

NEWS



GRAM

Volume 27 No. 3 C.A. World Service Office, 21720 S. Wilmington Ave., Ste. 304, Long Beach, CA 90810-1641 Fourth Quarter 2010

Note from the WSO:

Happy 28th Birthday Cocaine Anonymous!

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

Often, when I am quietly practicing the 11th Step, I'll become aware of the great fortune I have to be experiencing two lives in one lifetime. I owe that great fortune to the Fellowship of Cocaine Anonymous and to the spiritual program of action I found here. Today is November 18th, the date on which, in 1982, the first meeting of C.A. was held. Happy Birthday C.A.! The Cocaine Anonymous NewsGram editor reminded me today that I needed to have an article ready by this weekend for the coming publication. Since I am full of gratitude for the life given to me as a result of surrender, love and service, the topic of this piece will be gratitude.

"No one is as capable of gratitude as one who has emerged from the kingdom of night." - Elie Wiesel

Addiction to cocaine and all other mind-altering substances, in my experience, can be aptly described as the "kingdom of the night." Darkness, confusion, despair and psychosis are some of the gifts this kingdom has to offer. Emergence from this dark, lonely realm into the sunlight of C.A. Fellowship and recovery evokes in me a natural response. That response is gratitude. From the Oxford dictionary, the root of gratitude, "gratia," is "of or pertaining to Divine grace." The movement from a state of hopelessness to a state of hope is an infinite movement and indicates the presence of a Higher Power, a presence which I believe manifests as grace. "The central fact of our lives today is the absolute certainty that our Creator has entered our hearts and lives in a way which is indeed miraculous." (*Big Book*, p. 25.)

Gratitude is my response to grace. By God's grace, one day at a time, I practice the principles of recovery in all areas of my life and live free of addiction. Further, daily prayer and meditation keep me aware that my life today is a miracle. Consciously aware that the life I am living today is a pure gift, I am drawn to a thought life of gratitude. [*Continued on page 2.*]

Inside This Edition	Page(s)
Calendar of Events	16
Contribution Program	8
H&I Corner	9
HFC II Book Sale	7
Meditation Book	11
Seventh Tradition Donations	14
Some Thoughts on Gratitude from HFC II	6-7
Submission Release Form	12
Subscription Form	4
The World Service Conference: A Spiritual Experience	10
Trustee Corner	3-4
Unity Corner	15
Where It All Began ...	5
Why We Should Send Donations to C.A. World Services	13

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Note from the WSO (continued from page 1):

"I would maintain that thanks are the highest form of thought, and that gratitude is happiness doubled by wonder. " - G.K. Chesterton

The realm of thought described by Chesterton is the realm referred to in the 11th Step promises as follows, "Nevertheless, we find that our thinking will, as time passes, be more and more on the plane of inspiration. We come to rely on it." (*Big Book*, p. 87.) As a result of grateful living, I am increasingly able to live in an inspired fashion. The manner in which I live gratefully is to take action in the expression of my gratitude, to actually give my gratitude life. In Cocaine Anonymous I can take action by expressing my gratitude in a multitude of ways. All these fall under the heading of service. Service is, for me, inspired living.

"The unthankful heart ... discovers no mercies; but let the thankful heart sweep through the day, and as the magnet finds the iron, so it will find, in every hour, some heavenly blessings." - Henry Ward Beecher

With a thankful heart, I remain open to the many ways I can try and give back to C.A. what was so freely given to me. As an active member of our beautiful Fellowship, I look forward to every meeting I attend. I say yes to every request that is made of me. Each day, I discover heavenly blessings simply by being available with a thankful heart.

November is C.A.'s gratitude month, reminding us to be grateful for what we've received. We hope that each of you will search your days in the year ahead with thankful hearts and receive the heavenly blessings which are waiting to be discovered. Carry the spirit of gratitude month into the rest of the year. Ask your groups to take a special collection and send it to the World Service Office; every little bit helps. Attend a monthly meeting for Hospitals and Institutions and make yourself available to be of service on a panel. Get involved with your local C.A. district or area by being part of the Public Information Committee or one of the other functions being served. Write a meditation and submit it for our new meditation book (see page 11). There are many other opportunities for inspired living in C.A. We are so blessed to be members of Cocaine Anonymous. Express your thankfulness by joining with us on the road of happy destiny as we try to carry the C.A. message to still-suffering addicts all over the world.

Trustee Corner

By Kim S.

Midwest Regional Trustee and WSBT Chair
Des Plaines, Illinois, USA

Like my predecessors, I, too, would like to thank my fellow Trustees for the honor and the privilege to serve as Chair of the World Service Board of Trustees. The collective abilities of those Trustees that came before me, the Fellowship of C.A., my dear friends and family have provided me the opportunity to serve this Fellowship in many different capacities. Thus far this is the most challenging and exciting! During the past three years, I have had the opportunity to serve with several wonderful and passionate people. The past year was no exception.

At the close of this year's Conference, we bid our goodbyes to Trevor (Pacific North Regional Trustee), Nicholas (European Regional Trustee) and Lawrence (Atlantic South Regional Trustee), also affectionately known as the three amigos. We did a lot of difficult and challenging work together this past year. We had some great times, good laughs, and fun together as well. On behalf of the WSBT, and the Fellowship of C.A. I would like to thank the three of you for your continuous commitment to C.A. Your never-ending desire to always have the best interest of our Fellowship in mind with your direction and suggestion has paved the way for all of us. Thank you, and all the best to you on your journey. Additionally, we would like to thank Willie B. (World Service Office Trustee) for his service over the last two years. Lastly, the WSBT wishes to thank Kevin M. for his service as the Conference Chair. We appreciate his many, many years of service to C.A.

Prior to the start of this year's Conference, the Trustee Election Committee gathered for interviews of candidates to fill the soon-to-be-vacant Trustee positions. Out of the 15 slated candidates we completed 11 interviews, with 5 positions to fill. Although the TEC started the interview process in Milwaukee, at the CAWS 2010 Convention, the remaining interviews were completed during the Conference week. Following the interviews, the members of the TEC embarked on the journey of voting for and electing our new Trustees. I would like to thank those delegates

sitting on the TEC, representing their Regions, for their dedicated service. We all appreciate your unselfish service to C.A. and this Fellowship. Having had the experience of sitting on the TEC now for three years as a Trustee, I can assure you that once again God continued to act in His graceful way. He has allowed and provided a well-educated, informed and passionate expression of group conscience. The TEC did the work that was expected of them. I personally appreciate the opportunity for spiritual growth and change, to practice principles before personalities. It is a pleasure to announce the following members as our new Trustees:

Atlantic South Region: Kenny W.

European Region: Russell S.

Pacific North Region: Terry M.

World Service Office Trustee: Richard L.

World Service Trustee: Peter D.

As we move forward, we are all anxious to work with the new "fab five" and welcome their experience, excitement and enthusiasm to serve the Fellowship.

Similar to past Conferences, this year's provided us with the depth and weight of our passionate Fellowship. We continue to have the debates regarding how to boost our 7th Tradition; the creative artwork of Public Information; the bids and confirmations of the CAWS 2013 and 2014 Conventions; where we should hold the Conference in 2012; H&I's introduction of the "C.A. Lifeline"; the ever-evolving "anonymity" issue that IT must address in regards to social networking; the approval process of our literature; the distribution of the GLBT pamphlet by LCF; Structure and Bylaws' continued efforts to provide the most up-to-date and accurate information via the manual; Unity Committee luncheon and Celebrate Around the World logos; and lastly the approval of a commemorative C.A. coin created and to be distributed by the Archives Committee. Of course, none of the above could be *[continued on page 4]*

Trustee Corner (continued from page 3):

executed without the support, dedication, and hard-working ethic of our delegates and overall Fellowship.

We need to also reflect our appreciation for the service of the World Service Office Board, as well as the Office staff. Thank you for your dedication to our Fellowship. We are extremely optimistic regarding the changes and transitions at the WSO. We welcome John B. as the Consulting Manager, and we appreciate his previous nine years of experience in C.A. service work that has allowed the doors of C.A. to remain open. All bills are paid, and literature orders are going out. Working in an interim position, John has stepped in during this time to assist in the daily Office operations, and is reviewing the last year's functions that were of concern to the WSBT and the WSOB. The work ethic of John has allowed for a calm and comfortable transition at the Office and an overall respect for others. Moving forward, both Boards will work together to review candidates to fill the position of Director of Operations. In the meantime, we welcome all members to stop by the World Service Office. Check out the new location and meet the Office staff. We love volunteers, so please, if you wish to be of service at the Office, let the Office know.

A quick note regarding the status of the WSBT minutes and Board-to-Board minutes. We are current with the distribution of the minutes with the exception of the minutes from the May

quarterly, which have been delayed. As explained at the Conference, due to equipment issues and the transition to a new transcriber, they will be included in the December Delegate mailing, along with all other minutes since May that have been approved.

The business of C.A. has presented the WSBT with many challenges and some difficult decisions. Serving this Fellowship has its ups and downs, yet the WSBT remains committed to serving our Fellowship. We do anticipate challenges and difficulties, as well as joys and successes, as we move forward. It is essential to remain open-minded and faithful that C.A. will continue to grow and prosper in the year to come. As always, we are available to the Fellowship via phone and e-mail to assist.

Lastly, I would like to take a moment to recognize the service work of our former Trustee at Large (2004-2008), Bobbie H., who passed away this October. Her love and affection for the program of C.A. will forever be remembered through the service work that she did in her local area, at the World Service level, and throughout the world. Her smile and quick wit will remain in my thoughts. One of us described her as a "force of nature; she had energy, warmth, great humor, and boundless love for those around her." Quoting one of my fellow Trustees, "The meetings just got a little livelier in heaven." She will be missed. Love you, Bobbie.

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Where It All Began...

Excerpted from “Our Hope, Faith and Courage,” Found in Both *Hope, Faith & Courage* and *Hope, Faith & Courage Volume II*

In November 1982, I had been clean and sober for about five months. Prior to that, I had slipped in and out of sobriety in Alcoholics Anonymous for just over a year. I had been a fan in a fellowship where only players grew and thrived. The concept of “being willing to go to any length” was only just then beginning to mean something to me.

One November afternoon, I received a call from a person who had been instrumental in my initial sobriety. This individual, sober for many years already, was calling to inform me of an A.A. meeting at the Motion Picture and Television Fund, in Hollywood, California, that was to take place on the following Tuesday. The topic was to be drugs, especially cocaine. Apparently, the Motion Picture and Television Fund had been flooded with calls from members and others, seeking help for cocaine addiction. Despite the fact that the community at large still considered cocaine to be a nonaddictive drug, there seemed to be an epidemic of nonaddicted, addicted people.

I was very excited at the prospect of this meeting. I had been addicted to cocaine, alcohol, pills, psychedelics, opiates, and anything else I could get my hands on. The thought of a forum in which men and women could discuss the solutions of the Twelve Steps and Twelve Traditions in relation to their common experience of bondage to cocaine was most intriguing to me.

The meeting began as does any meeting in Southern California, with the reading of “Chapter Five,” from the “Big Book” of Alcoholics Anonymous. It quickly took on an electrifying new dimension. Words like basing, snorting, shooting, copping, scoring, dealing, paranoia, and depression went flying around the room with heads nodding and bursts of laughter—our way of expressing the fact that we relate. One member shared about snorting lint from a shag carpet while searching for a rock. Another talked of the desperate feelings of seeing the light come through the

corners of the sheets covering the windows, hearing the deafening sound of the morning birds, and of wanting to take his .45 magnum and “waste” those birds; but being afraid to go outside the house because “they” might be out there.

Just prior to the close of this meeting, it was suggested that we take a group conscience to turn this Alcoholics Anonymous meeting into a completely new Twelve-Step program, and call it Cocaine Anonymous. This motion, which sounded like a wonderful idea to me, was quickly voted down. I remember being upset at the time, only to realize later that my thinking had been incorrect; turning an A.A. meeting into a C.A. meeting would have completely disregarded the Twelve Traditions. We would have been trying to turn an apple into an orange. Although they have much in common, they are simply different fruits.

Directly after the meeting that evening, it occurred to a few of us that there was plenty of room and time for both apples and oranges. This was a Tuesday night. We were told by our friend at the Motion Picture and Television Fund that if we returned on Thursday night, there would be a room for us.

Two days later we returned with great anticipation. Approximately twenty members; men and women, newcomers and old-timers from all walks of life, sat in silence at the sound of knuckles hitting the top of a wooden table. A voice I will never forget said, “Welcome to the first Cocaine Anonymous meeting. My name is _____, and I’m an addict and an alcoholic. Cocaine Anonymous is a Fellowship of men and women who share their experience, strength, and hope with each other that they may solve their common problem and help others recover from their addiction.” At that moment, you could have heard a pin drop. There was electricity in that room. I believe that as a group, we intuitively knew that something very important had happened, an event that would not just affect our lives, but the lives of countless others for years to come.



Some Thoughts on Gratitude

From Hope, Faith & Courage Volume II

When I first came into the rooms of Cocaine Anonymous, I heard someone identify as a “grateful” addict/alcoholic. For the life of me I couldn’t figure out how anyone could be grateful to be an addict and an alcoholic. I thought perhaps this person was simply grateful not to be drinking and using anymore. After the meeting, I approached the grateful individual, and he confirmed that he was actually grateful to be an addict/alcoholic.

“Because if I wasn’t a drug addict and an alcoholic,” he shared with me, “whose life depended on working all 12 of those Steps, I never would have done it.” Further, he explained, by working the Twelve Steps of Cocaine Anonymous, he had not just been given his life back, but had been given a life worth living. (p. 63)

I’ve heard it said that alcoholics and addicts are some of the most spiritual people on earth, but the problem is that we often choose the wrong spirit. Before I got sober, I sought the spirit in the straw, the pipe, and the needle. Today, another spirit guides me—the spirit of God and of Cocaine Anonymous. I have replaced a cocaine high with a spiritual connection that comes from working the Twelve Steps and working with others. I am truly grateful to those who came before me in this Fellowship and stuck around to carry this message to me, so that I might get sober and carry it to others. (pp. 83-84)

Sometimes I get choked up with gratitude as I look around and see the faces of those I have grown up with in these rooms. I respect and admire these people. I know where they came from and how hard they had to work to beat the odds. They share their experience, strength, and hope with newcomers and old-timers alike. They never deserted the Fellowship that saved their lives. They fought and clawed their way through a lot of adversity to come out shining stars. (p. 108)

I’m grateful to C.A. and the chances it has afforded me to be of service. I was told by my sponsor that once I get it, I have to give it away to keep it, and for me the Twelfth Step is instrumental in this. The Third Step is key to the program. When I turn my life and will over the care of God, I can’t help but think that what God wants us to do is help other people. We are all God’s children, and when I am into Twelfth-Step work or being of service, I am within the will of God, and I am protected, nurtured, cherished, and loved, and I have a supreme sense of euphoric serenity. (pp. 66-67)

I finally have a goal in life that answers all my questions. I know I don’t need to arrive at the goal before I can start living, but I have a direction for every next step I take. The goal in my life today is to be of service to my Higher Power and to others. Where the root of my disease is to be self-centered, the solution is that I can help myself through helping others—or my Higher Power can reach out to me and help me when I reach out to others and dedicate myself to helping them. That is something I can practice every day. I don’t need money, education, people, books, diplomas, positions, power, or any resources other than my own time and willingness. My willingness comes from a deep, deep sense of gratitude that I have been helped to escape living a slow death. (p. 25)

The Steps worked for me big time. I got back the love of my two children, who now give me cards on Father’s Day and birthdays telling me how much I mean to them and how proud they are of me. I feel what they are really saying is how proud and grateful they are to this program and the Twelve Steps because everything I have today, everything I have achieved, is a direct result of my working the Twelve Steps of C.A. and being sober. (p. 67)

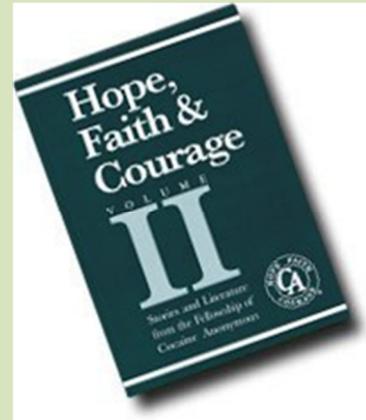
I was told gratitude is an action and not just a word, so I did service work from greeter to Group Service Representative (GSR). As GSR, it was suggested I learn about the Traditions. The Traditions are what keeps the group well. I have learned to use the Traditions not just in a group conscience and committee meetings but also in my everyday affairs. I have also done many other forms of service at the Area and Convention levels. I am a service junkie, and the feelings I get from helping others and doing service are the biggest buzz I have ever had. (p. 149)

I still go to meetings because I love going to meetings, and because I love carrying the message that this program works. I keep working the Steps because they work, and I've got plenty of growing left to do. I still do service because I want to keep giving back to the Fellowship that saved my life, and because I always want C.A. to be there for people like me. I keep praying because I know I would be totally lost without my Higher Power... I thank God every morning and every night for a number of things, starting with my relationships with my friends and my family and ending by thanking Him most of all for my recovery because without that, I wouldn't have anything. (p. 99)

I can't keep it unless I give it away. I have learned so many things as a result of working the Steps, and I learn so much by taking other people through the Steps. There really are no words to express the way my life has changed for the better. Oh, sure, there are the material things I have gained. I actually have a checking account, credit cards, a new car, a house, etc. I do enjoy them, but really, they are just things. What has changed the most, though, is me. I no longer feel like there is a huge hole in my gut. I feel as if it has been filled to overflowing with love and light and gratitude, and I know a greater happiness than I ever thought possible.

I am no longer alone, nor do I ever have to be again. I am so blessed to be a part of this Fellowship, to be among such incredible people. My Higher Power, the Steps, and the people in this Fellowship have been teaching me how to live, how to face life and all of its struggles, how to walk through the rough times with dignity and grace. I continue to learn and grow each day. I can never begin to repay what this Fellowship and my Higher Power have given me, but I hope to spend a lifetime trying. (p. 144)

HFC II is on SALE!



The price of *Hope, Faith, and Courage II* has been reduced to \$4.75 for soft cover and \$8.75 for hard cover. Spread the word! At these prices, every group should be able to purchase at least two books, and some members may also be able to buy one for a newcomer!

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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.

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Inmate Correspondence Committees

By Alan D.
Bournemouth, England, UK

I'm not really sure how it is for other people. What I know to be a fact for me is that the way the message of the Twelve Steps (and so the message of Cocaine Anonymous) was carried to me personally has played a big part in the way I carry it to others.

My story is not very different from many others I've heard. Alcohol and drugs brought me to my knees and eventually I started to do the things that the men and women before me in Cocaine Anonymous had been doing for years. The point is that before this could happen, someone had to take the time to share the solution with me.

The town I live in here in the UK just happens to be a great place to be if you're looking for a meeting. We have a great Public Information Committee and a Helpline that will hook you up nice and quickly. That of course is okay if you have the freedom to choose where to go; this was not the case for me, not even nearly.

For quite a few years my using (or more honestly my behaviour when using) had led me to various prisons throughout the UK. In the early days of my recovery we had very few meetings within the prison service and contact with other C.A. members was quite hard to organise. I did what I could and became very interested in a postal service offered by another Fellowship. I know now that this contact proved to be key to my early recovery; it was absolutely imperative that I knew I was not alone.

By the time I got out of prison I could quite clearly see the importance of regular contact with other C.A. members. So fellows in my district set

about putting in place what was to become an Inmate Correspondence Committee (I.C.C.). The idea was simple; one C.A. member reaching out to another, sharing how we recover and stay recovered by letter. Almost sounds too easy eh? Within a short time a P.O. Box was set up and a bunch of guidelines put in place. We now had a way to carry the message of Cocaine Anonymous into almost every prison in the UK.

Of course, like most things in life, I.C.C. has had its ups and downs. For a short while we could find no committed members, and then when we did no one was writing from the prisons. Other Districts set up committees and consideration for them had to be taken into account; the list seemed to go on and on. Despite this, the I.C.C kept trudging onwards and now a few years down the line it continues to do so.

From a personal point of view I have found I.C.C. service to be one of the most flexible and rewarding things I've ever had the pleasure to be involved in. I have been able to carry the message of Cocaine Anonymous to people I may never meet, to carry it without condition. It has turned out to be one of those opportunities to serve that are available to everyone. It makes absolutely no difference where you have come from, what we share is the solution offered by Cocaine Anonymous, it's that simple.

If anyone is interested in setting up an Inmate Correspondence Committee please feel free to contact CAUK H&I by e-mailing hi@cauk.org.uk. We will happily pass on the relevant information.

The NewsGram is always looking for material that communicates a message of hope, faith and courage. We welcome original articles from our members sharing their experience with recovery, unity and service in C.A. If you have such an article (or perhaps an idea, cartoon, poem, story or other material related to recovery in C.A.) that you would like considered for publication in a future issue of the NewsGram, please send it and the completed release form on page 12 to: NewsGram Editor, c/o CAWSO, 21720 S. Wilmington Ave., Ste. 304, Long Beach, CA 90810-1641, or via e-mail to newsgram@ca.org. E-mail submissions are preferred. If you e-mail your submission, the form can be scanned and attached as a pdf or faxed to the WSO at 310-559-2554, Attn: NewsGram.

The World Service Conference: A Spiritual Experience

By Michael A.
Milwaukee, Wisconsin, USA

As I am sitting here a continued sense of awe envelopes me. What's the cause of this feeling? Three little letters: WSC (World Service Conference). I have to admit that while I felt prepared for this, I was equally unprepared and so very apprehensive about what was to come. My fellow delegate and I were both first-time delegates and we were without a senior delegate to show us the ropes. I received quite a bit of input from past delegates from our Area. I attempted to take it all in. I feel I can honestly say that I am grateful to have failed miserably when trying to retain it all.

As the plane was landing at LAX I can recall saying to myself, "Here we go." I felt Milwaukee, my little microcosm, being swept up in the macrocosm of "C.A. as a whole." I felt grateful that I was able to ease into this grand experience a little bit at a time as Monday was free and I could greet people from around the world in a manner that was relaxed. It was so awesome to see people that I hadn't seen since the World Convention in Milwaukee, or even longer. It was also a treat to meet so many new people prior to reaching the Conference floor. This, I was soon to realize, was God doing for me what I could not do for myself.

When the Conference began I was a little overwhelmed with the first roll-call. I quickly realized that all these wonderful people that I have run into, and have met, are announcing themselves as I will have to do, too. In my nervousness, as well as my eagerness to represent the "Middle" (as we lovingly refer to the Midwest), I misspoke my number of votes. Wouldn't you know it, I had to get back up there and speak out of order to correct my mistake. In doing so, I got over my apprehension of speaking from the podium.

When it was time to choose a committee to sit on, I picked the Literature, Chips & Format Committee. I totally feel that I made the right choice. The people who sit on this committee love Cocaine Anonymous and I truly felt at home. I really want to thank all of the committee members because it was watching them and how they handled themselves that paved the way for me. I needed to see the patience, love, and tolerance—needed to be reminded is more like it—and working with the folks of LCF was a great experience. I look forward to continuing my work with them.

When the main floor sessions resumed I was amazed. Here is the "process" at work. I was also floored by the "Conference body" and its ability to move, albeit ever so slowly at times, through some passion-filled situations. It amazes me still to have been in a room filled with so many people that have the same passion for Cocaine Anonymous as I do. I never felt the need to agree with everybody, but I definitely respected what was being conveyed on that floor. My hat is off to all the Conference attendees. You all made my first Conference experience remarkable and I am so very grateful.

To all of you out there who have debated being a delegate or alternate delegate, or have wanted to go to the Conference just "because," I cannot stress how moving of an experience this has been. To be able to serve my little microcosm of the Fellowship in conjunction with the representatives of C.A. worldwide is truly a gift that I only wish you can one day experience yourselves. Each one of us can make a difference. I witnessed this firsthand. The World Service Conference has been a spiritual experience for me. I look forward to seeing all of you next year.

We need submissions NOW!

Share your experience, strength and hope for the first C.A. Meditation Book

Wouldn't it be great to have a C.A. meditation book to read each day? We need *YOU* to help make this book a reality! Tap your inner core and put your experience on paper. What has worked for *you* on the road of happy destiny? As shown in the example, the meditation for each day will include three parts:

Quote (optional): Choose a sentence or two from literature approved for use at C.A. meetings (C.A.'s meeting format, pamphlets, HFC or HFC II; A.A.'s Big Book, 12 & 12 or Service Manual). Please cite the source so we can verify the quote. If you choose not to select a quote and your submission is chosen for publication, the committee will find an appropriate quote.

Personal experience (mandatory; this is the part we need you to write!): Focus on the C.A. message of recovery. Share how you apply the Steps & Traditions in your daily life; how you communicate with the Higher Power of your understanding; an experience you found particularly uplifting or powerful; a solution to an issue or character defect you've dealt with, etc. Don't worry about grammar, spelling or punctuation; we have people to help 'polish' whatever you write.

Thought for the Day (optional): Close with a thought to ponder in meditation and/or throughout the day. If you choose not to add a thought for the day and your submission is chosen for publication, the committee will write something appropriate to accompany your personal experience.

Other than cited quotes, each submission must be the author's original writing. Length should be approximately 250 words or less.

In keeping with the 11th Tradition, submissions will be reviewed anonymously and the authors of meditations ultimately selected for the book will be asked to maintain their anonymity. Replies will be sent when the selection process is complete.

Online submissions are preferred. **Each submission also requires a properly executed release** (please use the online submission form available at www.ca.org or the form on page 12). If you are unable to use the online form, you may send your submission(s) and release via e-mail to submissions@ca.org or by regular mail to: CAWSO, Inc., Attention: LCF Committee, 21720 S. Wilmington Ave., Ste. 304, Long Beach, CA 90810-1641. For more information, please call 310-559-5833.

February 7

***“What we failed to do alone,
we can do together.”
(Tools of Recovery)***

We share our experiences at meetings because it helps us to stay sober. By sharing, we express our love for others who might be having the same difficulties and joys we have had. It helps us all to understand we are not alone and that we have common situations we work through on a daily basis.

Thought for the Day

I will share my experience today so that others may take comfort in the knowledge that others have been there and done that. I will share my experience today in the hope that someone will help me. I will share today to bring us together.

**TRANSFER AND ASSIGNMENT OF ALL RIGHTS,
TITLE AND INTEREST IN ORIGINAL LITERARY WORK
AND ACKNOWLEDGEMENT OF ORIGINALITY**

(This form is intended for original material submitted to Cocaine Anonymous World Services, Inc. and Cocaine Anonymous World Service Office, Inc., and must accompany all submissions in order for such material to be published. All materials submitted become the property of Cocaine Anonymous World Services, Inc. and Cocaine Anonymous World Service Office, Inc.)

With this document, I, the undersigned Cocaine Anonymous (hereinafter referred to as "C.A.") member, hereby grant permission to COCAINE ANONYMOUS WORLD SERVICES, INC., a California corporation (hereafter referred to as "CAWS") and COCAINE ANONYMOUS WORLD SERVICE OFFICE, INC., a California corporation (hereafter referred to as "CAWSO"), their successors, assigns, and those acting on their authority, to publish the attached material entitled or described as follows:

I further acknowledge and agree that:

1. I possess full legal capacity to exercise this authorization and hereby release CAWS and CAWSO from any claims by myself, my successors, and/or my assigns regarding the attached material.
2. This transfer includes the assignment and transfer of any and all claims I may have to United States and foreign copyrights, claims of authorship or origination.
3. I am the author of this work, i.e. this work is completely original and I have not used any third party source(s), in part or in whole, to create this work unless said third party source or sources are given full credit within the body of this work and further that said third party or parties have given written permission for said use, copies of which are attached hereto.
4. CAWS and/or CAWSO may change, modify or revise this work to whatever extent either or both deem necessary. I understand that, if selected for publication, this material will be edited in keeping with C.A.'s understanding of the Twelve Steps and Twelve Traditions. Submissions will also be copyedited to ensure ease of comprehension and adherence to standard rules of grammar and punctuation as well as current CAWS and CAWSO style guidelines. In addition, editorial staff may also substitute different words and/or revise sentence structure for clarification. I further understand that this material may be retitled and/or reprinted in more than one CAWS or CAWSO publication.

Signature: _____

Date: _____

Name (please print): _____

Address: _____

Phone number: _____

E-mail address: _____

Why We Should Send Donations to C.A. World Services

By Joy H.
Pacific South Regional Trustee
Fontana, California, USA

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 provide to addicts throughout the World. Whether you provide a one-time contribution or you enroll in the World Service Contribution Program, you help us serve the needs of those in our Fellowship, and reach even more with our message of Hope, Faith and Courage.

Tradition 7 states, "Every C.A. group ought to be fully self-supporting, declining outside contributions." Cocaine Anonymous cannot survive without contributions from its members. We cannot solicit contributions from other organizations because of Tradition 7, so we must ask our members to support our effort by making donations to World Services. We should be following the suggested 70/30 plan. Thirty percent of all 7th Tradition money should be moving forward to CAWSO, Inc. The World Service Finance Committee has guidelines regarding such concerns. Those guidelines are available by request from the Office, or they can be found online.

There are a number of ways you can make contributions to the C.A. World Service Office. Our online store features a Contributions item, which allows you to specify any amount in whole-dollar increments. Our online store accepts most major credit cards. You can also use our World Service Contribution Program form (see page 8). Using this form, you can make a one-time contribution, or you can enroll to have regular contributions deducted from a bank or credit card account of your choosing. You can do the recurring contribution on a monthly basis or make a donation annually. It is completely safe and secure. You can also now use the new Birthday Donation envelope. For every year you have been clean and sober, put a dollar, pound or euro in the envelope and send it off to the World Service Office.

Our 5th Tradition states, "Each group has but one primary purpose—to carry its message to the addict who still suffers." Clearly we do that every time we attend a meeting of C.A., and by observing the 7th Tradition which allows us to reach out beyond the rooms. Please continue to support the program and Fellowship that saved your life.

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.

7 th Tradition July-September 2010		
Category or Location	Group Name/City	Total
ANONYMOUS		\$911.20
BIRTHDAY ENVELOPES		\$402.05
CANADA		
Alberta	Saturday Nite Live	\$100.00
Quebec	Cocainomanes Anonymes	\$1,000.00
	Don amxservicesmondiaux	\$562.14
	Regain De Vie	\$233.10
CAUK		\$3,469.40
London District		\$3,395.77
UNITED STATES		
Alabama	First Freedom Group	\$38.09
Arizona	Sun Valley Intergroup Inc.	\$1,140.00
	Arizona Area of C.A.	\$1,000.00
Southern & Central California	Back to Basics - Orange County	\$65.78
	CALA Westside/Hollywood District	\$200.00
	Inland Empire Area SC	\$250.00
	Eastside Earlybird Attitude Adjustment	\$50.00
	WIECA	\$100.00
	Anonymous - Los Angeles	\$150.00
	Come Alive Meeting	\$233.00
	CALA Long Beach/Compton District	\$198.65
	Anonymous - PSR	\$10.00
	C.A. San Diego	\$217.50
	Anonymous - WSOB	\$35.25
	Sobered Up in C.A.	\$50.00
	Cen Cal C.A.	\$150.00
Northern California	Mainline Group	\$70.00
Colorado	Promises	\$90.00
	Dark Side of the Spoon	\$287.56
	C.A. of Colorado	\$450.00
	Anonymous	\$25.00

7 th Tradition July-September 2010		
Category or Location	Group Name/City	Total
Florida	C.A. Central District of S. Florida	\$52.80
	District of Fort Myers	\$105.00
Georgia	Monday Night Coconut	\$163.20
Idaho	Anonymous - Council Bluffs	\$138.00
	Magic Valley C.A. District	\$200.00
Illinois	IACA Inc.	\$900.00
	South West District	\$352.93
	Northwest Suburban District	\$333.58
Kansas	K.C. District of Cocaine Anonymous	\$150.00
Louisiana	Right Path to Recovery	\$5.00
Missouri	Working with Others	\$5.00
Michigan	Saturday Morning Alive	\$25.00
Nevada	Cocaine Anonymous of Nevada	\$100.00
New Jersey	NJ District	\$50.00
Ontario	Anonymous	\$151.25
Pennsylvania	Cocaine Anonymous	\$300.00
South Carolina	Freedom From Bondage	\$20.00
	Camp Awakening	\$18.00
Tennessee	The Hope Not Dope Group	\$26.76
	Anonymous - Nashville	\$25.00
	Tennessee Area C.A.	\$1,000.00
Texas	Bonnie Brae Group	\$527.29
	Anonymous - San Antonio	\$120.00
	Circle & Triangle Group	\$50.00
	SCTA Of C.A., INC	\$704.73
	Anonymous - Houston	\$30.00
	Texas Area Service Committee	\$551.34
	Truth The Light And The Way II	\$50.00
	Step Sisters	\$93.50
Utah	C.A. Central District	\$225.00
	Anonymous	\$20.00
Washington	District 1 Washington	\$180.00
Wisconsin	C.A. of Wisconsin	\$1,271.20
	Razors Edge	\$66.46
World Contribution Program	See form on page 8	\$3,401.00
Total		\$26,352.99

Unity Corner

PSR Unity Day

By Scott K.
Fontana, California, USA

I attended the Pacific South Region's Unity Day at Doheny State Beach and, I have to tell you, if you missed it, you missed a good one. Congrats and thank you to Orange County for all of your hard work.

The Pacific South Region is a virtual rainbow of cultures, creeds and ethnicities. To see us all come together under the umbrella of unity was truly a sight to behold and I immediately became grateful for what God has given me.

It has been said that we are people who would not ordinarily mix, but not so on this day. Over 400 people attended, the food was great, and all three speakers delivered a powerful message of recovery.

As I stepped back for a moment to just look at all the people in my Fellowship enjoying themselves, I was reminded that there is nothing that cannot be accomplished when we join hands and unite as one and work toward a common goal: unity, recovery and service.

Unity from the Heart

By Rose J.
Twin Falls, Idaho, USA

What an honor, I've been truly blessed. I've been to 12 World Service Conferences and have experienced many levels of growth.

It's really not about me. The spiritual part of the program works and is evident in the process and collective group conscience.

One year, our committee was experiencing total discord and lack of communication. When we asked for help from our Trustees and did a group inventory, I was amazed at the results. When God's in charge, it's so effortless to do the jobs we are sent here to do. The triangle of unity, recovery and service, along with honesty, open-mindedness and willingness, will keep our Fellowship free and growing for the next generation.

I can never give back enough to Cocaine Anonymous, the Fellowship that saved my life. I am truly grateful.

Get Your Local Event Listed! Use the form at 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, by e-mail to newsgram@ca.org, or by fax to 310-559-2554, Attn: NewsGram.

Calendar of Events

January 14-16, 2011

24th Quebec Area Convention

Turning Point/Point Tournant

LOCATION:

420 Sherbrooke West
Montreal, Quebec, Canada H3A-1B4
514-842-6111

CONTACTS:

Kevin O., Inscription 514-234-7645
Fanny M. Hotel Liaison 514-234-7645
Brenda M., Chairperson 438-882-2872

February 4-6, 2011

15th Annual C.A. of Wisconsin Area Convention

R.P.M. Recovery Permits Miracles

LOCATION:

Country Springs Hotel/Water Park
2810 Golf Road
Waukesha, WI 53187
262-547-0201

CONTACTS:

Sheri J., Convention Chair 414-769-9550
Jessilyne S., Registration 414-732-4071
Dominic G., Outreach 262-443-4257

February 18-20, 2011

Oregon/SW Washington Area Convention

Willingness is the Key

LOCATION:

Red Lion at The Quay
100 Columbia Street
Vancouver, WA
1-800-REDLION

CONTACTS:

Bryan S., Chairperson 503-866-7366

March 11-13, 2011

2011 C.A. Oklahoma Area Convention

Takin' the Steps

LOCATION:

Best Western - Saddle Back Inn
4300 SW 3rd
Oklahoma City, OK
405-947-7000/1-800-937-8376

CONTACTS:

Melissa L., Registration Chair 1-580-214-0413
Barry H., Convention Chair 405-601-1146 /405-570-3168
Kelley F., Convention Outreach 405-613-3952 /405-848-0367

April 1-3, 2011

Atlantic South Regional Convention

Georgia Area

LOCATION:

Marriott Atlanta Century Center
2000 Century Boulevard NE
Atlanta, GA 30345
800-228-9290 or 404-325-0000

CONTACTS:

Derek F., Chair 404-981-0667
Yolande O., Vice Chair 770-656-0313
Michael W., Outreach Chair 702-340-3582
Barbara L., Registration Chair 678-230-4149

April 8-10, 2011

Pacific North Regional Convention

Serenity Now!

Washington State Area

LOCATION:

Radisson Hotel Gateway Seattle-Tacoma Airport
18118 International Blvd.
Seattle, WA
1-800-333-3333

CONTACTS:

Holden P., Registration 206-930-0488
Cynthia C., Treasurer 425-985-4808
Gary P., Chair 425-239-6319

May 26-30, 2011

CAWS 2011 World Convention

WE

C.A. Arizona
See www.cawsconvention.org for details

LOCATION:

Phoenix, Arizona

July 1-3, 2011

C.A.-Holland South District International Convention

LOCATION:

Bel Air Hotel
Johan de Wittlaan 30
The Hague, NL
+31 70 3525352

Make us part of your 4th of July holiday plans!

CONTACTS:

Edward M., Chairperson +31 61 707 2453
Joost v. K., Treasurer +31 62 465 9057