1995 CAWS Conference Report

Another Conference has come and gone. This was my fifth. The first time I was made aware of the World Service Conference was in 1987. I stopped by the hotel where it was being held to visit. My sponsor was a Los Angeles Area Delegate. I remember it being a big business meeting. Lots of yelling. I really didn't know much about it, and I wasn't all that impressed. I went through the next five years of my sobriety never really looking beyond the scope of my group, and sometimes my area's concerns. I never looked at the big picture, C.A. as a whole. It was evidence of my then (and still sometimes) self centered attitude. I didn't care about anything unless it affected me or my group.

I have a much different attitude now. So do most of the Delegates. The yelling has subsided and been replaced by intelligent and valid concerns regarding Cocaine Anonymous issues. I am now nine years wiser, and I believe, so is our Fellowship. It is important for me to write up the Conference so that all of you can understand what is going on at the World level.

Much of the things in this report affect your groups, your areas. It is your Delegate's job to bring this information back to your area. The GSR's and/or DSR's should be passing on the information that affects the individual groups, so if the information is not getting to you...

Smaller Areas don't always have Delegates. Some Areas have Delegates, but can't afford to send them to California each year. We strive for the Conference to be representative of the entire Fellowship. The more Delegates we have participating at this level, the more accurate the group conscience. The Conference is the only group conscience of the Fellowship of Cocaine Anonymous as a whole. It governs over the World Service Board of Trustees, the World Service Office, and your local Areas. If you want more information on how your Area can participate in the Conference, or who your Delegates are, contact the World Service Office or your Trustee.

In the Ballroom at the Radisson Hotel in Manhattan Beach, California over 100 Delegates, Trustees, WSO Board members and Conference Committee Chairpersons met for the Annual 1995 Cocaine Anonymous World Service Conference.

The Conference opened with the Serenity Prayer. After a roll call and quorum determination the Motions began.

Motion #1: To recognize Indiana as a new Area. Motion 1 passes (Welcome Indiana)

Motion #2: To recognize Alberta, Canada as a new Area Motion 2 passes (Welcome Alberta)

Reports began with the World Service Board of Trustees. There are eleven Trustee positions. Four new Trustees were elected this year Charles L, Atlantic North Regional, Scott M, Midwest Regional, Steve A, Southwest Regional and Roger R, World Service Trustee. Outgoing Trustees were Jim S, Atlantic North, Craig H, Midwest, Jennifer J, Southwest and Bob C., World Service.

WSO Report

Our 800 number averages 1300 calls per month. WSO Finances are steadily rising. Our Treasurer thanked the Illinois Area for their generous 7th Tradition donation of $5,000.00. Sales and donations are up. The WSO is in the process of translating Hope, Faith & Courage into French. Expected

H & I - It's Not Just For Patients

The early 70's found me restless and 13 years old. There were travelers everywhere. Freeway entrances and road sides were filled with blue-jean backpackers. They held up cardboard signs of faraway places. That summer, dressed in only a bathing suit, I followed one of those travelers from a state beach in California. My lessons for the next few years included Bilbo Baggins stories, trimming bud, hopping on freight trains, picking chili peppers, pan handling, and psychedelic drugs.

By age 18 I was living up north in a communal house with my red-headed baby boy. Mornings came with a city bus ride to the Methadone clinic. One day, I bummed a smoke from an Army Recruiter. That smoke led to boot camp and the first year since childhood without drugs. A fall from grace was inevitable and I crashed into a world of two wheels, crank and tattoos. I eventually became a dancer in a Texas town. Not exactly what my mother had in mind.

Finally, they came breaking down the doors in the early morning hours, guns drawn. They shook my world. I headed home to mom and dad. Driving across the country I detoured through every fast food restaurant, scarfing down food, I was starving! Voices haunted me. It seemed I hadn't slept in years. I swore I would never use drugs again. I was going to turn over a new leaf. I denied my past and went to college. I earned a Registered Nurse license. Life was deathly quiet, I did not know how to function in society. The times I ventured out, I ended up drunk or using. I was so lonesome. I might have killed myself had it not been for my red headed son.

(Continued on page 3)
CA World Service Board of Trustees

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NewsGram Staff

K.D. Zager • Editor
Los Angeles, CA

“A Note From the WSO…”

On a personal note, I recently returned from a three month leave of absence. After nine and a half months of pregnancy, and 27 hours of hard labor (true powerlessness), I gave birth to a 7 pound 11 ounce baby boy. Zackery was born July 12, 1995. He is a true blessing and a gift, and beautiful! I could go on and on... but I won’t.

I want to thank Lenny for filling in for me while I was gone. I was assured all of you would receive your chip and literature orders correct and on time. And you did. Lenny did a great job. It is not always easy here. There is a lot to do. We are constantly busy. We operate at maximum capacity each and every day. The phone sometimes rings off the hook, committee and board members always wanting us to do things for their projects or committees, the mail piles up, orders come pouring in, the Conference, ad infinitum. Thanks Len.

Lenny has moved on to bigger and better things, so I have hired Mary Hukill. She will be taking your calls and helping you out with orders. If you need anything, feel free to call on us. If we can’t answer your question, we probably know who can.

Over the last couple of years, chip and literature sales at the WSO have nearly doubled. This is an indication that C.A. is strong and growing. We have sent Starter Kits to Australia, South America, Mexico, Panama and the Philippines. Let’s pray that they take off! The London, England Fellowship is doing well. They are strong with over 13 meetings per week! We also have many groups in Canada. Much of our Montreal Fellowship are French-Canadian. For this reason, we are currently translating our book Hope, Faith & Courage into French. We hope to have French Storybooks by Spring.

Much thanks to the four outgoing Trustees for their years of service. Jim S., Atlantic North Regional Trustee, Craig H., Midwest Regional Trustee, Jennifer J., Southwest Regional Trustee, and Bob C., World Service Trustee. We will miss all of you! Welcome to the four new Trustees: Charles L. from Philadelphia, our new Atlantic North Regional Trustee, Scott S. from Milwaukee, Midwest Regional Trustee, Steve A. from Phoenix, Southwest Regional Trustee and Roger G., Los Angeles, World Service Trustee. These, as well as all of the Trustees, are here to be of service to the Fellowship. Feel free to call on them if you have questions or concerns about the Traditions, problems in your areas, or just to say hi! They are a group of hard working service junkies. There also available, approachable and all in great people!

– K.D.

The NewsGram presents experiences and opinions of Cocaine Anonymous members. The opinions expressed herein are those of the individual contributors and are not to be attributed to nor taken as an endorsement by either Cocaine Anonymous or The NewsGram.

A New PSA entitled “Escape Cocaine” is now available. Please contact the World Service Office for more information!
completion is early 1996 H & I book-
marks and H & I donation can labels
are now available from the WSO. The
WSO reduced the price of the H & I
hardcover books to $5.00. H & I
Committees only can purchase a spe-
cial edition of our book at a dis-
counted rate.

Conference
The 1997 WSC will be held again
at the Radisson in Manhattan Beach
California August 28 through Sep-
tember 1, 1996.

Convention
The 1996 World Service Conven-
tion will be held in Atlanta Georgia,
and the 1997 convention will be in
Denver, Colorado. After hearing pro-
posals from Chicago, Milwaukee,
and San Diego, San Diego was
selected by the Conference as the site
for the 1998 World Convention.

The World Service Convention
procedures have shifted to allow the
WSOI to take on much of the respon-
sibility of the convention. New finan-
cial reporting guidelines were
approved. Many of the contracts will
be handled through CAWSO, Inc. in
California.

Finance
Budgets were reviewed and
approved.

Hospitals and Institutions
New H & I Committee guide-
lines were approved.

Literature, Chips & Format
Committee
The WSC 12 Point Literature
Approval process was revised. A
change was made in the piece “To
The Newcomer.” Instead of the cur-
rent reading stating “Some of us
mixed cocaine with alcohol or pills,”
to “Some of us mixed cocaine with
alcohol or other drugs.”

The committee will begin work
on several new pieces of literature:
“Youth In Recovery,” “Help Line
Information Guidelines,” “The 70-30
Plan.”

The piece “Guide To The Twelve
Steps” was approved on the confer-
cee floor. The WSO will have the
piece professionally edited and
printed, according to the 12 Point Lit-
erature Approval Process.

Public Information
Three new PSA’s were
approved: “Facts,” new and
improved “Shattered Lives” and
“Crack The World.” The C.A. bill-
board will be updated to read easier.
The WSC PI committee will be work-
ing on producing these items over
the next 12 months. A PSA fund was
established. The WSO will be collect-
ing and holding donations to be ear-
marked for the new PSA’s. A PI
survey will be distributed by the del-
egates.

P.I. discussed C.A.’s home page.
We are on the Internet with a world
wide web page:

http://www.ca.org

The committee is looking into
including all of C.A.’s literature. WE
will be researching information
requests via the Internet and direct e-
mail to the WSO.

Structures & By Laws
 Delegate terms were changed
from three to four years.

Unity
The WSC Unity Committee cre-
ated a new set of Unity Committee
Guidelines that were approved by
the Conference.

A motion was passed to have
chips, as well as all C.A. literature to
be translated into Spanish.

These and other changes are
made each year at the World Service
Conference. For more information,
please contact your local delegate or
the World Service Office.

Where to Write:
CAWS, Inc.
Board of Trustees
11901 Santa Monica Blvd. #568
Los Angeles, CA 90025

CAWSO, Inc.
Board of Directors
P. O. Box 2000
Los Angeles, CA 90049-8000

NewsGram Editor
CAWSO, Inc.
3740 Overland Ave., Suite C
Los Angeles, CA 90034-6337

H & I
(Continued from page 1)

Thankfully, a message was com-
ing. I had been working in a large
facility for court committed patients.
There was a new treatment modality.
An H & I panel. The first time it was
offered I quickly volunteered to take
the patients. The H & I panel con-
stituted of three men who had been
there, and back again. Standing
behind the back of the group, I was
overcome with emotions. I listened
to these men tell their experience,
strength and hope. I had never heard
the reality of a 12 Step Fellowship for
drug addicts. I asked myself the
question that night, am I an addict? I
immediately shut out the thought as
weak.

For the next month I continued
bringing the patients to the panel. I
inhaled my way closer to the speak-
ers. One week, they left a Big Book.
I put it in the staff bathroom so that I
could lock the door and read parts of
it. I hid the book in the lockers.
About this time a nursing school
buddy called me. She was part of a
12 Step Fellowship. It was still all too
weird for me. She already knew
what I did not, or would not, admit. I
decided that I was just a product of
my generation, subculture and
proud of it!

It is said “when the student is
ready the messenger comes.” That
following week, I was high for sev-
eral days. Standing in the kitchen
pouring a glass of juice, I felt my eyes
rolling backwards, my heart stopped
beating, Weak knees, I fell to the
floor. Laying and shaking I thought,
how could this be. After all the years
of using how could I be dying now?
Was I about to lose all that I had
worked for? Having no one else, I
called my school friend who cared
and listened. She took me to a
Cocaine Anonymous meeting. At the
meeting, they spoke my language
and taught me about hope, faith and
courage.

After the first month of meetings
I didn’t care anymore if the program
was weak or not. I had found that
which would teach me to live sober,
to have fun again and place me on
the road to spirituality. Life is so full
of possibilities. H & I is not just for
the patients.
Early in my sobriety at a meeting, someone announced that we (the group) needed a GSR. Everyone looked around the room. Suddenly, someone raised their hand and nominated me! The nomination was seconded. A split second later someone else raised their hand and said "I move that nominations be closed!" Another member seconded the motion. The group took a vote, and I was a GSR. I said "But I'm only 16 days sober!" The response was "Yeah? That's great! The GSO is next Tuesday night!"

I learned early in sobriety never to turn down a CA request. It was suggested to me that if I wanted to stay sober, it would be a good idea for me to get involved. My sponsor was very involved in service work. He once told me the person that he had the most respect for wasn't the secretary of the meeting, or the person in charge of the convention. It was the person that showed up an hour early to open the meeting room, set up the chairs, make the coffee, or greet people as they walked through the door. He especially respected the person that stayed after the meeting to clean up. He said those were the people that talked with newcomers who arrived early or stayed late.

I decided those were the commitments I wanted. So, I took one of each. My sponsor explained the 90/10 rule - 90% of the work around CA was done by 10% of the people. By the time I took my 60 day chip, I had 13 commitments a week. I would often hang out while my sponsor worked the hotline. Eventually, I had a phone commitment of my own.

I realize today that having these service commitments really did help keep me sober. They forced me to go to meetings when I didn't feel like it. By having a greeting commitment I met every person that went to that meeting. I didn't know each of their names, but they knew mine. These commitments helped create a sense of belonging for me, like I was doing my part.

At the time, sober members of the fellowship that had their commitments took them very seriously. Commitments were hard to get in those days. You had to fight for them.

I've noticed recently at meetings GSR's and secretaries begging for people to be of service. It seems that everyone is just too busy. The thought that 70% of the hotline slots in our area were open and most of the 30% that are filled don't show up, blows my mind. Giving back what has so freely been given to us is an important part of this program. I don't know where I would be if I called a hotline, and got an answering machine or, if the door was locked at the meeting place because the setup person decided not to show.

Service work was a large part of how participating in my own recovery saved my life and those words still ring out in my head "don't ever turn down a CA request.''

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**CALLING ALL T-SHIRTS**

Members of C.A. in Idaho are making a quilt for the Pacific North Regional Convention which will be held in March 1996. They are looking for donations of T-Shirts, specifically from the Pacific North Region. Please send T-shirts to:

Susan L., 1973 Maple, Twin Falls, ID 83301

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When I first came into recovery, my sponsor told me to get involved with the groups. I picked up ashtrays, put away chairs and tables. Finally I passed 30 days, so I volunteered to make coffee. When I reached 3 months I started to chair meetings, at 6 months I started doing phone line service.

What service work did for me was give me a sense of belonging. I was leaving behind the people I had used with, to get to know the people I was getting sober with. If I was chairing a meeting, it helped me get over my shyness. Because of how low my self esteem was, I thought nobody would want to hear me talk. I can remember the first time sitting in front of everybody, I was terrified, my palms were sweaty, I was shaking. I even spilled my coffee. Boy did I ever blush! After the meeting I felt good, some of the older members came up and shook my hand and told me I had done well. I knew that I was with friends and that I was appreciated.

I always made sure that I was doing something for my home group each month. To me service does not mean having to do district or area service. I do need to do some kind of service. If I am not willing to give back what was given to me, who will? I cannot expect someone else to do everything or my group may disappear.

I sometimes hear people say "this is a selfish program" I have never read anything in the Big Book to say this is a selfish program, only selfless. Everything the Big Book tells me is that I need to give of myself, and grow spiritually.
Practicing Love and Tolerance
By Kenny S., Delegate, Englewood, Colorado

Love and tolerance are crucial for me in recovery. Recovery for me is teamwork - teamwork is lost when I take away love and tolerance.

Without love and tolerance I have no spiritual foundation - hence no recovery.

Some intolerance for me is based in fear. Where does this fear come from? Why do I let it stop me from practicing love and tolerance. The Twelve and Twelve says "... isn't fear the basis of intolerance?.." and "Troublesome people were to become our principle teachers of patience and tolerance..." They are a gift, they teach me about myself and my shortcomings. Didn't intolerance and hatred drive me toward my addictions? The people around me give me a chance to grow if I pay attention to the teaching.

A question I ask myself is: "Do I behave with love and tolerance with those in our CA family when they behave in ways that I find difficult to accept? Do I in these moments remind myself that love and tolerance is our code?"

Another question to ask myself is, "Do I practice love and tolerance with myself? " When I make a mistake, how do I treat myself? When I am stressed, how do I treat myself? How do I talk to myself on a regular basis? When I am not feeling good, do I take care of myself? Loving myself and practicing tolerance towards self is crucial for my ability to show love and tolerance to others.

I may have to practice, practice, practice to get things right. I ask myself what is it that I want for myself? Do I want others to show love and tolerance toward me? Do I expect others to practice love and tolerance? Can I do the same with the? These principles are crucial for my recovery to work. My recovery depends upon love and tolerance. I should always try to place principles before personalities. It takes a team working together toward a common goal to win over the wreckage of the past and the difficulties of the future one day at a time.

Gift of Life
By Violet D. G., Anchorage, AK

You never know how much you appreciate life until it was almost taken away. How beautiful one's life can be. To hear the birds sing the children's laughter what a miracle in itself. When I was out there I didn't see these wonderful happenings. The sound of an ocean where you feel free to swim and look up at the sky to that Higher Power for the new life we have now. And, when you feel that Bond between you and God get stronger and stronger. Knowing that He will never fail you. For he has given you life and a second chance to live His way and not thine own. What once you have sewn and thought that was the way. But, there is a way out without a doubt If you turn your will and life over to Him! This is not a game this is Life!

12 Years 12 Steps
Cocaine Anonymous 12th Annual World Service Convention
May 24, 25, 26 & 27, 1996
Doubletree Hotel - Atlanta, Georgia
For more information contact the World Service Office (310) 559-5833
Calendar of Events 1996

February 16, 17 & 18, 1996
Leap of Faith - Oregon Area's 6th Annual Convention
Red Lion at the Quay, Vancouver, Washington. For information call Lynne G., (503) 788-9334.

February 16, 17 & 18, 1996
NE Oklahoma District 6th Annual Convention
"Let us love you until you can love yourself." Southern Hills Marriott, Tulsa, Oklahoma. Info: Shari (918) 245-9886 or Chris P. (918) 747-0099.

April 19, 20 & 21, 1996
8th Annual Campvention - Lake Perris, California
For more information contact Chris (619) 574-1489, Danny (714) 775-6087 or Mike (310) 836-9069.

May 17, 18 & 19, 1996
Serenity by the Sea - Washington State Convention
Shilo Inn, Ocean Shores, Washington. For information contact Bob H (206) 355-7708, Cynthia C. (206) 869-2071 or Debbie & Carl (360) 676-7164.

May 24, 25, 26 & 27, 1996
12 Years/12 Steps - Cocaine Anonymous 12th Annual World Service Convention
Doubletree Hotel, Atlanta Georgia. For information contact the World Service Office (310) 559-5833.

August 28-September 1, 1996
C.A. World Service Conference
"C.A.'s annual business meeting." Radisson Hotel, Manhattan Beach, CA. For more info contact the WSO at (310) 559-5833.

1995 Celebrate Around The World Donations

Alabama
Huntsville
A Day And A Life Group ................................ 50.00
The Freedom Group ......................................... 50.00

Arizona
Tucson
Tucson District .................................................. 70.50

Colorado
Denver
Colorado Area ..................................................... 610.50

Idaho
Twin Falls
Twin Falls District-1994 DATW ..................... 40.00
Twin Falls District-1995 CATW ..................... 50.00

Kansas
Wichita
Wichita District .................................................. 300.00

Michigan
Saginaw
Reflections Group .............................................. 200.00

Missouri
Kansas City
Working With Others Group ............................... 50.00

Nebraska
Omaha
C.A. Of Nebraska-1994 DATW ..................... 250.00
C.A. Of Nebraska-1995 CATW ..................... 255.50

New Mexico
Albuquerque
Albuquerque District-1994 DATW .................. 260.00
Santa Fe District-1995 CATW .................... 900.00

Ohio
Akron
Akron District ..................................................... 80.00
Youngstown
Youngstown District-1994 DATW .................. 133.01

Oklahoma
Tulsa
Northwest District ............................................. 501.00

South Carolina
Spartanburg
USC/AD ............................................................. 63.00

Utah
Salt Lake City
Utah Service Area ............................................. 437.00

Wisconsin
Milwaukee
C.A. Of Wisconsin ............................................... 45.00

TOTAL .................................................. $4,403.51

Quote for the Day:
"If you pray, why worry?
If you worry why pray?"

An incorrect address was printed on the CAWS '96 Original Registration forms. The correct address is:
CAWS '96 Convention
P. O. Box 200066
Cartersville, GA 30120
Respecting Anonymity
by Kevin M., CAWSC Public Information Chairperson

"Whom you see here,
What you hear here,
When you leave here,
Let it stay here"

Once upon a time, you would hear this saying at the end of many C.A. meetings - reminding us that the anonymity of each member was a prime concern of everyone. In recent years, however, some members have come to feel that their own anonymity is less important than "carrying the message" to the addict out there. They have gone public with their recovery in the hope that others might be attracted to the Twelve Step programs through their example. Others, who feel that society is more accepting of recovering addicts than it once was, see no need to protect their anonymity either in their private lives, or at the level of the media.

Unfortunately, when one fails to value one's own anonymity, it is fairly easy to become cavalier about the anonymity of others. We all know about some rock star, athlete, or politician that is a member of this or that Twelve-Step Fellowship - even though we've never seen the person at a meeting. Sometimes we read about such people in the newspaper - never realizing that it was our gossip and careless comments, not the actions of the individual mentioned, that lead the press to the information. Not only is the individual in question harmed by something we promise we won't do at each and every meeting, but the Fellowship as a whole can be harmed if one of our public members relapses or otherwise falls into public disrepute. Prospective members also wonder just how "anonymous" our program really is when they see such things in the media.

To illustrate the damage that one can do by careless comment, the following article (using actual names) appeared recently in a metropolitan newspaper.

"Addict Gone Straight
Kills Wife, Himself"

"The Program" was the best thing that ever happened to [John] and [Jane].

"In Cocaine Anonymous they attended meetings together, fell in love, got clean - [John] for nine years, [Jane] for eight ... Among recovering cocaine addicts (they) were success stories."

The article then went on to tell in graphic detail how [John] killed [Jane] and then himself one night rather than accept the breakup of their marriage. The source for much of the C.A. information seems to have been another C.A. member who was quoted by name in the story.

Cocaine Anonymous' Public Information workers start with several strikes against them in the public view: "Cocaine" itself; the "Why don't you just quit?" attitude of non-addicts; and a general misunderstanding of Twelve Step programs.

One story like this, or others we have seen over the years, detailing fallen sports heroes, rock stars, etc., in the hands of a sometimes sensationalist press, can undo years of patient P. I. work by addicts of service throughout our fellowship.

Please, before you pass on some rumor about whom someone thinks they saw in a meeting, or before you speak to the press about some event involving C.A. members, consider what you actions might have upon C.A. as a whole, and upon our ability to attract the addict who still suffers.

Sittin' Here Thinkin'

By T.B., Centralia, Washington

I'm sitting here thinking perilously in thought.

Sitting here thinking whether or not

The craving is there

The mind is alone

Left to wander

It begins to roam

Memories of yesterdays gone by

Memories of cocaine and that first high.

"Man that was good," I think to myself

But alas I see the "Big Book" on the shelf.

Then I remember the bad times

The suffering, the pain

The total destruction caused by cocaine

Now I am sober, one day at a time

Thank you God for saving

The life I call mine.

Is Your Group Registered?

The WSO has been collecting Group Registration Cards. We have received only 25% of our estimated number of meetings. If your Group hasn't registered, please contact the WSO and we will send you Registration Cards! We know you're out there!

PSA Donations

Through 12/31/95

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TOTAL..........................$677.80
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