

The Seventh Tradition

By Teri K.,
Atlantic South Regional Trustee

"Every CA group ought to be fully self-supporting, declining outside contributions."

Now what is this all about, this Seventh Tradition? For this addict, it tells me that I have a responsibility to help Cocaine Anonymous as a whole, so that we as a fellowship can carry the message to the addict who still suffers. This obligation to the fellowship and to the suffering addict means that each time that Seventh Tradition basket is passed I contribute. Sometimes I don't have a dollar (especially early in my sobriety) but when I don't put anything in basket, not even fifteen cents, I'm not giving back and I'm increasing my chances that I won't be able to keep what I have. For me, today that just is not an acceptable option.

And if my life has improved to the point that I can afford more than a dollar, I give it gladly. This helps to pay for those newcomers who can't afford to contribute. A dollar was the usual contribution at AA meetings 50 years ago, when a dollar went a lot further than it does today. Heck, at a lot of meetings many of us drink more coffee and eat more cookies, donuts, etc. than we could purchase for a dollar. I need to remember that my donation needs to cover these expenses too.

What happens after that donation goes into this Seventh Tradition basket? As a home group member, I know that it is my responsibility to participate in the group conscience that decides how the Seventh Tradition is disbursed. After the group expenses are paid, does my home group participate in the suggested 70-30 split (or some other agreed upon percentage)? Is that percentage of the Seventh Tradition money that is collected passed on to carry the message at the District level, Area level and to the World Service Office? If you don't know, you should ask your group Treasurer.

Why is this so important? Well let's look at the many ways that CA carries the message. The most general way is with group

meetings. In most Areas, these are usually a mixture of H&I meetings and our home groups. Cocaine Anonymous also carries the message through public service announcements and our local Area hotlines. Because there are meetings to attend, a hotline number to call and outreach taking place in hospitals and institutions, the message continues to be carried to the addict who still suffers.

While it is easy to see what goes on at the local level, what does World Service do with the contributions it gets? Why is it important that each group, District and Area set aside some of its contributions for World Service?

Each week, the World Service Office quietly carries the message to the addicts who suffer in places where CA hasn't yet reached by sending out approximately 5-10 starter kits and approximately 20 soft cover Hope, Faith and Courage books to prisons and institutions. The office also operates a web site that is seen around the world. Obviously, there are addicts looking for a solution and a message of hope. Many times they are in locations that individual meetings or Areas cannot serve.

What you may not know is that the World Service Office is struggling to carry the message because the Seventh Tradition support is not reaching the level of support that it has in the past. What would happen if when the call came to the World Service Office, there were no starter kits to send or no books to ship? If your home group's name isn't appearing in the NewsGram each quarter (see page 8), then there is a good chance that part of the Seventh Tradition contribution which starts with the basket in your home group meeting isn't making it to the World Service Office.

There is a place in CA where spirituality and money can mix! The next time the Seventh Tradition basket is passed, make a donation. Please give generously, according to your ability, and remember all the types of expenses we need to support through our own contributions. The next time your home group holds a business meeting, attend; and if your home group isn't passing on the Seventh Tradition all the way from District
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The Last House on the Block

By an addict from Watts, CA

September 13, 1993 is a day that I want to always remember. On that day more than seven years ago I stumbled into this fellowship not knowing a soul or a thing about recovery.

I had been badly mangled by drugs and alcohol. Cocaine and all of its relatives had beat the life out of me and I had no more fight left.

The morning of September 13, 1993 I was completely homeless, helpless, worthless and hopeless. I had come to believe that I would die this way and the reality of it all is that I really wanted to die — or maybe go back to prison for the remainder of my life. I was stuck in a space where I really did not care if I lived or died. I had lost the family, all of the material possessions I once cherished and worshiped.

I was living in abandoned houses, defecating in alleys and doing any and everything to survive (or should I say get another one). What was wrong with me? There was a time when I could smoke crack and drink like a gentleman. What happened?

This particular morning I was sitting on the curb where I had sat many mornings. I observed one of my friends on his way to work walking on the other side of the street. When he got directly across the street from me he stopped dead in his tracks and stared at me in disbelief for about two minutes. Without saying a word he shook his head from side to side and continued walking.

Something happened to me at that precise moment. I began to remember that I once had a life: a life of love, respect, honor and dignity. I remember that my mother was once proud to tell the world that I was her oldest son. My brother and sister were proud to have me as their humorous but serious big brother. I even had a woman who swore she loved me, not to mention that I had two children somewhere on this earth that I had not seen in
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A Note from the WSO

As this issue goes to press, the 2001 World Service Convention, 2001: A Grace Odyssey, is only weeks away. We're all getting ready to take a bite out of the Big Apple. It will be an opportunity to share our Hope, Faith and Courage on a grand scale. The Committee has been working diligently to make this upcoming Convention the best CA party ever. Hope to see you there.

As we prepare for this year's Convention, our primary fundraiser, the WSO would like to call your attention to our Seventh Tradition. That Tradition states in part that we should be fully self-supporting, declining outside contributions. The work of the World Service Office encompasses many aspects of the Fellowship of Cocaine Anonymous. Our task is to facilitate the processes of the Fellowship and fund, where appropriate, those activities. This issue of the NewsGram is full of stories of personal gratitude for recovery found in the rooms of Cocaine Anonymous. One important way of expressing this sort of gratitude is through your Seventh Tradition donations. We ask you to seriously consider this Tradition now more than ever, because your World Service Office is in a more perilous financial situation than has existed for many years. Six months into our fiscal year, the Office showed an operating deficit of \$43,150.00.

We have been working very hard to analyze both causes and effects of this situation. Our current Office Manager has had to expend significant capital in order to ensure that the office could adequately service the Fellowship. In order to fill and ship numerous backorders, re-staff the office and actually clean and paint the offices, money had to be spent. There was also a capital outlay to produce the audio edition of our Hope, Faith and Courage storybook. While making these expenses, we assumed the budget generated at the Conference was a useable tool to work within. Unfortunately, we have now found many errors in the budgets (which must be reworked), and are still analyzing these problems. Significantly, our actual chip and literature sales for the first nine months of this fiscal year are \$101,698.00 short of budget projections. To make matters worse, Seventh Tradition donations have declined as well, and at the nine-month point were \$7,057.00 below budget projections. The WSO Treasurer and the WSC Finance committee have committed to working together in order to correct problems and find some solutions. We have already taken some emergency measures, such as reducing the Trustees' travel budgets (with their gracious cooperation). Members of both boards have expressed willingness to be patient about receiving reimbursement for necessary expenses. In our office we have had to cut the hours of our staff. We may need to make even deeper cuts if we are unable to raise revenues further.

Do you wonder what your donations to the World Service Office enable us to do? We do not govern CA, as is sometimes thought, but act year-round to provide those services that are not easily provided by the local group, district or area. For instance the CA web page, www.ca.org, is maintained and updated periodically by the staff and volunteers of the office. This NewsGram is published four times a year to provide news and information to members. We send out an average of fifteen starter kits each month for individuals to start meetings. In addition we send, free of charge, a copy of Hope, Faith & Courage, to any institutionalized individual who requests it. We provide direct and indirect support for the CAWS Convention Committees, plus the annual business meeting of CAWS held over the Labor Day weekend. We do all of this, and fill 125-150 orders per month, with four full-time employees and the many volunteers that make this all happen. The Convention net proceeds usually cover the Conference costs, which run approximately \$20,000 every year.

What can you do? You can send \$5.00 to the WSO so that the inmate asking for a copy of our storybook does not have to be delayed. Send \$22.75 so that those new meetings asking for starter kits (yes, that's what it costs to send out each free starter kit) do not have to be denied. Ask at your group, district and area level, to examine the finances; if any of these bodies are maintaining a "prudent reserve" that contains more money than is likely to be needed, consider taking a group conscience to make a donation to the WSO.

As always, our financial outlook for the near future also depends greatly on the financial success of this year's Convention. We look forward to seeing you all in New York at the end of this month. If not, start planning now for next year in Portland. And rest assured that we, your trusted servants, are committed to working diligently to dig us out of this financial crisis. But we need your help.

In love and service,

Your World Service Office

CALENDAR OF EVENTS

New York City, New York

17th Annual CA World Service Convention
"2001, A GRACE ODYSSEY"
May 24th - 28th, 2001
The New York Hilton
(212) 261-5870
Contact Information: scottl@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
For more information contact:
Duane J. (225) 355-4255 or (225) 933-7392

Scottsdale, Arizona

Arizona Area Convention - "A Sobriety Odyssey"
July 6th - 8th, 2001
Radisson Resort and Spa
Hotel Reservations: (480) 991-3800 fax. (480) 948-3696
For more information contact:
Betsy B. / Chair (602) 604-0570

San Fernando Valley, California

The Buena Vista Trip 2001 - "Cuz Ya Gotta Ski"
July 11th - 15th, 2001
Buena Vista Aquatic Recreation Area
For more information contact:
Lupe / Chair (818) 676-1740

Edmonton, Alberta, Canada

"Alberta Area Convention"
July 13th - 15th, 2001
Coast Edmonton Plaza Hotel
Hotel Reservations: (800) 663-1144 or (780) 423-4811
or Fax (780) 423-3204
Chair: Percy O. (780) 435-9345
Hotel/Registration: Paulette F. (780) 406-0151

Albuquerque, New Mexico

New Mexico Area Convention 2001
Albuquerque August 3th - 5th, 2001 TBA
Don T. (505) 837-2662

Palm Springs, CA

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

Indianapolis, Indiana

Indiana Unity Convention - "A Vision For You"
August 24th - 26th, 2001
Econo Lodge
Reservations: (800) 403-0052
For more information: Rodney R. (317) 295-9854

Little Rock, Arkansas

12th Area Convention
September 14th - 16th, 2001
Best Western Motel Intown
Further information TBA

Midway, Utah

Utah Area Annual Convention - "Recovery in the Rockies XII"
October 4th - 7th, 2001
Homestead Resort
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

Bellingham, Washington

Washington State CA Convention - "The Road of Happy Destiny"
November 2nd - 4th, 2001
Enzian Inn
Reservations: (800) 223-8511
For more information: Greg B. (425) 338-1447

Los Angeles, California

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

Boise, Idaho

NOTE: Rose is looking for Pacific North Regional Convention T-Shirts to make a quilt for the Regional Convention 2002 to be held in Boise, Idaho. Please call: (208) 734-5807
Or send to: Rose Jones, 441 Madrona St., N. Twin Falls, ID 83301

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:

ATTN: The NewsGram
clo CAWSO
3740 Overland Avenue - Suite C
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(310) 559-2554 FAX



The Last House on the Block

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such a long time. Seemed like eternity.

I looked across the street at this big church and said if there is a (%\$#%) God then please help me. For the life of me I had to be at a bottom to muster up that prayer. Two “normies” had planted the seed of recovery in my head and I called them. They told me to go to a meeting and I did. I walked into a room of total strangers, smelling bad, weighing in at 169 pounds, and carrying a black duffel bag that contained my life.

I set my bag down and sat in the front row without being told to do so. I listened to the speaker who was neatly dressed and clean-shaven with a bright smile. I could not believe he was an addict until he shared his experience, strength and hope.

Listening to him I knew in my gut that he had once been where I was. What had he done differently to get his life back? At the end of the meeting people were holding hands and saying some type of prayer. I wasn't with that. I observed men hugging men and I definitely wasn't with that! I am a convict and whenever I saw another man get that close to another man you best believe he was taking a life. You can imagine just how long it took for me to get into the hugging part of the program.

It was different; these people rallied around me saying ‘keep coming back.’ Where I came from people were shooting at me telling I better not ever come back.

They told me about a recovery home and it was in this recovery home that I began to go to meetings on a regular basis.

I won a Big Book at the in-house raffle that night, then returned to my room. My roommate, who identified as a chronic relapser, spoke up and told me to read the Big Book because I could find myself in the pages of the book.

I quickly told him what I had learned from the meetings. This book is for drunk people; I am not an alcoholic. This book was written in the 30's; I wasn't even born then, and besides it was written by some white folks who probably couldn't even cook collard greens. I threw the book across the room and watched it land on the floor.

That night I could not go to sleep. I tossed and turned revisiting scenes of my life in my head. Feelings began to return, and I didn't like what I was feeling. People kept saying “You can't drink or use no matter what.”

Didn't they realize that I got loaded “no matter what”?

I made a decision in my gut, in my

innermost soul, that I was going to remain sober for one year — and if I didn't like the results I was going back to getting loaded. So much happened for me in that first year that I decided to stick around.

I got the best sponsor in the world by asking a question of a lady friend of mine. “What is a sponsor?” I asked. Like most newcomers I had the attitude that I wasn't going to tell anybody about me and wasn't going to let anybody tell me what to do. This lady told me that a sponsor is nothing but a friend who has found the solution to the problem you still have.

“What, getting loaded?” I asked. She said, “No baby, getting loaded is only a symptom of your problem. Your problem is you just don't know how to live.”

She began to ask me a series of questions. Who do you pay your mortgage to? How much is your rent? What utility bill has your name on it? When is the last time you spent some quality time with your children? When was the last time you bought your mother a gift? Every question she asked felt like she held a knife in my stomach turning it slowly. I said, “Maybe you're right. Can you help me find a sponsor who can tell me to sit down shut up and listen? If I don't get that kind then I will surely die.”

She led me by the hand to this man I never would have approached. She told me to ask him, but I couldn't find the words. She said, “Ask him,” and I just shook my head in disbelief. She finally stuck her fingernails in the palm of my hand and a shrieking voice came out of my mouth: “Excuse me sir, do you sponsor people?”

And it was this man, as well as the fellowship of CA and a Power Greater than myself, that have shown me a new way of living. I was introduced to the 12 Steps and soon tapped into a Power that has kept me

clean and sober for more than seven years.

My mother was elated to have her oldest son back in her life and so was my father. I have been restored to the rank of being the oldest brother, a friend, and an employee. I haven't been back to prison. Today I'm a single father and all of my children are in my life. I'm doing the best that I can and the beauty of this is that they all know it.

I watched my mother die after I tried to save her by performing CPR. I watched them zip my father up in a body bag. I attended my grandmother's funeral. I helped with the funeral arrangements of my uncle and two cousins who died in an automobile accident and through this all I didn't get loaded.

I know in my heart that when they needed me most I was there. I wasn't loaded or stuck in prison, and for that I am eternally grateful. Today I am a friend to many, and my employers tell me that it is a pleasure to have me working for them. I've been told by many that God has given me a gift, and that gift is what I continue to try and give away.

I may not be a saint (and have no desire to be one), yet I am a grateful active member of Cocaine Anonymous. Thanks to all of the old-timers who did their share to make sure these doors were open for me in 1993.

Having a sponsor, going through the 12 Steps, building a relationship with a Higher Power, going to meetings, keeping commitments, working with others, and prayer are a few of the ingredients that have kept me separated from cocaine, other drugs and alcohol.

If you are new, or one of the members who is going through something, don't miss the opportunity to make it to the other side. Don't miss the opportunity to see someone come in after you and see what God or a Higher Power does to that person's life.

Thanks to Cocaine Anonymous I now have a life beyond my wildest dreams. How else could I sit at a computer and communicate with the whole world from my home in Watts?

Moment of Clarity 2002

Cocaine Anonymous World Service Convention
Portland, Oregon
May 23rd - 27th, 2002

The purpose of the World Service Convention is to promote enthusiasm and unity within the fellowship of Cocaine Anonymous, and to work toward the continued growth of Cocaine Anonymous throughout the world through financially supporting World Services' effort to carry the message of recovery to the addict who still suffers.

Join us in the heart of the City of Roses, where the warmth of our fellowship will create:

Moment of Clarity 2002

Info: Lynn G.: (503) 281-1336



Giving it Away to Keep it

By an addict from Phoenix, AZ

Thirteen years ago today, I staggered into my 10th treatment center. I had just been indicted by a Federal Grand Jury for two felonies, was facing 10 years in the penitentiary, and was out hope, out of dope, out of money, out of work, out of friends, and out of time.

I struggled with this thing for longer than most people, mostly because I simply could not get my mind around the fact that I could be powerless over anything. I had a deep belief that if I could just muster all the willpower at my command, I could overcome anything. On April 21st, 1988 I was no longer so sure this was so. I was beginning to think that perhaps I was one of those “poor unfortunates” they read about at the start of the meetings, but it, like everything else, was not my fault - I seemed to have been born that way. I was getting good at confusing maudlin self-pity with true surrender. I had been practicing that for years. I had accumulated enough newcomer chips to tile my bathroom floor. My “service commitment” was to show up at meetings so everyone else there could see me and be filled with gratitude that they were not me (I let others take that service commitment these days).

The only thing different about this time was that I had finally realized I had no idea how to stay sober. Asking someone to be my sponsor took an amazing amount of courage. I was so arrogant that asking for help was to me only marginally worse than dying. But, I found a guy to sponsor me, finally. I started to explain to him what it was I needed and he stopped me. He told me he really wasn't interested in knowing what I thought I needed. He simply told me that if I were willing, he would share with me the program of recovery, which someone had earlier shared with him. The only thing he wanted in return was for me to share it with someone else.

At 90 days sober I got my first CA H&I (Hospitals and Institutions Committee) meeting and started carrying the message to other addicts in a local treatment center. Soon after that I began to sponsor people. I have never stopped doing H&I, or sponsoring people or working the Steps. Over the years I have seen so many of the people I got sober with get so well that they didn't need the meetings or the program anymore. They would always say something like “It's time for me to be getting along with life,” or “The program isn't my life, I worked it so I could have a life,” or something along those lines. Sometimes I would feel like maybe I had

missed something. Inevitably though, the day would come when they came back to the program to get a newcomer chip. I sponsor some of those people today. And I still go to CA meetings – like my life depended on it. Because I truly believe that it does.

I made a deal a long time ago that if I could just get this thing, I would give it to others. I have stuck to that deal now for 13 years - because it works. How important is my recovery if I am the only one who benefits from it? To me today, the value of my life rests in how valuable it is to those whose lives I have touched.

I've been married to my beautiful wife for eight years now (the only thing I find questionable about her is her taste in men), and have a 6-year-old son who has never seen his dad loaded. I own a home, have a job that I love, more friends than I have time to spend with them, and have a little money without the money having me. The one thing all this

stuff has in common was it did not come to me though any plan I had — it all just dropped into my lap as I kept going to meetings, working with others and trying to live this program in all my affairs.

Of all the things that have come my way, the most important is the thing I can't really describe. I can perhaps enclose it with words, but it won't do it justice. It's a kind of inner peace that I could never have imagined. Where before I walked around with a constant feeling that something terrible was about to happen, today I walk around with a constant feeling that everything is going to be OK. I wish I was the kind of writer who could condense all these gifts which have come my way into a paragraph or two, but it would truly take me 13 years to tell you the whole story.

I wish everyone could find the treasure of their lives the way I have found mine, but it is certainly available to all, one day at a time.

Weird and Wonderful

By an addict from Vancouver, WA

The computer guy came out to fix my computer in my office yesterday. When he arrived, he immediately saw my monitor with a “do it sober” sticker on it, the shelf above filled with recovery books, meditation books to the side, crystal CA logo ornament hanging on the other side, literature (“Crack”) and meeting schedules strewn all over my work table.

The computer guy says, “So, are you clean and sober?” Yeah. “Me too. Almost 5 years.” Me, almost 6 years. He puts down his tools and turns around to look at me and says, “Here I am, fixing computers. Here you are running your own business. It's weird, don't you think?”

His question made me think. This last month has been one filled with repetitive nightmares and drug dreams. Not the typical “using dreams”, so much as the ones recalling what happened for me when I was using: nightmares. It's that time of year — memories of all those last, bitter dregs of my using. Saying goodbye to my little girls at the treatment center, their sobs echoing in my memory. Staying loaded until that psychosis kicked in so bad that after 6 years I still can't separate memories of what's real and what's not. Cops, rats in the walls, gunfire, and my partner's death. My dad tracking me down in a cheap hotel to tell me that I can't come home anymore (I can still see his face, white and drawn). A suicide attempt.

After some moments of clarity, or fear, leaving the state. Psychosis taking over, the drugs running out, another hard detox and yet another treatment center. The first night screaming at my roommate until she leaves for good. Being so sick, still detoxing from cocaine, Valium and alcohol. Full of rage and fear.

Yeah, it's weird. My life today is such a very long ways away from what it was like out there for me when I was using.

This last month I've also had the opportunity to do some H&I gigs, tell my story, work with some new sponsees, and do some step work. I go to all my regular CA meetings, four or five every week. I fulfill my service positions. In short, I work the program to the best of my ability. It keeps those nightmares from kicking my ass and taking over. Puts my life into perspective. Makes me grateful. Reminds me that my Higher Power is there for me, to guide my feet on the path.

Yeah, it's weird. And wonderful. And an utter miracle.



Trustee Corner

Hello again from the world of the Trustees:

The Board of Trustees most recent quarterly meeting was in March. As usual, the weekend entailed many long and grueling hours. We accomplished quite a lot of work and were finally able to complete the referrals we received at Conference 2000. Our responses to these referrals will be presented in a report at the upcoming Conference.

Also, during the weekend we took a few hours out of our meeting schedule to visit our World Service Office. This was a great opportunity for the Trustees who had never seen the office before. It gave them a chance to see first hand how the office operates.

During this visit our Office Manager, Patty Flanagan, presented an incredibly comprehensive report that gave the Board of Trustees a true financial picture of our current financial situation. What became exceedingly clear is that World Service is having a cash flow problem. The reasons for this are many, including a decline in Seventh Tradition donations. As a result, the Trustees have voluntarily cut their own budgets by 30 percent for the rest of this fiscal year. Unfortunately, this means that Trustees may not be able to travel to all the areas they are charged with servicing. We hope to increase revenues enough to return to our expected travel schedules, but this will require a concerted effort by the fellowship as a whole.

Notwithstanding our financial problems, other duties the Trustees perform throughout the year include continuing to work with the various Conference Committees they each sit on. Each Trustee stays in contact with his or her Committee and reports back at each of our quarterly meetings. The Regional Trustees also stay in touch with the various Regions, Areas, and Districts in order to be of maximum service, and help CA continue to grow and carry the message of recovery.

As the World Service Convention quickly approaches, I am looking forward to another opportunity to be of service in any capacity I can, and to seeing as many of my fellow members as I can. See you in New York!.

In love and service always,
Meredith G.



ART WORK

Celebrate Around The World 2002

We need Artwork reflecting the theme:

“MOMENT OF CLARITY 2002”

Send Shirt Shop Bids & Artwork no later than Aug. 15th, 2001.

c/o CAWSO, 3740 Overland Avenue - Suite C, Los Angeles, CA 90034

Get Published! - June Deadline

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

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, 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 _____

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One Day at a Time

By an addict from Vancouver, BC

Every day sober is another day I can thank my Creator for. I don't know if I would be dead or alive today if I was still using — but I do know that if I were still using I would be one miserable woman.

Sometimes I get a thing my sponsor calls CPL (Chronic Perspective Loss). I will, from time to time, forget just how good I have it today. Well that is exactly where I was for the last 48 hours: deep in CPL. So my sponsor asked me how July 22, 1996 was compared to today.

Let me tell you about July 22nd 1996. I was at the end of a run. I had used up all my money and resources. I had been in a dealer's house for the last 3 days. The house was a fortress surrounded by gates, cameras, and dogs. Inside the house was a separate area with steel doors and walls. And I was locked in the bathroom. I was using like I wanted to die — slamming hits that should have killed me. I remember going down and out several times, and was amazed when I would come to. All I wanted was to do more. As if by a miracle, a friend of mine found out I was there and came and got me. I would not leave until I had copped a couple more “for the road.”

Driving to my house, I became aware that I was covered in blood. My hair was stuck to my head with my own sweat and I had lost my shoes. When I got home, I went directly into my bathroom to finish what I brought home. Then my 13-year-old daughter came home from school and started banging on the

bathroom door. I did not know that it was her, or even where I was. I know today that she was outside that door, begging me to come out, begging me to give her the dope, and begging me to not die.

Finally I opened the door, and my daughter had to undress me, bathe me, and put me to bed. I was crippled with guilt, fear and remorse as I lay in my bed. When all got quiet. I slid out of bed and got on my knees, sobbing. I prayed for the first time with all my heart, and I asked this God (whom I did not believe in) to show me a way to live and to help me to stop using — and gave Him 24 hours to do that.

I went to a noon meeting the next day. There was this old man sharing. He was talking about relapse and explaining that he never knew anyone who had relapsed who could *honestly* say they had done two things that day: One was to ask their God to help them stay sober for the day, and two, was to give thanks for that sobriety at the end of the day. Well that seemed simple enough for me. And as a result of taking that simple suggestion all sorts of amazing things happened to me. I had been set on a new course and each suggestion worked so well I kept taking more suggestions. Like work the steps, get into service, pray, go to a meeting a day. All of which I still do today.

I will never know if it was a coincidence, or the result of my prayer from the previous night, that I got to that meeting and was listening when someone shared what I needed to hear, and that I acted on the suggestion. But I do know that a series of

events followed each time I took a new suggestion and followed through with action, that are far too numerous to be called coincidences.

I still have problems and struggles. Every day brings me new challenges and rewards. I continue to go to meetings, do service work, pray, work the steps and peel the onion a little more. Though I sometimes get a little sideways and think my life is not as good as I want it to be, it is far and away better than my last day using on July 22, 1996. So today is a good day — because I am sober and living life to the best of my ability, as my God would have me live, and not loaded and living my death as Cocaine would have me die.

Every day I wake up sober, is like getting a free ball in the pin ball machine. Click. Thank you GOD.

7th Tradition

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level to Area level to the World Service Office, you should ask why not? Vote your conscience to help the suffering addict at all levels of service. If each of us does our part, we will all be to help carry the message and ensure ourselves another day of sobriety. For if I'm not responsible, a suffering addict might die because there was no meeting to attend, no hotline number to call or no story book available, written by addicts who share a common problem and who have found a common solution.

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January through February 2001

Alabama	First Freedom Group of CA	\$184.00	Indiana	Fort Wayne CA	\$175.06
Arizona	"Cocaine Anonymous of Arizona, Inc."	\$200.03	Iowa	CA District 1	\$100.00
	Sun Valley Intergroup	\$300.00	Kansas	R.I.P.C.A.	\$14.26
	Cocanuts	\$51.00		Rock Star CA	\$50.00
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California	San Gabriel Pomona Valley CA	\$515.15	Massachusetts	Freedom to Choose	\$20.00
	Marin District Service Committee	\$51.00	Michigan	Courage To Change Group	\$10.00
	C.A.L.A./Long Beach/Compton	\$143.32	Nebraska	CA of Nebraska	\$156.10
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	Just Caws	\$100.00	New York	New life at the Oaks	\$100.00
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	Friday Night Redeemers CA	\$59.00		Woodshed Group	\$30.00
	Topanga	\$25.00		Sober Toast Group	\$98.00
	Tired of Bieng Dogged Out	\$50.00		Recovery in the Gardens Group	\$20.00
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	Saturday Noon	\$13.20	Pennsylvania	Friday Night Moon Group	\$10.00
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	It's OK To Change	\$50.00		Solution Seekers	\$200.00
	Fellowship Of The Spirit (Spirit of Giving Marathon)	\$1,000.00		Texas Area Service Committee	\$3,310.85
	Fellowship Of The Spirit	\$12.50		Positive Vibes Group	\$50.00
	Right Way Group #1	\$10.20	Utah	Speed Bumps	\$47.40
	Right Way Group #3	\$14.00	Virginia	"No caine, No Paine"	\$20.00
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The Cocaine Anonymous World Service Home Page is available at:

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