CA Comes of Age

**2000 World Service Convention**

Phoenix, Arizona – May 25th–May 29th

_You will not want to miss this one!!_

_To begin…_

The weather during May will be warm, in the 80’s and 90’s. What does this mean? Bring your summer clothes, swimming suits, shorts, sunscreen, visors, sunglasses, and plan on having a ton of fun, enjoying the outdoors, poolside fellowship and the serenity that the desert has to offer.

The Scottsdale Plaza Resort, located at 7200 North Scottsdale Road, is one of the finest resorts in the Phoenix/Scottsdale Area. The Resort, with its Mediterranean décor, wanders over 40 lushly landscaped acres. The rooms are lavish, with sweeping views that deliver the pleasures of Southwest ambiance. There are 5 swimming pools, and the biggest spa in Arizona. And if tennis is your game, there are plexi-paved, lighted courts.

If you are arriving before the convention begins, enjoy shopping, hiking, golfing, or just relaxing. The Valley of the Sun and the fellowship has much to offer you during your visit.

_Thursday, May 25th_

Registration will open at 2:00 p.m., and the first marathon meetings will begin at 4:00 p.m. We will have an early bird speaker meeting that evening and after the speaker, an Ice Cream Social with live music. We have a great spot reserved for the social, across the street from the resort at “The Railroad Park”.

_Friday, May 26th_

The CAWS 2000 Golf Tournament begins with a 7:00 a.m. shotgun start at Tournament Players Club of Scottsdale. Tom Weiskopf and Jay Morrish designed this par 71 course. This Desert Course sports bent grass, four sets of tee boxes and great views of the surrounding mountains and scenery. Workshops will begin at 5:00 p.m., and The CAWS 2000 Convention will begin with our opening speaker at 8:00 p.m. The evening will continue with a magic show (too
good to be true), and a dance.

_Saturday, May 27th_

The morning begins with our 6 a.m. 5K Fun Run/Walk. You will run a course along one of the city’s most exclusive residential neighborhoods. In the backdrop is Mummy Mountain and to the Southwest is Camelback Mountain. Also, with any outdoor activities, the desert colors and wildlife will add to your experience.

You won’t want to miss the Sedona Trip. The Sedona buses leave the hotel at 8:00 a.m. Sedona is known as one of the most breathtaking scenic areas in Arizona. You will travel through the vast landscape of the Sonoran Desert, arriving in Sedona about 10:00 a.m. Your first stop will be to enjoy the spiritual setting and beautiful scenery surrounding a chapel built into the red rocks of Sedona. Next you will travel to Oak Creek Canyon, and finally will have time for shopping in Sedona. The shops are filled with local artisans’ artwork and their crafts. Only four buses are available for this trip, carrying a total of 200 people. A brown bag lunch will be provided. Reserve your space early, because space is limited. Don’t miss the bus.

The evening events will include our speaker, dancing and entertainment.

_Sunday, May 28th_

Begin your day with the Spiritual Hike up Camelback Mountain. It is one of the tallest peaks in the Phoenix Mountains, and one of the most challenging. Some of the steepest parts have metal banisters. This is a good place for moderate and advanced hikers who seek a complete but quick workout. You will be well rewarded with unforgettable views at the top. It is more suited for those who are physically fit and understand the rigors of hiking along summit trails, as this is not an easy hike. The terrain is steep and rugged, with slippery patches of gravel and near-vertical slick rock.

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Step Four

By Mary Anne B., Los Angeles, CA

Made a searching and fearless moral inventory of ourselves.

I remember thinking that I had to write a thorough history of every action, at least those I thought of as bad or wrong, that I had ever done in my life. No way did I want to do anything of the kind. I didn’t want anyone to know all the awful things I had done. The first six months of sobriety were so fuzzy and confusing. Everything was changing, everyday. Dealing with the basics of the day took all the support that meetings and fellowship could offer. The thought of taking an inventory of my past wrongs in life overwhelmed me. Then slowly and surely I began to hear others at meetings share about Step Four. Some of the shares frightened me. I kept hearing stories from people returning to the rooms after relapsing. They told about starting their Fourth Step and getting so uncomfortable that they picked up and started using again. Others talked about having some time “dry” and working only Steps 1, 2, 3 and 12. They shared about specifically avoiding Steps 4 and 8. For some, getting stuck in avoidance led back to drinking and drugging. For others it meant a life without serenity; they lived in fear of being found out. They hid behind a wall of fear, so the magic the program offers couldn’t touch their hearts.

Step Four is the step where true serenity can begin. Telling on ourselves takes down the walls that keep us from being with others, the walls of fear that make us think that if people truly knew us they would hate us. For we were sure they could see the rot inside of us. To know us was to hate us. These feelings weren’t just about actions taken in the course of our lives. We thought that our cores were rotted, that we were now and had always been defective. If we were defective and unworthy of a good life full of honest, open-minded willingness, then how could we trust others? There can continued on Page: 4
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A Note from the WSO
Well this NewsGram has both congratulations and tears to report.
Since our last publication one of the co-founders of Cocaine Anonymous, Johnny Segal, died.
The sympathies and prayers of everyone in World Services go out to the family and
many friends of Johnny. In December Mary Huill, the World Service Office’s office man-
ger, resigned after more than 5 years as an employee of the WSO. We hope that you will
join us in wishing Mary the best in all her future endeavors.
Since the last NewsGram the World Service Conference of Cocaine Anonymous was
held in Culver City, California prior to and during the Labor Day weekend. During that
Conference delegates, Trustees, and other trusted servants met for 5 busy days to discuss
events, policies and to make changes where appropriate. We would also like to offer our
congratulations to Spencer B. of Michigan, Hal K. of Texas and Leon M. of California,
who were elected as Trustees at this Conference. More information on the Conference
and related matters are available from your local Area delegate(s).
The office staff has embarked on many projects and continues to meet your needs by
filling orders timely. Both our filing and computer systems are being upgraded and
should be fully operational in the next few weeks. We continue to evaluate all of our sys-
tems for the dreaded Y2K bug and so far everything is on track for full compliance. Our
web site, www.ca.org, is adding features all the time. Look for updates on the upcoming
World Service Convention in Arizona. We have also added a link to the online meetings,
which you can find in the “Local Phone Numbers and Web Links” link. Any questions
or problems with the Web Page should be directed to webmaster@ca.org.
Another note on the Convention in Arizona: they are looking for old memorabilia to
auction off at the Convention. So if you are cleaning out a closet or garage and find some
things that you can part with be sure to let the Arizona Committee know. If you cannot
reach them via the online information then just call the office and we can help you.
Lastly, another congratulation goes out to our new Director Tony S. of Orange County,
California. The Board of Trustees elected him last month. He has also been elevated
(demoted?) to Vice-Chairperson. Congratulations again Tony. In addition we want to say
goodbye and thanks to Jeff S., the long-serving Vice-Chairperson of Cocaine Anonymous
World Service Office, Inc., who rotated out at the end of the last Conference. His solid
contributions to the Board, and the Conference in particular, will be well remembered.
Hope to see all of you in Arizona.

In love and service,
The World Service Office

Attention: CA Hotline Chairs
If your hotline number covers other area codes, please let the World Service Office know.
The other area codes will be added to your hotline number for referencing purposes in the
800 # computer. Please phone (310) 559-5833, Fax (310) 559-2554 or e-mail cawso@ca.org.

The NewsGram is always looking for submissions! If you have ideas, cartoons, poems, stories or
any other recovery or service related material that you would like considered for publication in future
issues of the NewsGram, please forward with written permission and your original work to:
NewsGram Editor, c/o CAWSO, Inc., 3740 Overland Avenue - Suite C, Los Angeles, CA 90034.
Remember, we receive a lot of contributions, so your submission may not be selected, or at least
not right away. You may see it in an upcoming issue!

I hereby give CAWSO, Inc., and NewsGram express permission to reprint my original work entitled:

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April 28th-30th, 2000
UNITY UNDER THE STARS
12th Annual Inter-Area Southern California Campvention
Lake Perris, California
(619) 493-3936 or ca4la.org

April 28th-30th, 2000
THE MAGIC OF UNITY
Illinois Area Unity Convention
Schaumburg Hyatt Regency
Schaumberg, Illinois
(708) 839-4042 or kp1093@ix.netcom.com

May 19th-21st, 2000
KNOW GOD KNOW PEACE
6th Annual Pomona Valley Memorial Day Marathon
2180 W Valley Blvd
Pomona, California

May 20th, 2000
6TH ANNUAL POMONA VALLEY MEMORIAL DAY WEEKEND DANCE
2180 W Valley Blvd
Pomona, California

May 25th-29th, 2000
CA COMES OF AGE
2000 Phoenix, Arizona
World Service Convention
(602) 246-6843 or azwoman@aol.com

August 4th-6th, 2000
SOBRIETY BY CHOICE
The New Mexico Area of CA Convention 2000
Holiday Inn Mountain View
2020 Menaul Blvd NE
Albuquerque, New Mexico
(505) 837-2662 or caisme@aol.com

August 11th-13th, 2000
SHOW ME RECOVERY
The Greater Missouri Area of CA Convention 2000
Adams Mark Hotel
Kansas City, Missouri
(816) 931-2077 or rodadt@kcnet.com

August 15th, 2000 Submission Deadline
5 Color Design/Theme w/CA logo
needed for Celebrate Around The World
2001: A Grace Odyssey
(208) 734-5807 or wildrosewolf@yahoo.com

August 24th-26th, 2000
JOURNEY INTO RECOVERY
CAL.A. Convention 2000
Riviera Resort & Racquet Club
Palm Springs, California
(562) 799-9344 or ca4la.org

CANADA:

June 23rd-24th, 2000
1ST EVER SUMMER RALLY
A New Freedom
Hyde Creek Rec Ctr
1379 Laurier Ave
Port Coquitlam, B.C.
(604) 931-2777 or jwal@home.com

September 8th-10th, 2000
THE WINGS OF FREEDOM
15th Bilingual Quebec Area Convention
Hotel Wyndham Montreal
Montreal, Quebec
(514) 937-7284

November 3rd-5th, 2000
A NEW BEGINNING
TORCA IV
Southern Ontario Convention
(416) 467-0511 or myrecovery@home.com

If you are having a Regional, Area or District Cocaine Anonymous Event, please let us know. We can list your event in the NewsGram. Submission deadline is 30 days prior to the publication of each NewsGram. Publication dates are: February 1st, May 1st, August 1st, and November 1st. We will publish up to a year in advance, and continue the listing until the event. Submissions will be published at the discretion of the editor and/or the World Service Office Board of Directors.

Submissions should be made to:
ATTN: The NewsGram
c/o CAWSO, Inc.
3740 Overland Avenue – Suite C
Los Angeles, CA 90034-6337
(310) 559-2554 FAX
EDITOR’S NOTE

By Steve E., Los Angeles, CA

At last, here it is, the First Quarter NewsGram of 2000. Better late than never. Speaking of never, you may have noticed that the Fourth Quarter 1999 NewsGram never was published. As the editor I take responsibility for this and apologize to our readers, and especially to our subscribers (subscriptions, of course, will be extended appropriately). Some of the reasons for the publication delays were due to circumstances within my control – I still have character defects that interfere with my performance sometimes. Other problems were definitely out of my control. The recently formed NewsGram Committee has worked hard to try and develop a structural approach for the NewsGram, working with themes based on Steps, Traditions, Concepts and Principles. Unfortunately, we just haven’t received submissions that will allow these plans to work as we had hoped. Many individuals, on and off the Committee, have failed to deliver articles as promised. The NewsGram Committee will meet again at CAWS 2000 and I hope we can move toward resolving some of these problems. Meanwhile, I urge all of you to make some time to sit down and write about any Step, Tradition, Concept or Principle that strikes your fancy. To those of you who have submitted pieces, thank you. If your article has not been printed, please understand that there may be a problem (with content or possible Tradition violations) preventing it from being published. As always, feel free to contact me by writing to the World Service Office, or by e-mail at newsgram@ca.org. And rest assured, we are working diligently to ensure that the next issue will be on the table at your local meetings SOON.
Sixteenth Annual Cocaine Anonymous World Service Convention
Scottsdale Plaza Resort, Scottsdale (Phoenix) Arizona
Memorial Day Weekend, May 25th – 29th, 2000

Our primary purpose at this convention, as with any other Cocaine Anonymous function, is to carry the message to the addict who still suffers. We also desire to work toward the continued growth of CA in the world, as well as in our own personal recovery, by sharing our experience, strength and hope with each other. Please join us in Arizona as “CA Comes of Age” in 2000.”
Fear Itself

By Bill S., Los Angeles, CA

“We have nothing to fear but fear itself.” – Franklin Delano Roosevelt

President Roosevelt’s famous exhortation on the eve of World War II seems a bit quaint and optimistic these days. He lived in a time before such technological marvels as AIDS, ozone depletion and schoolyard shoot-em-ups. Things were simpler then. Lines were clearly drawn. If something happened, you did something about it. Economic depression? Build a dam!

Not so, now. The lines have been smudged, and everything’s gray. It is much easier now to succumb to the overwhelming fear that pervades our daily lives, even the simple fear that we feel when confronting a Monday morning. It seems impossible, fantastic, to be so righteously self-assured. Nothing to fear? Yeah, right.

Listen. You’re forgetting something: Courage.

You heard me. COURAGE. Courage is not quaint, nor overly optimistic. It is what we use to get through the day. It takes courage to go shopping or do a Fourth Step, and it takes courage to shower on Monday morning. Courage is the Superego to fear’s Id. Courage is the only rational response to what the world confronts us with. Fear stops us. Courage sets us moving again. If we gave fear free reign, nothing would get done. Ever. Nothing. Ever.

We also often forget that courage and fear are not mutually exclusive. We can have both. Indeed, we must have both. Fear is not the opposite of courage; it is the very essence of courage. Nor is courage the absence of fear; it is the ability to act in spite of fear. The more debilitating the fear, the more heroic is the courage. Feel the fear, and keep moving. Sometimes all we need to know is that we carry our courage in the same place we carry our fear – in our hearts. We learned that 60 years ago from the Great and Powerful Oz.

Courage doesn’t have to be flashy or dramatic. In fact, it usually isn’t. It comes in when we least expect it, as when we have a project we’ve been putting off because of some irrational fear. Like, say… you are asked to write a NewsGram article, but you think you’ve got nothing to say. Then courage comes creeping in on little cat’s feet, and suddenly you’re writing because you do have something to say. Go figure.

So don’t think you have to be John Wayne every time some little fear raises its head. That’s not the end of the world. And you don’t have to find the courage, because I already told you where it is. Go ahead and feel the fear. Enjoy it, even. And then keep moving.

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GET THEM WHILE THEY’RE HOT!

Reserve your Hotel Rooms for the 2001 CA World Service Convention in NYC May 25th–28th, 2001

New York Hilton
$199 per room per night
(1 to 4 people)
Rate available from 5/22-5/30

To make reservations before 5/28/00, call:
Scott L./Chair 212-614-8006
Leslie G./Hotel Liaison 718-268-6931
Ray R./Program Chair 718-498-9702
or Amy B./Trustee 212-861-1653

CAWS 2000 Fundraising Committee is asking for your help.

We need past World Convention T-Shirts for the making of a quilt to be used for an opportunity drawing.

Please help us out to make a “Recovery Cover”.

Please send donations of shirts to:
Pilar Acosta 4242 E. Ware
Tucson, AZ 85711
(520) 321-1849

Thank You!
UNITY CORNER

From “Just Me” to “Part Of”

By Roger H., Des Plaines, IL

When I came to CA, my whole life consisted of “Just Me.” Who did I trust? Just me. Who would I go to in time of need? Just me. Who did I want to be with and share my life with? Just me.

At the time I first learned of the fellowship of CA, I was a loner but never alone. I would be with my “friends” (until the dope ran out), but I never talked to them. I spent my time drinking and using cocaine. I knew all the graffiti in all the bathrooms I hung out in to do my drugs. That was the way it was. Everything was “Just Me.”

I came to CA in 1989 an emotionally, spiritually and physically bankrupt man. I went to meetings and never talked to anybody. I was mad at the world and did not trust any other person. I certainly wasn’t going to share anything about myself with this bunch of junkies. It was still “Just Me.”

But then a small miracle occurred. I had a roommate and we would stay up late into the night and talk about what it was like and, more importantly, I started to tell him how I really felt. Time passed. I began to believe I was not an entity unto myself. I could reach out to another human being and I would actually receive help instead of being laughed at and made to feel like a fool. I continued on the journey. I got a sponsor whom I considered to be one of, if not the most, spiritual person I had ever met. He taught me along with a lot of others that I was a good and worthwhile person. I was worthy of love and acceptance from my fellow man. Things had changed. No longer was it “Just Me.” There was an “us.” I was now a full-fledged member of the fellowship of Cocaine Anonymous. I had gone from being “Just Me” to becoming “Part Of.” I belonged!

H&I CORNER

I’ll Never Forget

By David C., Los Angeles, CA

I’ll never forget what it felt like to be a newcomer.

Perhaps that is because I was a newcomer so many times. I felt so lonely. I didn’t know anyone; I just wanted someone to hug me so I could be a part of this happy new group of people. At the next meeting, I heard someone share about “getting out of self and being of service.” After the meeting, I stacked chairs, wiped ashtrays out, and did that spiritual art of cleaning out the coffeepot. Something strange happened to me! People kept interrupting me to introduce themselves, and they were all hugging me. At this point in my life I needed lots of love. CA was there to love me. I am forever grateful for that.

As I started working the steps and accumulating some time, I heard more and more about being of service. When I could lead a panel, I took a commitment at a hospital. Now, I don’t know about you, but when I was new I hung on every word that each person shared. Certain people really carried the message to me, and now I could invite them to come on my panel. I loved the ride there, talking with my newfound friends en route to the hospital. Then each person would share his or her story, and I would develop a sense of closeness with each panel speaker. Month after month this process went on, and there was this one patient, Tim, who kept showing up even after his 28-day stay was over. This panel kept me sober for more than a year, and shortly after that I gave it up.

A couple of years later, I was at a convention listening to a sober rock band really rocking out. My wife and I were enjoying the music, when suddenly the guitarist jumped down off the stage, came over and hugged me. It was Tim, and he wanted to thank me for sharing my story and bringing such good panels in while he was in treatment. What a wonderful high I experienced that afternoon, thanks to my time with H&I.
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