be distributed to the Fellowship in draft form for their feedback. Also in the works are pamphlets on the Twelve Concepts of World Service and the issue of Self-Acceptance.

The Public Information Committee drafted a new form letter for distribution to the media, which was approved

for inclusion in the PI Workbook. They also shared with the WSC the results of the most recent membership survey.

The Structure and Bylaws Committee was very busy this year. They considered 55 referrals from members, and brought 26 motions to the Conference floor. As a result, many ambiguities in our World Service Manual were clarified and the Manual as a whole will be more organized and user-friendly.

The Unity Committee amended its statement of purpose and guidelines to specifically address the issues of international outreach and religious bias. The Committee also officially added responsibility for the Unity Lunch held at each Conference to their duties in their guidelines. This year's Unity Lunch was a success, and Committee members also submitted six articles for the NewsGram's Unity Corner.

If you have any questions or comments about anything related to the World Service Conference, please feel free to contact the WSO, your World Service Delegates, or any of the Trustees. As anyone who has attended a Conference will tell you, the WSC is an amazing opportunity to watch our Higher Power work through our group conscience.

Golf in New York? Calling all Duffers...

Looking For A Challenge?

Van Cortlandt Park will provide you with all you can handle. Are you ready for this: a 610-yard par 5 with an undulating fairway? My friends, this is what you'll be facing, which happens to be hole #2. By the way there's no driving range. It's imperative that you bring your best game otherwise all can be lost after the second hole. This is not a trick and to my knowledge the course wasn't designed by an active addict to deliberately cause insane suffering. It just happens to be our nation's oldest public course waiting for so-called skilled duffers to grace its fairways from tee to green. This tournament and much more will be waiting for you in May 2001. So I ask again, are you looking for a challenge? Register Early.

See You Soon

Kevin S.
Vice Chair 2001 Convention - NYC

Trustee Corner

By Meredith G.

Well here it is February already and I have been the chair of the WSBT for six months (and a mom for seven months).

I'd like to welcome our new Trustees to the Board this year. They are Pacific North Regional Trustee Heidi J. from Northern California, Pacific South Regional Trustee David C. from Southern California, Trustee At Large Jahi B. from Kansas City, MO and, to complete the last year of Walter Johnson's term as Southwest Regional Trustee, Terri K. from Marietta, GA. As you may know, a work-related transfer resulted in Walter's moving out of the Region he represented, so he reluctantly resigned his Trustee position.

The Board of Trustees meets four times a year, three in Los Angeles, (once immediately preceding the conference) and once preceding the World Service Convention, in whichever city it is held. We met for our first quarterly meeting with our newly constituted board in December.

Some of the items on our December agenda were special interest meetings and groups at the CAWS conventions, use of the Big Book on our literature tables, and online representation.

Also, at this last quarterly meeting the WSBT addressed the issue of functionally filling the vacancy left by the failure of the Trustee Election Committee to elect anyone to the position of World Service Office Trustee at the 2000 World Service Conference. This situation is addressed in more depth in another article in this NewsGram.

Another topic that was discussed was the beginning of the fellowship in Guatemala. We hope to have some of our fellow addicts from Central America in attendance at the World Service Convention in New York this May.

Well, I hope we see all of you in New York in May.



One Addict's Experience in the Big Apple

By Mark R., New York, NY

I still remember vividly the first time I journeyed from my home in New Jersey into New York City, alone. Alone meant that I was not with my mother and in fact I had lied to her concerning what I had planned for my whereabouts that Saturday afternoon. My venture took me to the great and historic Yankee Stadium to pay tribute to my first sports hero, Mickey Mantle, on the final day of his playing career. Accompanying me was my friend Scott Gardner, two years my senior and the toughest guy I knew. Scott and I reached the stadium and were able to procure two bleacher seats for the event. The cost of the tickets: the now insane price of one dollar fifty cents, each. I got ready for the game: I inhaled a few hot dogs, downed a few sodas, and still with the major portion of the twenty dollar bill that I left home with, bought a long, green plastic horn which became the lone musical instrument I have ever played. At some point the game was halted and I remember Mickey standing on the back seat of an open convertible being driven around the warning track of the field. As the car passed near I thought for an instant I had made eye contact with him. And at that moment I blew into the horn, my green plastic horn, one time: as loud as I could for as long as I could, my tribute to the Mick. It was the perfect day in a world-altering year. That year was 1969 and I was ten years old. Little did I know that this day would set in motion a fascination with the city of New York that has never been quenched. Good times, bad times, whatever: I fell hard. I should finish out the story of my perfect day; the game ended and we left Yankee Stadium to go home. Three hours later Scott and I were standing on a subway platform somewhere in the borough of Queens, lost, him beating me about the head with my green plastic horn, both of us crying. My mother, who I had lied to and stolen from, had to drive over from Jersey and bail us out. A scenario which unfortunately I would revisit again and again.

That is the day as I remember it and now, thirty years, several addictions and countless adventures later I find I have been a resident of New York for over eight years. I've gotten sober, relapsed, and gotten sober again. The city, along with my process, is ever changing and unpredictable. But whatever

turn things take the fascination for both remains. For those of you planning your first visit to New York for the CAWS Convention this May, or those who haven't been here for a while, welcome. What I would like to do is give you a tiny idea of what it is like to be a recovering person in New York, a heads up on what to expect, and what can be seen and done with a few hours and just a little direction. A brief warning: you won't read much in this article about Times Square or the Empire State Building, Madison Square Garden or Carnegie Hall, Broadway's Theatres or Wall Street's Markets, Macy's or Saks Fifth Avenue, Rockefeller Center or the United Nations, The Plaza Hotel or Trump Tower. If you wish to visit these attractions during your visit fine: all are very accessible, a thousand people will show you the easiest way to get there, and I'm sure you will enjoy them. What I will do however is suggest other attractions, equally beautiful and breathtaking, that you will not see from a tour bus and maybe, just maybe you otherwise won't hear about except from an authentic New York addict himself.

First things first: the five boroughs of Manhattan, Queens, Brooklyn, Staten Island and The Bronx comprise the City of New York. The New York Hilton sits smack in the middle of the Island of Manhattan, and the thing you need to know about Manhattan is that a vehicle is not needed. In fact, our Mayor does everything in his power to make sure that you don't drive in Manhattan. What you will need however, is the following: a subway map, a bus map and a weekly Metro card (\$17 gets you unlimited, 24 hour access to all subways and buses; there are also daily passes for \$4). That's it. Numbered Streets run from West to east, numbered Avenues run from North to South. Fifth Avenue divides the city into East/west. It gets more difficult when you're dealing with non-numbered streets and avenues (I still get lost sometimes) but hey, what addict's not up for an adventure? So for example, the hotel is located on 6th Avenue and west 53rd street. Very simple. (Note: if someone happens to refer to 6th as 'Avenue of the Americas', not to worry, just smile knowingly and say 'Oh, right'.)

Ninety sculptures in ninety minutes: one of the most beautiful and the closest attraction is the world famous Central Park. (To get

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Springtime in NYC

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portation will be provided. I guess for the Mets fans on our Committee I should mention that they will be in town, but who really wants to go to a Met game anyway (unless of course they are playing the Yankees).

There is so much to see and do in New York that no matter how hard you try, you'll just be able to scratch the surface – but you'll have a great time doing it! Bring your walking shoes and comfortable clothes and try not to get so wrapped up in the City that you forget about the Convention! Of course our traditions don't allow me to endorse any specific web sites, but for those of you with Internet access, there are more places in cyberspace to find out about New York than you can imagine. A good place to start is the New York Convention and Visitor's Bureau. Most libraries and bookstores also have an ample selection of New York guidebooks. And, please check out my friend and fellow Committee member's story in this issue that provides a very personal view of the City.

I can tell you that we are very excited here about having all you come visit us. I personally think the turnout is going to exceed everyone's expectations! One reason is our newest addition, our own web site, designed specifically for this Convention. Not only does it provide some very useful information for you when traveling here, it also has a Bulletin Board where you can look for other people who need roommates, people who may have ideas on inexpensive transportation or want to share transportation, and a place where you can just "shout out" to people you know from all over the Fellowship. The best part is that we have come up with a way for you to actually register for the Convention on-line. It is completely secure, and we are already getting registrations from literally around the world! By the way, the site address is www.grace2001.org.

I would be lying (and fortunately I don't do that anymore) if I said I wasn't a little biased because of how much this Convention means to me, but I just know that if you come you will have the time of your life (SOBER!). If you have any questions at all, there are two ways to contact us. If you have access to a computer visit our web site where you will find e-mail links to all committee members, or, you can find all Committee members' telephone numbers on the registration form. We are committed to help you any way we possibly can. It is our goal that you have one of the most positive experiences ever in sobriety! I sincerely look forward to seeing you here in May.



The WSO Trustee Issue: Our World Service Concepts at Work

By Steve E., WSOB Chair
and Meredith G., WSBT Chair

Although both of us have served on our respective boards for several years now, we both just became chairs of these boards after the 2000 World Service Conference. No sooner had we assumed these new positions than both of us became embroiled in a controversial matter that required us and the other members of both boards to closely examine our Traditions and Concepts of World Service, as well as any personal motivations, in an effort to resolve a tricky issue in the best interests of the fellowship. Although we still disagree on several matters, we decided that it would be in the interest of unity to jointly write an article briefly explaining what has happened. We also hope that it will stimulate discussion in the Fellowship about the Tradition- and Concept-related questions involved.

One of the Trustee positions that was to be filled at the 2000 World Service Conference was the World Service Office Trustee. Our World Service Manual states that the only candidates eligible to submit resumes for this position are those already serving on the World Service Office Board. Only one Board member submitted a resume, and that candidate was not elected to the position. When the Trustees announced that the position would remain vacant until the next Conference, they also stated that there was a Trustee at Large who lives in Los Angeles and could fulfill the duties of the WSO Trustee in the interim.

At the first WSO Board meeting that he chaired, Steve was surprised that the TAL arrived expecting to vote as a Board member. The TAL explained that the WSBT intended him to serve as a voting member of the WSO Board. Since there was no provision in the Service Manual that would allow for this, Steve ruled that the TAL was not a duly elected board member. He subsequently forwarded to the Trustees the resumes of members he considered good candidates for the Office Board. After the next Trustee conference call, Meredith informed Steve that the WSBT had elected one of the candidates he'd recommended, and had elected the TAL to fill the other position. Meredith also explained that some members of the WSBT were basing their decision, at least in part, on a clause in a set of

Trustee Election Committee guidelines which state that in the case of a vacant Trustee position the remaining Trustees will assume the responsibilities of that office.

After consulting Bill W's writings on the Concepts of World Service, Steve officially informed Meredith that he wished to invoke his Right of Appeal on this issue, granted in the Fifth Concept. Steve wrote a lengthy letter to the Trustees in which he made several arguments against the TAL serving on the WSO Board. First, he suggested that the TEC guidelines (which have never been seen or approved by the World Service Conference) should not overrule our World Service Manual, which is the result of group conscience. He also provided documentation establishing that the WSO Trustee position was created in order to give the WSOB a voice and a vote at the WSBT (pursuant to the Fourth Concept). Steve explained that it was already unfair that the Office Board would be denied a voice at the WSBT for a year, but to send another Trustee to sit on the Office Board would com-

pound the inequity. He also thought (and Meredith agreed) that the only means by which the Trustees could legitimately elect the TAL to the WSOB was to invoke their "ultimate authority" granted by the Tenth Concept. Steve suggested that even if this situation did warrant the use of such ultimate authority, there were better solutions than to make the TAL a member of the Office Board. Steve made these and other points at the Trustees' December Quarterly Meeting, when his appeal was officially heard.

The WSBT reviewed and discussed Steve's letter at length. While many different opinions were expressed at different points during the course of their deliberations, the Trustees finally voted to exercise their ultimate authority pursuant to the Tenth Concept and elect our current Trustee-at-Large I, Leon M., to a position as a Director of Cocaine Anonymous World Service Office, Inc. in order to perform the duties of the vacant position of World Service Office Trustee until the 2001 Conference. In a further attempt to potentially furnish the TEC with additional qualified candidates for the WSO Trustee position in the future, the WSBT invoked their Tenth Concept ultimate authority again, and added one Director to the max-
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UNITY CORNER

Together We Care

By Matthew R., Tijeras, NM

I was still in treatment when I rode the elevator down for my first Cocaine Anonymous meeting. This meeting was held in the cafeteria of the treatment facility on a week-night. It was an open meeting that encouraged patients to attend, but not everyone did. I suppose the details will remain somewhat foggy to me, but the feelings are clear. I had seen the Twelve Steps and Traditions before I went down to the meeting, as they were displayed on a wall upstairs. But the reading that affected me the most was "Who is a Cocaine Addict?". It was so revealing, I had to laugh.

I'm grateful that I was asked to introduce myself that night, and for the next thirty days; I really needed to. What a weird but warm feeling it was to sit around that meeting table. I know now that what I was feeling was compassion, understanding and love. These were somewhat new or newly exposed feelings for me. The group gave me these feelings, and my "Higher Power" gave me "The Group." It was such a blessing and such an energizing experience to

become a member of Cocaine Anonymous. Who would have figured? I didn't know it, but all I ever wanted to be was just "one of the guys." Not better than, not less than, but just "one of the guys." Cocaine Anonymous made this possible for me.

The diverse culture, backgrounds and various attitudes of the members, I believe, is what made me feel so comfortable. I began to feel compassion for, connected to, and responsible for my fellow addicts almost immediately. I was about twenty days clean when Chuck D. Went back out. He had almost thirty days, and back then, thirty days seemed just about impossible! I was so upset and scared that I screamed and yelled at him for about five minutes during the meeting. Chuck D. remains a close friend of mine today and he enjoys more than ten years clean and sober.

I understand now that the reason I was so upset was that I really care. I care about Chuck, I care about the fellowship, and I had begun to care about myself. I need to always remain grateful and available to a fellowship of men and women who have helped me become a man: a man who rejoices in the responsibility, in loving, in giving, and in feeling grateful for the opportunity to be just one of the guys who really cares.



Addict's Experience...

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there: out the front door, make left, walk 6 blocks, boom!). The fact about the park that still amazes me: the whole thing was planned and built. Two of the world's most renowned museums, The Museum of Natural History on the west side (81st), and the Metropolitan Museum of Art on the east side (79th) are for all intents and purposes, in the park. There is a zoo, a carousel, a lake that you can sail (well, row) in, a world famous restaurant (Tavern on the Green), Strawberry Fields, two stadiums and one of the most serene places in the city (Sheep Meadow). All of these places are indeed walkable, but one also has the opportunity to experience this most incredible place in one truly, uniquely New York way: the back seat of a horse drawn carriage.

H.A.L.T. (Hungry Adventurous but Lacking Time): New York is ultimately a city of neighborhoods. Two of the oldest and most well known are Chinatown and Little Italy. For your culinary benefit, the convention committee has arranged for the two to be situated side-by-side (what addict doesn't like all their ducks in a row). Hotel food is nice but at some point the taste buds will be on the verge of mutiny so...out of the hotel and into taste bud heaven. Jump the F train, three blocks south on 6th Avenue (across from The Radio City Music Hall) downtown to the Broadway/Lafayette stop, then walk three blocks east to Mulberry Street. Little Italy extends from that point south to Canal Street, at which point Chinatown takes over (Mott Street is the center of Chinatown). Eat, shop (no better prices than Canal Street) be merry and, as you wind your way around Chinatown locate by any means possible the Brooklyn Bridge and get ready for one of the greatest New York experiences I can recommend. Now anyone can get in yet another tin box, jet to the observation decks of New York's highest skyscrapers (no names) and look out over the city far below but it cannot approach, in this addict's humble opinion, the personal adventure and sheer magnificence of ascending the walkway to the middle of the Brooklyn Bridge and marveling upon New York Harbor, including the Statue of Liberty, and lower Manhattan. Sunsets over the pollution are provided at no extra charge. Cross over to the Brooklyn side and more incredible views can be had on the Promenade of another of New York's brilliant neighborhoods, Brooklyn Heights.

People places and things: as you check out the city, you'll notice that there will be sailors everywhere. No, this is not promo-

tion for the movie Pearl Harbor. These are real sailors. Memorial weekend traditionally marks fleet week in New York City and there'll be dozens of Navy vessels docked in the harbor. Some of the most magnificent are moored in the Hudson River on the west 50's. Just exit the hotel, walk west and keep walking (15 minutes); stop before you smack into the John F. Kennedy aircraft carrier. 475 Riverside Drive, at 119th Street, is the current address of the General Service Office of Alcoholics Anonymous. This is where it all began folks. Millions of pieces of AA literature are mailed from this location yearly, which makes it still the primary source of recovery to thousands of people worldwide. Check it out. One of the things I most like to do when I visit other places is to just start walking. Anywhere. I would like to suggest two walks (2 to 4 hours each) that will give you a feel of what New York is about. Walk Number 1: south on Broadway starting at 34th, down to City Hall. Along the way you will see some of the most beautiful architecture New York has to offer including that post card favorite, the Flatiron Building (23rd). Continue south and you'll pass through Union Square (14th), St. Mark's Place, the Cooper Union and the East Village (east 8th), NYU, Washington Square Park and the West Village (west 4th) and finally the City Hall/Wall Street area. When finished, many trains or buses will bring you back uptown. Walk Number 2: take A train downtown to 23rd, walk west to the Hudson River and from that point south along the river walkways to Battery Park. All of lower Manhattan comes into view as you continue down, and you'll enjoy sites such as the Chelsea Piers (23rd), a mammoth sports and recreation center, Christopher Street, the Battery Park City esplanade, and winding up at Battery Park you can board a ferry to visit the Statue of Liberty and Ellis Island.

Note: the following recommendations are simply one addict's opinion. No endorsement or affiliation with Cocaine Anonymous is express or implied.

Were entirely ready to have: the best dessert – Serendipity III (60th bet 3rd & 2nd); the best NY deli – Katz' (F train downtown to 2nd Ave; walk 2 blocks east); the best steak (walkable) – Smith & Wollenskys' (3rd & 49th); the best steak (train) – Peter Lugar's (Brooklyn—F train downtown to Delancey/J, M, Z one stop to Marcy Street); the best bagel – Ess-a-bagel (51st & 3rd); the best skyscraper – Chrysler Building (Lexington & 42nd); the best 50 cent ferry ride where you can view the Statue and all of lower Man-

hattan and New York Harbor – Staten Island Ferry (1/9 train downtown to South Ferry).

There's obviously much to say about New York; I've only scratched the barest surface. It's overwhelming and scary. It's fun and it's work. It's unpredictable and indescribable. It's beautiful and it's a work in progress. Sounds a lot like something else, right? My hope is that each of you visiting New York City for the CA World Service Convention this May will feel some of the same fascination I continue to feel and leave a little richer for the experience. God bless.

H&I CORNER

The Joy of Service

By Max G., Santa Cruz, CA

Being a product of H&I, I deeply wish to thank any member of CA who has ever done any H&I service work. H&I planted the seed of hope in me which caused me to seek out the rooms of recovery. Having recovered from a seemingly hopeless state of mind and body, thanks to the Twelve Steps, the seed of hope which H&I planted has taken root, grown and flourished in my life.

Because of my gratitude to H&I, I became active in H&I work as soon as I could. Carrying the message of recovery into detox units and 28-day treatment centers is one of the biggest joys in my life and perhaps the greatest gift I've received through being of service to CA.

My Area recently created an H&I Committee, which I was honored to be elected the liaison for. Since then, I am happy to report that the number of H&I meetings in our area has tripled. Recently I again was touched and honored to have been elected the chairman of this H&I Committee. Our goal is to keep growing in effectiveness and understanding, keep learning from other more established areas and to continue reaching out the hand of CA to the still-suffering addict.

We have had the extreme joy of meeting addicts in detox units and upon their release, watched them join this fellowship, get CA sponsors, work all Twelve Steps and become sponsors themselves. At the CA World Service Convention in Scottsdale Arizona last year, while watching them weep with joy, through my own tears of gratitude I was again indescribably moved by the high I've gotten from H&I. Thank you for letting me be of service.



7th Tradition Donations

October through December 2000

Alabama	Second Freedom Group of CA	\$74.62	Iowa	CA District 1	\$100.00
Arizona	Cocaine Anonymous of Arizona, Inc.	\$92.64	Kansas	R.I.P.C.A.	\$28.96
	Sun Valley Intergroup	\$300.00	Missouri	CA All Men Meeting	\$15.93
	Cocanuts	\$46.00	Nebraska	CA of Nebraska	\$279.44
Arkansas	Arkansas Area CA	\$100.00	New Mexico	Albuquerque Chapter of CA	\$150.00
California	Marin District Service Committee	\$60.00		We Are Not Saints	\$40.00
	CALA/Long Beach/Compton	\$350.82		New Mexico Area of CA	\$1,000.00
	Anonymous	\$21.00	New York	New life at the Oaks	\$50.00
	CA of Santa Cruz	\$300.00		Step Forward	\$50.00
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	Tired of Being Dogged Out	\$75.00		Woodshed Group	\$85.00
	Anonymous	\$150.00	Ohio	Anonymous	\$6.00
	Anonymous	\$200.00		Hot Spot CA	\$575.00
	South Central District	\$1,240.00	Oklahoma	SW Region of CA	\$125.00
	The Newcomers	\$5.00	Pennsylvania	North West CA	\$10.00
	Back On The Block Too	\$12.50		CA PA / NJ / DE, INC.	\$50.00
	It's OK To Change	\$20.00	Texas	South Central District	\$525.00
	Fellowship Of The Spirit	\$10.00		Texas Area Service Committee	\$100.00
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	U Will Know	\$50.00	Utah	Speed Bumps	\$28.35
	Right Way Group #3	\$60.72		Cocaine Anonymous of Utah	\$400.00
	Last House on the Block	\$10.00	Washington	CA Blade Runners	\$42.00
	Coo-Coo After One Puff	\$50.00		P.S.A.C.A. District 3	\$200.00
	Growth In Sobriety	\$20.00	Wisconsin	Anonymous	\$30.00
	Northern California Service Committee	\$1,000.00		Lawrence Center Wednesday CA	\$35.27
	Central California CA	\$706.00		Meeting of the Century	\$12.90
	CA Long Beach/Compton	\$215.39		The Razer's Edge	\$22.80
	Thurs Gentlemens' Solana Bch.	\$21.00		End of the Line	\$5.79
	There's Hope With Dope	\$15.00		Anonymous	\$10.00
	CALA	\$200.00			
	Cigar Aficionado	\$30.00			
	CA Inland Empire	\$125.00			
	Friday Night Del Mar	\$80.00			
	Just Be Willing	\$44.00			
Illinois	Northwest Suburban District	\$575.90			
	Chicago CA	\$300.00			
	South&West District	\$264.00			

Trustee Issue

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imum number permitted to serve on the WSOB (from 9 to 10) until the 2001 Conference can consider the matter. Accordingly, the Trustees also elected another new Director from the resumes Steve had previously submitted. The Trustees explained that after carefully and painstakingly considering the impact of their decision, they felt it was for the best of the fellowship, and also felt it was necessary to not back away from what they believed they had indicated was their intention at the Conference.

Although Steve still believes that there were better solutions available and that this was not an appropriate use of the Trustees' ultimate authority, the WSO Board subsequently ratified unanimously the WSBT's election of the TAL as an Office Board member. With two additional new members, the WSO briefly had a full Board of ten members. Unfortunately, the Vice Chair has since resigned. The Trustees expect to elect someone to fill that position soon.

One of the important lessons learned is that even though our World Service Manual did not explicitly address this situation, the Concepts of World Service gave us guidelines that helped us reach a resolution. Of course, reasonable minds still differ about how these Concepts should be applied, and we both expect many of these issues to be raised at the next World Service Conference. In the meantime, if you have any questions or want to discuss these issues further, talk to your Regional Trustee or your World Service Delegate. You can also contact Steve (via the WSO) or Meredith (via the Trustees' PO Box) at the addresses found in this NewsGram.

Get Published!

The Literature Chips and Format Committee is now accepting stories for the Second Edition of **Hope, Faith and Courage**. Publication is tentatively scheduled for 2003. Please limit your submission to five typewritten pages and include your name, address and phone number. Note: all identifying references will be deleted before being forwarded to the committee, who must review these stories as *anonymous* submissions. Any contact with committee members that identifies the author of a story will seriously reduce that story's chance of being published. Send your story to:
CAWSO • Attn: Storybook Committee • 3740 Overland Ave. #C • Los Angeles, CA 90034-6337

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