

News Gram



Volume 17 No. 1 • CA World Service Office, 3740 Overland Ave., Suite C • Los Angeles, CA 90034 • First Quarter 2002



CAWS CONVENTION UPDATE

Greetings from Portland

Lynne Gibbons, CAWS 2002 Convention Chair
I don't know about you guys, but for us the time is really flying. Just 3 months until the big party! Things are going well and all of us here are so excited to see all of you.

The hotel is filling up, as are the special events. We encourage everyone to register early so that you don't miss a sin-

gle thing. Portland is a fabulous city and there is so much to do and see that we hope you come early and stay late in order to enjoy all there is to offer.

The rivers are full as a result of all the snow

in the mountains. The Jet Boat Ride promises to be a gas affording you the best view of Portland you can get. Currently, there is 12 feet of snow at Timberline Lodge. Rest assured you will be able to have a snowball fight after lunch on the tour. The greens are really green at Pumpkin Ridge. A great time is in store for all you duffers.

Want music? The entertainment committee is taking advantage of the great bands in the

Continued on Page 4

A NOTE TO CA

World Service Board Trustees

Dear Members of CA, with great sadness, the World Service Board of Trustees has accepted the recent resignations of two of its members, Heidi J., Pacific North Regional Trustee and David C., Pacific South Regional Trustee.

The Board wishes to extend not only its personal thanks, but the gratitude and respect of the Fellowship to Heidi and David. They undoubtedly shall continue to serve in their own unique and valuable ways. We applaud the commitment of our fellows and thank them for their service. Heidi and David, you shall be missed.

We believe that a loving Higher Power continues to express itself and guide our coming of age as a society, and that in this loss there is learning. By way of our Conference charter, bylaws, and World Service Manual, the mechanisms are in place to swiftly respond to such circumstance, and the Board shall observe accordingly the process designed by the conference to do so.

Leon M., Trustee at Large 1, shall assume the duties and responsibilities of the Pacific North Regional Trustee, effectively immediately until the Conference, August 2002. Jahi B., Trustee at Large 2, shall assume the duties and responsibilities of the Pacific South Regional Trustee, effectively immediately until the Conference, August 2002. John B., World Service

Continued on Page 6



Note from the WSO

Greetings from your World Service Office. We here at the Office are all busy preparing for this year's World Service Convention being held in Portland, Oregon over Memorial Day Weekend, and we hope you are too. The deadline for mail-in registration is April 30, so be sure to get your registrations in and make your hotel reservations. If your group doesn't have registration forms, ask your GSR why not and then go on line to www.ca.org. Not only will you find lots of information about the Convention, you will also find a link to a new program that allows you to actually register online. For those of you who still suffer from the character defect of procrastination, you might note that no banquets will be sold after April 30. So if you want to attend the banquet, register right away.

As many of you know, the annual CAWS Convention is the primary fundraiser that keeps your World Service Office up and running. We wish that were not the case, and are working toward a goal of subsisting more on Seventh Tradition donations and sales of chips and literature. But until then, your attendance at the Convention does more than provide an opportunity to share fellowship and recovery with fellow CA members from all over the world - it provides vital financial support for your World Services. We hope you also read the article in this issue of the NewsGram about fundraising and prudent reserves.

If your District or Area has a prudent reserve earmarked for H&I, now would be a good opportunity to forward those funds to help with a special project. The H&I Committee for the World Service Conference has approved a script and a budget for a video that could be made available to hospitals and institutions to carry the message that CA panels can bring recovery to those who desperately need it. Unfortunately, we still need to raise about \$10,000 to make production of this video possible. Any group or individual may send funds to the WSO and request that they be designated for this video project, and we hope that those who can will do so.

There have also been a couple of changes on the Office Board. We were saddened to hear, as reported elsewhere in this issue, of the resignations of Pacific North Regional Trustee Heidi J. and Pacific South Regional Trustee David C. David also served on the Office Board, and we will miss his participation. The good news is that after a long search we have finally filled the office of WSO Treasurer. Our new Treasurer, John V.H., is eminently qualified and, having worked previously as a part-time bookkeeper for the Office, was already familiar with our finances. John and the rest of the Board look forward to seeing you in Portland. Please approach any of us with your questions or concerns. We are your trusted servants!

In love and service,
Your World Service Office

CAWS Board of Trustees

Teri K., Atlantic South Regional Trustee
Marietta, GA
John B., WS Trustee
Los Angeles, CA
Leon M., Trustee at Large
Los Angeles, CA
Hal K., Southwest Regional Trustee
Houston, TX
Spencer B., Midwest Regional Trustee
Columbus, OH
Amy B., Atlantic North Regional Trustee
New York, NY
Jahi B., Trustee At large
Kansas City, MO
Elizabeth S., WSO Trustee
Pasadena, CA

CAWSO Board Of Directors

Steve E., Chairperson
Culver City, CA
Mark K., Vice-Chair
Ventura, CA
John VH, Treasurer
North Hills, CA
Kevin M., Director
Los Angeles, CA
Elizabeth S., Director / WSO Trustee
Pasadena, CA
John B., Director / WS Trustee
Los Angeles, CA
Patty F., Paid Director

CAWSO Personnel

Patty Flanagan
Office Manager
Akasha Jelani
Customer Service
Karen Layns
Shipping Coordinator
Leandra Caszatt
Office Assistant

NewsGram Staff

Kevin M., Editor in Chief
Patrick P., Art Director

"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, 3740 Overland Avenue - Suite C, Los Angeles, CA 90034, E-mail: newsgram@ca.org, Fax (310) 559-2554 or call (310) 559-5833.

Where to Write:

CAWS	CAWSO	ATTN: NewsGram Editor
Board of Trustees	Board of Directors	c/o CAWSO
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, 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, 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.

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.



CALENDAR OF EVENTS

**Message of Hope
The 10th Annual
UK Convention of CA
April 19 – April 21, 2002**

The Hilton Brighton West Pier
East Sussex, Brighton, England

Hotel Reservations:

+44 (0) 1273 329 744

Niels (Reg. Chair):

+44 (0) 20 8289 8684

or email: nielsjuel@aol.com

Veronica (U.S. Outreach):

e-mail: oxylou@aol.com

David (Conv. Chair):

+44 (0) 7940 566 054

Or email: davidcosta70@hotmail.com

**Unity Under the Stars
14th Annual Campvention
April 19-20,2002**

Lake Perris, CA

Chair: Michael R. (310) 320-6979

Vice-Chair: Maria A. (310) 3701550

Carla A. (949) 481-4334

**This Exit
2002 Atlantic South
Regional Convention
April 26 – April 28 2002**

Holiday Inn Select

Fort Meyers, FL

Hotel Reservations (941) 482-2900

Sean H. (941) 275-6603

Dennis H. (941) 822-5958

**Decade of Recovery
Manitoba Area Of CA
Convention 2002
April 27-28, 2002**

Robert A Steen Community Centre

(204) 795-1155

e-mail: AIGIE@ESCAPE.CA

**Today is the Gift
Illinois Area Unity Convention
May 3-5, 2002**

Wyndham Hotel

Itaska Illinois

Hotel Phone (630) 773-4000

Jimmy (847) 922-0000

Anna (630) 207 5780

Michael R 847 331-8518

**Moment Of Clarity
18th Annual CA
World Service Convention
May 23 – May 27, 2002**

The Portland Hilton

Portland, OR

(800) Hiltons or (503) 226-1611

Chair: Lynn G. (503) 281-1336

Vice Chair: (503) 768-4700

Hotel Liaison: (503) 655-7784

Programs Chair: (360) 576-5972

**Progress Not Perfection
12th Annual CA Ohio Area
Convention
July 5-7 2002**

Four Points Sheraton

Ruby M (330) 484-4805

Mark H. (330) 854-4371

Rahn H. (330) 823-2503

**Unity in Recovery
5th Annual Alberta Area
July 19-21, 2002
Calgary, Alberta**

Coast Plaza Hotel

Hotel Reservations (403) 248-8888

Tickets and Registration:

Gord E. (403) 280-4580

Chair: Caryl F.(403) 313-1108

Vice-Chair: Trevor (403) 228-1316

**The Best "20" We've Ever Had
The 16th Annual
Texas State Convention
Aug. 2nd-4th,2002.**

Omni Hotel

(800)THE OMNI

Chair: Lana B. (714)643-8551

Vice Chair: Wilbert L. (281)999-3117

Registration: Bobbie H. (713)290-9445

**Essence of Recovery
18th Annual**

**C.A.L.A. Convention 2002
August 22-24,2002**

Palm Springs, CA

Wyndham Palm Springs Hotel

Hotel Reservations (800) 996-3426

Chair: Darryl G. (323) 737-3170

Vice-Chair: Jeff L.(310) 677-3459

Registration: Joyce P.(323) 971-5011

**Kaleidoscope of Miracles
Southwest Regional Convention
Sept. 20-22 2002**

Sheraton San Marcos Resort

(408) 812-0900

Phoenix, AZ.

Alan W. (602) 403-3267

Michael C. (602) 997-7681

**Recovery in the Rockies
Annual CA Convention
Oct. 10-11-12-13-2002.**

Sidway, UT-at-The Homestead

Troy G. 801-451-5951 email:

tg1313@raidersfan.net

Terry M. 801-521-5397

email: bigterry@aol.com

Nicki B. 801-4672687

**Spiritual Principles
Solve Problems
Men's Conference
Oct.12,2002.**

Akron City Hospital

Fred P. 330-253-4758 or

330-459-5311 (cell)

Terry D.K.330-374-3777 or

330-256-2148(cell)

Rick R. 330-865-5677 or

rick@neo.rr.com

**Ride the Wave, Surf the Spirit
Unity in Recovery
Oct. 25-27, 2002**

Ocean City, NJ

The Flanders Banquet Center

Hotel Reservation (609) 399-1000

Chair: George (215) 969-4160

Vice Chair: (215) 338-9966

Treasurer: (267) 784-3335

**The Day After the Nightmare
Midwest Regional Convention
Nov. 1-3, 2002**

Radisson City Centre

Indianapolis, IN

(800) 333-3333

Chair: Harrison J. (317) 290-7080

**Recovering Together
Nov. 1-3,2002
Toronto, Ontario, Canada**

Primrose Hotel

Hotel Reservation 1-(800) 268-8082 or

1 (416) 977-8000

Registration Chair: Dorian C. dorian-

leclarke@eol.ca

Chair: David L.

myrecovery@rogers.com,

**Take A Chance on Recovery,
The Odds are Better"
Northern California
Convention of CA
Nov. 15,16,17, 2002**

Sands Regency Hotel

(800)648-3553

Felicia A. , Chair (209)478-5891

Bill E. (415)285-6893

Bob L. , Hotel Liason, (415)883-2900

e-mail: lemjon@juno.com



CAWS Convention- continued from page 1.

Portland area to provide something for everyone. Plan to attend every dance so you don't miss a single minute of the fun!

And most importantly: the recovery. Great speakers are scheduled and confirmed as well as fantastic workshops. This committee has worked



Portland Cityscape

really hard to provide a diverse cross-section of the fellowship in the hopes that everyone hears something that will keep them clean and sober one more day. And isn't that what this is all about?

Register now, reserve your room, and come have a great time! We're all waiting for you! ▼

ence calls and in emails throughout the year.

If a consensus is reached or, if that is not possible, a majority vote determines that a particular action is a

s e r i o u s
Tradition violation, we generally craft a statement to the Fellowship and/or a letter to the appropriate individual, group, district or area

that conveys this opinion and the reason for it as clearly as we can. In addition, the Board of Trustees also makes statements concerning important issues in the performance of its other functions: "to deal with matters, both inside and outside the fellowship, which affect the continuation of CA growth"; and "to actively seek and encourage ways of carrying the message of recovery to the addict who still suffers."

With respect to the Traditions, the Board of Trustees has recently made the following statements:

- In support of the 6th and 10th Traditions, the World Service Board of Trustees recommends that CA events be named without reference to any holidays (for example, Christmas, Fourth of July, Victoria Day, Thanksgiving, etc.) keeping in mind that our Fellowship includes people of many faiths, countries and traditions.

- The WSBT recommends that the CA Fellowship be ever mindful of the 4th, 6th, 7th and 10th Traditions when engaging in any activity that results in the raising of funds which are to be used in support of their districts and/or areas.

- The 7th Tradition prohibits any fundraising solicitation to outside entities (corporations, businesses, individuals, churches, schools, etc.) in the name of Cocaine Anonymous.

Minutes of all of the Board of Trustees' meetings are sent to the fellowship in the delegate mailings and these items are included in those minutes. In the future, we will also publish these items in the Trustee Corner of the Newsgram, in order to ensure that as many members as possible may read about them.

We would also like to take this opportunity to remind members of the Fellowship that all members of the Board of Trustees serve all members of the Fellowship, not just regions or areas or districts, and not only the specific geographic or functional areas to which we are assigned. In other words, if you need anything, or wish to discuss anything concerning Cocaine Anonymous, please give one or more of us a call or an email. We will do all we can to assist you. Thank you for allowing us to be of service. ▼

In love and service,

Your World Service Board of Trustees

e-mail: wsbt@ca.org

Trustee Corner

Our World Service Manual states that one of the functions of the Trustees is to be "the guardians of the Twelve Traditions." What does that mean? And how do we do that?

First, we are obligated to adhere to the Traditions to the best of our ability. This means that we must abide by them in our conduct as a board as well as in our personal conduct.

Also, in our frequent discussions with members of the fellowship and in our Regional Trustees' ongoing review of what is happening in the Areas within each Region, we sometimes become aware of potential Tradition violations. Because the maintenance of the Twelve Traditions is vital to the survival and growth of Cocaine Anonymous, these potential violations are a priority item to be discussed among us during our quarterly meetings (generally held in November, February, May and August), monthly conference calls and, if appropriate, during special confer-

Unity Corner

Never Alone

Lionel H, Aurora, CO

It seems like just yesterday that I was a newcomer. At meetings I was in a sea of new faces, frightened and jittery. I truly missed my old drug crowd. At one meeting a tattooed, pierced, spike-haired guy approached me and said: "You don't have to feel alone anymore." Those words meant a lot to me, and eased my feeling of isolation.

That experience has stayed with me. Whenever I'm in a meeting and I see a newcomer standing alone, I always let them know that they don't have to do this recovery thing alone. In fact, that is what Unity is about to me: different types of people on the same journey -- and not having to do it alone. ▼



Why Is It So Great Being Involved in Service?

Bryan S., Simi Valley, CA

Service is the greatest gift I've been given through this fellowship. It has allowed me to assert myself in areas that I didn't know I had: the ability to act within a group instead of acting as the self-centered egotistical manic that I was.

I can view life's actions in the form of how this affects our structure as a whole, and leave behind the ever-so-powerful self-inflicting ego. I may not like some of the thoughts my mind comes up with, but when I place them on the table and the group decides which direction we are going, I know God is working through me. With God in my life I can help others recover from this seemingly hopeless state of mind and body. Being involved in service is where I met those people who had that gleam in their eye, and that sense of spirituality around them. That is what I wanted when I got here, so I started following these people around, doing the things they were doing, and like a miracle it happened to me, too. I now have some of that same gleam in my eye, and some of that same sense of spirituality around me as well, today.

Getting there was no easy task. I started my service work in meetings, and soon was introduced to our GSO, as a newly appointed GSR. Since then, I've held nearly all possible commitments at the meeting and GSO level. I've been a special events chair for my area, as well as on many convention committees. After several years of service, they even went so far as to elect me the Chair of my area. Talk about humility! Currently I'm a World Service Delegate for my area, and I have the privilege to be the Secretary for the Structure and By-Laws Committee at

the World Service Conference.

My life has changed so dramatically since I've been involved in service. I'd like to get more people involved in service, but no matter how much I pitch that service is the way to ensure your sobriety, still only 5% of this fellowship does 110% of the work.

When I go out and speak on panels, I share my Experience, Strength and Hope. Usually I tell the group of my opinion about service work and how it helps addicts stay sober. I usually talk about the statistics on how 95% of the people in service stay clean. I will then expound on how to get involved in service -- even directly out of a detox.

It's easy: find a meeting that you want to go to. When you get there, see what commitments aren't filled. If there is no greeter at the door, ask the group if you can volunteer for the job. If there's no coffee, that's your job. There's always someone needed to help clean up.

Each commitment you take will help you become part of the group. If you are the greeter, everyone will know who you are. If you make coffee, they'll not only know you, but be looking forward to your arrival. Not only will you start to get to know everybody in the group, but when the next meeting level com-

mitment becomes available, you are a shoe-in for the job. Keep doing these kinds of service commitments at the groups you go to, and sooner than later, you will look back and realize that you are not only being of service, but that you actually are enjoying getting out of yourself and helping others.

For some unknown reason service, along with the Steps and a sponsor, and working with folks newer than yourself, forms an almost unbreakable foundation for sobriety. I know this program works, because it has worked for me since January 23rd, 1989. That was the first time I was exposed to this program, and I have not found it necessary to drink or use since.

I'm not saying I didn't want to, just that it turned out not to be necessary. ▼

HOW ARE WE DOING?

LET US KNOW AT:
NewsGram@ca.org

Something you'd like
to see more of?
Don't hesitate to contact us.

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
<http://www.ca.org>



Carry the Message

Special Need for Contributions

The H&I Video has been cleared of all Fellowship conflicts and Tradition violations. Currently, the production process is starting to develop. If your Area or District has an overabundance of H&I funds, PLEASE send to: WSO - Earmarked H&I VIDEO.

CAWSO

3740 Overland Ave. Suite C - Los Angeles, CA 90034
(310) 559-5833 or email us at: cawso@ca.org

Anyone interested in this project should contact Miss Patty at the Office. Thank you for your help - This is a great way to give back. Harrison J. - H&I Chair World Service Conference Committee

SURVEY REMINDER

In order to better serve the Fellowship, World Service is taking two surveys of the membership. Please look for the 2002 Public Information Survey and the 2002 Book Preference Survey, and fill them out soon. Survey forms are available from your GSR or World Delegate, or from the CA World Service Office.

Get Published!

The NewsGram is now accepting articles, stories, poems, cartoons, and photos for up coming NewsGram issues. Please limit your article, story or poem submission to five hundred typewritten words. Be sure to include the release form found on page 2. Submissions should be received no later than 45 days prior to end of each quarter otherwise the NewsGram will file your submission for future use. Submission does not guarantee publishing. Send your submission to:

CAWSO

Attn: The NewsGram

3740 Overland Ave. #C • Los Angeles, CA 90034-6337
or Email us at NewsGram@ca.org

**The 2002 CA World Service Conference
will be held Wednesday, August 28
through Sunday, September 1, 2002.**

Note that this year's conference will start at 9AM, with orientation Tuesday evening. Please make you plans accordingly. The conference will be held again at the:

**Sheraton 4 Points Hotel
9750 Airport Blvd.
Los Angeles, CA 90045
(310) 645-4600**

continued from page 1

Trustee, shall assume the duties as Trustee Liaison to the 2002 Portland Convention, with assistance from Leon M.

Indeed, the World Service Board of Trustees serves at the pleasure of the Fellowship and welcomes the opportunity to hear from each of you on this and other matters affecting Cocaine Anonymous. In turn we shall be committed to a prompt, thoughtful and specific response to each communication. Moreover, we look forward to meeting and speaking with each of you in person at the World Service Convention in Portland, Oregon this May.

Finally, we urge you to search your own experience. We think you will agree that the journey into service may, from time to time, present challenges, obstacles, and often, unexpected outcomes. There are two paths to choose fear or faith. The World Service Board of Trustees chooses faith, and has agreed that this circumstance is an opportunity to further commit ourselves as a board to the service with which you have entrusted us. ▼

We wish to express our deepest Hope, Faith, and Courage, in this time of change.

In Loving Service,
The World Service Board of Trustees
e-mail: wsbt@ca.org

HOPE

Dave M.,

Halifax, Nova Scotia, Canada

I did not know much about "Hope" until I made it into the program of C.A. For me "hope" was when you wished for something you wanted and got it. The only thing that was on my mind was hope that the dealer was not out when I got there. I knew what "hopeless" was because that is where my first blast of the pipe took me. The only thing emptier than my body was my state of mind.

I had felt this way for years. I was alone in my own skin even when there were people around. I felt like I was on the outside looking in. I was very isolated within myself due to shame and fear. I had body shame about the way I looked because I could not accept myself for

continued on page 7.



Amends Are When You Least Expect Them

Anonymous Addict, Los Angeles, CA

In my 9th step, I tried to make amends to people I had hurt, but they all said, "Stay the f-k away from me, you evil bitch. I don't want to talk to you. And instead of mailing me a check, mail me a money order so you can't follow it back to me."

I had heard all these people in meetings say they had wonderful relationships with people that they made amends to. Their family had forgiven them. But the women to whom I tried to make amends did not want to see me again. And I had no sense of forgiveness. Luckily the AA Book says that not everybody's reactions will be positive. All they promise you is that you're not going to pick up. And that was miracle enough.

In my fourth year, I met a woman in a jail-alternative sober rehab, in a lock-down unit. She had come up to me at a meeting and asked me to be her sponsor. We had gone through her first and second step when she called me on a Sunday afternoon and said a man who raped her just arrived in the unit. She was going to go AWOL. I asked her to wait until I got there and I drove over there right away. We wrote out a quick 4th step together about what had happened, what she was feeling, and what her part had been. They had been doing crack out at the railroad tracks. She had put herself in dangerous places with dangerous people. That was her part in it. When she got to the part where he raped her, she asked me, "What was my part in that?" I told her she didn't have a part in that part. That was his part. All she did was put herself in that position, but the man had the responsibility of raping her. She said, "All rapists are monsters."

At that moment, I realized that even though I couldn't make direct amends to these people I had raped, because none of them would talk to me, I had the opportunity now to make living amends. I took a big gulp, and said, "What do you think of me?" "You?" she said, "You're really nice. You let people come over and spend the night on your couch.

continued from bottom of page 6.

the way I was. Nobody wanted me around, not even my own mom and dad. They shut me out of their life! The son that they had loved grew up to be a cocaine junky, living on the street with nothing, and shacking

You're generous. You have all these sponsees, but you took the time to run over here to talk to me."

"I'm a rapist." I told her. She said, "No, not you." I was crying and I said, "Yep. And I'm proof that people can change. If you work the program and you do your steps and you're willing to be open to all these "coincidences," and you're willing to make amends, there's a Higher Power here who has a way for you to heal. That man may have changed. It's possible. He is here in rehab."

She started crying. I put out my arms and she let me hold her. The principle behind making amends is to feel the forgiveness. And for the first time since writing down that I was a rapist, I started to feel the forgiveness for my actions. And, oh my God, it was one of the best feelings. It was so awesome. When I stood up, I felt freedom. And I received that freedom because I had been working the steps, and making amends.

I realized that if I show up to be of service to someone, even though I'm there to help another addict out of his or her pain, I get an opportunity to learn and heal. And those things are what have created a spiritual change in who I am. The old me was dead at that moment. ▼

up with street people. I was so tired. Even people I lived with did not want me.

I heard the C.A. message in prison for the first time when the H&I committee came in. They gave me an introduction to recovery and I began to understand it was possible. It still took me a while to surrender and accept my addiction, and the need to do something about it. Later, when I entered a recovery house, I was finally able to understand what a "Higher Power" is all about. I knew I would have a God of my understanding who could keep me sober once I took the 12 Steps.

I have not used since June 12, 1998. Since I last used I have gained so much hope through the 12 steps and my Higher Power. Today it is about living, NOT about using. I know that if I don't pick up, I won't get high, and that is giving me strength to keep hope in my heart. I have to stay clean and sober and continue to be involved in service work. I thank Cocaine Anonymous for that, and for the life I have today. Love in recovery to you all! ▼

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

October through December 2001

Alabama	First Freedom Group	264.00	Massachusetts	Freedom to Choose Group	74.00
Arkansas	Arkansas Area CA	100.00	Maryland	DC/MD/VA Area/ - T/A CA Area Svc.	25.00
Arizona	CA of Arizona District	216.22	Michigan	Firing Line Meeting	130.00
	Cocanuts Tucson	24.00		Saturday Morning Alive Group	40.00
	Sat. Night Live Home Group	152.53	Missouri	End of the Line (Sun. Night)	10.00
	Sun Valley Intergroup	900.00	Nebraska	CA of Nebraska Area	104.70
	Under the Willow	9.00	New Mexico	New Mexico Area CA	700.00
California	10 yrs & Up (Wed)	25.00	New York	New Life at the Oaks	100.00
	Anonymous Individual	95.00		Recovery in the Gardens	40.00
	Anonymous Individual	50.00		Woodshed	152.00
	Anonymous Individual	273.51	Ohio	CA End of the Line Again	70.00
	Anonymous Individual	200.00		Memories Plus CA Disc. Mtg.	5.00
	Anonymous Individual	150.00		Stepping Into Recovery	5.00
	Back On The Block Too (Wed)	15.00		Thurs. Westside Meeting	5.00
	CA Friday Nite - Del Mar	80.00	Oklahoma	Sunday Night CA	100.00
	C.A. Sonoma County Intergroup	54.00	Oregon	CA of Oregon	250.00
	CALA Area	817.00	Pennsylvania	PA/NJ/DE Area	50.00
	CALA Long Beach Compton	245.65		Pittsburgh/Washington District	100.00
	CALA Westside Hollywood Dis.	361.22	Tennessee	TACCA	100.00
	Carrying the Message Group	50.00	Texas	Positive Vibes	250.00
	C.A.S.F.S.C.	150.00		There's Hope Without Dope	21.60
	CAWSO Board Meeting	137.00	Utah	CA of Utah Area	1,150.00
	Gen Cal C.A.	406.00	Virginia	Gimme Shelter From the Rock	100.00
	Coo Coo After One Puff	350.00	Washington	Blade Runners	60.00
	Easier Softer Way Meeting	6.00		Washington State District 3	174.14
	Fire in my Brain - Mens Stag	40.00	Wisconsin	1st things 1st	50.00
	Grateful in Granada	22.00		12x12 Group	12.12
	Get High on Hope	30.00		Coke Busters	30.00
	Growth in Sobriety	50.00		End of the Line	85.00
	Hope Faith & Courage	20.00		Higher Powered	15.00
	Inland Empire Area	125.00		Let's Stay Together	12.30
	Java Junkies	36.00		Sunday Big Book	50.00
	Men's Retreat	724.00		Sunday Night Strength	30.00
	Monday La Cienega Park Meeting	135.00		The Razer's Edge	138.16
	Natural High Spiritual Meeting	10.00	Canada		
	Recovery in the Hood (Sat)	25.00	Alberta	CA Calgary	132.60
	San Diego Region	182.00	Quebec	Road to Recovery	20.00
	SFVCA Women's Luncheon	154.00	BC	Burnaby Breakaway	68.13
	South Central District	1,000.00	Ontario	CA District Svcs - Ontario	250.00
	Speak Easy Meeting	30.00			
	Sunday Night Survivors	12.00		Birthday Donations	
	The Truth, The Light, The Way	20.00	California	Come Alive Group	163.00
	U Will Know (Fri)	100.00	Colorado	Anonymous	23.00
Colorado	Anonymous Individual	50.00	Anonymous		2.00
	Anonymous Individual	20.00		Wish List Donations	
	CA Meeting #1	20.00	Louisiana	The We Care Group	122.50
	Coconuts	8.00			
	Colorado Area	500.00		H&I Video Donations	
	Come As You Are	20.00	California-South Bay (N.Calif.) Service Dist.		1,500.00
	Den. Dis.Halloween Dance	23.20			
	Dragon's Den	20.00			
	Hope Faith & Courage	30.00			
	Meeting #1	35.00			
	Practicin' Principals Group	5.00			
	Promises	154.70			
	Relapse Prevention 101	15.00			
	S.W. Regional Convention	3,890.00			
	Southern District - Snowflakes	114.66			
	Startin' Over	50.00			
	Surrender to Win Group	40.00			
Connecticut	CA District 3	50.00			
	Hugs Not Drugs Group	200.00			
Florida	Florida Area CA	1,120.00			
	There's a Need Group	25.00			
Georgia	Anonymous Individual	17.00			
	Anonymous Individual	12.00			
	End of the Line Group	88.79			
	Welcome Home Group	30.00			
Idaho	Magic Valley CA District	100.00			
Illinois	CA S & W District	120.00			
	Illinois Area CA	900.00			
	Northwest Suburban District	378.88			
Kansas	Rock Star CA	107.09			
	Wichita CA District	108.66			
Louisiana	Baton Rouge Dist. CA	300.00			
	Louisiana Area	75.00			
	Recover or Die Group	150.00			