

# SELF - ESTEEM IN RECOVERY

# NEWS GRAM

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## FROM DARKNESS TO LIGHT, A RECOVERY STORY

Vinny P.

Romford, Essex, England

I was an addict for 30+ years. From a young age I experienced situations that I thought were normal but in fact haunted me and turned me into a person I didn't realise I was becoming.

My childhood friends distanced themselves from me due to my erratic behaviour in school. I was gradually more and more dishonest, reckless, violent and impulsive. I was a compulsive liar in denial about how I felt and how my actions affected others.

Feelings and emotions were a nuisance, so I suppressed them with all sorts of substances including alcohol and over-the-counter medication.

For years I thought the problem was how or what I used, I convinced myself that if I just switched substances, controlled my intake, or found the right mix, I could manage.

But the real problem wasn't the using it was that I thought using was a solution, I was trapped in a cycle of self-destruction desperately trying to silence the chaos in my mind.

This destructive mindset and behaviour from a young age led me to crime, disconnection from my immediate family, divorce, bankruptcy, a driving ban, prison, suicide attempts, and life support machines.

Every rock bottom had a basement, and I found them all, no matter how far I fell I always found a new low.

Just before I had my trip to the ICU unit for life

support, I was lucky to be given a second chance when I met my now wife, though her support wasn't enough and I drove my new family bonkers too.

In the final moments of that day when I pushed them too far I lost them. And as much as I wanted to think it would be ok, they love me so they will take me back, I can return and do as I see fit, they shut me out. No matter what I said or how I pleaded, threatened or tried to manipulate, they would not budge.

I was forced to accept that the problem was me and not everyone around me and I was sent to rehab. I genuinely thought rehab and all these support groups were a bunch of low life's and I didn't belong there. I was thinking of a plan to get this trip to rehab over and done with so the family could shut up and I would be back like nothing ever happened.

After going through the rehab process I realised I was not alone, there were other addicts in similar situations with life experiences just like mine, and they are just like anyone else, normal people with their own troubles and issues.

Whilst in rehab I listened to people's stories and this opened my eyes to this disease that resides in my mind, and that I have a long road to recovery and finding my own self again.

To face every day I needed support that would help me get through one day at a time as I battle this disease, I was out in the real (Continued on page 3)



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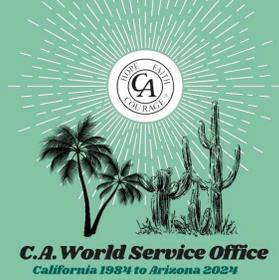
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### *The Trudge Continues*

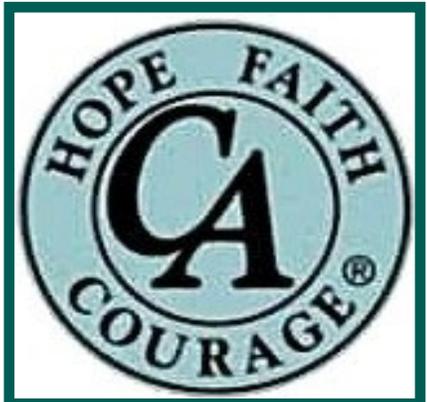
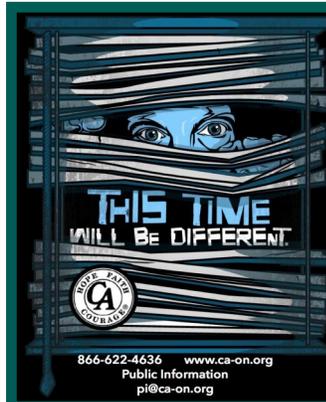


"How dark it is before the dawn!"



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# FROM DARKNESS TO LIGHT, A RECOVERY STORY

Vinny P.  
Romford, Essex, England

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world now, not the guardianship of the rehab.

Mentally I was really weak, the chatter of a thousand monkeys in my head kept me restless, irritable, and discontent. One of the most confusing things was why my second family did not take me back; I did everything I was told but my wife said she had no feelings for me.

I was still very much short tempered and demanding, like a child I was stomping my feet because nothing was going my way. I was reluctant to seek help from support groups like A.A. and N.A., like I said I thought it was for a bunch of losers, some kind of cult full of bible bashers.

It wasn't until I stumbled into Cocaine Anonymous that I heard something different, they didn't just talk about stopping they spoke about living in the real solution. A spiritual program of action not just words, not just meetings, but action.

Something inside me resisted at first, half measures had been my way of life, but in C.A. I learned that "*Half Measures Aailed Us Nothing*" (From A.A. page 59). If I wanted to recover I had to go all in, two feet in, at all times.

Though I was against seeking such support I dragged myself to those meetings every day for a couple of months. That's where I learned that I have to recover not to get my family back but recover for my own self first.

To my surprise I actually met some really wonderful people with whom I am now friends with. The people I was surrounded by had various sobriety times and each shared how they dealt with hurdles. But most importantly they didn't want anything from me they just gave me a hug and wished me to get well.

Through working the program I started to see the truth. My biggest obstacles weren't drugs or alcohol, but my selfishness, self-centeredness, self-delusion, self-seeking, and self-pity. These had poisoned my life more than any substance ever could. I had to face them to take responsibility and to let go of the old patterns that had kept me sick for so long.

As a newcomer you are weak so it is suggested to find yourself a sponsor who will take you through each of the 12 Steps thoroughly.

I had to be honest for the first time in my life, I had to open up about things I thought I'd take to the grave. For instance, as we worked slowly through each step my 4<sup>th</sup> Step showed me that I should be dead and definitely should be grateful for being alive today. My sponsor helped me understand and control my thought flow, what were the actual reasons for my actions and disruptive behaviour.

With the guidance of my sponsor and his no excuse attitude I was forced to accept that soon I would have to make amends to everyone I hurt.

I can say right now as I write this that I managed to make amends to my father in time. I built a relationship, a great friendship with him from the moment I made amends to the moment he passed 6th Jan 2021. I have priceless memories of getting a first hug and kiss on the forehead when I made amends to him and only have one regret which is of not seeking recovery sooner.

As I came to terms with him passing away it has been difficult and thoughts of using came and went but the tools of recovery work, they have kept me clean and sober.

The C.A. group's support is amazing, it feels like you are never alone and genuinely there is no excuse to pick up now.

I am no longer the Jekyll and Hyde character I used to be. I have learned to utilize the tools that were given to me by the program and they help me deal with everything that life throws at me. I also keep an eye on my character defects which sometimes is not easy, but I can laugh at them now and stay positive.

One day at a time I have managed to stay clean and sober. The restless nights, the inner turmoil, the stinking thinking has all faded. Not because life got easier but because I found a way to live with life on life's terms.

Today I stay in service, unity, and recovery because that is what keeps me grounded. I give back what was freely given to me, I listen, I learn and I show up. I no longer search for an escape because I have found a way to live a way that is real, meaningful, and full of purpose.

The problem was never the drugs, the problem was me, but today I am free.



# C.A. WORLD SERVICE CONFERENCE COMMITTEES

## FINANCE COMMITTEE

“How dark it is before the dawn!”



Contribute to the CAWSO  
FREEDOM FUND

Help shine the light across the world

[www.givebutter.com/caworld](http://www.givebutter.com/caworld)



"In the spirit of Tradition Six, C.A. is not allied with any sect, denomination, politics, organization or institution."

## THE NIGHT I MET THE GREETER

Wade G.  
Salt Lake City, Utah, USA

My name is Wade and I'm an addict/alcoholic, I want to share with you my experience of my last relapse and my first day back in the fellowship.

I had gone on one more prodigious bender and found myself at work the next day filled with the shame and embarrassment of yet another relapse. During my break, I sat outside, contemplating my next steps, I had truly hit what I like to call the only bottom that unifies us all. I was at the point so perfectly described in the last paragraph of page 25 of the Big Book (From A.A. page 25) *"We were in a position where life was becoming impossible, and if we had passed into the region from which there is no return through human aid, we had but two alternatives: One was to go on to the bitter end, blotting out the consciousness of our intolerable situation as best we could; and the other, to accept spiritual help."* What was my choice to be?

I remember having the sudden urge to look up a meeting on my work computer, there was only one left for the day right after I got off work. After I clocked out I jumped in my car and started the drive to the meeting. I remember spending the entire 10-minute drive bargaining with God, "Okay God if no one says hi to me at this meeting then the 12-Step Program is a sham, nobody really cares about Fellowship or the newcomer and therefore I get to go back out and drink until I either die or end up in jail."

I arrived at the meeting a few minutes early and had to go down to the basement of a church, I hid behind a four-inch blue pole thinking, "I sure hope nobody says hi to me, then I can do what I want and go drink," but at the same time I was secretly hoping someone would.

No sooner had I had that second thought than a man walked up to me and said, "Hi, my name is [so-and-so], I don't recognize you what's your name?". That night that man saved my life, God had sent him to me.

It wasn't until a few years later that I realized he was just the greeter for the meeting, he was obligated to say hi! LOL, I know it sounds silly but I learned a valuable lesson about service that night.

For a long time I thought being a greeter at a meeting was a lowly service commitment, I believed that real service meant being the chair, secretary, GSR, or treasurer but over time I came to understand that the most important service commitment was that of the greeter.

How often have we taken that commitment only for something to come up and we say to ourselves, "Ah, it's just the greeter position they can find

someone else to fill in this week."

But what we don't know is how many others are driving to a meeting that night making the same bargain with God that I did, "If no one says hi to me at this meeting then I'm going to go back out and the 12-Step Recovery Program is a sham."

Because that man took his commitment seriously I was able to set my sobriety date at 01/30/2010.

Today I have over 15 years of recovery all because a man took his greeter service commitment seriously and saved my life.

My name is Wade and I'm an addict/alcoholic and I am forever grateful to those who take on the service of being a greeter at meetings.



# C.A. WORLD SERVICE CONFERENCE COMMITTEES

## ARCHIVES COMMITTEE

### AN INTERVIEW IN MEMORY OF STEVE A.

(C.A. Arizona Member from March 10, 1989 to November 22, 2024)

GINGER L. : Hello, this is Ginger L. (Archivist) from the C.A. World Service Archive Committee and I am here with Steve A. on September 23rd, 2023. Do I have your permission to record this interview for the posterity of Cooking Anonymous?

STEVE A. : Yes.

GINGER L. : What is your sobriety date and what drugs did you use?

STEVE A. : March 10th, 1989. All of them but primarily alcohol, cocaine, speed, marijuana, hashish, had some heroin, had some peyote, and a little LSD. Had some pharmaceuticals that I had to carry around a PDR (Physician's Desk Reference) to know what was going to happen.

GINGER L. : And how were you first introduced to C.A.?

STEVE A. : I was preparing to rob a convenience store on Thomas and 28th Street at 2.30 in the morning and I needed money for more dope. So I go to the payphone, they're the things you put quarters in, and as I'm standing at the payphone, I look across the street and there's five police officers parked, and I said well I don't think I better do it right now.

So, I took the phone book up, they had phone books on them in those days, I open it up and it opened up to the C's and I look and there's Cocaine Anonymous.

I dial the number and this man by the name of Paul answered, Preacher Paul listened to my tirade about all the shit that's wrong in the world for about two hours, and I even explained to him how Cocaine Anonymous could be fixed. He told me at the end of the call, maybe you ought to come help us Steve, and I said well I can't do it right now. He says but we're gonna have a meeting on Sunday morning up on the mountain on Squaw Peak. I said that's just a bunch of picnic tables up there. And he says yeah and we have a bunch of people that get together on Sunday morning and they have a meeting, I said okay well maybe when

its time.

Probably a month or a month and a half later I went up to that meeting and it was at a Ramada on the side away from the mountain and there were 15 to 18 people up there. To get there I had to park down here and have to go a whole bunch of steps. I get up there and one other person that's there is a young man that used to go to school with my son and they used to see all my dope. He came over and we talked, he wanted to know why I was there.

He was giving the chips out and he says anybody want a newcomer chip, and I just sat there, and he says Steve don't you want a newcomer chip? I said okay and I went up and he handed me the chip.

He said now tell everybody who you are, I said well my name is Steve A., and then he says so why are you here? A couple other people went up before me and admitted that they were addicts, so I said well I'm an addict, and it tore me up because I'm 46 years old and it is the first time I can ever remember being honest. I went away from that meeting and I went out and got loaded, I just couldn't stand the pain, and that was my first meeting.

GINGER L. : What C.A. meetings did you go to regularly?

STEVE A. : A friend of mine had about 60 days sober and I said so how do you get 60 days because I couldn't get two days. He says I'm doing 90 in 90, I said what's that? 90 meetings in 90 days? So okay the next day after that meeting on the mountain I went to another meeting, I listened to a lot of war stories because Cocaine Anonymous was really big about that back then and I went out and got loaded again. The next day I got up and I went to work because I'm not going to do this again.

At the end of my workday I went to an A.A. meeting, (So I went to the bar instead). I did that for 30 days, I went to a meeting every day drunk, going to get drunk, loaded, going to get loaded, for ten to thirty days. At the meeting they said anyone got 30 days and I raised my hand and I went down and I got a 30 day keychain. I did another 30 (Continued on page 7)

# C.A. WORLD SERVICE CONFERENCE COMMITTEES

## ARCHIVES COMMITTEE

(Continued from page 6)

days and it was the same routine, I'd go to the meetings, sit in the back and wouldn't listen.

My wife asked me what we were doing and I was so full of lies. I came home one time and said well I didn't have the money for a Big Book so I bought a little book but the little book was the 12 and 12 so I had a 12 and 12 before I had a Big Book.

They had a 60 day (chip) where I went out and I got loaded every night, who's got 60 days? I raised my hand, I went and I got my 60 day chip for attending these meetings every day, that's what I was thinking anyway.

I went out another 30 days and at 90 days I'm back up on the mountain. The same kids are giving away the chips. Anyone got 90 days? I went up and got my chip, I had cocaine in my moustache and there was blood running down my arm, I was so wacked. He gave me the keychain and he hugged me and he said Steve, when you get honest I'll give you a 10 year chip.

So that's kind of what I did. We had such great names for meetings back then, the meeting on the mountain was "Way Off Base.", Monday night we had "Monday Night Alternative" and the "Razor's Edge", Tuesdays we had "Coke Busters", Wednesday we had the "Asbury Meeting", Thursday we had the "Men's Group", and it was at the Asbury church, Friday we had "Torchlight" but we also had "Last Straw" at the Camelback Hospital.

The first meeting that was in the valley was on Monday night in Scottsdale called "Classic Coke", we had "Saturday Night Alternative" and "SNL", and Sunday we had "Diet Coke". After "SNL" out by Pinnacle Peak, they had a pig roasting meeting and we would go there and have a barbecue and some Fellowshiping, and I went to them all.

C.A. (when I first started going) was just over four years old. When I'd go to the meeting on Sunday and Monday the same people were always there, all 14 of us. And when I go to the meeting on Tuesday, same people, Wednesday, same people, every night was the same people.

We were just holding on, we were scared shitless we were going to die so we held on to each other and we talked about sick cats, we talked about the horrible roommate we had, we talked about our jobs, but we didn't talk much about recovery or about the steps. We just held on to each other, nobody knew how to do this thing until we started that men's step study.

We took it from the Friday night men's step study and also moved it to the Thursday men's group where we were using a Big Book, and then Saturday morning we had a Big Book study at Asbury Church.

They came to me and said we need at least \$10 a week, I said I can't do that there's only three or four of us here every week so I moved the meeting to my house.

I asked Bonnie who was going to the meeting with me and a couple of guys I was sponsoring, this is after 45 days, and home from recovering for only 15. So I moved it to my house, in the first meeting we had Saturday morning there were three of us, Bonnie, John and myself.

The next week there were 10 and then 20, the week after that there was 35, and the week after that we had to move it outside.

And we talked about recovery, we read a passage from the Big Book and the discussion would take the rest of the day. It was just phenomenal when their hearts opened up and the honesty came out and people just learned to love each other.

GINGER L. : So to back up a little bit, did you ever get your 10 year chip from that guy that said he would give you a 10 year chip?

STEVE A. : I did, I did, in fact he was around to give me my 30 year chip.

**(For the complete interview visit:  
<https://museum.ca.org/steve-a-az/>)**



## SELF-ESTEEM IN RECOVERY

Larissa O.

Winnipeg, Manitoba, Canada

The dictionary definition of self-esteem is 'confidence in one's own worth, abilities or morals.'

Let me tell you, before I came into recovery I tried really hard to believe in myself and my abilities but my inability to stop drinking and using drugs made it impossible.

The excuses kept getting crazier and the isolation that came with the shame I felt around the choices I had been making kept getting deeper and darker.

The charade I was playing had stopped fooling people long before I realized that the only one I was sort of fooling was myself.

I grew up the oldest of three, a single mother household. I helped raise my sisters and I grew up

really fast, codependence between my mom, sisters and I ran deep.

I turned to anything outside of myself to get the recognition I thought I needed. The feelings that I craved were to be accepted, to be loved, to be seen and heard. I did things to make sure that I could feel these things, all while using drugs or people to escape feeling anything I deemed uncomfortable.

After over 4 years into the program of Cocaine Anonymous I am thrilled to share that I am no longer the chameleon, I have morals and values that I can stand up for. I can have what I think are hard conversations with the people in my life and not be frozen in fear of what they will think or if they will leave me.

I have humility, I can be wrong, I don't need to have the last word. This program has changed the way I live my life.

I have self-esteem because I am excited for the life I live and I am proud of what I can offer to those around me. I try not to be too absorbed with what I can get out of a situation, but rather what I can give back. How can I make someone else's day better?

Finding a sponsor to take me through the steps, actively living them and then getting into service work changed my perspective. I learned how to work with other personalities, and I gained principles.

I got involved and am of service at a group level, an area level and at a world level, I learn things and pass them onto the fellows in my area. It is such a gift to give back to the program that helped give me a life I love so much.

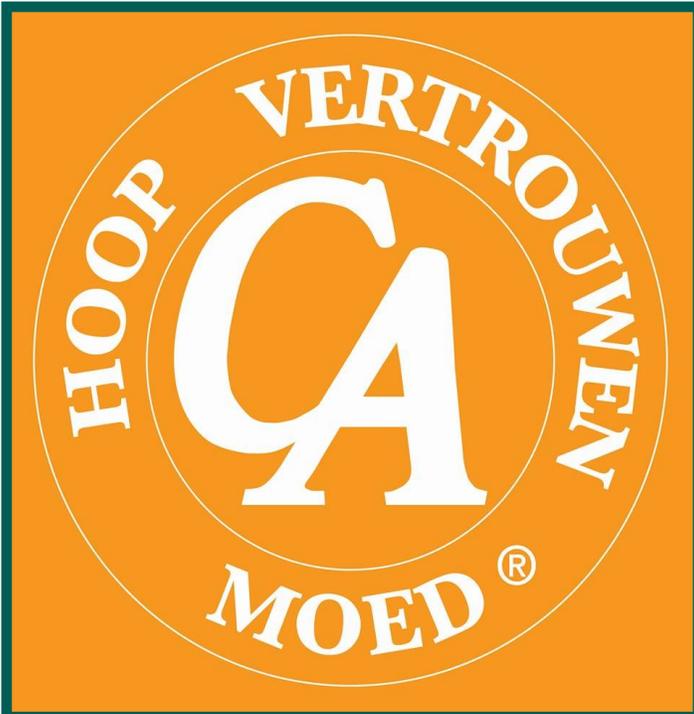
The 12th Tradition "*Ever reminding us to place principles before personalities*" helps me in my life outside of recovery circles as well.

I have some family that maybe I don't see eye to eye with but that doesn't matter. How can I serve others? How can I get out of myself? That's what matters.

I have confidence in who I am as a person and Cocaine Anonymous helped me discover how to work to live by this program one day at a time as it continues helping me.

I still actively work with my sponsor, I actively work with other addicts in one capacity or another and I am truly blessed that I no longer seek approval from outside sources (as often as I used to, I am human and sometimes I take my will back for periods of time).

Self-esteem in recovery looks different than what I thought self-esteem was in active addiction and I am so grateful that I get to pass on a message of hope to the people that may need it.



### SELF-ESTEEM In RECOVERY

Gary P. - Trustee at Large  
Seattle, Washington, USA

For much of my life I struggled with low self-esteem, never truly believing I was enough, my addiction only reinforced the idea that I was broken, unworthy, and incapable of change.

Through the 12 Steps of Cocaine Anonymous I began to see myself in a new light. The Steps weren't just a process of recovery they were a process of discovery helping me uncover the person I had always wanted to be.

Working the Fourth Step was a turning point, taking a fearless and searching moral inventory of myself forced me to confront the patterns, resentments, and fears that had kept me shackled for so long.

It was painful at times but as I put pen to paper something incredible happened, I started to see that my self-hatred wasn't based on reality, it was built on years of guilt, shame, and the lies I told myself.

Step Five, sharing my inventory with another person brought an even greater freedom. For the first time I felt completely seen yet not judged, I had spent so much of my life hiding but now with each truth I spoke another layer of the false self I had built up began to fall away.



It reminds me of the story of Michelangelo and the statue of David, when asked how he created such a masterpiece he said that David had always been inside the marble he simply chipped away everything that wasn't David.

That was my experience with the Fourth and Fifth Steps. The work I did in those Steps chipped away everything that wasn't truly me, fear, resentment, shame and self-doubt until all that remained was the real Gary. The person I had always wanted to be had been there all along buried beneath years of addiction and self-deception.

The 12 Steps didn't just help me stay clean they helped me find my true self, and for the first time in my life I could stand tall knowing I was enough.

# C.A. WORLD SERVICE OFFICE



Are you attending the CAWS2025 World Service Convention and looking to pick up your chip and literature order in person from the C.A. World Service Office while you're in town? Or perhaps you'd like to visit and tour the new C.A. World Service Office?

**The CAWS2025 World Service Convention and the staff at the C.A. World Service Office have collaborated to offer transportation from the convention hotel to the World Service Office and back on Friday and Saturday.** (Scheduled Van (12 passenger) Transportation)

**Friday:**

**Leave hotel at 9:30am – back to hotel by 11:30am**

**Leave hotel at 1:30pm – back to hotel by 3:30pm**

**Saturday:**

**Leave hotel at 9:30am – back to hotel by 11:30am**

**Leave hotel at 1:30pm – back to hotel by 3:30pm**

**Leave hotel at 3:30pm – back to hotel by 5:30pm**

The sign-up sheet will be in the Archive room and will be first come first serve. If you have your own transportation, the C.A. World Service Office will be open for tours and assistance on the following modified schedule to allow our staff to come and participate in the convention as well.

Hours for the office:

Thursday - 9:00am – 5:00pm

Friday - 10:00am – 3:00pm

Saturday -closed (except for tours scheduled above)

Sunday – closed

Monday – closed

**FINAL ORDERS** will be taken on the close of business May 19th. Orders will also need to be paid in **FULL**. Orders can only be picked up Thursday May 22nd and Friday May 23rd.



**C.A. World Service Office**

# HOW HOPE, FAITH & COURAGE BUILD SELF-ESTEEM

Susan C.  
St. Louis, Missouri, USA

The words “Hope, Faith and Courage” are spoken often at C.A. meetings. They are after all a big part of our literature and chips. I decided to take a closer look at each of these words to examine how I used these tools to raise my self-esteem.

“*Hope*”-definition: To wish for a particular event that one considers possible, to cherish with anticipation, or to want something to happen or be true.

When I arrived at C.A. I had no concept of hope, let alone understanding its meaning. I do remember thinking while I was still using that I had no plan on living very long because I had nothing to live for or so I thought I would drink and drug until I died.

I am from Missouri and I used to say “I am in a state of *misery*”. One day unbeknownst to me my mother planned an inpatient stay for me at an adolescent treatment center, I was nineteen years old and that is where it started.

As the fog began to lift, over the next days and weeks I was listening to what they were telling me and kind of understood. One counselor stood out and the following situation was how my spiritual experience manifested itself.

The counselor was painting a picture for me, he said “You are in a room with nothing but a table, on it is your favorite alcoholic drink, you have three choices? 1. Have only two drinks? 2. Have *no* drinks? 3. Drink until you get drunk?”

What are you going to do?” At that moment I knew in my heart the only choice for me would be number three, I would drink/drug until I got drunk or high. In that instant I knew I was an alcoholic/addict, I had admitted it.

An immediate sense of relief came over me, now I understood, “*Hope*” happened to me, I didn't know it was “*Hope*”. I didn't realize what I had until I started to read literature and knew I had been given a second chance in life.



I had radically accepted the First Step, I am Powerless over drugs/alcohol, people, places, things & situations.

When I stay in my own lane, mind my own business and stay in the moment I can have “*Hope*” for a better life and I am able to focus on the positives not the negatives, I'm not worrying about others or feeling sorry for myself because I didn't get my way. “*Hope*” allows me to see and hear my life with grateful eyes and ears I see “*Hope*” at meetings when C.A. members share their journeys and how their lives have gotten healthier.

As I worked the Steps I gained more confidence, I know today “*I am not alone*” (From A.A. Daily Reflections), today I share what “*Hope*” has taught me knowing that I cannot keep it unless I give it away.

“*Faith*”-definition: Complete trust or confidence in someone or something, allegiance to duty or a person. I was raised in a religion and knew about “*Faith*” but I didn't really know how it worked. C.A. taught me to completely trust in the program.

I have learned to “*Let Go and Let God*” by working the Third Step and clearing the wreckage of my past with Steps Four and Five so I can experience the “*Sunlight of the Spirit*” (From A.A. page 66) which has given me confidence in the C.A. program.

“*Faith*” also includes allegiance of mutual benefit which I see as having a sponsor. I like the way my sponsor works her program, I have “*Faith*” and trust in her because I know that she will guide me towards solutions. Stepping out in “*Faith*” to trust another person can be hard, I would not have the knowledge or serenity I have today if it were not for the “*Faith*” of my sponsors in me. When I step out in “*Faith*” it helps me stay in the moment not worrying about the past or future, it is easier to live life on life's terms “*One Day at A Time*” (From A.A. page 85)  
(Continued on page 12)



## HOW HOPE, FAITH & COURAGE BUILD SELF-ESTEEM

Susan C.  
St. Louis, Missouri, USA

(Continued from page 11)

*"Courage"*-definition: The ability to do something that frightens one, mental or moral strength to venture, persevere and withstand danger, fear or difficulty. When I think of *"Courage"*, I think of the cowardly lion from the *"Wizard of Oz"* (Title from 1939 MGM musical) Due to his journey throughout the movie he gained *"Courage"* to stand up for himself. In the program I have acquired understanding through trial and error, it's okay to be human. I know I will make mistakes but the C.A. program tools offer me a solution for recovery.

I had *"Courage"* the first time I called my soon to be sponsor for the very first time, I had *"Courage"* to say "yes I will go to a meeting with you." When I got fearful my sponsor would say the definition of

**FEAR** is "False Evidence Appearing Real".

So when I find myself full of fear do I have the mental strength to let it go and try something new? I do my best to stay in the moment by doing the next right thing in front of me. I do not project the future over which I have no control. I avoid worrying about the past regarding *"People, Places, Things"* and situations that are over and done with, again no control!

The C.A. program is simply laid out but it can be difficult because it is a new way of thinking and/or acting. I must listen to the similarities rather than pouncing on the differences, it requires *"Courage"* to try something new.

I am grateful that I have *"Hope, Faith & Courage"* in my life today. Thank you, Higher Power, and thank you Cocaine Anonymous.

## SELF-ESTEEM IN RECOVERY

Ellen U.  
Overland Park, Kansas, USA

This was a huge issue for me in early recovery, I felt like the lowest of the low when I crawled through the doors. I had done so many things that I was full of guilt, shame, and remorse, I didn't feel like I deserved anything good. (That last part was actually pretty true, if I got what I truly deserved I would be doing 25 to life!)

I had a hard time with the word humility, I had absolutely zero understanding of the word. I would hear it and immediately think of the word "humiliation" and again immediately went to the horrible things I had been doing my whole life.

A lot of them were done stone cold sober and I couldn't blame drugs and alcohol. I had been around a little while and was convinced I suffered from the selfishness and self centeredness that the big book of Alcoholics Anonymous talks about. But how could I be so self-centered and still suffer from low self-esteem? it made no sense to me.

One day in a meeting I heard a young lady share about being an egomaniac with an inferiority complex and I had one of those huge aha moments! that's exactly how I had been feeling for ages.

So now that I have a name for what I have been

feeling what do I do about it? Thank God for the program. I had to continue to do inventory, to try to do some things differently, like putting others ahead of myself, and keeping focused on that decision made in Step Three.

I had issues with putting too much emphasis on the Fellowship instead of God and the program. When I started to embrace some positive thinking instead of negative thinking my thoughts began to change.

A dear friend gave me a positive affirmation to use, "I am the woman that God is with". After all I had been reading and hearing "there is One who has all power may you find Him now", and what better way than finding a God personal to me. I found I had to get into action, this is what the program was all about, doing things differently.

Someone saw something in me and encouraged me to get into service starting at the group level. Service work was a huge Godsend for me and more of the promises began to come true in my life. It felt like I had been given a true purpose in my life, something I had never experienced before.

The NewsGram is a C.A. publication featuring articles etc. from our worldwide C.A. Fellowship. You can submit small items of 1 or 2 lines up to articles with a maximum of 1100 words. Published quarterly it also features various world committee reports & flyers, WSO & WSBT information as well as event and donation information.

To submit an article go to our website homepage at [ca.org](http://ca.org), click on NewsGram, and follow the instructions provided.

The suggested theme for our next issue is

## **Choosing Friends While Working The Program**

The deadline for submissions is

**June 15, 2025**

**Newsgram@ca.org**

## SELF-ESTEEM IN RECOVERY

Emma S.  
Edmonton, Alberta, Canada

Growing up I was conditioned by my family to have low self-esteem. When my parents abandoned me at 4 years old I was indirectly told that my own two parents did not want me, internalizing that it is like I carried it in my own back pocket.

When I started school I remember thinking on the playground that I didn't belong, followed by a strong feeling that something was inherently wrong with me. I looked at all my other classmates and I saw them as above me. Despite saying nothing I knew it changed how I started presenting myself to people.

Every time abuse happened in the household which was almost daily, I thought that if I joined fighting sports then I would be strong enough to fight my abusers and therefore have high self-esteem. At 10 I joined karate and I started learning moves, I kept going until 13 when I joined boxing and wrestling. Boxing skyrocketed my sense of self, I felt myself getting stronger and stronger, like Bill, this is when I finally felt like I had arrived.

After I recovered from my right hernia repair surgery I joined wrestling, I only had a few practices before attending a Western Canada tournament. I barely learned anything but thought I would compete anyway. So, in my very first match I lost within seconds, total embarrassment, I had to learn from someone quickly how to flip someone over to pin them (forward Nelson). After this I beat the person that beat the person that beat me (lol), I felt like this was the thing that redeemed me so I kept this going.



Unfortunately my boxing coach was grooming me to take advantage of me despite being married with a 21-year-old daughter and me being 13. This caught up to me, I could not ignore it. Fortunately though I found a way to stop him before he really did anything.

Being 13 and naïve I went to my classmates to ask for advice on how to deal with my perverted boxing coach thinking that they would keep this confidential. Rumours spread and it scared the shit out of my boxing coach which resulted in him doing anything and everything he could to run me out of the club.

With wrestling boxing was the thing that kept my weight down, weight class matters when it comes to fighting sports. So when it came time to quit I lost that, my dad proceeded to tell me that I needed to do what I needed to do to keep my weight down. His recommendation was for me to starve myself for days at a time to fast diet. As a 14-year-old child I also saw this as 'I am fat and ugly and need to starve myself to make some things better.' Weeks started adding up and



this became a habit.

At this point I also loved the way alcohol made me feel. My godfather came out as gay and left his wife with four boys, he also gave our family around 20 bottles of liquor as well as spices and fancy foods because he loved his new life as a gay man. I saw this as a possible opportunity to steal the bottles and get drunk. So, I stole as many bottles as I could to get drunk, I would reposition the bottles in the drawer so it looked like nothing was stolen from them. What I saw was that when I was drunk I had a higher self-esteem, it took away the edge, I all of a sudden stopped worrying about things that damaged my self-esteem.

So my solution at fourteen years old was to steal fancy expensive wine and mix it with iced tea, sit at my desktop computer and continue to put viruses on the computer without knowing by profusely downloading media and other stuff. I really felt better about myself and kept wondering what was so wrong with this media! (Continued on page 15)

## SELF-ESTEEM IN RECOVERY

Emma S.

Edmonton, Alberta, Canada

(Continued from page 14)

Fast-forward a couple of years, I kept saying, acting, and doing things that made me ashamed of myself and who I had become on a daily, hourly, and sometimes a minutely basis.

When I would smoke crack for a few seconds or minutes I felt like the way I wanted to my entire life, since alcohol was my first love crack was my second love. Another thing that boosted my supposed self-esteem in my addiction was the fact that I never lost a fight.



Coming into recovery I saw that my self-esteem was a problem after some time. In my first treatment center my addictions counsellor asked me “Do you have a low self-esteem?” I responded with “Yes I get told I am good-looking all the time!” The family counsellor also asked me to test my reaction and I told her as well.

What I failed to see was that constant validation from men was not going to be the thing that remedied my low self-esteem, what really mattered was how I felt about myself. What I noticed was when I would bravely unravel my enormous ego I saw that I had astronomically low self-esteem. Any threat to my ego turned into a fucking problem real quick so, needless



to say it took some time.

Many years later I worked another set of Steps, by now I had done major work on my self-esteem but I saw that I was constantly looking to external things to fill an internal void. If I travel to Europe I will feel

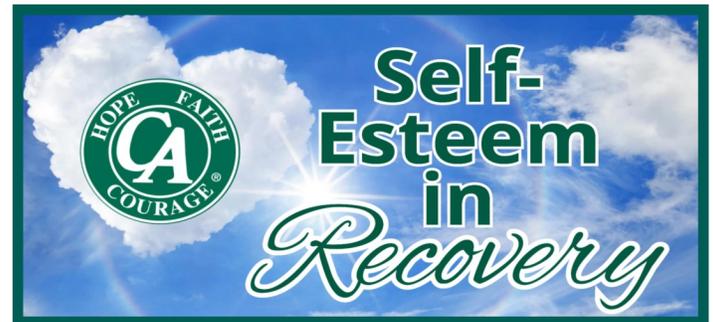
better about myself, if I graduate from university I'll feel better about myself, if I stay sober long enough I will feel better about myself, ad infinitum.

My push was after a month of coming home from Amsterdam, Italy & Greece I felt like total dogshit about myself, I felt like I was rotting and slowly living to die. Needless to say my self-esteem was shit, I threw in the towel because clearly my European trip didn't work.

I contacted my friend to get me connected with her sponsor because I knew she was generous with her time. Up until this point a small part of me knew that I was going to need a lot of time to sort out issues considering that I never went that deep before with the work. She took me in and I was willing to do what it took.

My First Step was long because I had to re-read the Big Book like I had not read it before, I saw over and over where I was powerless.

My Step 4 shattered me because I learned that I harmed more people than I had ever thought, it is easy to come up with a long Step 9 list when you know you



can say whatever you want to almost whomever you want without being scared.

It is also easy when you think you can do almost whatever and you think and you barely have an effect on people because nobody cares about you, I was in for a total surprise.

Today I see that I am a work in progress, I did things that I was not proud of, I do far less today. I look at the times when I have stood up to people and done great and it shows me my assets.

Having an adequate view of oneself is the way to humility, true humility equals having high self-esteem. My puffy ego rearing its ugly head is a tell-tale sign of low self-esteem. For the grace of God I have a daily reprieve where I get to work at it every day, baby steps, that shit adds up and turns into significant steps.

Time later with work factored in has helped me continue to be the person I was meant to be all along, thank God and C.A. for that!

# C.A. WORLD SERVICE CONFERENCE COMMITTEES

## PUBLIC INFORMATION COMMITTEE

Please take a few minutes to complete the World Service Committee Public Information Survey:

[pi.ca.org/survey](https://pi.ca.org/survey)

For information about why the survey is a useful tool for PI see:

<https://pi.ca.org/fact-file-survey/>



## WORLD SERVICE COMMITTEE PUBLIC INFORMATION SURVEY



Please take a few minutes to complete the Survey:

[pi.ca.org/survey](https://pi.ca.org/survey)

# SELF-ESTEEM

Jacqueline T.  
St. Catharines, Ontario, Canada

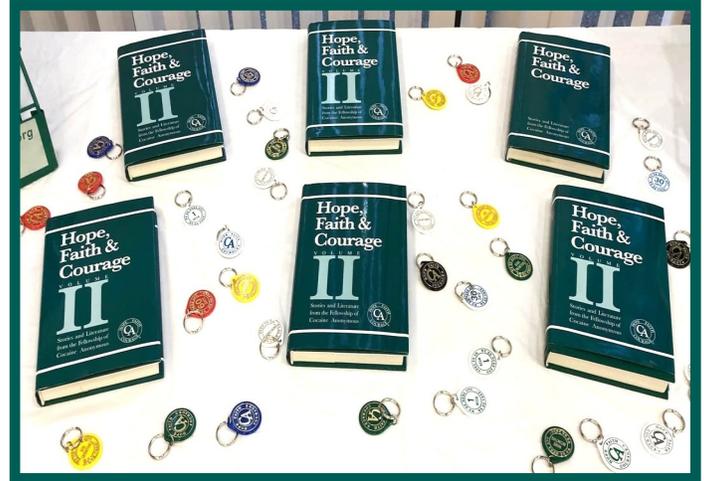
An opinion of oneself back from the gates of hell to living the transmission of heaven on earth, same reality but the difference of perspective deepens the knowingness.

When I first joined the rooms and pondered the concept of being a member was the moment in my life I knew change was happening all around me. I found that being conveyance with allowance of all that life was in that moment and bloomed into something stellar the longer I stayed in sobriety. They gave me a sense of worth and understanding that I wasn't alone and we were all in this together and each of us had our own story and rock bottom. We had to concede to our innermost self that we needed a power greater than ourselves that was a direct revelation of the God of my understanding.



After really diving deep to the most deepest parts of myself that I thought were unlovable, actually hating it when looking into the mirror at myself not realizing that there was something out there in life that was worth living for, that was worth being a part of this Fellowship that wouldn't only change my life, it would change my perspective on how I love life.

Working with others as a spiritual advisor gave me the direct knowledge that life wasn't happening to me. It was happening for me the more that I allowed myself and gave myself permission to dream those dreams that I've always had and really have catapulted my reality today. It shows me and guides me and teaches me how to stay humble within what I was given and how to live the best life that God had



prepared for me. All along I just had to be willing and to say yes to those things like we're out of my comfort zone and being honest with myself and being able to love myself with that self love, self-compassion, self-awareness back to wholeness.

Life did not have to be, it was a part of me getting to be alive in the spiritual uniqueness that is my own direct connection with my Higher Power. It is that connection with my Higher Power that I get to be a part of other peoples lives and see them grow up in this Fellowship.

No longer being scared little boys or girls to a radiant woman and men that loved and cherished who they are because they are so important to the plan that God has designed for all of us. No longer hating the woman staring back and loving her so deeply and saying yes to those things that I was absolutely terrified of and fearful that I wasn't worthy of.

The joy of having that self-esteem in recovery has given me the most and gives me so much joy and communion with my Higher Power through each of you. It's with the gifts that keep on giving those promises that become my reality.

(Continued on page 18)



## SELF-ESTEEM

Jacqueline T.  
St. Catharines, Ontario, Canada

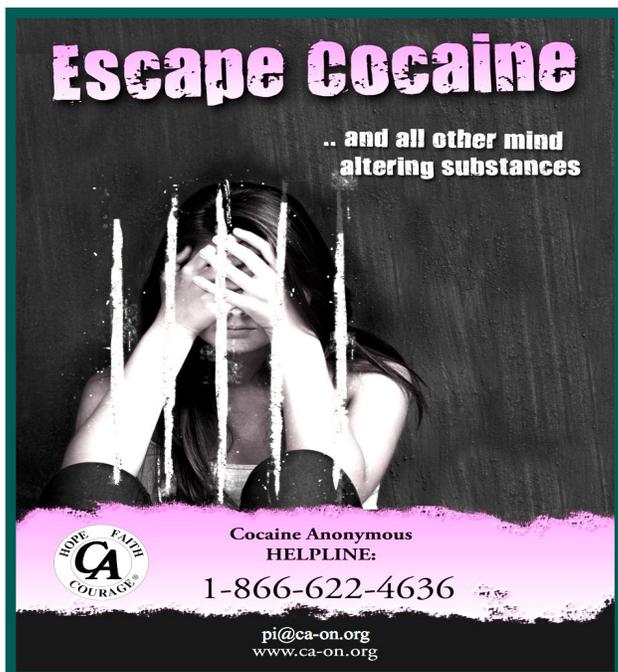
(Continued from page 17)

I was willing to change everything about my perspective, my thoughts, my feelings, my emotions, and the stories I was telling myself. To be free and write those things out and forgive myself because I was worth it. It was being able to love and I didn't believe I was worthy for love, to allow myself to love me once more so I could then share that love with others.

Each time I look at those versions of myself and look at the version I am today I realize it was with my self-esteem that I gave myself permission to love all of me, right where I am in that present moment. That was the gift that kept on giving in all areas of my life in service, the Fellowship, the community, and most importantly in my humanity.

In life everything was all about self, I really didn't have much to consider other than self. Now I connect to the deepest parts of myself the version of my esteem that is giving me my life back, things that I never even imagined that were possible, those dreams that I have always dreamt of and that I thought were unattainable.

Because I was willing to go to every length that was required for me to be the happiest and joyous and have the freedom to really be who I am and who have always been. I just wasn't aware of it at that time because I was so absorbed with self and the only thing that mattered was how to get something out of someone.



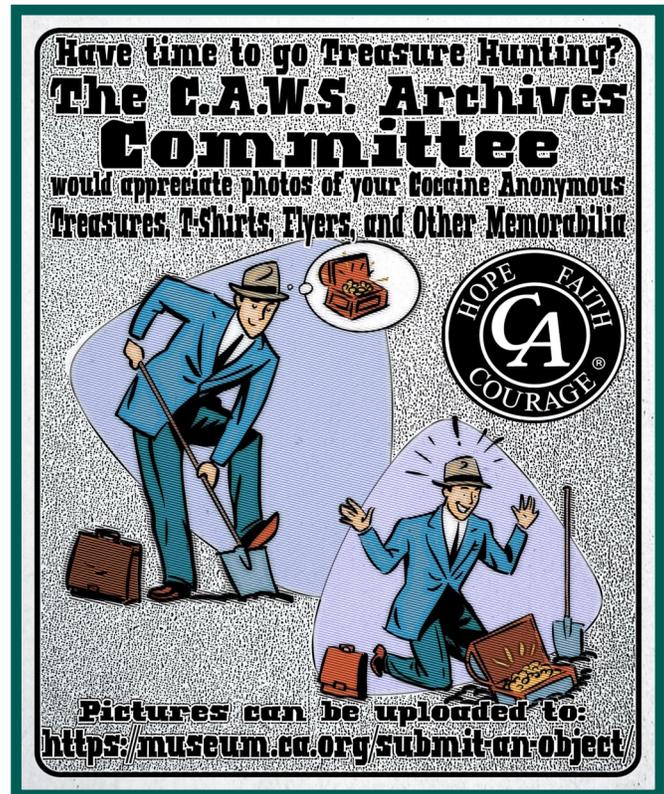
**Escape Cocaine**  
.. and all other mind altering substances

Cocaine Anonymous  
HELPLINE:  
1-866-622-4636

pi@ca-on.org  
www.ca-on.org

HOPE FAITH COURAGE

The poster features a woman behind bars with her hands covering her face. The background is dark with vertical white bars. The text is in a mix of pink and white colors.



**Have time to go Treasure Hunting?**  
**The C.A.W.S. Archives Committee**  
would appreciate photos of your Cocaine Anonymous Treasures, T-Shirts, Flyers, and Other Memorabilia

HOPE FAITH COURAGE

**Pictures can be uploaded to:**  
<https://museum.ca.org/submit-an-object/>

The poster is a cartoon illustration of a man in a blue suit and hat digging for treasure. He has a thought bubble showing a treasure chest. Another man in a blue suit and hat is kneeling next to a treasure chest filled with gold coins. The background is a light blue sky with a white cloud.

Now in sobriety it's how can I help someone because I just want to be of assistance as God's agent. Adjusting this process truly trusting it for me was the most important thing because I never trusted myself and now I have full reliance upon this God that makes miracles happen in every aspect of my life.

Surrendering to win and being grateful for everything that has been put in my path, to be able to touch those hearts and love them so deeply until they're able to love themselves and share that love with others.

Those are the moments that I look forward to every day because I get to be present in others lives and just be there as the best version of who I am. Because my self-esteem today in recovery is so freeing no matter what the circumstances are or whatever is going on in my own physical reality. I get to be alive in all areas in this ever-eternal presence way better than drugs, alcohol or anything that I played in my life.

Today I get to be that conduit because I was able to do the work and be honest with myself, my sponsor, my Higher Power, my family, my Fellowship, my community and my humanity.

It's amazing and absolutely stellar to be a part of this vast Fellowship with all these God-conscious amazing human beings.

### SELF-ESTEEM OR LACK THEREOF IN RECOVERY

Chris M. - Atlantic South Regional Trustee  
Fort Myers, Florida, USA

Self-esteem or one's opinion of self in recovery has been a rollercoaster at best. I never thought about self-esteem until I got sober but looking at it I learned I had low self-esteem my whole life which obviously I didn't want to admit or look at. For me it has a lot to do with self-centered fear, what people think of me, and that weighs into what I think about myself.



Growing up at school I struggled and was in special education as well as always in trouble, that gave me and other people around me a low opinion of myself. As I got into drugs I wore it like a badge of honor with an “I don't give a F\*\*\* attitude” and I was proud of it.

When I came into the rooms it was a battle, I was as broken as I've ever been but my I don't care attitude was in full swing to protect my pride and ego. When I finally dropped my ego and got real with my sponsor, he said, “If you have low self-esteem do estimable things.” So, when I did those types of things I found self-worth and I still use that today when I'm beating myself up over things, I need to get out of self by helping people or simply doing kind and loving things for others.

As I continue to stay sober I must continue to take inventory to see where my self-esteem is. Again, my pride and ego comes out all the time and I come off as unteachable, arrogant, and self-righteous as some would call it, or full of fear that I can't do something or nobody likes me. It's always a fine line, like I said a rollercoaster, when I do what was taught to me in C.A. and follow a few simple rules I'm okay just being me and sometimes okay is as good as it gets, “*Trust God, Clean House, Help Others*”.

# C.A. WORLD SERVICE OFFICE



## COCAINE ANONYMOUS WORLD SERVICE OFFICE, INC.

11460 N. CAVE CREEK RD., \* SUITE #12 \* PHOENIX, AZ 85020 \* (310) 559-5833 \* CAWSO@CA.ORG \* <http://www.ca.org>

We are excited to announce that starting March 4th we will officially begin UK Distribution of key tags ranging from Newcomer to 50 Years. We initiated a soft launch on February 3rd, 2025 distributing Newcomer to 1 Year key tags to ensure all minor details were addressed before our official opening.

This milestone is a significant achievement for Cocaine Anonymous enabling timely order fulfillment and reduced shipping costs for UK areas. The project which began in 2018 faced numerous challenges including a pandemic, CAWSO restructuring and vendor negotiations. However, it gained momentum in 2024 and is now ready for its debut.

Currently eight areas in the UK have access to the ordering process with three areas having already ordered hundreds of key tags. CAWSO is eager to expand this list and achieve similar goals in other countries. The first three key tags from Newcomer to 1 Year are displayed at CAWSO with one set of each stored in Archives.

We invite you to visit CAWSO and see the first printed key tags and reflect on the impact they have had on our Fellowship. CAWSO continues to strive to fulfill its purpose as the main contact and distribution point for C.A. maintaining connections with members, groups, districts, and areas through correspondence, newsletters, email, our website ([www.ca.org](http://www.ca.org)) and representatives within our service structure.

We appreciate all of our members work to help facilitate this huge milestone and amazing beginning of UK Distribution.



# FROM DESPERATION TO CONFIDENCE - MY JOURNEY TO SELF-ESTEEM

Nadine H.

Delta, British Columbia, Canada

My name is Nadine and I am an addict. The first time I walked into a meeting of Cocaine Anonymous was in May of 2008, however that is not my clean date, my clean date is September 6, 2008.

I remember that first meeting especially the reading "*Who is a Cocaine Addict?*" and how everyone chanted and laughed, I thought "*It's not just me.*"

I saw people raise their hands when asked if they had a year or more clean, it seemed impossible yet many hands went up.

At that time my self-esteem was nonexistent. I had spent the past three years homeless learning to survive on my own after leaving a 13-year abusive relationship. When I met my ex he said he liked me because I was the first girl to say no to cocaine, but that didn't last. Soon saying no became impossible, especially since we sold it. He fell in love with the money and power and I fell in love with the dope. Cocaine made me feel electric, beautiful and important, in the end I used it in every way possible, shooting, smoking, snorting, anything to escape reality.

courage to leave, without that moment of clarity I believe I'd still be stuck, or worse dead.

I was terrified to commit to anything but in recovery I did, and that led me to meet my husband. He's unlike any man I've known, kind, supportive, and a member of Cocaine Anonymous. We've faced many challenges together but through it all I've learned valuable lessons. Today, I don't need constant reassurance. I can let him enjoy golf with friends or spend time with family without making it about my insecurities.

Throughout my journey I've come to see that my Higher Power whom I choose to call God, was with me even in the darkest times. I didn't always recognize it but looking back I see the guidance and protection. That relationship with God, strengthened through Cocaine Anonymous has been a cornerstone of my recovery. It's allowed me to reconnect with my children and build a loving bond with them, something I once thought was impossible. I now have beautiful grandchildren who love their grandma, my greatest hope is they'll never have to



The lowest point was signing my children over to the Ministry, I was consumed by fear, guilt, and shame, my partner became my entire world, and I vowed never to live another sober moment.

Drugs dulled the pain, but coming down was unbearable, I remember leaving detox after four days because the flood of emotions was too overwhelming.

For years, I was in and out of the fellowship, insisting, "*This program doesn't work.*" I attended meetings, skimmed the Big Book, and did Steps off the wall but never truly committed.

When I finally took suggestions, got a sponsor, worked the steps, found a home group, and became of service, everything changed. I started gaining real clean time for the first time, my life meant more than avoiding existence. Hope returned, especially the hope that I could rebuild my relationship with my children.

Recovery wasn't linear, I faced deep-seated insecurities and mistrust especially in relationships. I was often "*the other woman*" trapped in toxic cycles of fighting, cheating, and self-loathing. It wasn't until my love for cocaine outweighed my toxic relationship that I found the

witness me in active addiction.

But perhaps the most profound transformation is the relationship I've developed with myself, it took years to accept that I am exactly who I'm supposed to be, flawed, resilient and finally at peace.

Rebuilding self-esteem wasn't quick or easy, it came through consistent action. I learned to keep promises to myself, like making my bed or showing up for coffee dates. These small commitments built a foundation of self-trust, slowly I began to see myself as reliable and worthy.

Helping others was pivotal too, reaching out to newcomers, sharing my story, these acts reminded me that my past doesn't define me, instead it equips me to support others.

Today, I stand tall knowing I am enough. Recovery has granted me peace, self-acceptance and love beyond anything I imagined.

To anyone struggling with self-esteem, you are not alone, keep coming back, keep working the program and one day you'll look in the mirror and recognize the person you always hoped to be. In Cocaine Anonymous we don't just recover, we rebuild, we grow and we thrive.

# C.A. WORLD SERVICE CONFERENCE COMMITTEES

## INFORMATION TECHNOLOGY COMMITTEE



### Onboard with your meetings in the C.A. Mobile App

Here's how:

- Select or elect a trusted servant to be responsible
- Contact the World Service Conference IT Committee at - [itcommittee@ca.org](mailto:itcommittee@ca.org) to get login credentials for your Area.
- Follow the instructions to add your meetings - [it.ca.org/meeting-finder](http://it.ca.org/meeting-finder)

Thank you for letting us be of service!

### The C.A. App is in the Apple Store and Google Play!

Go to - [it.ca.org](http://it.ca.org) to open a link to the App or look for C.A. Meetings.

We are asking each Area of Cocaine Anonymous to appoint or elect ONE point person to follow the process to input and maintain your meeting information.

No programming skill is required, but some computer savvy with data entry would be helpful. This individual may currently be in Area service, or this may be an entirely new service position within your service structure.

Once your meeting information is uploaded into the database, it can be easily updated at any time. The meeting data can also be used on your Area's website.

Please visit the IT Committee website for more information or email us.

**In the Spirit of Tradition Six, C.A. is not allied with any sect, denomination, politics, organization, or institution.**

# SELF-ESTEEM IN RECOVERY

Angel P.

Barrie, Ontario, Canada

Before representing myself in any recovery format, I believe it's important to qualify myself. Qualification is vital because the Twelfth Step tells me, "Having had a spiritual awakening as the result of these steps" (From A.A. page 60) This step promises a spiritual awakening which to me means awakening to my God-centered state. Without this connection to a Higher Power, I am discontented and uneasy. In recovery I've learned that resentment, fear, and selfishness block me from experiencing the natural state of who I am. The Twelfth Step also says we are to carry this message to other alcoholics. To do so I must undergo a shift in my mental state, a psychic change as described in the Big Book. To me this means being part of the solution practicing honesty, openness and willingness. Finally, we are called to practice these principles in all areas of our lives. The person you see in recovery meetings is the same person I strive to be at home, at work, and in the community.

What matters most to me is not how much time I have in this program but how often I make conscious contact with God as I understand Him.

It matters how actively I work Steps 10, 11, and 12, which keep me free of self. This commitment qualifies me to share a message of Hope, Faith, and Courage as a member of Cocaine Anonymous. It was suggested to me early on that without completing all 12 Steps and experiencing the spiritual awakening they promise, I risk contaminating the spiritual message, this wisdom has shaped my journey.

## Understanding Self-Esteem

The topic of this writing is self-esteem. As someone in recovery I benefit from defining the Concepts I want to fully understand. Self-esteem is defined as "confidence in one's own worth or abilities and self-respect". While this definition is straightforward, self-esteem can manifest in three ways, low, high, or inflated. Before recovery and completing the 12 Steps I operated on two unhealthy levels of self-esteem.

**1. Low Self-Esteem:** This state convinced me I was less than others, it led to thoughts, feelings, and behaviors that kept me from reaching the potential God intended for me. For example, I underachieved despite having the capacity to earn a good income. I settled for unkept small living spaces because I didn't believe I deserved better or could handle more, in hindsight this was selfish. What if it were God's will

for me to shine as a beacon of hope? What if He wanted me to create a home where I could welcome others in recovery and show them" If God can do this for me, He can do it for you too".

**2. Inflated Self-Esteem:** On the surface inflated self-esteem made me believe I was better than others. This arrogance stemmed from a deeper fear of unworthiness and a separation from others. Outwardly I sent the message that I didn't need anyone. I feared letting people in, worried they would hurt me. To protect myself I created barriers that kept others from liking or loving.

## Building Healthy Self-Esteem Through the Steps

In recovery I've learned what it means to have healthy self-esteem. Through Steps 1, 2 and 3 I've become grounded in the understanding that I am powerless over alcohol and all mind-altering substances.

I've also learned that I am powerless over people, places and things including myself. Left to my own devices I cannot solve my problems, in Step 3 I decided to turn my will and life over to God.

Steps 4 and 5 allowed me to face the truth about myself. By being honest with God, myself and another human being I began to clear the blocks that kept me from God.

Steps 6 and 7 taught me about my limitations and helped me see myself through the lens of spiritual malady. This malady tells me I'm either less than or more than others never equal. I rely on God to remove these defects and practice willingness to let Him do so.

Step 8 required me to make a list of those I had harmed and to become willing to make amends, the amends process has been slow but transformative. For example, during a recent lunch with a former supervisor I felt God whisper to me "Take responsibility for how you showed up as an employee", when I did, she called me a beautiful firecracker. This experience reminded me that as long as I stay willing to make amends God will continue to bless my life with more to be grateful for.

Through Steps 10 and 11 I maintain conscious contact with God by watching for selfishness, fear, resentment, and dishonesty, when these arise, I clean house daily. If I slack on this resentment builds blocking me from God, the spiritual malady becomes active, my obsessions accelerate, and I risk picking up a drink or drug, my experience confirms this.

(Continued on page 24)

## SELF-ESTEEM IN RECOVERY

Angel P.

Barrie, Ontario, Canada

(Continued from page 23)

### Living In God's Design

As someone who identifies with the spiritual malady, I cannot see myself the way God sees me unless I actively work this design for living. God sees me as capable, competent, smart, and worthy. Through humility I walk shoulder to shoulder with my fellows in recovery. God has taught me that I am neither better than nor less than anyone else I am just right for Him. God teaches me that when I am jealous of what someone may have it is likely because I desire to experience that state of being not

because I am arrogant and self-righteous. The disease will try to convince me I am these things; I need to separate myself from the disease.

This design for living has provided me with the tools to build self-esteem rooted in God's will, today I am learning to see myself as God sees me.

Not every day in recovery is easy but I have the resources and guidance I need to navigate each day without using, my first thought is no longer about picking up a drink or drug.

God has taught me how to love myself and today that love is enough.



## DIE HEILUNG MEINER TIEFSTEN WUNDEN

Max N.

Frankfurt, Germany

Jeden Tag wird mir bewusster, wie sehr ich mich während meiner aktiven Sucht missbraucht und verletzt habe, auf eine Art und Weise, die mir damals gar nicht bewusst war, weil mein Bewusstsein getrübt war, und es wurde immer schlimmer.

Eben bin ich an zwei jungen Mädchen vorbeigegangen, die an einem Fenster herumberteten, und sie grüßten mich. Ich grüßte zurück und erkannte, wie sehr ich mich im Laufe der Zeit durch meinen Substanzmissbrauch von meinem inneren Kind entfernt hatte.

Die alten Hasen sagen, dass wahre Genesung beginnt, wenn man so lange clean war, wie man konsumiert hat, und das ist für mich noch weit weg. Das bedeutet, dass ich geduldig sein muss, aber was zum #\$\$%\*, das ist ein Trauma. Ein Trauma, das ich

mir selbst zugefügt habe, und je länger ich diesen Weg gehe, desto mehr wird es mir bewusst.

Mein Selbstwertgefühl ist sehr gering, weil ich nicht weiß, wer ich bin. Ich entdecke erst jetzt, dass das in der Genesung manchmal sehr schmerzhaft sein kann. Ich möchte ein stärkeres Selbstwertgefühl entwickeln, aber es gibt eine extrem schmale Grenze zwischen für andere da sein und für mich selbst da sein. Als Süchtiger neige ich zu extremen Handlungen und habe manchmal Mühe, Wahrheit von Illusion zu unterscheiden.

Aber auch hier sind Geduld, unser Programm und die Arbeit mit den Schritten wichtig. Mit unserer spirituellen Lösung wird am Ende alles gut.

Heute kann ich weinen und heute kann ich heilen. Danke Gott und danke Cocaine Anonymous.

## How To Submit An Article To The NewsGram

- Go to the C.A. website homepage at ca.org,
- Scroll down until you see the “ NewsGram “ button,
- Click on “ NewsGram “ and follow the simple directions,
- Don’t forget to click the “ Permission Release Box “.

## How To View The NewsGram

- Go to the C.A. website homepage at ca.org and scroll down the left side,
  - Click on “ For Our Membership “ and follow the directions, OR,
- Go to the C.A. website homepage at ca.org and scroll down the right side,
  - Look for the “NewsGram Advertisement “,
- At the bottom of the advertisement click on “ Download the latest issue “.

# NewsGram@ca.org

## NewsGram Editorial Policy

The NewsGram publishes articles that reflect the full diversity of experience and opinion found within the Fellowship of Cocaine Anonymous. No one viewpoint or philosophy dominates its pages, and in determining the editorial content, the editor relies on the principles of the Twelve Steps, Twelve Traditions, and the Twelve Concepts. The heart of The NewsGram is in the shared experience of individual C.A. members working the C.A. program and applying the spiritual principles of the Twelve Steps. Yet what works for one individual of C.A. group may not always work for another. For this reason, from month to month, articles may be published that appear to contradict one another. Seeking neither to gloss over different issues, nor to prevent such issues in a harmful or contentious manner. The NewsGram tries to embody the widest possible view of the C.A. Fellowship.

The Charter of the World Service Conference guarantees The NewsGram editor the right to accept or reject material for publication. The NewsGram staff members evaluate articles and, while some editing is done for purposes of clarity, styling, length and content, the editor encourage all writers to express their own experience in their own unique way.

Articles are not intended to be statements of C.A. policy, nor does publication of any article constitute endorsement by either Cocaine Anonymous or The NewsGram. Articles are invited, although no payment can be made nor can material be returned.

## THE HEALING OF MY DEEPEST WOUNDS

Max N.  
Frankfurt, Germany

Every day I become more aware of how much I abused and harmed myself during active addiction, in ways I wasn't even conscious of at the time because my awareness was clouded, and it kept getting worse.

Just now I walked past two young girls who were goofing around by a window, and they greeted me. I greeted them back and realized how much I had distanced myself from my inner child through my substance abuse over time.

The old-timers say that true recovery begins when you've been clean for as long as you used, that's still a long way off for me. This means I have to be patient, but what the #\$\$%\* this is trauma. A trauma I inflicted upon myself, and the longer I walk this path the more I become aware of

it.

My self-worth is very low because I don't know who I am. I am only now discovering that in recovery that can sometimes be very painful. I wish to develop a stronger sense of self-worth but there is an extremely fine line between being there for others and being there for myself. As an addict, I tend to act in extremes and sometimes struggle to distinguish truth from illusion.

But even here, patience, our program, and working the Steps matter. With our spiritual solution, everything will be okay in the end.

Today I have the ability to cry and today I have the ability to heal, thank you God, and thank you Cocaine Anonymous.



## SELF-ESTEEM

Harlan F.  
Fort Myers, Florida, USA

I've spent a lot of time thinking about self..... esteem in and outside of recovery. It's a strange thing self-esteem. It seems to be directly linked to my actions as I go out and inflict myself on the world positively or negatively.

Almost as if faith without works is dead, when I do harmful things my self esteem plummets and when I do helpful things my self-esteem rises.

I've heard a lot on the topic of self-esteem in the rooms of Cocaine Anonymous but there is one idea I've heard repeatedly from my sponsor that I think sums up the topic. "If you want self-esteem do esteem able acts."

I mean brilliant. I spent most of my life thinking if I did enough affirmations in the morning I would

feel better about me. There wasn't enough "your great's" in the mirror to take away the guilt and shame of stealing my 7 year old nephew's piggy bank to spend on dope (not much dope, might I add.)

What got me free was amends, what got me free was showing up in my nephew's life as a solid trustworthy individual who he could trust with any amount of money.

It used to be my thought that if I just thought enough good things about me, I would eventually like me but that just wasn't my experience. It took moving my feet because my feet weren't broken but my mind and my soul were. From what I understand about addiction I can't fix the problem with the problem.

# C.A. CALENDAR OF EVENTS

**April 11 - 13, 2025**

**2025 Atlantic South Regional Convention**

**LOCATION**

**The Inn at Opryland**

2401 Music Valley Dr., Nashville, TN 37214

**May 27 - 26, 2025**

**CAWS Convention 2025**

**LOCATION**

**Double Tree Resort by Hilton Hotel**

5401 N. Scottsdale Rd. Scottsdale, AZ 85250-7090 USA

**May 30 - June 1, 2025**

**35th Quebec Area Bilingual Convention of C.A.**

**LOCATION**

**Hotel Mocco in Valleyfield**

40 Av du Centenaire, J6S3L6, Salaberry-de-Valleyfield, CAN.

**August 1 - 3, 2025**

**Greater Missouri Show Me Recovery Convention**

**LOCATION**

**Holiday Inn**

3400 Rider Trail South, Earth City, MO

**September 19 - 21, 2025**

**C.A. Ireland 2025 Convention**

**LOCATION**

**The Galmont Hotel & Spa**

Lough Atalia Rd., Galway, H91 CYN3, Ireland

**September 19 - 21, 2025**

**2025 Southern Ontario Area Convention**

**LOCATION**

**Crowne Plaza, Toronto Airport**

33 Carlson Ct., Toronto, Ont., Canada, M9W 6H5



**CAWS 2025 Convention is coming to Scottsdale, AZ! Join us at the Scottsdale DoubleTree Resort May 22-26, 2025. We are looking for people willing to chair marathon meetings around the clock. Use the QR code to fill out the form and sign up today!**



**In the spirit of Tradition Six, C.A. is not allied with any sect, denomination, politics, organization or institution. Pull date: May 20, 2025.**



## CAWS 2025 WORLD CONVENTION



**LEND A HELPING HAND AND BE OF SERVICE FOR CAWS 2025 WORLD CONVENTION**

**MAY 22-26, 2025**

**Doubletree Resort  
5401 N. Scottsdale Rd.  
Scottsdale, AZ**

IN THE SPIRIT OF TRADITION SIX, CA IS NOT ALLIED WITH ANY SECT, DENOMINATION, POLITICS, ORGANIZATION OR INSTITUTION.



**WAYS YOU CAN HELP:**

- WORK SECURITY
- REGISTRATION TABLE
- MEMORABILIA
- CHAIR A MARATHON MEETING
- DECORATIONS
- AUCTION ITEM DONATIONS
- MANY MORE VOLUNTEER OPPORTUNITIES



**HOW TO SIGN UP:**

**EMAIL FOR MORE INFORMATION**

**HELPCAWS2025@GMAIL.COM**

**PULL DATE 5/26/25**

# 7th Tradition Donations - 1st Quarter 2025

<u>Location</u>	<u>Group/Area</u>	<u>Donation</u>
Asia	Thalong Group of C.A.	\$50.00
Canada	Naturally High Park Group	\$100.00
Europe	Sweden Area HFC	\$8,895.00
 <b><u>United Kingdom</u></b>		
England	C.A. West Country Area	\$1,189.00
	North London District	\$1,488.00
	West London District	\$900.01
Scotland	Scotland Area	\$5,985.80
Wales	Wales Area	\$1,208.02
 <b><u>United States</u></b>		
Arizona	Birds of a Feather	\$33.00
	SNL Group	\$195.74
California	CALA WSH District	\$145.00
	Conway	\$86.00
	Inland Empire Area Service Committee	\$1,683.60
	Long Beach Compton	\$573.33
	North Bay Service Group	\$250.00
	OCCA	\$300.00
	San Diego Area	\$2,463.06
	WIECA	\$300.25
Colorado	Hope not Dope	\$100.00
Florida	Florida Area C.A. Inc.	\$6,362.77
Georgia	Beyond Human Aid	\$66.30
	MACAI	\$104.59
Illinois	Clean by Any Means	\$62.00
	C.A.-IACA Inc.	\$692.43
	C.A.-IACA Inc. IL	\$200.00
	Forever Free	\$300.00
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New York	Sole Proprietorship	\$75.00
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Ohio	CA-AM Sunday, Middleburg Heights	\$100.00
Oregon	C.A. of Oregon	\$200.00
Tennessee	Nashville District	\$100.00
Washington DC	DC-MD-NOVA	\$100.00
Wisconsin	Cocaine Anonymous of Wisconsin	\$249.00
 <b><u>Member Donations</u></b>		
	CAWSO 7 <sup>th</sup> Tradition	\$27.00
	Freedom Fund	\$11,955.77
	Gratitude Contribution	\$65.00
 <b><u>Total 1<sup>st</sup> Quarter 2025 Donations</u></b>		 <b><u>\$47,414.04</u></b>