

NEWS GRAM

Volume 24 No. 1 C.A. World Service Office, 3740 Overland Avenue, Suite C, Los Angeles, CA 90034 First Quarter 2007

Hope, Faith & Courage Volume II

By Susan D.

Storybook Subcommittee Chair
Miami, Florida, USA

Well, the wait is nearly over. The stories for our Fellowship's second book have been selected, edited, proofed, re-proofed, and are in the process of being typeset. At this writing, *Hope, Faith & Courage Volume II, Stories and Literature from the Fellowship of Cocaine Anonymous*, is just this close to being ready for printing. This will be a banner year for Cocaine Anonymous with the printing, sales, and distribution of this book. We on the Storybook Subcommittee are extremely proud of this endeavor and are anxious to see it in the hands of the Fellowship as soon as possible.

Speaking as the Chairperson of this subcommittee, I can only hope to convey to you all just how special the experience has been. We have been witness to one miracle after another. From the Conference mandate for a second book, to the formation of the subcommittee, to the initial "call for submissions," to the final product, we all knew this was going to be special.

The stories began trickling in at first and then came a more steady flow of written life experiences from hundreds of addicts recovering in many countries on several continents. These stories told of life with addiction, tragedy, and eventual recovery and happiness. Many were fine examples of triumph over the

pain and suffering of addiction; many went beyond "fine examples" and touched the hearts of all who had the honor of reading them.

It was not an easy task to find just the "right" stories for this book – there were so many that elicited our emotion. We "met" on many telephone conference calls where we discussed at length the stories to be included in this book. It was often a challenge to hold in our hands someone's life in print and be responsible for such a weighty decision. It was often even more of a challenge, after seeking spiritual guidance, to make the decision not to select a story. Members sent us their most private and intimate secrets, trusting us to maintain our integrity and their anonymity. In fact, the subcommittee members were never informed of the authors' identity; prior to our review of each story, all potentially identifying information was removed by the assigned trustee.

I am in awe of the process and the experience. I can tell you that doing the business of C.A. on the telephone, speaking with subcommittee members from the U.S., Canada, and the U.K., was quite a logistical challenge, but my applause goes to all who stepped up, no matter the time of day or night. We were committed to creating the best possible new Storybook for the Fellowship. In the end, we prayed, looked into our hearts, listened for

the answer, and were satisfied that our selections are the best of the best.

It all came together; and I am speechless and amazed at the end result. I had the honor and pleasure of working with some of the most talented, fair-minded, spiritual people I have ever known. I only hope you will have as much pleasure reading, sharing, and learning from this book as we have had helping create it for you.

| Inside This Edition | Page |
|--|------|
| <i>...And All Other Mind-Altering Substances Revised</i> | 4 |
| Calendar of Events | 12 |
| CAWS 2007 Update | 3 |
| Clubhouses and Cocaine Anonymous | 5 |
| Contribution Program | 7 |
| Note from the WSO | 6 |
| Seventh Tradition Donations | 9-10 |
| Submission Form and Release | 11 |
| Subscription Form | 11 |
| Sudoku Puzzle | 11 |
| To Be Fully Self-Supporting | 8 |
| Trustee Corner | 2 |

CAWS Board of Trustees:

- *Atlantic North Region:* Bruce W., Randolph, Massachusetts, USA
- *Atlantic South Region:* Lawrence M., Little Rock, Arkansas, USA
- *European Region:* Nicholas L., London, UK
- *Midwest Region:* Tony D. (WSBT Chair), Milwaukee, Wisconsin, USA
- *Pacific North Region:* Trevor S., Calgary, Alberta Canada
- *Pacific South Region:* Carl W., Pomona, California, USA
- *Southwest Region:* Jay F. (WSBT Vice Chair), Littleton, Colorado, USA
- *Trustee at Large #1:* Bobbie H., Cypress, Texas, USA
- *World Service Office Trustee:* Earl H., Sunland, California, USA
- *World Service Trustee:* Hayward H. (WSBT Secretary), Compton, California, USA

CAWSO Board of Directors:

- John B. (WSOB Chair), Los Angeles, California, USA
- Kathy Jo R. (WSOB Vice Chair), Los Angeles, California, USA
- Teresa N. (WSOB Secretary), Costa Mesa, California, USA
- Tom P. (WSOB Treasurer), Dana Point, California, USA
- Patty F., Paid Director, Los Angeles, California, USA
- Earl H., Director/WSO Trustee, Sunland, California, USA
- Hayward H., Director/WS Trustee, Compton, California, USA
- Willie B., Director, Los Angeles, California, USA

CAWSO Personnel:

Patty Flanagan, Director of Operations
 Robin Long, Assistant Manager
 Karen Layns, Order Processing
 Sheree Fan, Reception/Shipping

NewsGram Editor:

Cynthia C., Redmond, Washington, USA

The NewsGram is a quarterly publication of the World Service Office of Cocaine Anonymous. This publication and all its contents are copyrighted by Cocaine Anonymous. Any unauthorized duplication or publication is prohibited. Send all requests to: NewsGram, c/o CAWSO, 3740 Overland Avenue, Suite C, Los Angeles, CA 90034, by e-mail to newsgram@ca.org, or by fax to 310-559-2554, Attn: NewsGram. You can call the WSO at 310-559-5833.

Trustee Corner***Being New Again!***

**By Nicholas L.
 European Regional Trustee
 London, U.K.**

When you find out they have picked you, the great weight of responsibility descends: I am a Trustee. The thought springs to mind, "And what do I do now?" The reply for me was immediate: "Ask for help." All my sponsors always stressed this point, so that's what I did.

The realisation that the first coffee/greeter commitment all those days ago has led me to this place: as a member of the WSBT, I get to serve the Fellowship which loved me until I learnt to love myself. My life is about to change big-time as I move forward in my recovery embracing this job (it *is* a job) with all the enthusiasm which got me to this point. Here I serve the Fellowship by joining in on conference calls, answering Fellowship questions and working on various committees throughout the year. That is just part of it; the picture is very big, way too big for me alone. This is where my mentor Trustee and fellow members of the World Service Board of Trustees step up to the plate next to me. *We work for the fellowship -- I don't!*

I get to meet the Fellowship I love and try to help by listening to their concerns, their doubts and their questions. Foremost in my mind and ever-present is the desire to help and love these people who chose me to try and help them. The guidelines mention words like "guard" and "protect," and I try to use phrases such as, "You might like to consider," "In my experience," "The manual does address that point on page ..., " etcetera, for love and tolerance is our code. We all stand under God's grace and live our daily programme of recovery.

In Tradition 2, God as we understand Him seems to express Himself through the process of the group, district, area and the conference, so ultimately God directs my actions -- so maybe I work for God.

Only one word can describe the feeling of trying to help and love Cocaine Anonymous – fantastic!

CAWS 2007 UPDATE

By Kay C.

2007 CAWS Convention Chair
Greater Missouri Area

The Greater Missouri Area is proud to host the 23rd Annual Cocaine Anonymous World Service Convention, "Recovery in the Heartland," on May 24-28, 2007. We will begin this exhilarating adventure in the luxurious five star Westin Crown Center Hotel, located in the heart of downtown Kansas City, Missouri, on an 85-acre complex of shops, restaurants, and theaters, built on the side of a hill with a small natural waterfall flowing through one area of the hotel. The center is directly connected to Science City at Union Station via the Link (a covered walkway) and just minutes from Liberty Memorial, museums, performing arts, professional sports and the famed Country Club Plaza. At the Houston CAWS Convention, we made a presentation with the theme "Kansas City, here we come!" Now, three months before the convention, it is a reality in the making: "Kansas City, here we are!"

The Convention Committee is working diligently to bring you a slate of activities full of fun, fellowship and recovery. Save money by registering early! Onsite registration begins around 3:00 p.m. on Thursday the 24th. Throughout the convention, we have a speaker slate that will include a wide range of diversity. For those of you who know that we are not a glum lot, kick off Thursday night with Karaoke. For all of you coffee lovers, the hospitality room opens with the bottomless cup of coffee available at 3 p.m. Marathon meetings begin at 8:30 p.m. and will continue throughout most of the convention. Memorabilia opens at 3 p.m. See your program for further details.

Friday, there's a little bit of "me time" for all you golfers out there. Bring your equipment and have at it to see who's who at the tournament. Prizes will be presented. Don't think we've forgotten about those who missed registration on Thursday; you can still register throughout the convention. For all the recovery thumpers and junkies out there, workshops begin. Have a finger-licking good time at the Bar-B-Que. Kansas City is known for having the best Bar-B-Que in the world. For those of you who are interested in lots of laughs, we have the comedy show. Don't be late! For those of us who just don't know how to end the night, we have something for you -- dancing, till round about midnight!

Saturday, for you jazz lovers, take the 18th and Vine Historic District tour. The American Jazz Museum pays tribute to America's top jazz musicians. For the "Battle of the Bands," be sure to check out "Apollo Night" and still dance till round midnight.

Sunday, put on your walking shoes and stretch those muscles in the Fun Run/Walk. T-shirts and bottled water will be provided as long as they last. Next comes the Truman Museum tour. Have ya heard about Hiroshima or "Give 'em Hell, Harry?" Take the tour! Then, put on your red dress, baby, 'cause we're going out tonight! The evening's festivities include a banquet, live auction, speaker meeting and dance.

Monday, I'll be thinking, "I'm so glad we had this time together." But, as we know, all good things must come to an end. Brunch and the spiritual speaker will end the show. Memorabilia from C.A. Fellowships around the world will be sold at the bazaar. So indulge yourself, you hear? It's going to be another year before the next CAWS Convention.

Did ya like the preview? If so, be there and don't be square. Need a registration form? Go to www.ca.org. See the registration form for discounts available if postmarked by April 1st. There's also a special entertainment package available for \$90 that includes all entertainment. HURRY! HURRY!

The Greater Missouri Area is very grateful to host its first C.A. World Service Convention. We appreciate the opportunity to give back to the Fellowship what has been so freely given to us. This precious gift has been entrusted to a chosen group of addicts, and we all know that without the ultimate authority of a loving God as He expresses Himself in our group conscience, we could not have come together and shared with the world what "Recovery in the Heartland" means to us. Thank you for allowing us to be of service.



...And All Other Mind-Altering Substances

[Reprinted with permission of Cocaine Anonymous World Services, Inc.]

STEP ONE: *We admitted we were powerless over cocaine and all other mind-altering substances—that our lives had become unmanageable.*

TRADITION THREE: *The only requirement for C.A. membership is a desire to stop using cocaine and all other mind-altering substances.*

Many people come to Cocaine Anonymous thinking one of two things: "I rarely (or never) even used cocaine. I don't think I belong here," or "What exactly does the 'and all other mind-altering substances' part mean? I came to Cocaine Anonymous because *cocaine* had become a problem in my life."

Those of us who have been C.A. members for a while have heard questions and statements like this before; perhaps the words were even our own. Over time, virtually every single one of us has realized that our real problem is not cocaine or any specific drug, it is the disease of addiction.

Some of us never even used cocaine. Some of us used a variety of drugs, and for others it was combining cocaine with alcohol and/or other drugs that got us into trouble and made our lives miserable. Many of us rode drug roller coasters; there were drugs to come down with, drugs to go up with, and drugs to mellow out with.

During those times we attempted to regain control we found that any substitution or new combination inevitably created the same result. It was hard to stop and easy to get started. Experience after experience revealed that substitution was no cure. If our bodies were not absolutely free of drugs and alcohol, the obsession to use more of something was always lurking.

For example, imagine that you have just run out of one drug and cannot get any more. What would you use for a substitute? Alcohol for heroin, methamphetamine for cocaine, prescriptions for whatever, vice-versa – the list could go on and on and it really wouldn't matter. The point is that addicts like us soon find ourselves unable to stop using the substitute. Whatever drug we use, the problem of not being able to stop resurfaces, often bigger than before.

At some point we finally realize that we cannot control our use of *any* mind-altering substances. The problem isn't the drug of choice; the problem is the disease of addiction. With its Third Tradition and all-inclusive First Step, Cocaine Anonymous welcomes anyone with a drug or alcohol problem and offers a solution.

ALCOHOL AND MARIJUANA

Marijuana is a potent drug, and alcohol is a mind-altering chemical in liquid form. Many people don't realize that these are no different from any other drugs regarding the potential to get us into trouble. One drink is never enough; just as one puff, hit, fix, bump, pill or snort is never enough. We are masters at combining and substituting one drug with another to get high.

Has getting drunk or loaded ever been the unintentional result of "just" one drink or "just" a beer? Have you ever experienced the consequences of impaired judgment or decision-making ability as a direct result of smoking "just" a little pot? Did one of anything ever lead to two or three or more of something harder or stronger?

DID YOU KNOW?

The 2005 World Service Conference made substantial changes to "*...And All Other Mind-Altering Substances*" to clarify the fact that C.A. and its 12 Steps are not drug-specific. The "Alcohol" portion of the old pamphlet was preserved as a separate, optional reading to be included in the meeting format. The updated pamphlet is now available. You may want to order a supply for your local fellowship. Please also be sure to update the text of this piece, or simply include a link to it on www.ca.org, if it is used on your local web page.

Many of us never thought that alcohol and/or marijuana were part of our problem, but upon honest examination and working the Steps, we usually find a need to re-evaluate that notion.

PRESCRIPTION DRUGS

The use of prescription drugs may be medically necessary at times. However, old patterns of thinking influenced by the presence of a mind-altering substance in our system can soon have us convinced that we need to take it more frequently than prescribed. An informed prescribing physician, placing our medication in control of someone we can trust, and honest communication with a sponsor or another recovering addict can be helpful in preventing abuse.

Our bodies and minds don't know the difference between drugs used for legitimate reasons and drugs used for recreational pleasure. It's a sound practice to enlist the support of all of our physicians and/or mental health care professionals in continuing on the path to recovery. Abruptly stopping the use of tranquilizers, antidepressants or other prescription drugs can be dangerous and even deadly, and should only be done under the guidance of an informed physician.

OVER-THE-COUNTER AND COMMONLY USED LEGAL DRUGS

Over-the-counter and other legal drugs (such as cough syrups or pain relievers that contain alcohol and/or codeine, diet pills that act as stimulants, and antihistamines that act as depressants) can be just as big of a problem for us as street drugs. We suggest that you become a label reader. There are many products on the market that can be dangerous to an addict who has the potential to abuse just about any mind-altering chemical.

Uninformed addicts can be a hazard to themselves and others. We encourage you to ask your doctor or pharmacist if you have any questions regarding medications. Be honest with your sponsor about what drugs you take or are prescribed to you.

Remember, we're powerless over cocaine and all other mind-altering substances. Step One is a beginning, but be sure to move forward. A spiritual awakening as the result of working *all* 12 Steps is the solution to the problem of addiction.

SO WHAT DOES "AND ALL OTHER MIND-ALTERING SUBSTANCES" MEAN?

It means that it is the collective experience of the members of Cocaine Anonymous that addiction is a problem not limited to any one substance. It means that C.A.'s 12 Steps are not drug-specific, and that Cocaine Anonymous is not a drug-specific fellowship. It means that it doesn't matter to us if you drank or what type of drugs you used; if you have a desire to stop, you are welcome here!

Recently, the WSO has received calls/e-mails on the issue of Cocaine Anonymous and clubhouses. After researching the subject, this article from a past NewsGram answers the concerns:

Clubhouses and Cocaine Anonymous

First printed in Volume 13, No. 3 (3rd quarter 1999):

By **Walter J.
Atlantic South Regional Trustee**

All over the country (and in other countries now), Cocaine Anonymous meetings are held in a variety of places. Some meetings are held in community rooms at local parks, some are held in meeting rooms at churches, or in hospital cafeterias. Sometimes meetings are held at clubhouses that exist specifically to provide meeting space for Twelve Step groups, and to provide clean and sober people with a place to interact socially. At last year's C.A. World Service Conference, several referrals from the floor requested guidance and clarification about how C.A. members and groups can be involved with such clubhouses without violating our Twelve Traditions. The World Service Board of Trustees has discussed the issue at length, and this article is an attempt to explain our understanding of the proper relationship between C.A. members and any such clubhouse.

Let's start by clearly stating that the C.A. group is Cocaine Anonymous. The group has been and remains the most effective vehicle for carrying out our primary purpose - to carry the message of recovery to the still-suffering addict. It is in the group that we recover through working the 12 Steps, learn to coexist in unity by applying the 12 Traditions, and continue to grow spiritually through service employing the 12 Concepts. C.A. members the globe over protect the group as it is the very core of our recovery today, the place where we get sober and grow together, ever more clear-sighted of Tradition One: "Our common welfare should come first; personal recovery depends upon C.A. unity."

The group is the C.A. foundation, not only to its members, but to the outside community as well. So any other service entity that is created through a need to serve the C.A. group should handle its affairs in such a way (with respect to C.A.'s 12 Traditions) as to enhance the effectiveness of the group to carry its message, further allowing each member the opportunity for service that may come from any group activity.

It is certainly understood that some C.A. members will have a desire to participate in activities outside the C.A. group, such as clubhouses. While there will be those of us that find the C.A. group sufficient to meet our needs, other members have a desire to extend their fellowship beyond group meetings; some in fact seek a C.A. social life. We think it wise for those C.A. members that choose to participate in those outside activities to take extra care to respect the integrity of the C.A. group, ever mindful of the fact that affiliation, whether real or implied, misleads the public, confuses the newcomer, and violates C.A.'s 12 Traditions. What this means is that a C.A. member who might be involved in any way with the operation of a clubhouse should take every opportunity to remind himself and everyone else that he is doing so as an individual, not as a representative of Cocaine Anonymous.

With all that being said, let it be clearly stated that *Cocaine Anonymous does not have clubhouses*, although members of C.A. are free to engage in whatever outside activity they choose. In accordance with our preamble, C.A. is not allied with any sect, denomination, politics, organization or institution, and neither endorses nor opposes any causes. Nonetheless, when outside activity is engaged in which can easily be mistaken as C.A.-affiliated, such as clubhouses run by C.A. members, caution must be advised. Remember that not only the public, but more importantly, C.A. newcomers may get the misconception that these clubhouses are in fact owned or operated by C.A. Consequently, outside activities such as clubhouses should be designed for those individual members who wish to participate, while the C.A. group should remain unimpeded by the activities of these outside entities.

Clearly stated, the C.A. group business should in no way be associated or affiliated with any outside entities, including the clubhouses in which its meetings may be held. The Sixth Tradition states, "A C.A. group ought never endorse, finance, or lend the C.A. name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose." The tenant/landlord relationship of the C.A. group to the clubhouse should not include the co-mingling of funds. Nor is it appropriate that the landlord dictate structural parameters for the C.A. group. An outside entity deciding operational procedures for a C.A. group or the group servants' responsibilities would be an example of a serious Tradition violation. Of course, a landlord is free to negotiate rent with any group, or to insist that certain cleanup procedures or other restrictions be respected, but should have no input on how the meeting itself is run.

Remember that the public at large will already see C.A. members heading up these outside activities and may very well view them as C.A. clubhouses. Thus, those outside entities that are so led by and aligned with C.A. members should seriously consider being guided by the 12 Traditions as well, although it is clearly understood that C.A. has no authority to instruct them to do so.

If, after reading this article, you still have questions related to clubhouses or other similar outside entities or operations, I encourage you to contact your Regional Trustee to discuss the matter further, or to send your World Service Delegate to the Conference with your questions or concerns.

The 2007 World Service Conference will be held at the Sheraton Four Points LAX beginning on August 28, 2007. The Conference Committee is requesting that the 2007 Delegate and Area Information Worksheet be sent to the WSO by March 1, 2007. For pertinent forms, along with the Final Report from the 2006 Conference, see www.ca.org/service/wscconference.htm or contact the World Service Office at 310-559-5833 or cawso@ca.org.

Note from the WSO:

Global Outreach: Sharing the Language of the Heart

**By John B.
WSOB Chair
Los Angeles, California, USA**

What if something you heard in a C.A. meeting was so important, so breathtaking, so enlightening or real, that it made you stay and kept you coming back? What if it got you sober, and kept you sober? How important would that moment be in the life of a recovering addict?

Perhaps you experienced such a moment. What was it for you? Was it when they read "*Who is a Cocaine Addict?*" at a meeting? Was it the group members playfully chanting "Splash!" in response to the phrase, "This time, we'd be careful not to go overboard"? Was it our First Step, which thankfully had been changed to include the words "and all other mind-altering substances"? Perhaps it was the reading "*Reaching Out*" suggesting that it was a good idea to forgive ourselves for "all of the horrible, negative and unloving things I have felt about myself." All of these words were crafted in a language that touched our hearts, both literally and spiritually.

Now imagine being in that same meeting with the same disease and feeling of desperation and not being able to understand a word or read any of the literature. Imagine not hearing or understanding the message at all. What if you just missed it altogether? Well, if you are a cocaine addict seeking help in

Sweden, Holland, Germany, or any of our other rapidly growing areas and regions overseas, then this not just imagination. It is reality. A reality until a small but dedicated group of C.A. members took action and affected change. In some languages, there is no word for sponsor. In still other languages, the concept of "getting high" or "getting loaded" doesn't mean the same thing as it did to the writers of our books and literature. And therein lies only a small percentage of the larger challenge.

As a C.A. member once shared in a meeting, "The disease of addiction kills indiscriminately. Addiction does not recognize gender, race, religion, economic status, education level or the language we speak... and neither does recovery." The disease didn't change, nor did the solution. But how we make the C.A. message available around the globe is the responsibility of every C.A. member who accepts the notion that wherever an addict reaches out for help, the unified and loving language of the C.A. message must be there to lend a hand.

CAWSO has accepted the challenge to support and unify the efforts of our members around the globe in translating C.A. World Service Conference approved literature and other materials such that we may always honor our primary purpose. But this effort does not come without a cost in professional services and administration to keep it alive and well, and this is where you can make a difference. Many C.A. members around the globe participate in the C.A. World Service Contribution Program. It is a safe, secure, and direct way of supporting C.A.'s global outreach and development. In this way you can help CAWSO to raise the revenues necessary to secure outside professional services to ensure the integrity of the C.A. message in many languages as the need emerges around the world.

Please use the form on page 7 or go to www.ca.org/contribute.html to help us to carry the language of the heart—the language of our heart, the C.A. message, to everyone, everywhere that reaches out for a miracle. And thank you for letting us be of service.

World Service Contribution Program

Cocaine Anonymous World Service depends on the financial support provided by individual members, groups, committees, districts and areas. We use your contributions as efficiently as possible, to maximize the services we are able to provide to addicts throughout the world. When you participate in the World Service Contribution Program, you ensure that we are able to serve the needs of those in our Fellowship, and reach even more with our message of Hope, Faith and Courage. And because your Contribution Program gifts are conveniently transferred by your bank from your checking account, savings account, debit card, or credit card account directly to the World Service Office, your contributions go farther than ever before. The C.A. World Service Contribution Program is safe, secure and confidential. You have complete control of the process, because you specify the amount of your contributions, and when they are made. You can always increase, decrease or suspend your participation at any time by writing the World Service Office. And your contributions may be tax deductible (consult your tax advisor). To help the C.A. World Service Office meet the needs of members, groups, areas and addicts still suffering, please fill out the authorization form below, attach a voided check or deposit slip (if necessary), and mail everything to the address shown. Thank you for your support.

AUTHORIZATION FOR DIRECT PAYMENT (ACH DEBITS)

YES! As a member of C.A., I want to participate in the C.A. World Service Contribution Program to help keep C.A. World Services going strong!

Cocaine Anonymous World Service Office, Inc.
3740 Overland Avenue, Suite C
Los Angeles, CA 90034
(310) 559-5833
cawso@ca.org

As part of my 7th Tradition contributions to Cocaine Anonymous World Service Office, Inc., I authorize Cocaine Anonymous World Service Office, Inc. (CAWSO, Inc.), to initiate variable entries to my account described below:

Type of Account: Checking Savings Credit Card Debit Card

Credit Card or Debit Card Name: _____

Account Number: _____ Expiration Date: _____

Financial Institution's Name: _____

Financial Institution's Address/Branch: _____

If using a checking account, please include a voided check; if using a savings account, please include a deposit slip.

PAYMENT DETAILS:

Amount in U.S. Dollars: \$ _____ Date of first payment: 1st of month 15th of month

PAYMENT FREQUENCY:

Monthly Annually One-time basis Effective date: ____/____/____ (MM/DD/YYYY)

This authority is to remain in full force and effect until CAWSO has received written notification from me of its termination in such time and manner as to afford CAWSO a reasonable opportunity to act on it.

Name: _____
(Please print name as it appears on the account)

Signature: _____ Date: _____

Address: _____

City and State/Province: _____ Country: _____

Zip/Postal Code: _____ Daytime Phone: _____ Evening Phone/Cell: _____

PLEASE MAKE A COPY OF THIS COMPLETED FORM FOR YOUR RECORDS (The complete World Service Contribution Program brochure, which includes this form, is available for download at www.ca.org/contribute.html.)

To Be Fully Self-Supporting

By Tom P.
WSOB Treasurer
Dana Point, California, USA

“Our next function is to grow in understanding and effectiveness. This is not an overnight matter. It should continue for our lifetime. Continue to watch for selfishness, dishonesty, resentment, and fear.” As an individual practicing the principles necessary to recover from the seemingly hopeless condition of cocaine addiction, I must “continue to take personal inventory and continue to set right any new mistakes as I go along.” (*Big Book*, page 84.) Living these spiritual principles also applies to our Fellowship. Our Seventh Tradition suggests a financial structure grounded in the principle of self-support.

An unsparing self-survey of our Fellowship with respect to financial support for the World Service Office and its various functions reveals an apparent contradiction. Our book, *Hope, Faith and Courage—Stories from the Fellowship of Cocaine Anonymous*, offers in the section “To the Newcomer,” “We welcome newcomers to C.A. with more genuine warmth and acceptance than you can probably now imagine—for you are the lifeblood of our Program” (page xviii). In contrast, while offering this generous welcoming statement, the Fellowship, at the same time, relies heavily on newcomers, and groups that are predominately composed of newcomers, for financial support.

By way of background, financial support for the operation of Cocaine Anonymous World Services is derived from three primary sources. Our Seventh Tradition is one source and includes contributions made by groups, districts, areas, committees and individual members as well as by individuals through the World Service Contribution Program. Another source is the World Service Convention. Each year, hard-working host cities, along with the World Service Office and dedicated members, generate unity and make a significant financial contribution towards operational needs. Finally, net revenues from the sale of chips, literature and books provide almost half of the annual amount needed to fund World Service activities. This last source is the support to which reference is made above.

Purchases of chips, literature and books are generally made to meet the needs of newcomers. A

long-time member is getting one chip a year and for the most part not buying any Cocaine Anonymous literature. The majority of materials purchased are either being given to or purchased by suffering addicts who are new to the Fellowship and the meetings that they attend devote significant amounts of their treasuries to fulfilling these needs. As stated previously, net revenues from these sales represent almost half of the funds received by the World Service Office.

In reviewing the mid-year financial results, this situation continues. Seventh Tradition contributions are well below prior year amounts as well as below budgeted amounts. The solution continues to be a need for groups, districts, areas and committees to evaluate and align their financial activities, especially with respect to following the Financial Guidelines as approved by the World Service Conference. These guidelines begin by saying, “To carry the message of Cocaine Anonymous, other than reaching out on a personal level, funds are needed to expedite the many functions of the fellowship from the group to the World Service Office (WSO).” Faithfully following these guidelines allows this Fellowship to operate as a fully self-supporting entity. My personal experience demonstrates that fear of financial insecurity disappears in the face of my being self-supporting in my own financial affairs. Fellowship finance is where spirituality and money *do* mix. Our primary purpose is to carry the message to the still-suffering addict and living into this purpose in today’s world does not occur without cost. Meeting the challenge of covering these costs is an opportunity for each of us to practice the Twelfth Step. What can we do to help the Fellowship to be self-supporting? We can suggest that our groups, districts, areas and committees follow the guidelines. We can pay attention to the expenses in our groups, districts, areas and committees, and increase the amounts available to contribute to the World Service Office. Finally, as individuals, we can continue to participate in the World Service Contribution Program (see page 7).

PSSSSSST.....

We’re still meditating!!!

The C.A. Literature, Chips and Format Committee needs YOU to help write C.A.’s first meditation book! For examples and all the pertinent details, please download the flyer available at www.ca.org, or call the World Service Office at 310-559-5833 to receive the flyer by mail.

Seventh Tradition Donations July – December 2006 (page 1 of 2)

| Category or Location | Donor Name/City | Total |
|---|---|------------|
| BIRTHDAY | Come Alive - Redondo Beach | \$342.00 |
| CANADA | | |
| Alberta | Northern Alberta Area | \$500.00 |
| | Southern Alberta Area | \$468.07 |
| | WSC - Northern Alberta | \$20.00 |
| British Columbia | British Columbia Area | \$500.00 |
| Manitoba | Manitoba Area Convention | \$668.00 |
| Ontario | C.A. of Southern Ontario Area | \$1,310.04 |
| Quebec | Crossroads - Montreal | \$60.00 |
| | Quebec Area | \$850.00 |
| H&I | CALA Westside/Hollywood District | \$966.37 |
| INTERNATIONAL | | |
| Online Area | Hope, Faith & Courage | \$65.00 |
| | Sisters In Sobriety | \$31.94 |
| World Service Contribution Program | To sign up, see page 7 or www.ca.org/service/wscfinance.htm | \$9,970.52 |
| UK | C.A. UK Area | \$6,427.00 |
| UNITED STATES | | |
| Alabama | A Day and A Life - Huntsville | \$100.00 |
| | First Freedom Group - Birmingham | \$400.00 |
| Arizona | Anonymous - Gilbert | \$500.00 |
| | Arizona Area | \$2,000.00 |
| | C.A. of Arizona - Tucson District | \$713.60 |
| | Saturday Night Live - Tempe | \$501.00 |
| | Sun Valley Intergroup | \$1,103.00 |
| Arkansas | Arkansas Area C.A. | \$375.00 |

| Category or Location | Donor Name/City | Total |
|--|---|------------|
| Central & Southern California | 4 th Dimension – Los Angeles | \$120.00 |
| | Anonymous – Dana Point | \$160.00 |
| | Anonymous – Huntington Beach | \$123.00 |
| | Anonymous – Los Angeles | \$560.00 |
| | Anonymous – Riverside | \$20.00 |
| | Bagels By The Beach – Malibu | \$120.00 |
| | CALA Long Beach Compton District | \$1,314.95 |
| | CALA South Central District | \$1,680.00 |
| | CALA Westside/Hollywood District | \$444.92 |
| | Central California C.A. | \$697.50 |
| | Conference 12 Step Meeting – Los Angeles | \$19.00 |
| | Early Bird Attitude Adjustment – Long Beach | \$150.00 |
| | Foothill District | \$1,330.30 |
| | Friday Night Del Mar – San Diego | \$376.00 |
| | Inland Empire Area | \$254.14 |
| | Keep It Simple – San Diego | \$40.00 |
| | Kick Rocks Group – Palm Desert | \$10.00 |
| | Ladies Nite Out – Riverside | \$200.00 |
| | Monday Night Madness – Fontana | \$40.00 |
| | Nueva Vida – Fontana | \$50.00 |
| | One Step At A Time – Los Angeles | \$66.00 |
| | Recovery In The Desert – Moreno Valley | \$407.54 |
| | Relapse Prevention on the Strip – Los Angeles | \$25.00 |
| | San Diego C.A. Council | \$2,500.00 |
| | The Solution – Compton | \$100.00 |
| | Thursday Nite End of the Line – Ventura | \$15.00 |
| | Thursday We Will Rock You - Fontana | \$10.00 |
| | World Service Conference – Los Angeles | \$51.27 |
| | WSOB Meeting – Los Angeles | \$168.40 |
| Northern California | Monterey District | \$106.00 |
| | Northbay Service Group – San Rafael | \$93.00 |
| | South Bay Service District | \$800.00 |
| Colorado | C.A. of Colorado | \$20.00 |
| | C.A. of Colorado – Southern District | \$45.00 |
| | Cocanuts – Denver | \$62.00 |
| | Denver Area | \$77.98 |
| | Denver District | \$733.54 |
| | Denver District Meeting | \$124.34 |
| | Nirvana – Denver | \$229.70 |
| Florida | Florida Area Convention | \$3,425.00 |
| | Ft. Myers District | \$750.00 |

Have questions about how to handle your group's 7th Tradition? See the 7th Tradition pamphlet and the Financial Guidelines for Groups, Districts and Areas (both of which are available at www.ca.org), or contact your Regional Trustee.

Seventh Tradition Donations July – December 2006 (page 2 of 2)

| Category or Location | Donor Name/City | Total |
|----------------------|--|------------|
| Georgia | Cocanuts – Lilburn | \$287.00 |
| | Georgia Area | \$7,750.00 |
| | Last Straw – Lawrenceville | \$65.39 |
| | Today's Hope – East Point | \$20.01 |
| | Welcome Home – Norcross | \$120.00 |
| Idaho | Magic Valley District | \$100.00 |
| | Road to Recovery – Twin Falls | \$17.00 |
| Illinois | Hope, Faith & Courage – Normal | \$34.00 |
| | Illinois Area | \$1,800.00 |
| | Northwest Suburban District | \$1,386.74 |
| | South & West District | \$884.76 |
| Indiana | CAST – Evansville | \$10.00 |
| | New Tuesday – Indianapolis | \$40.00 |
| Iowa | C.A. District 1 | \$80.00 |
| Kansas | Rock Bottom – Wichita | \$25.00 |
| Maryland | DC/MD/VA Area | \$25.00 |
| | New Way of C.A. – Rockville | \$15.00 |
| Massachusetts | Mass Area of C.A. | \$60.00 |
| Michigan | Saturday Morning Alive – Lansing | \$75.84 |
| Missouri | End of the Line - Florissant | \$45.00 |
| | Fried Pipers & Cocanuts - St. Louis | \$60.00 |
| | Working With Others - Kansas City | \$20.00 |
| Nebraska | C.A. of Nebraska | \$330.23 |
| Nevada | C.A. of Nevada | \$109.00 |
| | Northern Nevada Area | \$1,000.00 |
| New Hampshire | Chapter 2 Group - Concord | \$100.00 |
| New Jersey | New Freedom - South Amboy | \$100.00 |
| New Mexico | Albuquerque Chapter of C.A. (District 2) | \$200.00 |
| | New Mexico Area of C.A. | \$300.00 |

| Category or Location | Donor Name/City | Total |
|-----------------------|---|-------------|
| New York | Anonymous - Babylon | \$100.00 |
| | CANY | \$500.00 |
| | Sober Toast - Massapequa | \$75.00 |
| North Carolina | EC202 - Elizabeth City | \$145.00 |
| Ohio | AM Sunday C.A. - Cleveland | \$100.00 |
| | Canton District of C.A. | \$150.00 |
| | Early Morning Serenity - Canton | \$130.00 |
| | New Beginnings - Canton | \$115.00 |
| | Old Molly Meeting - Canton | \$30.00 |
| | Tuesday Nite Trust - Willoughby | \$150.00 |
| Oklahoma | C.A. of Oklahoma City | \$125.00 |
| | End of the Line - Tulsa | \$82.70 |
| | Freedom For All - Tulsa | \$164.93 |
| Oregon | C.A. of Oregon & SW Washington | \$750.00 |
| Pennsylvania | How It Works - Hopewell | \$24.37 |
| | Moon Friday Night - Moon Twp | \$42.58 |
| | PA/NJ/DE Area | \$150.00 |
| Tennessee | New Life Lodge - Burns | \$10.00 |
| Texas | South Central Texas Area | \$500.00 |
| | Step Sisters - Austin | \$376.32 |
| Washington | Alternative Rock/NIV/Hard Rock Café - Vancouver | \$75.00 |
| | Blade Runners - Mt. Vernon | \$85.00 |
| Wisconsin | A Vision For You - Milwaukee | \$41.00 |
| | C.A. of Wisconsin | \$500.00 |
| | First Things First - Milwaukee | \$110.00 |
| | Razors Edge - Waukesha | \$602.00 |
| | Sunday Night Strength - Milwaukee | \$59.00 |
| | Tool Kit - Milwaukee | \$9.00 |
| | Uncolas - Milwaukee | \$168.41 |
| Total | | \$65,821.40 |

Solution to Sudoku puzzle on page 11:

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| N | R | S | H | I | E | A | G | C |
| I | C | E | S | G | A | R | N | H |
| G | H | A | R | N | C | S | E | I |
| A | G | R | E | H | I | N | C | S |
| S | I | C | G | A | N | H | R | E |
| E | N | H | C | R | S | G | I | A |
| H | S | I | N | C | R | E | A | G |
| C | E | N | A | S | G | I | H | R |
| R | A | G | I | E | H | C | S | N |

Subscribe to the NewsGram

Subscriptions are being accepted for the NewsGram. For the low price of \$10.00 U.S. per year, you can receive each copy of the NewsGram before your friends or your group. Simply complete this form and include your credit card information, or enclose a \$10.00 check or money order (U.S. dollars only) and send to: NewsGram, c/o CAWSO, 3740 Overland Ave., Suite C, Los Angeles, CA 90034. A subscription form is also available for download at www.ca.org.

I have enclosed a check/money order payable to CAWSO

Visa/MasterCard/Discover/American Express # _____

Signature: _____ Expiration date: _____

Name: _____

Address: _____

City and State/Province: _____ Country: _____

Zip/Postal Code: _____ Telephone Number: (____) _____

The NewsGram is always looking for material which communicates a message of hope, faith and courage. We welcome original articles from our members sharing their experience with recovery, unity and service in CA. If you have such an article (or perhaps an idea, cartoon, poem, story or other material related to recovery in CA) that you would like considered for publication in a future issue of the NewsGram, please send it and the completed release form below to: NewsGram Editor, c/o CAWSO, 3740 Overland Ave., Suite C, Los Angeles CA 90034, or via e-mail to newsgram@ca.org. We cannot publish your submission without a release form.

Name: _____ Phone: _____

Address: _____

City: _____ State: _____ Country: _____ Post/Zip Code: _____

I hereby give CAWSO and the NewsGram express permission to reprint my original work entitled:



SUDOKU

The objective of Sudoku is to fill all the blank squares with the correct letters. There are three very simple constraints to follow in this 9X9 square game:

1. Every row of nine squares must include all nine letters, in any order;
2. Every column of nine squares must include all nine letters, in any order;
3. Every 3X3 subsection of the 9X9 square must include all nine letters.

The word in this puzzle describes the type of inventory we do in Step 4. It contains the letters C A E N I G H S R. The correct spelling of the word will appear in column 3. For solution, see page 10.

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | R | | | | E | | G | |
| | | | | G | | | | H |
| | H | A | R | | | | | |
| | G | | | | | N | | S |
| | I | | G | | N | | R | |
| E | | H | | | | | I | |
| | | | | | R | E | A | |
| C | | | | S | | | | |
| | A | | I | | | | S | |

Calendar of Events

April 13-15, 2007

C.A. UK 15 - Reaching Out

The Hilton Brighton Metropole
106 Kings Road, East Sussex
Brighton, BN1 2FU England
+44 (0) 1273 775 432

Julie P., Conv. Chair +44 (0) 7802 776 774
Jason L., Registration +44 (0) 7792 063 165
Jeff L., Program +44(0) 7958 709 967

April 27-29, 2007

2007 Atlantic South Region and Florida

State Area Convention

A Vision for You

Clarion Hotel
12635 Cleveland Avenue
Fort Myers, Florida 33907
239-936-4300

Tammy C., Convention Chair 239-810-8872
Joan, Vice Chair 239-823-9232
Trina S., Program 239-277-0349
Jim, Hotel Liaison 239-332-8385

April 27-29, 2007

2007 Northern Nevada Area Convention

Highroad to a New Freedom

Inn By the Lake Convention Center
3300 Lake Tahoe Blvd.
South Lake Tahoe, California
800-877-1466

Jeff M., Convention Chair 530-543-1434
Roy R., Vice Chair 530-545-1895
Nick A., Program 530-318-0205

April 27-29, 2007

Ohio Area's 17th Annual C.A. Convention

Unity: One People One Voice

Clarion Westgate Hotel
3536 Secor Road
Toledo, Ohio
866-820-5248

Ray D., Area Chair 330-782-4146
Carl W., Convention Chair cagowo@msn.com
Ken M., Registration Chair 419-340-5264

May 4-6, 2007

Campvention

Unity Under the Stars

Southern California Area C.A.
Lake Irvine
4621 Santiago Canyon Road
Silverado, CA
714-649-9111

Aurora L., Event Chair 909-635-4303
Jo Nita B., Event Co-Chair 562-665-5088

May 11-13, 2007

CANY Spring Convention

PRINCIPLES before PERSONALITIES

Cocaine Anonymous of New York
Trinity Conference Center
79B Lower River Road
West Cornwall, CT 06796

Alan S., Event Chair 917-693-9114
John R., Event Co-Chair 917-805-7012

May 18-20, 2007

Marbella Spain 2007

Came to Believe

Caledonian Golf Hotel & Spa
Ctra.de CadizKm. 166, Urb. Los Flamingos . 29680
Estepona Spain
+34 95 288 99 91

Chris, Convention Chair +34 659 887 798
Duncan, Program Chair +34 670 232 361
Lisa, Registration Chair +34 607 656 787
Sally, Hotel Liaison +34 660 562 689

May 24-28, 2007

23rd Annual C.A. World

Service Convention

Recovery in the Heartland

Greater Missouri Area/Midwest Region

Westin Crown Center
One Pershing Road
Kansas City, MO 64108

816-474-4400 or 800-368-7764

www.cawsconvention.org

Kay C., Chair kaycmo@yahoo.com

Harriett W., Vice Chair Whitesrory@aol.com

August 3-5, 2007

Texas Area Service Convention

We're Back On Track & Ready To Roll

Westchase Hilton Houston
9999 Westheimer Road
Houston Texas
713-668-6822

Wanda A., Registration Chair 832-453-8212

Susan J., Convention Chair 713-447-7006

Roland R., Outreach Chair 713-738-4908

August 23-26, 2007

23rd Annual CALA Convention

No Gram Like the Program

Palm Springs Convention

Cathedral City, California
67967 Vista Chino
Cathedral City, CA 92234

888-386-4677

760-322-7000

Robin L., Convention Chair 310-617-6179

Mike I., Vice Chair 310-809-7366

October 5-7, 2007

2007 PA-NJ-DE Area Convention

Fall Into Faith

Doubletree Club Hotel
9461 Roosevelt Boulevard
(US Route 1)

Philadelphia, Pennsylvania
215-671-9600

Esther B., Chair 267-825-0894
George F., Vice Chair 215-715-4043

October 19-21, 2007

2007 Washington State C.A. Convention

Holiday Inn

3105 Pine Street
Everett, WA 98201

866-700-1188 or 425-339-2000

Doug D., Conv. Chair 360-421-5898

Gordon S., Registration 206-660-2905

October 26-28, 2007

2007 Midwest Regional Convention

CA...My Fellowship

C.A. Illinois

Westin Hotel (formerly the Wyndham)
400 Park Blvd.

Itasca, Illinois 60143

(630) 773-4000

Kim S., Convention Chair 847-437-9757

Greg G., Registration Chair 630-709-9428

November 2-5, 2007

25 Years of Cocaine

Anonymous Cruise

Celebrate 25 Years of C.A.

Los Angeles - Ensenada, Mexico

Royal Caribbean's *Monarch of the Sea*

Boarding/Returning Los Angeles, California

Ca2007@valleytravelgroup.com

866-465-3556

Carla S., Event Chair 818-903-3396

If you are having a local C.A. event, please let us know so we can list it in the NewsGram. The event should be of interest outside your area or district (such as conventions and retreats, multi-day events, Regional events or World Service events.) Notify us by mail to NewsGram, c/o CAWSO, 3740 Overland Ave., Suite C, Los Angeles, CA 90034, by e-mail to newsgram@ca.org, or by fax to 310-559-2554, Attn: NewsGram. You may also use the online submission form at http://www.ca.org/event_form.html to get your event listed both on the web and in the NewsGram.