And Then There Were II

By Cynthia C., NewsGram Editor
Redmond, Washington, USA

Did you hear the big news? Hope, Faith & Courage Volume II, Stories and Literature from the Fellowship of Cocaine Anonymous, is now available!


Volume II, which was unveiled during the 2007 World Service Conference, is the latest chapter in C.A.’s evolution. It includes twenty-five new stories from members throughout the U.S., Canada and Europe. The authors, whose length of sobriety ranges from a few years to more than twenty, share their recovery from addiction to cocaine and a broad spectrum of other mind-altering substances. The one story carried over from the first book is “Our Hope, Faith and Courage,” in which the authors relate their experience of C.A.’s early days. Volume II also contains an expanded and updated literature section and a complete meeting format so that any reader inspired to start a C.A. meeting can do so right away.

Whether you’re new to C.A. or have been around for many years, this book will be a valuable addition to your recovery library. All the stories are solution-oriented, detailing the authors’ journeys from the depths of their addiction to the happy, purpose-filled lives they now enjoy in sobriety.

If your local Fellowship is just starting out, or if you’re looking for a fresh perspective, reading a story from Volume II could be a great way to start off a participation meeting. The book might also provide just the inspiration and support you need when there are no meetings available and you can’t get ahold of anyone on your phone list. Last, but not least, it’s a great gift idea for newcomers and old-timers alike.

Do you have your copy of Volume II yet? It’s currently available in soft cover for $9.95 each, or 28 copies to a case for $290.00 (including shipping & handling). A hard cover edition is also expected soon. Keep an eye on ca.org for further details.

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**Trustee Corner**

*By Carl W.*

**Pacific South Regional Trustee and WSBT Chair**

First, I would like to thank the World Service Board of Trustees for allowing me to serve as this year’s Chair. It is truly an honor to work with this current group of people. I also want to thank my predecessors, who paved the path that we now follow. This path was set by Cynthia C. and Jackie S, followed closely by Tony D. and Jay F.

We, as a Board, wish to thank Jay F. and Tony D. for their leadership this past year as our Vice Chair and Chair, respectively. We also want to thank them for their four years of service to the WSBT. We will miss you, your presence and your guidance. On a personal note, do not change your phone numbers! Thank you.

We would like to welcome Kim S. as the new Midwest Regional Trustee. Kim brings a level of experience and a work ethic that is unmatched by most. With her years of Conference experience, we feel this Board will not miss a beat.

Unfortunately, the Trustee Election Committee, which is comprised of a Delegate from each Region, along with the Trustees, was unable to select a Southwest Regional Trustee. Until next year, that position will be manned by our more than capable Trustee at Large, Bobbie H.

We also want to thank the WSOB and the Storybook Subcommittee of the Literature, Chips and Format Committee for their hard work to get *Hope Faith & Courage Volume II* out and available to the Fellowship. Great job, folks! We were able to receive it in time for the Conference, perfect timing.

Our only concern is the Seventh Tradition, which was down approximately $8,000-$12,000 dollars this past year. Yes, it is froth time! If you can purchase one book (*HFC Volume II*) or the set, we will refrain from asking (begging) you to put an extra dollar in the basket or sign up for the Contribution Program. We will also attempt to not ask you to harass your friends with 10 years or more to put three dollars in the basket, plus an additional donation on their birthdays.

We shall continue to work hard for our Fellowship and continue to support our Regions. So, if you have questions for which you cannot find an answer, please go to the website or call your local Trustee. Thank you all very much for your support and for allowing us to be of service.

In love and service,
Your WSBT
Note from the WSO:

A Season of Hope, Faith and Courage

By John B.
WSOB Chair

Often our meetings swell to unprecedented numbers at this time of year. New faces appear. New, courageous faces seeking a message of hope and a solution to their problem. Whether it be a new person investigating a way to make a positive change in their lives for the coming year, or an addict desperately trying to find a way not to experience the demoralization of spending another holiday loaded, both have come to C.A. with a genuine desire to stop using. The Third Tradition (in its short form) says so simply that this is the only requirement to be here.

For some of us, when we were new to recovery, the holiday season and the New Year were difficult or overwhelming times to face alone. Many of us were at a stage in our development where it was hard to accept that some of the ways we used to celebrate were likely to change now that we were living a life free from all mind-altering substances. Some of us had been here before. We had tried with all the sincerity we could muster and were not able to stay sober, so we had little faith and nowhere else to turn besides the drug. Some were conflicted with the delusion that they deserved to be loaded because, “It’s the New Year ... what harm could a small toast cause?” For still others the season somehow triggered something inside that shook our foundation and made us feel uncomfortable or afraid. Perhaps it was the memory of a damaged family or relationship. Maybe it was a fear of financial insecurity and not being able to do or give enough such that we might rather give up than appear a failure. Sometimes it was simply that we didn’t feel good about ourselves in a way that we were sure nobody else could either. Usually it was something feared. A fear of not getting what we needed or wanted. A fear of not being loved or able to love. Whatever the fear was, it was paralyzing. It warped our thoughts and we lost hope.

But then we finally reached the bottom, when hope was lost and courage was nowhere to be found. When our faith in drugs was shattered because they weren’t working anymore (in fact nothing was), and our lives, relationships, and finances were a mess, it seemed only then that we could let go of the behaviors and ideas that brought us to our knees and surrender enough to become willing to look for a solution. We found it in C.A.

If you are new to Cocaine Anonymous, we welcome you. We wish you a season of Hope, Faith and Courage. We have an abundance of these, and plenty to share. You are courageous. You are most welcome here and we encourage you to let us know who you are. Your problems are familiar to us, and we want you to feel very free to share your experience with us so that we may get to know you better. We want you to know that we have found a solution to our problem here in C.A., and we encourage you to challenge us to help you find a solution too. Keep coming back to meetings and participate in activities and events. Never give up on yourself, and always believe, because we will not give up on you.

The World Service Office of Cocaine Anonymous wishes each of you a very Happy New Year and a season of peace and freedom in recovery.
**24th Annual CA World Service Convention Update**

By Elizabeth W.
2008 CAWS Convention Committee
Utah Area

Fresh mountain air, breathtaking scenery, uplifting speakers and workshops - a spiritual experience awaits you at the 24th Annual C.A. World Service Convention in Salt Lake City, Utah, May 22-26, 2008 as we meet to fellowship with C.A. members from all around the world.

Affordable downtown luxury accommodations are just $109 per night (single/double, triple/quad) at the Marriott City Center, which is just 10 short minutes from Salt Lake International Airport. Transportation to the hotel is extremely reasonable, and there are shuttles and taxis waiting to bring you to the convention. If you are in the western states, Salt Lake City is just a day-drive away from Denver, Las Vegas or Boise, and Amtrak stops right downtown too! There are many activities to suit nearly every interest within minutes from the hotel, including shopping at the Gateway, perusing art at the Museum of Fine Arts, seeing stars at the Clark Planetarium, enjoying the world famous Utah Symphony, or venturing out to the miles of hiking and mountain biking trails.

Pre-registration for the convention is now available at www.cawsconvention.org. Download and submit your registration today for the best pricing, or contact Ruby L. at (801) 698-8087 to have the forms mailed to you. You can also register online! There are three packages to choose from if your registration is postmarked on or before April 1, 2008: Basic for just $90, Special for $99, and the Total Package for $199. We have worked hard to arrange packages that are suitable and affordable for everyone. Of course, there are à la carte registration options available as well.

Bring your clubs for Friday’s golf tournament on one of Utah’s premier championship golf courses, and get ready for a once-in-a-lifetime experience of high-flying adventure in a hot air balloon! There will also be an engaging tour of Park City - home of the 2002 Winter Olympics and the annual Sundance Film Festival, as well as a stop at Utah Olympic Park to check out the bobsled track and the ski jumps where records were broken and medals were won. We have a dance planned as well as a live band and a comedian, and of course, there will be marathon meetings 24 hours a day throughout the convention.

Enlightening, lively speakers from points around the globe will share their stories of experience, strength and hope, and amazing, engaging workshops will surely leave you feeling especially blessed and refreshed. We have also planned for sign language and Spanish interpreters to translate the speaker meetings and selected workshops. There will be a well-stocked hospitality room open around-the-clock for coffee and snacks and a place to gather with friends old and new.

There is some very special memorabilia available to celebrate CA’s 25th anniversary, including a beautiful .925 sterling silver bracelet that can be engraved with your sobriety date, as well as .925 sterling silver CA pendants (see additional details on page 12 of this issue). In fact, these are available now by contacting Brandon P. at b_prestwich@comcast.net.

Salt Lake City is nestled in a valley between two spectacular mountain ranges, combining the amenities of a major metropolitan city and the friendliness of a small western town. The Fellowship of Cocaine Anonymous thrives in Salt Lake City, and the Utah Area of Cocaine Anonymous is honored to have the opportunity to welcome you for the 24th Annual CA World Service Convention.
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Have questions about how to handle your group’s 7th Tradition? See the 7th Tradition pamphlet and the Financial Guidelines for Groups, Districts and Areas (both of which are available at www.ca.org), or contact your Regional Trustee.
World Service Contribution Program

Cocaine Anonymous World Services depends on the financial support provided by individual members, groups, committees, Districts and Areas. We use your contributions as efficiently as possible, to maximize the services we are able to provide to addicts throughout the world. When you participate in the World Service Contribution Program, you ensure that we are able to serve the needs of those in our Fellowship, and reach even more with our message of Hope, Faith and Courage. And because your Contribution Program gifts are conveniently transferred by your bank from your checking account, savings account, debit card, or credit card account directly to the World Service Office, your contributions go farther than ever before. The C.A. World Service Contribution Program is safe, secure and confidential. You have complete control of the process, because you specify the amount of your contributions, and when they are made. You can always increase, decrease or suspend your participation at any time by writing the World Service Office. And your contributions may be tax deductible (consult your tax advisor). To help the C.A. World Service Office meet the needs of members, groups, areas and addicts still suffering, please fill out the authorization form below, attach a voided check or deposit slip (if necessary), and mail everything to the address shown. Thank you for your support.

AUTHORIZATION FOR DIRECT PAYMENT (ACH DEBITS)

YES! As a member of C.A., I want to participate in the C.A. World Service Contribution Program to help keep C.A. World Services going strong!

Cocaine Anonymous World Service Office
3740 Overland Avenue, Suite C
Los Angeles, CA 90034
(310) 559-5833
cawso@ca.org

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

Type of Account: □ Checking □ Savings □ Credit Card □ Debit Card

Credit Card or Debit Card Name: ______________________________________________________________________________________________

Account Number: _________________________________________________ Expiration Date: _______________________________________

Financial Institution’s Name: _________________________________________________________________________________________________

Financial Institution’s Address/Branch: _________________________________________________________________________________________

If using a checking account, please include a voided check; if using a savings account, please include a deposit slip.

PAYMENT DETAILS:

Amount in U.S. Dollars: $_________________ Date of first payment: □ 1st of month □ 15th of month

PAYMENT FREQUENCY:

□ Monthly □ Annually □ One-time basis Effective date: _____/_____/_______ (MM/DD/YYYY)

This authority is to remain in full force and effect until CAWSO has received written notification from me of its termination in such time and manner as to afford CAWSO a reasonable opportunity to act on it.

Name: ______________________________________________________________

(Please print name as it appears on the account)

Signature: __________________________________________________________ Date: ____________________________

Address: _________________________________________________________________________________________________________________

City and State/Province: ______________________________________________ Country: ____________________________

Zip/Postal Code: __________________________ Daytime Phone: __________________________ Evening Phone/Cell: __________________________

PLEASE MAKE A COPY OF THIS COMPLETED FORM FOR YOUR RECORDS

(The complete World Service Contribution Program brochure, which includes this form, is available for download at www.ca.org/contribute.html)
PI Corner

The C.A. World Service Conference Public Information Committee is working on a new video public service announcement (PSA). We are in the early stages of this process and are in great need of ideas from the Fellowship as a whole. Any idea—from simple to detailed—would be wonderful.

Public Information is very important for us to carry the message to the still-suffering addict. Another target audience for Public Information is the people who work with, or are in contact with addicts who may be seeking a solution to their problem. These people can direct those addicts to us, but if they don’t know we are here, what we do and what we don’t do, then those still-suffering addicts may never get the same opportunity we did.

Public service announcements on television, and increasingly on websites, have directed a great many people to our Fellowship. With the ever-growing diversity of our Fellowship, it has become imperative that we come up with a new PSA that highlights our non-drug-specific program and can reach out and relate to our many international areas.

So please help us to get an accurate view of what we, your World Service Conference Public Information Committee, can do in this aspect of public media. Send us your ideas for this new PSA so that we can offer this as another tool to reach out and carry the message of Cocaine Anonymous.

Please ask your Area Delegate or contact the World Service Office for a flyer containing the information set forth to the right of this article.

Thank you for letting us be of service.

The CAWS PI Media Committee

[If you’d like to learn more about C.A.’s Public Information efforts, visit www.ca.org/service/wscpi.htm.]

WE WANT YOUR IDEAS!

Do your part to carry the message in the new PI International Public Service Announcement.

The first step in creating a new PSA is getting input and ideas from your group.

This can be done in many ways—from a simple idea or message to a complex script from you or your group.

Whatever input you have will be greatly valued!

Submissions must be in by February 28, 2008.

Please e-mail your ideas to cawso@ca.org or send to:

PI PSA  
c/o CAWSO  
3740 Overland Ave., Ste. C  
Los Angeles, CA 90034  
USA
H & I Corner

By Trisha V.
Calgary, Alberta, Canada

H&I has always been my passion. In my active addiction, I frequently visited our local jail. I was attracted to the bad boy type and would visit my boyfriend there every chance I got.

My first experience with the 12 Steps was in a treatment centre. That place saved my life. It was a safe place to be for 28 days. After treatment, I got involved with H&I right away. To be able to go to our local jail and bring hope instead of wanting to find approval was a big amends for me. I was hooked from the very start.

I never want to forget where I came from, so going to treatment centres and detoxes and seeing the newcomer who is scared but has a small glimmer of hope in their eyes keeps me grounded. I am always amazed when someone comes up to me after my sharing and thanks me for being there. They are so grateful for the time I took out of my life to be there. When I leave I thank God because what they don’t know is that they have helped me more than I could have ever helped them.

Seeing someone I first saw at an H&I meeting going to a regular meeting, getting healthy and in turn working with a newcomer, has been only one of the many blessings I receive from God. I love doing H&I work and one day at a time, I don’t think I will ever stop.

[To learn more about H&I, visit http://www.ca.org/service/wschi.htm. Do you have an uplifting H&I story? Please submit it using the form below.]

The NewsGram is always looking for material which communicates a message of hope, faith and courage. We welcome original articles from our members sharing their experience with recovery, unity and service in CA. If you have such an article (or perhaps an idea, cartoon, poem, story or other material related to recovery in CA) that you would like considered for publication in a future issue of the NewsGram, please send it and the completed release form below to: NewsGram Editor, c/o CAWSO, 3740 Overland Ave., Suite C, Los Angeles CA 90034, or via e-mail to newsgram@ca.org. We cannot publish your submission without a release form.

Name: _______________________________________   Phone: _______________________________________

Address: _____________________________________________________________________________________

City: _______________________________________ State or Province: ____________________________

Country: ___________________________ Post/Zip Code: ______________________________

E-mail address; ___________________________________________________________________________________

I hereby give CAWSO and the NewsGram express permission to reprint my original work entitled: ____________________________________________________________

__________________________________________________________
Help Write the Cocaine Anonymous Meditation Book

We need you to submit your spiritual experience, strength and hope!

- Personal experience must be the author’s original content
- Content should focus on recovery topics
- Length should be approximately 250 words or less

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

The deadline for submissions is March 31, 2008

E-mail submissions are preferred. Submissions in any language accepted. Each submission also requires a properly signed original hard copy release (please use the form on the back of the flyer available for download at http://www.ca.org/pdf/Conference/LCF/meditation2007.pdf). Please send your experience to cawso@ca.org or by regular mail to:

CAWSO, Inc.
Attention: LCF Committee
3740 Overland Avenue Suite C
Los Angeles, CA 90034-6337

For additional information, please call the WSO at 310-559-5833.

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Calendar of Events - Page 1 of 2
(For additional information and links for e-mail and websites, see the Events page at www.ca.org)

January 18-20, 2008
21st Cocaine Anonymous Quebec Area Bilingual Convention
Believe in the Miracle
Montreal, Quebec, Canada
LOCATION:
Hotel Delta Montréal
475, avenue Président-Kennedy
Montréal (Québec) CANADA H3A 1J7
877.286.1986
CONTACTS:
Michel M., Convention Chair 514.995.6571
Yves W., Hotel Liaison 514.252.5396
Réal C., Registration Chair 514.249.0242
Vie, Outreach Chair 514.723.4963

February 1-3, 2008
NEODCCA/Cleveland Ohio 14th Unity Convention
Unity Has No Borders
Independence, Ohio
LOCATION:
Holiday Inn Independence
6001 Rockside Rd.
Independence, Ohio
(216) 524-8050
CONTACTS:
Tonja F., Registration Chair 216-272-4653
Mike H., District Chair 216-235-4793
Mark S., Hotel Liaison 216-407-7023
Jimmy C., Outreach Chair 216-771-4444 ext. 3222

February 1-3, 2008
12th Annual C.A. of Wisconsin Area Convention
A New Freedom And A New Happiness
Milwaukee, Wisconsin
LOCATION:
Ambassador Inn At Marquette
2301 W. Wisconsin Avenue
Milwaukee, Wisconsin 53233
414-342-8400
CONTACTS:
Ann M., Convention Chair 414-315-0287
Sage S., Registration Chair 414-526-0980
Gordy B., Hotel Liaison 414-899-9901
Kathy N., Outreach Chair 414-313-5158

March 14-16, 2008
CA UK 16
The Steps We Took
Brighton, UK
LOCATION:
Hilton Brighton Metropole
Brighton, England
+44 (0) 870 242 1303
CONTACTS:
Gavin, Convention Chair +44 (0) 7802 707 364
Dawn, Vice Chair +44 (0) 7880 942 086
Julie, Registration Chair +44 (0) 7802 776 774

March 21-23, 2008
TRI - STATE CONVENTION
Contingent On Our Spiritual Maintenance
Central Michigan Area
Troy, Michigan, US
LOCATION:
Hilton Troy
5500 Crooks
Troy MI, 48098-2898
Phone: (248) 879-2100
CONTACTS:
Ezell G., Convention Chair 810-394-2029
Johnnie Mae E., Hotel Liaison 810-265-0174
Ellen S., Speakers & Workshops 810-232-1522
Dawnette J., Registration Chair 810-691-1998

April 18-20, 2008
Atlantic South Regional Convention
Miracles in the Magic City
Alabama CA
LOCATION:
Doubletree Hotel
808 20th Street South
Birmingham, Alabama
205-933-5653
CONTACTS:
Teresa B., Convention Chair 205-401-4184
Tim C., Vice Chair 205-283-4053
Adam O., Hotel Liaison 706-662-4488
Steve K., Program Chair 205-914-1521
April 18-20, 2008
Oregon & SW Washington Convention 2008
I Am Responsible
LOCATION:
Vancouver Hilton
301 West 6th Street
Vancouver, Washington 98660
360-933-4500
CONTACTS:
Matt J., Convention Chair 503-341-8418
Thor, Donations For Auctions 360-909-4357

April 24-27, 2008
16th Annual SGPVCA Convention
Keys to the Kingdom
LOCATION:
Northwoods Resort & Conference Center
40650 Village Drive
Big Bear Lake, CA 92315
800-866-3121
CONTACTS:
Annie M., Convention Chair (626) 444-2062
Allison M., Vice Chair (626) 340-1793
Mike M., Treasurer (626) 444-2062

April 25-27, 2008
2008 Pacific North Regional Conference and Convention
High Road to a New Freedom
Northern Nevada Area
LOCATION:
Super 8 Convention Center
3600 Lake Tahoe Blvd.
South Lake Tahoe, CA
800-237-8882
CONTACTS:
Nick A., Convention Chair 530-318-0205
Evan D., Vice Chair 530-318-0179
Roy R., Hotel Liaison 530-314-3363
Jim S., Program Chair 775-721-2730

May 22-26, 2008
24th Annual CAWS Convention
To Practice These Principles
Utah Area & Pacific North Region
LOCATION:
Salt Lake City Marriott
Downtown
75 South West Temple
Salt Lake City, Utah 84101
800-228-9290

CONTACTS:
Terry M., Convention Chair 801-706-3580
Mark L., Vice Chair 801-528-8965
Kelly C., Hotel Liaison 801-598-6375

CAWS 2008 Convention Fundraiser:

In celebration of the 25th Anniversary of Cocaine Anonymous, the 2008 CAWS Convention Committee is presenting this awesome sterling silver bracelet. Quantities are limited and orders will be filled as payment is received. Sizes: 8”, 9” and 9.5” overall length. Sterling CA pendant also available. Bracelet is $100.00 and pendant is $25.00. Shipping & insurance will be determined on a case-by-case basis. For more info contact:
Terry M: 801-706-3580 • Mark L: 801-528-8965
Allen O: 801-231-0205 • Ruby L: 801-698-8087

Get Your Local Event Listed! If you are having a local C.A. event, please let us know so we can list it in the NewsGram. The event should be of interest outside your Area or District (such as conventions and retreats, multi-day events, Regional events or World Service events.) Notify us by mail to NewsGram, c/o CAWSO, 3740 Overland Ave., Suite C, Los Angeles, CA 90034, by e-mail to newsgram@ca.org, or by fax to 310-559-2554, Attn: NewsGram. You may also use the online submission form at http://www.ca.org/event_form.html to get your event listed both on the web and in the NewsGram.