

NEWS GRAM

Volume 27 No. 1 C.A. World Service Office, 21720 S. Wilmington Ave., Ste. 304, Long Beach, CA 90810-1641 First Quarter 2010

Note from the WSO:

To Watch Loneliness Vanish

By Tom P.

World Service Office Board Chair
Dana Point, California, USA

I was early in sobriety when I first heard the term “tortured loneliness.” I immediately connected with the speaker and with the feeling. This term described my primary condition for as long as I could remember. Throughout the many years of my drinking and using, drugs and alcohol seemed to ‘cure’ this condition. I was part of life, and I had a reliable friend; being loaded seemed to allow me to get in touch with the creative and imaginative part of myself that I believed I could not access on my own. When confronted with problems, the pipe seemed to help me regain my fierce determination to win, if only to do what was necessary to get more. But always, whether alone or in a crowd, the feelings of loneliness would creep back in and I would experience life as if I were on the outside, an observer.

The convention where I heard this speaker was probably an area convention or a regional convention, or maybe a world convention. I don’t remember because over time I’ve discovered that this is a common feeling we all share, and I hear it shared frequently. The feeling seems to be so common that who the speaker was or where I heard it doesn’t matter. What matters is that I heard it, and I heard it in a group.

Certainly, my coming to C.A. wasn’t solely to find fellowship and laughter. I suffer from the

chronic, progressive and eventually fatal condition of addiction. Unless arrested in some way, that condition leads to jails, insanity and death. I came into C.A. because jails and insanity had become normal. By the grace of a Power greater than my own, I was given the clarity to see the truth of my hopelessness. That same Power brought me to Cocaine Anonymous, where I found recovery. In recovery and in sharing my life with others, I have also found that joy and laughter are commonly present.

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Trustee Corner

**By Trevor Scheible
Pacific North Regional Trustee
& WSBT Chair
Calgary, Alberta, Canada**

I would like to thank the World Service Board of Trustees for allowing me to chair the Board this year, and thank the Fellowship of Cocaine Anonymous for allowing me to serve as a Trustee. It has been an amazing three and a half years. I cannot believe the ride is drawing to a close.

The World Service Board of Trustees continues to work hard on behalf of the Fellowship. There is a never-ending list of inquiries to answer and reports to write, as well as traveling to meet the Fellowship. We are committed to serving the best we can, and the work never ends.

The Fellowship as a whole is gearing up to party. The 2010 CAWS Convention is fast approaching. Wisconsin is ready to welcome the world of C.A. and I look forward to meeting all my friends, old and new. The committee has worked thousands of hours to put on a great convention, and they have our heartfelt thanks. I hope to see everyone there.

We will continue to face many challenges this year. We are still experiencing a decline in 7th Tradition contributions. The global economy is showing signs of recovery; however, the work at the World Service Office, which recently moved to a more cost-effective space, is still under-funded. If everyone in C.A. donated \$7.00 to CAWSO, we would have enough money to grow, doing more translations, providing more services, and better carry out our mission. We would like to ask everyone to consider an extra donation to help this worthwhile cause.

As we get closer to the upcoming World Service Conference, two other members of the Board and I are preparing to roll off. It has been an amazing ride so far, and I look forward to seeing what the next six months bring. The Trustee Election Committee has the task this year of choosing five new Trustees. Our work will be cut out for us at the Conference, and I look forward to the challenge.

The WSBT remains committed to serving the C.A. Fellowship to the best of our ability. If you have any questions or concerns, please feel free to contact us through the "Contact the Trustees" link on www.ca.org, or contact your Regional Trustee directly. We look forward to hearing from you.

Note from the WSO (continued from page 1):

Consistent with the promise set forth in the Big Book, my recovery began when I talked with another addict and we shared our experience, strength and hope. Further, our Tradition Three establishes that two or more addicts, together for the purpose of sobriety and with no other affiliation, are a group. My first C.A. group experience took place in a car, on the way from a treatment center to a C.A. meeting. Thus began my journey to the middle of the C.A. Fellowship.

Something happens when I am in the middle of our Fellowship. The feelings of difference disappear and I become joined together with others in brotherly and harmonious action. I have not had a drink or drug since my first meeting of Cocaine Anonymous. I can't say this about my experience with other Twelve-Step fellowships. I found my home in C.A., and I am intent on doing my part in making this home an attractive and joyful place to dwell. For me, the most exciting and fun part of being a member of Cocaine Anonymous is to participate in the events we put on, and to be a useful member of the groups. I love all forms of C.A. gatherings, from pancake breakfasts to world conventions. During the first three months of this year, I attended three different area conventions, simply as a participating member, as well as a chili cook-off.

The preceding serves to introduce the following: I am reminding everybody about the upcoming 2010 C.A. World Service Convention being hosted by the Wisconsin Area of Cocaine Anonymous. The event is being held from May 27-31 at the Hilton Milwaukee City Center Hotel. I have toured the hotel and it is a wonderful downtown venue that will enhance the convention experience for all who participate. The Convention Committee has been hard at work since being awarded the event several years ago and they are excited to again host this wonderful gathering of our Fellowship. If you haven't already registered, go online to www.ca.org and do so now. We don't want to miss you! As stated in World Service Convention Committee Guidelines, *"The purpose of the World Service Convention is to promote enthusiasm and unity within the fellowship of Cocaine Anonymous and financially support World Services' effort to carry the message to the addict that still suffers."*

"Life will take on new meaning. To watch people recover, to see them help others, to watch loneliness vanish, to see a fellowship grow about you, to have a host of friends—this is an experience you must not miss. We know you will not want to miss it. Frequent contact with newcomers and with each other is the bright spot of our lives." (*Big Book*, page 89.) The C.A. World Service Convention experience brings this statement to life for me. Each year, the Fellowship I crave becomes more than a "sufficient substitute" for the life I used to live. Life takes on new meaning and I know the most satisfactory years of my existence lie ahead! It is spring and as the earth renews itself as it does every year, I, too, am renewing myself. I look forward to hooking up with old friends and am excited about the potential of meeting new friends. On the upcoming evening of May 30th, after the banquet meal has been served and the plates cleared away, a member of our Fellowship at that gathering with the longest term of sobriety will stand with another member of our Fellowship with the shortest term of sobriety, maybe just a day, and together they will represent recovery through unity and service, the miracle which takes place every day.

As for me, I will be inwardly moved just knowing that I'm right where I'm supposed to be. Come join us in Milwaukee near the shores of Lake Michigan at this year's Cocaine Anonymous World Service Convention!

The World Service Office Has Moved!

The WSO is now in a larger, more cost-effective location that better serves the needs of our Fellowship and Office staff. The new address is 21720 S. Wilmington Ave., Ste. 304, Long Beach, CA 90810-1641, USA. The phone number (310-559-5833) and fax number (310-559-2554) remain the same. Mail is being forwarded from the old address, but please help spread the word by passing on the new address to anyone in your local Fellowship who may be mailing chip & literature orders, delegate registration forms, donations, etc., to the WSO. Thank you.

CAWS 2010

May 27-31, 2010

Be There or Be Square!

By the 2010 CAWS Convention Committee



Imagine being in the mix of hundreds if not a thousand or more recovering addicts, fellowshiping and having fun in recovery for a five-day weekend. It's an experience not to be missed!

Those of you who consider yourselves World Convention Junkies know what fun it can be hanging out with old friends from around the globe while making new ones. If you're new to recovery or have never attended a C.A. World Convention, you can have this spiritual experience too! Just join us in Milwaukee, Wisconsin in May 2010.

The CAWS Convention Committee is busy planning the greatest party for all, so get busy planning your trip! We will see you soon in May 2010 as we celebrate recovery in Milwaukee, Wisconsin.

Expectations:

- Marathon meetings
- Two-day workshop on the first 164 pages of the *Big Book*
- Other workshops
- Speaker meetings
- Banquet
- Brunch
- Frozen custard outing
- Golf outing
- Magic show
- Sunrise meeting lake front outing
- Lunch cruise outing
- Milwaukee experience outing
- Comedy show
- DJ dance
- Fun run/walk
- Picnic in the park
- One Day/Today play
- C.A. convention memorabilia
- Auctions
- Fellowship hugs
- Sightseeing

For complete details check us out online at www.ca.org.

WE NEED YOU!!!

Please help the CAWS 2010 Auctions/Drawings Committee by donating live & silent auction items to be presented at FARFRÜMUSIN in Milwaukee, Wisconsin May 27-31, 2010!!

Ideas Include

C.A. memorabilia, archived recovery items, electronics, motorcycle gear, spa basket (gift certificates, candles, relaxation CDs), hunting/fishing basket (gift certificate to sporting goods store), golf basket, jewelry, artwork.

*If you or your group can help, please contact us by
Saturday, May 1, 2010:*

Paul D: (414) 350-6026
Dominic G: (262) 443-4257
Diane W: (414) 915-8913
Debbie B: (224) 717-6014

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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: (____) _____

World Service Contribution Program

Cocaine Anonymous World Services 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. Plus, 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
21720 S. Wilmington Ave., Ste. 304
Long Beach, CA 90810-1641
(310) 559-5833
cawso@ca.org

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

Type of Account: Credit Card Debit Card Savings

Credit Card or Debit Card Name: _____

Card Number: _____ Expiration Date: _____

Financial Institution's Name: _____

Financial Institution's Address/Branch: _____

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)

7th Tradition October-December 2009		
Category or Location	Group Name/City	Total
ANONYMOUS		\$680.00
CANADA		
British Columbia	Anonymous	\$20.00
UK	CAUK Area	\$3,939.63
	London District	\$371.29
	Cocaine Anonymous Scotland	\$8,324.15
UNITED STATES		
Arkansas	Arkansas Area C.A.	\$100.00
	Serenity Group	\$300.00
Alabama	Alabama Area of C.A.	\$1,620.48
	First Freedom Group	\$78.97
Southern & Central California	Anonymous	\$5,248.97
	Hang Loose	\$70.00
	One Step At A Time	\$33.00
	WSOB	\$21.00
	OCCA - Area	\$1,200.00
	San Diego - Area	\$75.00
	WIECA	\$318.40
	CALA Long Beach Compton District	\$129.10
	CALA - Area	\$5,000.00
	C.A. Southbay Beach Cities	\$1,050.00
	S.G.P.V.C.A.	\$297.75
	Come Alive-CALA South Bay Beach Cities	\$90.00
	Back to Basics - Yorba Linda	\$53.36
	Central California C.A.	\$225.00
	CALA South Central District	\$400.00
	Recovery In The Desert	\$200.00
	Pacific South Region C.A.	\$550.00
	LifePro	\$50.00
	One Puff, Too Tough-Pancakes Around World	\$138.90
	HFC Online Meeting	\$21.97
	South Lake Tahoe District	\$69.00
	SFVCA Central Office	\$1,000.00
Colorado	The Promises Group	\$90.00
	Depth & Weight	\$46.00
	Dark Side of the Spoon	\$126.50
	C.A. of Colorado	\$300.00
Florida	District of Ft. Myers	\$250.00
Georgia	Anonymous	\$108.89
	Coconuts	\$47.94
	Welcome Home	\$215.00
Idaho	Magic Valley District	\$200.00
Illinois	IACA, Inc.	\$1,200.00
	South & West District	\$419.90
	IACA Northwest Suburban District	\$553.50
	Forever Free Meeting of C.A.	\$200.00

7th Tradition October-December 2009		
Category or Location	Group Name/City	Total
Indiana	Last Straw - C.A. Indianapolis	\$118.00
Kansas	KC District	\$100.00
Maryland	New Way of C.A.	\$25.00
Michigan	Saturday Morning Alive	\$15.00
Missouri	Fried Pipers & Cocanuts	\$60.00
	Working With Others	\$5.00
	Greater Missouri Area of C.A.	\$106.86
Nevada	Reno-Anonymous	\$500.00
Nebraska	C.A. of Nebraska	\$39.30
New Jersey	Anonymous	\$73.00
	Hope Faith and Courage Group Thurs	\$75.00
New York	C.A.'s Big Book Experience Group	\$100.00
	Westside Story Group NYC	\$30.00
North Carolina	Monroe Solution Group of C.A.	\$30.00
Ohio	AM Sunday C.A.	\$100.00
	Moon Friday Night (Ohio Area)	\$5.00
	The C.A. Big Book Discussion Meeting	\$20.00
	TNT Group	\$75.00
	Another Way	\$50.00
Oklahoma	Freedom For All	\$33.70
Pennsylvania	Cocaine Anonymous	\$132.00
	Anonymous	\$25.00
South Carolina	Common Solutions Group	\$100.00
	Camp Awakenings	\$12.00
Texas	Anonymous	\$150.00
	Texas Area Service Committee	\$6,798.13
	XYZ-32	\$200.00
	Heart & Soul Sisters Group	\$50.00
	Bonnie Brae Group	\$225.90
	Step Sisters	\$115.00
	Texas Valley Area	\$1,000.00
Utah	C.A. Central District	\$3,000.00
	Oreo's S.L.C. - Magna UT	\$19.00
	Nov World Service Can	\$25.45
Washington	District 1	\$593.60
	First Things First	\$36.00
	Final Blow	\$100.00
Wisconsin	Over the Hump, Without a Bump	\$50.00
	First Things First	\$60.00
	Fri Nite Uncolas	\$55.00
	Razor's Edge	\$87.00
WORLD SERVICE CONTRIBUTION PROGRAM (see page 6 for details)		\$4,042.00
Total October-December 2009		\$53,752.64

The Wetreat

By Steve W., Terry M. and the Rest of the
CAWS 2011 “Fun” Raising Committee

In support of the 2011 C.A. World Service Convention, the “Fun” Raising Committee came up with the idea of a retreat. Lynda F. said “You mean a ‘Wetreat,’” and so was born the spiritual co-ed retreat fundraiser. The next few months found our committee doing site selection, along with program and logistical planning. We found a beautiful spot nestled in the mountains outside of historic Prescott, Arizona.

With the first word of the Twelve Steps being “we,” our goal was to build on unity and help us to grow in “effectiveness and understanding” and deepen our spirituality. Our challenge was to raise money for C.A. and uphold our responsibility to the 5th and 1st Traditions, our primary purpose (to carry the message) and our common welfare. The cost for the three-day Wetreat (room and board, food and 24-hour hospitality) was \$150. How do we honor our primary purpose to carry the C.A. message to the still-suffering addict at \$150? Our committee created a scholarship program. Any C.A. member, regardless of how long or short a time they’d been sober, was able to attend because of the scholarship fund. A spiritual fundraising event is an oxymoron, right? WE think not!

A hundred and twenty-four addicts headed to the solitude of the mountains at a retreat center to have three days of Fellowship and a spiritual encounter with

each other and God. Seventy-four men and fifty women attended. Forty-six people attended on full or partial scholarships. No one except the registration team knew who was at the Wetreat on scholarship and who was not.

The Wetreat was an invitation to step beyond the facade of life—to take a rest from the never-ending demands made on our lives and energy to rediscover and enliven our spirits and tap into the Power. It is underneath the surface of life in the still silence where we truly begin to experience the wonder and beauty of living. The Wetreat was not an attempt to escape the ‘real world’ but an action to enter more fully into the spiritual life that we can take back into our daily lives. What a wonderful way to broaden and deepen our spiritual lives though this experience together.

It was amazing to watch God work in so many people’s lives over the course of three days. The Wetreat was lead by two clergy members and a Ph.D., all recovering addicts. The three retreat sessions were focused on the C.A. principles of Hope, Faith and Courage, led by Father Mike H. from Pennsylvania and Dr. Arisah M. from California, what a combo of spirit and fortitude. The insights these two brought with them were so profound you could feel the Power flow in! *[continued next page]*

Friday night we had a dual 20-minute speaker meeting with Evan A., our CAWS

2011 Chair, and Lynda F., the creator of the Wetreat theme and our CAWS 2011 Volunteer Coordinator. They both carried powerful messages of recovery and the love they found in Cocaine Anonymous. During the sharing, a bat flew right into our meeting pavilion and circled over the heads of our retreat friends. Arisah didn't even scream, nor did Katie H., who was chairing the meeting as the bat flew over her head and around her repeatedly. WOW!!!! We knew then we were really in the forest. We ended Friday night with a bonfire and fellowshiping.

After the two Saturday sessions on Faith and Courage, we came together again that evening to hear Dr. Arisah M. deliver a stirring and powerful share. After a break we reassembled for a candlelit, guided healing meditation in the open-air pavilion led by Arizona's own Father John B. The candles were flickering in harmony with the twinkling of the stars as Father John, accompanied by some very moving musical selections, guided us through the pains and regrets of our lives, through the injury we have felt and caused and into the Grace of the healing 12 Steps and loving arms of our Creator.

This incredibly powerful experience of 124 people in group meditation and prayer was immediately followed by an ice cream social and s'mores around the campfire. People visited, sang and played guitars as the feeling of "WE" overcame us all. On Sunday morning, we had a 'God as I understand God' group participation meeting that was tremendously powerful. This meeting was also led by Father John B., who reminded us that even though we may

struggle with our belief in our Higher Power, God always believes in us. As he was sharing, a beautiful pair of hawks slowly flew right across our field of vision. What a miraculous finish to an already magnificent weekend.

At the Wetreat, new relationships were forged and many people entered into a deeper relationship with their Higher Power. We all hoped to be able to bring that loving spirit back into our homes and daily lives.

Our "Fun" Raising Committee has the belief that if we put on events that bring us closer together as members of Cocaine Anonymous, the money will take care of itself. The Wetreat raised \$7,110.07 for C.A. World Services. Imagine, if every area in C.A. had an event like this, what it would do for the growth and strength of our Fellowship and how it would support the efforts to carry the C.A. message around the globe. What an amazing opportunity to grow spiritually and to give back to the Fellowship that has given so much to us.

We had so much fun the first time, as good addicts, we are going back for some more. Think about joining us October 1, 2 and 3, 2010 for the Re-Wetreat, or the We-Wetreat, or whatever it may be called. Advance registration is open; contact Terry M at mred007@aol.com for details.

The Wetreat was an awe-inspiring experience. We think Bill W. summed it up when he wrote, "To watch people recover, to see them help others, to watch loneliness vanish, to see a fellowship grow up about you, to have a host of friends—this is an experience you must not miss." (*Big Book*, p.89, "Working With Others").

The World Got a Little Smaller Today

One Meeting, Two Perspectives

By Doug G., Arizona, USA:

My Freedom date is October 11, 1985. I mention this because when I was given the gift of sobriety I received a key chain (which was green back then) with *Newcomer* on one side and a coin taped to the other. When I inquired about this coin, I was told that it was there for me to make a phone call when I was in trouble and needed help (remember pay phones?). That was the extent of our technology back then. No cell phones, no website, the Internet in its infancy.

Roll forward 24 years to this past Saturday, when C.A. experienced a huge leap in communication with a truly historic event. Over the last two decades, we have gone from pay phones, to pagers and then on to cell phones. Email and texting are in vogue. But now something new and refreshing! We successfully initiated the first ever live audio/video link of two C.A. meetings separated by the Atlantic Ocean. Two cultures, two countries, two continents, almost two languages, but ONE disease and ONE solution!

My dear friend Russell S. of London brought to me a beautiful idea of forming a union between two meetings in Arizona and London, bridging them together in a live real-time link on the Internet! One could liken it to a teleconference. I refer to Russell as “my dear friend” because that is what he has become through our experience linking together through the Internet. My heartfelt gratitude goes out to him for all he is and all he has done to enrich the lives of many men and women around the globe.

Russell was instrumental in linking members of C.A. in Tehran, Iran with the 2009 CALA convention. He was involved with

the technical side of the *Prison Link* event at the CAUK17 convention. This time was different; we were introducing video. We checked with our Trustees and assured them that the link is safe and closed from prying eyes. They nervously gave us the thumbs up. In typical addict behavior, they gave us an inch and we shot for a mile.

We spent many hours going back and forth trying to fine-tune the format and secure dates and times. This was tricky as we were working with a 7-hour time difference.

On February 27, 2010 at exactly noon Arizona time (or as Russell likes to remind me, 7 pm *God's* time), we called London on our laptop. After a few rings I hear a cheerful voice say “ello Doug!” The video burst to life with a room full of smiling addicts stuffed into a member’s flat. The response in Arizona was cheering, applauding and waving our warmest possible greeting. Our UK brethren responded in kind!

I introduced myself with a short message of our journey to this point and the historic event about to unfold. We then heard “*Welcome to the UK/Arizona link-up meeting of Cocaine Anonymous. Would you please help me open this meeting with a moment of silence?*”

As I sat there, witnessing this amazing event, my eyes started to moisten as I realized that I was linking to new brothers and sisters over 5,000 miles away. I was reminded of a plaque over the entrance of a recovery clubhouse in Middle America: “There are no strangers in Cocaine Anonymous, only friends you haven’t met yet.” My mind started to wander to the future possibilities of reaching the most remote corners of the Earth, allowing the suffering addict to attend a meeting where none exist. The world just got a little smaller!

By Russell S., London, UK:

“Welcome to the UK/Arizona link up meeting of Cocaine Anonymous....”

That’s how the meeting started, as a C.A. group in London UK and a C.A. group in Arizona met face to face, or shoulder to shoulder, with over 5000 miles between them.

After a couple of months of test calls, adopting a meeting format and getting members on board, we pulled it off—a live video link-up meeting of Cocaine Anonymous.

The idea started after talking with Doug G. in Arizona about using computers for voice calls and how we’d successfully managed to use the system at CAUK17 to link with a prison and again at CALA convention where we linked a C.A. group in Tehran into a main speaker meeting. Within minutes, we’d moved into a shared vision of a shared vision (think about it)! Doug and I are definitely of the same type—positively focused, determined and bloody minded are terms I hope my friend wont mind me using to explain our approach to this project.

So with Doug on one side of the pond and me on the other we began with a basic idea: we’d link up a group in his locality with a group in mine. Then, with lots of discussion, we ironed out the minor challenges such as time difference and the date. We’d also both realized we should notify our Regional Trustees of our intensions, which we did, and with a cautious nod from them we notified local members of the date, time and venue.

At exactly 7 pm GMT on 27th February, a computer screen in London took an incoming call from Arizona and the cameras kicked in. On both sides, the screens showed our fellows sitting only 5,284 miles away and smiling faces beaming with the realization that we’d got a live link.

As with a couple of thousand other C.A. meetings, the meeting started with a moment’s silence and prayer, then the preamble read from London and *We Can Recover* read from Tempe. We observed Tradition 7 (with a

conscience that all monies would be passed to CAWS) and the 12 Traditions were read.

A speaker from each side had been chosen to share for 10-15 minutes. The opening speaker from Tempe shared beautifully on his experience of the program and how he’d ‘found a job’ in the rooms, a lovely service-based share. A female member from the UK was next to share for 15 minutes, and those familiar nods that come with identification could be seen on screen. The language of the heart was being spoken through a microphone and camera, ‘modem to modem.’

The meeting then opened up for sharing from the floor; we took turns from one group to another and we got closer still, to the point I felt I really was with my fellows in Arizona.

We closed the meeting with the reading *Reaching Out* and the ‘we’ version of the Serenity Prayer.

As the link was closed a feeling of gratitude and being part of overwhelmed me. This is the Fellowship I crave, and as we sat together in London, eating and reflecting on what had just taken place, I realized that the other members were experiencing the same feelings.

As we move forward with the times, these meetings will become more common. How long before the Online Area considers video link-ups will be down to them, but the concept is now proven to work and we have that experience to share. The opportunity for groups from around the world to attend conventions is now huge. How wonderful that we can invite groups in Russia or Iran, Australia or Hong Kong, Ireland or Canada, to join us at such events.

I’d like to thank the Tempe and London members for their participation, and also the man in Arizona who has become a good friend as a result of working with him on this project. Our friendship is the added bonus.

Delegate Funding

By the World Service Board of Trustees

Serving the Fellowship of Cocaine Anonymous as a Delegate is a big honor. It is also a lot of work. It takes many hours to perform all the various tasks needed to do the job successfully. Writing quarterly reports for Trustees, attending Area functions, and participating in the Conference (which often includes working year-round with a Conference Committee) all contribute to the busy life of a Delegate.

It can also be a very rewarding experience. Delegates get the chance to meet other addicts from around the world, experiencing different cultures and ways of carrying the message. They get to see first-hand the growth occurring in C.A., welcoming new Areas to the Fellowship. They also get to help craft written material for everyone in C.A. to use to carry the message. The work and the rewards are many. Why, then, do we fund them to be able to do this work?

When looking at the Delegate position, we should always strive to find the most qualified member possible. Our 9th Concept says, "Good service leaders, together with sound and appropriate methods of choosing them are at all levels indispensable for our future functioning and safety." We must exercise our best judgment in selecting our Delegates. In the writings of Bill W., he says on the matter, "Personal ambitions will have to be cast aside, feuds and controversy forgotten. 'Who are the best qualified people that we can name?' This should be the thought of all."* The members we select to attend the World Service Conference are effectively the voice for C.A. as a whole. They will be the ones making decisions for us regarding all manner of business. It is of the utmost importance that they are qualified candidates. What, exactly, are these qualifications?

In our C.A. World Service Manual, on page 24, it lists the duties and qualifications of a Delegate. The first and most important is that the Delegate's job is a spiritual one. We must remember we are serving the Fellowship as a

whole. A Delegate should have a working knowledge of the 12 Steps, 12 Traditions, and 12 Concepts, as well as the Conference Charter. They must be effective communicators, transmitting information back and forth between groups, Districts, Areas, and the world. As such, they are asked to attend District, Area and Regional meetings to facilitate the transmittal of this information.

Most Areas, as a matter of principle, help with the expenses incurred by Delegates to attend these events. This amount can vary, according to each Area's individual finances. Some Delegates are fully covered for their expenses and some only partially. There are many reasons for this. Our 7th Tradition tells us that we should be fully self-supporting. It is our responsibility to look after our own affairs. We must also remember that the Delegates are working to benefit us as well as C.A. as a whole. As members of the Fellowship, we have not only the right, but the obligation to participate to the fullest. Asking those members serving as Delegates to devote their time and energy to serve our Fellowship as a whole creates a responsibility for us to provide them the resources to do the job.

With all that we ask our Delegates to do, the most dangerous requirement we can have of them is money. Choosing effective leaders can hardly be a success if the first thing we require is if they can do all we will ask of them, but also foot the bill. Limiting ourselves in this fashion has the potential to keep some amazing people on the sidelines. We are, as a whole, trying to insure that any addict still suffering has a chance to find recovery in Cocaine Anonymous. We need the best possible people to assist us in this vital work. All hands on deck.

*Taken from *The A.A. Service Manual Combined With 12 Concepts for World Service*, page 37 (Ninth Concept).

H&I Corner

By Megan K.

Philadelphia, Pennsylvania, USA

I now truly feel the “New High from H&I.” I remember my first time hearing a meeting in prison. The seed was slow in getting planted for me. I was in and out of prison for several years and went to many H&I meetings inside. The last time I arrived in 1997, one of the women who had an H&I commitment and with whom I had become friendly from my recidivism, said to me, “Meg, you seem different this time.” She must have seen what I knew at that moment. The obsession had been removed and I was about to embark on a journey that I could never have fathomed, as I look back today. It reminds me of the statement in the *Big Book*, in the foreword to the Second Edition, which goes like this: “*Many of our friends encourage us by saying that this is but a beginning, only the augury of a much larger future ahead.*” Wow! What a journey it has been.

Thus my journey began, on April 24, the morning after trying to take my own life via an intentional overdose on heroin. I was brought back to life by a double shot of Narcan to my heart and then shipped to a local hospital in North Philly, via my angels (the paramedics), on a 302 order which, as I look back now, was a lifesaver. Yes, I had finally surrendered.

When I ‘came to’ at this hospital, I was in a state of clarity that now I believe was the hand of God, lifting me from the insanity and obsession of this disease and the streets. I called my parole officer and explained to him what I had done and that I needed his help. My P.O. asked that I go back to the local rehab for a few days, to get myself mentally and physically prepared to return to prison. I was told to turn myself in after this short stay at rehab and that is actually what I did.

What an unbelievable journey it has been, right from the gates. I was able to get the *Big Book* the rehab had given me cleared to take into prison. Awesome, as I think about it today. In the history of prison that I know of, I never heard of anything getting a clearance on arrival to take back to your cell. Normally, the clothes on your back and anything in your pockets go to the intake lockers and you don’t get to see that stuff again until you are discharged.

But, as I see it today, I finally had someone who believed in me. My parole officer had seen the difference this time, too. Something as small as getting my *Big Book* cleared at the gates was one of the ‘seeds’ to start me growing.

That was the beginning of the end of my using. As the *Big Book* says in Step 9, and as I truly relate to it from the bottom of my heart, I had ‘roared like a tornado’ through the lives of the ones who loved and cared about me, not caring who I stepped on or who I hurt, physically, mentally and emotionally. Thank God for the Steps. Today, I am a free woman. Free from the clanking of the prison gates, free from the bondage of self! Free from the abuse. Wow, how amazing! Through baby steps, one amends at a time, I learned how to take responsibility and grow up. I learned to change my thinking and behaviors on a daily basis. Contingent upon my spiritual maintenance, I am able to know who I am and what I am doing here and now. Today I am free from the financial wreckage as well. I am not in bondage to a materialistic world, doing what everyone else is doing. Who cares! God has me in the palm of His hands, carrying me, one step at a time, giving me what I need instead of what I want today.

It was time to grow up and take responsibility. One of the things I learned was to sit down, shut up and listen, because I was going to die if I didn’t. So I did! Every decision in early sobriety was made with my sponsor’s help. I was given an opportunity through a grant in early sobriety to return to school. With my sponsor’s help and guidance, I returned to school and graduated with honors. I couldn’t believe an old dope fiend like me could graduate with honors, but I did it!

I have had a lot of other accomplishments since then. God is good. I learned that “Faith without works is dead” (*Big Book*, page 88). How true that statement is. I had to get off my ass and work for everything I got! That includes change. Nothing was easy, but it was simple. If I get out of the way and follow some clear-cut directions that are outlined in the *Big Book*, I can accomplish whatever goals I set my heart on. One day at a time, I just keep on,

keeping on. I love this program, and I love Cocaine Anonymous!

Today I carry the message of hope. That is one of my favorite principles of the program. I keep the hope alive! The simple words, “God, please help me,” started a personal relationship with my Higher Power like I never dreamed it could be. I love H&I and continue to carry the message of recovery.

Thank you, Cocaine Anonymous, for helping me grow up! Thank you for loving me until I learned how to love myself again. Thank you for carrying the

message of hope through the rehabs, detoxes, and prisons I landed in. Thank you for giving me a chance to get my life back!

Thank you for allowing me to be of service on the H&I Committee. I truly love H&I. It is my favorite tool of service—keeping it real, channeling up with God, and hooking it back up with you. Keep looking in that mirror today with rigorous honesty and you too will love yourself again, and I hope to see you on this journey of life.

Unity Corner:

From the Floor, to the Chair, to the Backyard Boogie!

By Glenn T.

WSC Unity Committee Chair

Who is a Cocaine Addict? talks about “snorting or smoking any white speck from the floor when we ran out.” For me this was only partly true; my problem was that I snorted or smoked any white speck from the floor even *before* I ran out! No matter how much dope I had left. I had become the person I used to laugh at when I saw them crawling on the floor, tweaking. I spent way too much time down there in my insanity, in my sickness.

Thank God I don’t have to live like that any more. It’s all due to the Fellowship of Cocaine Anonymous—attending lots of meetings, getting a sponsor, working all of the 12 Steps, finding a God of my understanding, and getting involved in service. A funny thing happened when I got involved in service; not only did I not crawl on the floor anymore, but the obsession to use had been removed, and I had not even noticed it!

It didn’t take long for the service junkie in me to emerge. It started with emptying ashtrays, making coffee, sweeping floors and helping keep our meeting hall clean. From there to group secretary, and then treasurer (I don’t think they had any idea who was handing their money!), and eventually chairperson for our group. This was repeated at the District and Area levels of service, serving on just about every committee at one time or another. I was elected Delegate, even though there were many who were qualified. What an honor, to have the

opportunity to give back, if even in a small way, what had been so freely given to me.

At the 2009 C.A. World Service Conference, I was elected to be the chairperson for the committee on which I served. We are talking service at a whole new level! A very humbling experience for me, and I think another spiritual one as well.

So after five days of C.A. business, Conference and committee work, when I overheard (actually, eavesdropped on) someone talking about a dance in South Central LA, I kind of invited myself. *What, like you guys never invited never yourselves to anything?* So I went with a bunch of addicts in much need of relief, fresh air and fun, to a function called “the Backyard Boogie” hosted by CALA. We came, we saw, we partied! It was held at an outside courtyard (hence the ‘backyard’ reference) in what I thought near perfect weather. I did the electric slide for almost an hour straight! We did have fun. In attendance were people from all over the United States and many from the U.K. A shout out and much love to CALA for putting on this event.

For the same addict who used to crawl on the floor to be in the company of people who, like me, have found a new way of life in Cocaine Anonymous is indeed something special. If you are new in the program, welcome. Come join us in spirit, fun and fellowship!

Calendar of Events (continued on page 16)

April 16-18, 2010

Ohio Area Convention

Twenty and Growing

LOCATION:

Double Tree Hotel
Independence, OH

CONTACTS:

Debbie D., Chair 330-283-7260

May 1-2, 2010

Still Taking Care - To The Newcomer

Sweden Area

LOCATION:

Hotel HagaKristineberg
Stockholm, Sweden

Convention is free! We want the newcomer to come!

CONTACTS:

Richard, Convention Chair +46 70 741 1618

May 14-15, 2010

12 Step Workshop and Boat Party

A Spiritual Experience Weekend

CAUK - South Central District

LOCATION:

Workshop:

The Bourne Spring Centre
St. Mary's Road
Springbourne, Bournemouth, BH1 4QP

Boat Party:

The Solent Scene
Poole Quay
Poole, Dorset

CONTACTS:

Colin F., Out of Town Ticket Seller +44 (0) 7821 542 116

May 27-31, 2010

CAWS 2010 World Convention – *Farfrumusin*

LOCATION:

The Hilton Milwaukee City Center
509 West Wisconsin Avenue
Milwaukee, WI 53202
(414) 271-7250 or 1-800-HILTONS

CONTACTS:

Quin B., Chair 414-550-5633
Jill E., Registration 414-534-6610

July 9-11, 2010

10th Anniversary - 1st International Convention

Cocaine Anonymous Holland

LOCATION:

Bel Air Hotel
Johan de Wittlaan 30
2517 JR, The Hague
+31 (0) 70-3525352

July 16-18, 2010

3rd All Canadian Convention

United We Stand

Manitoba Area

LOCATION:

Robert A. Steen Community Centre
980 Palmerstone Ave
Winnipeg, Canada

We are looking for speakers. Please contact Josh.

CONTACTS:

Ray D., Event Liaison/Ticket Rep 204-770-6580

James L., Shirt Rep 204-291-9255

Josh M., Speaker Rep 204-999-7735

Kirk L., Entertainment Rep 204-772-8925

August 26-29, 2010

26th Annual CALA Convention

1 Life 12 Steps One Day at a Time

South Central District

LOCATION:

JW Marriott Resort & Spa
74855 Country Club Drive
Palm Desert, California 92660
760-341-2211 800-228-9290

\$110.00 per night; resort fees waved on-site. (No room deposit required.)

CONTACTS:

Dwann G., Convention Chair 310-678-5560

Cliff H., Hotel Liaison 310-488-7934

David B., Convention Vice Chair 310-849-3251

Ronald A., Marathon Chair 323-491-0317

Calendar of Events (continued from page 15)

September 24-26, 2010

2010 Georgia Area Convention

Help Me~Help You help me

LOCATION:

Marriott Atlanta Century Center
2000 Century Blvd NE
Atlanta, GA
404-325-0000

CONTACTS:

Derek F., Chair (770) 912-8192
Yolande O., Vice Chair (770) 656-0313
Chris R., Program Chair (770) 882-9254
Barbara L., Registration Chair (678) 230-4149
Mike W., Outreach Chair (702) 340-3582

October 15-17, 2010

2010 Southwest Regional Convention

Keys to the Kingdom

Colorado Area

LOCATION:

Holiday Inn Select Hotel
455 S Colorado Blvd.
Denver, Colorado 80246

CONTACTS:

Michelle Z., SWRC Chair 303-319-9062

November 5-7, 2010

SOCA Convention

Sunlight of the Spirit

Southern Ontario Area

LOCATION:

Toronto Ontario
Address TBA

Registration is free. Keynote speaker will be Chris R., Texas

CONTACTS:

Cameron F., Chair 416-533-6024
Bob A., Programming Chair 416-520-7797
Scott P., Vice Chair 416-889-2171
Bill W., Auction/Raffle 647-887-3908

November 12-14, 2010

Annual Midwest Regional Convention

Recovered but Not Cured

Ohio Area

LOCATION:

Doubletree Hotel Columbus
175 Hutchinson Avenue
Columbus, OH

CONTACTS:

Chris M., Convention Chair 614-704-3379
Patrice F., Convention Vice Chair 614-886-5185
Spencer B., Hotel Liaison 614-203-7158

Celebrate Around the World

*By Rose J. and Kelley C.
CATW Co-Chairs
WSC Unity Committee*

We are now seeking artwork for CATW in 2011. The 2011 World Service Convention Committee has selected a theme for the convention to be held in Phoenix, Arizona:

We

Please show your talent and submit your artwork ideas for Celebrate Around the World in 2011. Submissions must be received by August 15, 2010 so that we can take them to the World Service Conference. Art must be submitted in either jpeg or jpg format, and artists must release all rights to their artwork to CAWS and CAWSO, Inc. For more info or to submit your artwork, please contact catw@ca.org.

Get Your Local Event Listed! Use the form at http://www.ca.org/event_form.html to get your event listed both on the web and in the NewsGram, or notify us by mail to NewsGram, c/o CAWSO, 21720 S. Wilmington Ave., Ste. 304, Long Beach, CA 90810-1641. USA. by e-mail to newsaram@ca.org. or by fax to 310-559-2554. Attn: NewsGram.