Love and Tolerance is Our Code

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

The darkness of alcoholism and drug addiction continues to ravage the lives of addicts, their families and really, all those with whom they come in contact. One addict at a time, the darkness is lifted when the music of C.A. is shared and heard. The music of C.A. is played in the key of “service.” Service, in its purest form, is the activity in which a spirit awakened through recovery meets others in Fellowship.

When a candle is lit in a darkened room, the darkness disappears. In 1934, a candle was lit in the dark room that is alcoholism and drug addiction. Yet, the darkness is thick. In 1935, through 12th-Step service, Bill W. shared his light with Dr. Bob and the light strengthened. That light continued to be shared alcoholic to alcoholic until Cocaine Anonymous was born in 1982. Struggling to honor the A.A. singleness of purpose tradition, the new Fellowship recognized that freedom from cocaine and all other mind-altering substances was their unifying element. Who we are today as the Cocaine Anonymous Fellowship, is simply the result of service.

However, service requires addicts to sacrifice in the interest of others. Without the destruction of self through recovery, sacrifice in the interest of others can be challenging. “So cooperate; never criticize. To be helpful is our only aim.” (Big Book, p. 89) This straightforward sentence is a guiding principle to 12th-Step service. It is a useful instruction for all levels of service. From home group members discussing changes to their meeting format, to GSRs exchanging ideas at an area meeting, to Delegates debating a motion on the floor at the Conference, self-interests come into potential conflict. When these conflicting self-interests are expressed out of fear, character defects are activated and progress in pursuit of our common purpose is hindered.

None of us are immune to this challenge. I am grateful for my sponsor. He continually reminds me that the point is spiritual progress. Therefore, when I find myself disturbed or agitated, I am reminded of the 10th Step spiritual law “that every time we are disturbed, no matter what the cause, there is something wrong with us. If somebody hurts us and we are sore, we are in the wrong also” (Twelve Steps and Twelve Traditions, p. 90). Service gives me many opportunities to grow spiritually since it also gives me many opportunities to be disturbed. I have found ‘cooperate, never criticize; to be helpful is our only aim’ to be an effective and soothing mantra. For a while now I’ve used it in my morning meditation. I sometimes will softly breathe while reciting the mantra to myself during heated debates in service meetings. Always, my anxieties disappear and I am able to understand the issue being discussed more clearly. [Continued on page 2]
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Love and Tolerance is Our Code [continued from page 1]:

I find that I don’t have to force an outcome; instead, I find myself open to the resolution God intends through the informed group conscience. Love and tolerance truly becomes my code!

With the profound spiritual principle of service in mind, the WSO is in the midst of positive and exciting change. We have hired a new director of operations. Her name is Linda Francisco. She was hired after an extensive search and interview process. Both the WSOB and the WSBT participated in the selection process. We are very happy to have her. Linda comes to us with extensive experience in the operation of not-for-profit organizations. With Linda’s hire, our temporary consulting executive, John B., will be leaving the active day-to-day operations of the Office. John is moving to the east coast and he will be greatly missed. Personally, I will miss his passionate enthusiasm along with his deep and profound understanding of our Fellowship and of service. I know John will still be around but it won’t be the same. Thank goodness for modern communication technology and thank you John for your continuing service to our Fellowship.

At a retreat recently, the moderator said, “Each of us must find our own way to live life God’s way!” I am convinced that God’s way is the way of service. I came to Cocaine Anonymous, broken, useless and no longer desiring to live. Through the Fellowship, I discovered spiritual principles by which I could live. By living the recovery principles I discovered the Fellowship of Cocaine Anonymous. This spiraling process of fellowship, recovery and service is the process by which we can return to the place where we are whole.

At this meeting point, recovery and fellowship intersect. This intersection is the miracle of service. When one candle is lit and is then used to light another candle, the igniting of the newly lit candle causes both candles to burn brighter. A dark room gets brighter. So it is with our Fellowship; all service work at every service level serves a single purpose. That purpose is to bring one addict together with another so that the sharing of experience, strength and hope between them can be the igniting of a new candle and a brighter light.
Prior to the “big party” in Phoenix, Arizona—CAWS 2011—the WSBT is planning to continue the business of C.A. “WE” will kick off the week in Phoenix with our quarterly meeting addressing the concerns of the Fellowship: copyright and trademark protection, matters of our financial stability, Drug Court participation, translation, international publications, Conference-approved projects, and the success of CAWS 2011!

Leading into the convention we will offer our assistance to the CAWS 2011 Committee, as well as our new Director of Operations. Did I say “new Director of Operations”? YES I DID! Following the March quarterly meeting, where we interviewed four promising candidates for the position of DOO, we extended the job of Director of Operations to a highly qualified individual. Along with the WSOB, we are very pleased to announce the newest addition to the World Service Office, Linda Francisco. Linda comes to us with extensive experience in the not-for-profit business world, such as Habitat for Humanity, the National AIDS Marathon, and the Leukemia and Lymphoma Society.*

Linda is very excited and enthusiastic about her new position and looks forward to the road ahead. During the last few weeks, Linda has been working with John B. to learn and understand “what and who” we are. Her training and transition into her position will continue as we arrive in Phoenix. At the end of the convention weekend, we will unfortunately have to bid a sad goodbye to John B. We are extremely grateful for John’s services during the last nine months. We will truly miss the passion that he has brought to his commitment and his love for this Fellowship. We are indebted to and appreciative of the friend and fellow we have in John. We wish him only the best and our prayers are with him always.

Moving through the weekend, and the anticipation of change, the WSBT will conduct several interviews for Trustee. We also will be in attendance at the “in-house” World Service Conference Committee meetings and the Regional Caucuses. We hope that you will attend “Meet Your Trusted Servants” where you will have an opportunity to meet Linda and other trusted servants of C.A. We also hope that you will join us at the Long-Term Planning meeting. This is a meeting that focuses on the visions and challenges that C.A. sees now and in the future.

As always, the convention weekend will be an awesome opportunity to see old friends, meet new ones, fellowship, and attend to our personal programs by participating in marathon meetings and workshops. Of course there will be plenty of events, dances, and entertainment programs to partake in as well!

As we leave Phoenix, we too, like those that attended the first weekend retreat, will be in awe at the knowledge that together, with the help of a Higher Power, we could do what individually had always eluded us. We will hold hands, hug, say the Serenity Prayer and go home.

We will then direct our thoughts to the next challenges: the August quarterly meeting and the C.A. World Service Conference. We, along with delegates and other representatives of this worldwide Fellowship, will ALL come together for a near week of attending to the business of C.A. This is an exciting time where we have the opportunity to be involved in the concerns, changes, and challenges that C.A. faces as we establish new growth; continue to focus on the Contribution Program, Meditation Book, and Birthday envelope; and look to the exciting projects of the Conference Committees. The participation of the WSBT and all of those at the Conference “represents to us, and to those present, the spiritual connection and acceptance of what was, and what could be in the future.”**

*In the spirit of Tradition 6, C.A. is not allied with any sect, denomination, politics, organization or institution.

**From “Our Hope, Faith and Courage” in both Hope, Faith & Courage and Hope, Faith & Courage, Volume II.
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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. Plus, your contributions may be tax deductible (consult your tax advisor). To help the C.A. World Service Office meet the needs of members, groups, areas and addicts still suffering, please fill out the authorization form below, attach a voided check or deposit slip (if necessary), and mail everything to the address shown. Thank you for your support.

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
21720 S. Wilmington Ave., Ste. 304
Long Beach, CA  90810-1641
(310) 559-5833
cawso@ca.org

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

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☐ 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.

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Signature: _______________________________________________________ Date: ______________________________________________________

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City and State/Province: __________________________________________ Country: ______________________________________

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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)
The New Driver
By Ron W.
Vista, California, USA

Five months before fifty
Came a fork in the road;
My life had gone nowhere
I was just growing old.

My tires had blown out,
My engine was broke;
This world of addiction
Was making me choke.

I needed some real help,
And got down on my knees:
“Can’t drive no more, GOD—
Will YOU take the wheel PLEASE?”

Then I stood at the curb
And held out my thumb,
Wondering if HE even wanted
This thing I’d become.

I watched HIM slow down
And then stop on the right;
HE told me to climb in
And hold onto HIM tight.

The direction we were going
Was now HIS to decide;
And all I needed to do
Was go along for the ride.

Now six months down the road,
To this place I arrive;
Should have let HIM drive sooner—
I’ve never felt so alive!

With joy deep in my spirit,
I’m feeling happy and free;
‘Cause HE opened my eyes
And has now let me see

That my life is worth living
When I follow HIS plan.
Glad mine’s back in the past
In that broken-down van.

That was taking me nowhere
But straight to a dead end.
I’m now eternally grateful,
And on HIM I’ll depend.

To keep driving me forward
To this future so bright;
Glad HE picks up lost hitchhikers
And HE shows them the LIGHT.

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Name: _______________________________________________________

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City and State/Province: __________________________ Country: __________________________

Zip/Postal Code: __________________________________________ Telephone Number: (_____) _____________
We need submissions NOW!

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

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

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

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

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

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

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

Online submissions are preferred. Each submission also requires a properly executed release (please use the online submission form available at www.ca.org or the form on page 8). If you are unable to use the online form, you may send your submission(s) and release via e-mail to submissions@ca.org or by regular mail to: CAWSO, Inc., Attention: LCF Committee, 21720 S. Wilmington Ave., Ste. 304, Long Beach, CA 90810-1641. For more information, please call 310-559-5833.

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**February 7**

"What we failed to do alone, we can do together."

*(Tools of Recovery)*

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

**Thought for the Day**

I will share my experience today so that others may take comfort in the knowledge that others have been there and done that. I will share my experience today in the hope that someone will help me. I will share today to bring us together.
TRANSFER AND ASSIGNMENT OF ALL RIGHTS,
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AND ACKNOWLEDGEMENT OF ORIGINALITY

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The First CAWS Convention

On May 3, 1985, hundreds of recovering addicts converged on a beachfront hotel in Santa Barbara, California, to attend the first annual World Service Convention. It was called the Seaside Unity and Acceptance Convention, but was much, much more than that. Voices from the phone and names from letters were taking form. Faces of old friends we had not as yet met appeared there before us. From coast to coast we came—excited, curious and filled with an energy that was to become our trademark.

In a crowded room on a Saturday morning, the diligent chairperson of World Services cautiously called to order the first national business meeting. After a passionate exchange of ideas, which set the format for future conferences, the meeting came to a close with a remarkable feeling of optimism.

That night we gathered together in the hotel’s banquet hall to feast and celebrate our new Fellowship. Men and women who had only recently graced bathrooms, prisons, mental wards, and treatment centers were now seated in this balloon-filled majestic room, shoulder-to-shoulder, looking and feeling alive and well. The speaker was inspiring to our already high-spirited group. Banquet food even seemed to taste good that night. The first chairperson, and my partner and I were recognized that evening as C.A.’s first Trustees. This recognition somehow represented to us, and to those present, the spiritual connection and acceptance of what was, and what could be in the future. The highlight of the evening was the state-by-state countdown. One by one, each participating state was announced. Its representatives rose to the cheers and applause that grew to a fevered pitch, as voices cried out: “Alaska, Arizona, California, Connecticut, District of Columbia, Georgia, Hawaii, Illinois, Nevada, New Jersey, New York, Ohio, Tennessee, Texas, Virginia, Washington, and Wisconsin.”

In the years since that convention, C.A. has spread its message and enthusiasm throughout the United States, beyond the border to Canada, and across the Atlantic Ocean to Europe.

(The above is an excerpt from “Our Hope, Faith and Courage,” which appears in both Hope, Faith & Courage and Hope, Faith & Courage, Volume II.)
Are We Ready? Can We Recover?

By Randy G.
Southwest Regional Trustee and WSBT Vice Chair
Chandler, Arizona, USA

The new era for Cocaine Anonymous—are we ready for it? If “ready” means that we have seen the future and have answered all the questions, then I’m guessing we’re not. If “ready” means we have considered the possibilities and we are trying to apply our Traditions and principles to the future of C.A., then the answer is YES!

Getting sober in 1993 does not qualify me to speak of the early days of our Fellowship, but I can only imagine the excitement that surrounded the initial growth of our Fellowship. How amazing every step of the way must have been for them. How scary every decision and action must have been—and how rewarding the results must have been as well. Could they even have dreamt what C.A. is today and will be in the future?

As the Fellowship grew and required changes and advancement of our ability to reach the addict who still suffers, I find myself eternally grateful to those who stayed the course and built this foundation of a Fellowship for us—the men and women that figured out the “how” when it came to literature, organization and purpose.

I was six years sober when I served on my first CAWS World Convention Committee (CAWS 2000 in Scottsdale). In the last two and a half years of being blessed with the role of Trustee for the Southwest Region, I have also served on the CAWS 2011 Convention Committee. An unbelievable amount of changes have happened in the last eleven years. The face of C.A. and the needs of C.A. are different today and yet they seem to remain unchanged.

The contrast between the views, ideas and concerns regarding the two conventions was widely diverse, yet intensely the same. New ideas as to how to better serve our growing Fellowship were energetically brought forward and new avenues were explored to assist in carrying our message to the addict who still suffers. Some of those ideas made their way into the event and are becoming commonplace in our Fellowship’s efforts. Not all of the ideas were implemented immediately, but will find their way to referrals and suggestions for consideration of the conference and future conventions. Some of the ideas didn’t fit inside our Fellowship’s structure or Traditions and were lovingly set aside. Language barriers and solutions, internet media, attraction of the newcomer of all ages, and international/worldwide participation as the norm excited and energized our committee.

Fiscal responsibility, commitment to the message of Cocaine Anonymous, traditional avenues of speakers, marathon meetings and quality workshops still dominate the baseline behind it all. The commitment to the Steps, Traditions and principles still rings true as much today as ever—and always, always, always create an environment to have a good time.

So as much has changed over the years and as diverse our new issues may be, the application of C.A.’s values and primary purpose still stands like a rock. Maybe that’s the beauty of it all and therefore gives us our answer to the question “Are we ready? Can we recover?” YES we can!
<table>
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<tr>
<th>June 17-18, 2011</th>
<th>August 5-7, 2011</th>
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<tbody>
<tr>
<td><strong>Lethbridge District Tradition 5 Convention</strong>&lt;br&gt;Southern Alberta Area C.A.</td>
<td><strong>2011 Texas Area Convention</strong>&lt;br&gt;<em>Walking Hand in Hand with the Spirit of the Universe</em></td>
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<td><strong>LOCATION:</strong>&lt;br&gt;Loyal Order of Moose Lodge&lt;br&gt;1401 5th Avenue North&lt;br&gt;Lethbridge, Alberta T1H 0N1</td>
<td><strong>LOCATION:</strong>&lt;br&gt;Marrriott Westchase Hotel&lt;br&gt;2900 Briar Park Rd.&lt;br&gt;Houston, TX&lt;br&gt;713-978-7400</td>
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<td><strong>CONTACTS:</strong>&lt;br&gt;Deanna G., Convention Chair 403-795-7809&lt;br&gt;Cynthia S., Area Chair 403-605-5099</td>
<td><strong>CONTACTS:</strong>&lt;br&gt;Vanicia C., Convention Chair 832-368-7129&lt;br&gt;Brenda F., Registration Chair 832-439-8007&lt;br&gt;Justine D., Outreach Chair 281-872-9677&lt;br&gt;Daniel G., Internet Chair 281-299-1675</td>
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**July 1-3, 2011**

**C.A.-Holland South District International Convention**<br>*A New Freedom*

**LOCATION:**<br>Bel Air Hotel<br>Johan de Wittlaan 30<br>The Hague, NL<br>+31 70 3525352

**CONTACTS:**<br>Edward M., Chairperson +31 (0) 61 707 2453<br>Monica S, District Secretary +31 (0) 61 784 8787<br>Shawna M, PI/Outreach/Hospitality Chair +31 (0) 62 802 2281

**July 23, 2011**

**Pacific South Region Unity Day**<br>*At The Beach*

**LOCATION:**<br>Oxnard Beach Park<br>1601 S. Harbor Blvd<br>Oxnard, CA

**CONTACTS:**<br>Sara B., Area Events Chair 805-969-5178

Get the word out about your local event! Use the form at [www.ca.org/event_form.html](http://www.ca.org/event_form.html) to get your event listed both on the web and in the NewsGram, or notify us by mail to NewsGram, c/o CAWSO, 21720 S. Wilmington Ave., Ste. 304, Long Beach, CA 90810-1641, by e-mail to newsgram@ca.org, or by fax to 310-559-2554, Attn: NewsGram.

**August 19-21, 2011**

**2011 Arkansas Area Convention**<br>*Gratitude in Action*

**LOCATION:**<br>Crowne Plaza<br>201 South Shackleford Rd.<br>Little Rock, AR 72211<br>(501) 223-3000

**CONTACTS:**<br>Derrick H., Convention Chair (501) 837-9402<br>Uvonna "Luv" U., Hotel Liaison (501) 580-0786<br>Robin J., Registration Chair (501) 618-0445<br>Jonathan J., Registration Co-Chair (501) 912-9344<br>Lorneza H., Area Chair (501) 772-6841

**August 19-21, 2011**

**2011 Great Canadian Convention of C.A.**<br>*Simple, But Not Easy*

**LOCATION:**<br>Sheridan Centre Toronto Hotel<br>123 Queen St. West<br>Toronto, ON 1 (888) 627-7175

**CONTACTS:**<br>Scott P., Chair (416) 889-2171<br>Kenny S., Area Chair (416) 400-7517
### Calendar of Events (continued from page 11)

<table>
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<th>Date Range</th>
<th>Event Description</th>
<th>Location</th>
<th>Contacts</th>
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| **August 26-28, 2011** | **2011 Nebraska Area Convention**                     | Cornhusker Marriott Hotel       | Terry J., Convention Chair (402) 812-7013  
Travis S., Hotel Liaison (402) 570-3450  
Linda C., Registration Chair (913) 413-1821  
Othello B., Registration Co-Chair (402) 884-0302 |
| **September 9-11, 2011** | **The Decade Of Growth**                              | The Beardmore Hotel              | Ian M., Outreach +44 (0)773 339 4084  
Cathal, Chairperson +44 (0)755 401 2165  
Roger, Treasurer +44 (0)780 227 7093  
Steven L., Programming +44 (0)798 340 2707  
Stef S., Scottish Delegate +44 (0)777 290 9756 |
| **September 16-18, 2011** | **Florida Area Convention**                           | Plaza Resort and Spa            | Tonya V., Convention Chair 386-682-9550  
Jeannie B., Vice Chair 386-882-8347  
R. Omar M., Secretary 386-295-4084  
George B., Hotel Liaison 386-682-9340 |
| **October 28-30 2011**   | **23rd Midwest Regional Convention**                  | Wyndham West Hotel              | Daphne R., Chair 317-840-7965  
Frank W., Vice Chair 317-501-9270  
Rodney R., Hotel Liaison 317-332-2956  
Gina F., Programming Chair 317-414-3319  
Diane W., Treasurer 317-402-3663  
Trissy H., Secretary 317-492-7738 |