I am one of the lucky ones because the first Cocaine Anonymous meeting I ever went to was full of service junkies who tricked me into being of service. I was incredibly introverted and afraid of everyone. I would get to the meeting as it started and would leave the second it was over and then would be upset that no one talked to me. They kept encouraging people to join the homegroup and I figured if I made an appearance there that maybe it would help me come out of my shell. Little did I know that I would be elected to chair the daily meetings for the next month. What?! I had no idea how to chair a meeting and I was terrified to get up in front of everyone. Thankfully, I could hide behind the meeting format and all I had to do was read. Because I was chairing the meeting, I had to get there early and I had to talk to people to ask them to read. Something magical happened...people started recognizing me and including me in their conversations. The pressure was no longer on me to initiate conversations, they just started happening naturally with other members.

One day after the meeting another member mentioned they were heading to the Entertainment Committee meeting and did I want to tag along for the heck of it. I was desperate to fit it and loved that I was making new sober friends, so I agreed. I had no idea that I would leave with a service commitment as their new secretary. Back in the day the committee used to host dances every month, so I was also given the commitment of taking money at the door. Again, something magical happened...I started meeting people from all over the city instead of just at my homegroup and my world got just a little bit bigger. I felt I was becoming part of something big. I started getting hooked on service work.

Things only continued to blossom from there. Over the years my service work grew from GSR, to Delegate, to World Service Committee Chair. My world expanded in ways I could have never imagined. I went from a shy introverted girl with fair weather friends to a woman who has more friends around the world than she can count. One of my favorite quotes in the Big Book of Alcoholics Anonymous is on page 77, “Our real purpose is to fit ourselves to be of maximum service to God and the people about us.” This doesn’t say to the people of A.A. or the people of C.A. It says, “the people about us.” If I am only of service to Cocaine Anonymous than I have missed the point.

After a couple of decades of service within the Fellowship I really began to embrace Concept XII and the “spirit of rotation.” I backed away to allow others the opportunity. I continue to sponsor, of course, and encourage my girls to embrace service work. The bulk of my service work now is geared toward making a difference in my country by talking to voters, leading trainings, and meeting with state legislators or members of Congress.

Cocaine Anonymous taught me how to make a difference, to have confidence and to be a leader in my community. But it also taught me more subtle ways of being of service, like truly being present with other human beings. For example, if I am checking out at the grocery store, I try to be present with the person ringing me up. I smile, I call them by name and act in a way that will leave them feeling seen instead of just a means to an end. I know it is a small act, but I believe the actions we take ripple out into the world and I would much rather send out positive ones than negative.

In the early days of the pandemic the lessons I learned being of service in my community came full circle and I was able to apply them to helping out my local C.A. Fellowship. I immediately set up online meetings for my homegroup, I led trainings on how to facilitate virtual meetings and was able to act as virtual security for our Area Convention that had to move to an online format. I even hosted a Roberts Rules of Order workshop! It was wonderful to be of service again in the Fellowship that I love and in a whole new capacity. Cocaine Anonymous has made my life full and rewarding and it has only been made sweeter by service work. I could literally be of service to our Fellowship every minute of every day for the rest of my life and it would never fully repay Cocaine Anonymous for the life it has given me.
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WOULD YOU LIKE TO BE PUBLISHED??
DO YOU HAVE SOMETHING TO SAY??

The NewsGram is looking for your article, recovery jokes, recovery poem, suggestions, ideas, recovery drawing, or spiritual thoughts. This is YOUR publication!! We’re looking for small items of 1 or 2 lines up to articles anywhere from 200 to 1100 words. If you write an item, you can upload it and sign the release form online at https://tinyurl.com/y9yu92l3 or snail mail it to:

NewsGram / C/O CAWSO / 21720 S. Wilmington Ave., Ste. 304 / Long Beach, C.A. 90810, USA
Another C.A. member asked me that question after a lovely and spiritual C.A. meeting online. The question came up in a "virtual parking lot" discussion about the people who have found our Fellowship during the pandemic.

No one could have missed the frantic rush over a year ago to create virtual meeting rooms and find the best ways to run meetings online while upholding the spirit of the Traditions. These new ways of fulfilling our primary purpose and being of service were brought and refined by the new pioneers - the people who started online meetings to save the guy on the street without a physical meeting room to use. My gratitude to these people is endless. They saved lives in a time when our opportunity to do so seemed to be halted.

These online pioneers became sponsors to a new bunch of C.A. members while pandemic lockdowns and regulations were shutting down the physical meetings. New members had no place to go. They had no other option but to find C.A. recovery, get a sponsor, and learn to be of service online. That sounds pretty grim, but to most people who have recovered in the past year, this is the normal way to work the program.

Everyone I know who got clean and sober before the pandemic is looking forward to starting the physical meetings again, finding new sponsee in face-to-face meetings, and finally be able to hug each other again!

This is not the case with the alcoholics and addicts who came into the online rooms during the pandemic. These people are used to attending meetings, sponsoring, and being sponsored online only. The physical meetings have never been part of their journey.

Many are in younger generations, well at home with technology, and not very social in face-to-face events. It was in this context that the following questions were formulated. What will happen when the pandemic is defeated? Will my online homegroup remain, or will it be dissolved? Will I have to travel to get to a meeting? We agreed that the online meetings are here to stay as so many are dependent upon them for a chance to do service and meet sponsee.

Many questions came up, and while we discussed them, I sensed unrest among the members. Then the final question came - What will the new normal be? Will it be online meetings, physical meetings, or maybe both?

I left the meeting with a new thought unanswered in my head. Ladies, gentlemen, and non-binaries, this is your Fellowship. So, tell me: Tell me, what should the new normal be?

***

BECOMING ENGAGED IN SERVICE
By Sydney P.
Everett, Washington, USA

When I came into Cocaine Anonymous, I was miserable, broken and freshly sober. I noticed something about the people that were in meetings though: that the people that were making announcements about events and meetings also seemed like the happy people. They also were the ones who shared about working the Steps, and who often raised their hand to sponsor. I took my time to get involved in Cocaine Anonymous.

When I approached a woman about sponsorship, I asked her to “answer my questions about sponsorship.” Over the course of the next month, I asked her 250 questions about sponsorship and started to get involved in service. I went to my first area business meeting, joined a committee and haven’t stopped showing up since. Through service work, I have met people, connected with people and learned a greater appreciation for the Fellowship that saved my life.

When I start to feel a little stagnant in my recovery, I try to find something that challenges me. Sometimes that includes new meetings, and often that includes a different area of service. Surrounding myself with those who have more experience in service than I do reminds me that I don’t know everything and helps to keep my ego in check.

***
I grew up in a Nomadic Hippy family, life was exciting growing up, and we were a remarkably close family. There were a lot of psychedelic around and I experimented with my first high when I was eight and then from the age of 11 it was a recreational thing to do in my family, have parties and get high. So, it started with alcohol and weed, 13, 14 went on to coke and L.S.D. Then through to my 20’s speed, MDMA and ecstasy.

I experienced a lot of drinking and drugging in my time, I lost my Mum to alcohol at the age of 17. It was a massive blow to our family, it kind of put a halt on our travelling and my family started deteriorating on drugs. I settled down, had two children and started a career in Holistic Therapy. I worked for seven years and loved it but drugs were still there i was very involved in taking on and off drugging. My relationship deteriorated. There were a lot of drugs involved.

My kids were growing up, I started deteriorating and getting involved in more toxic relationships. Then crack and heroin hit me and that was it my life deteriorated even more and rapidly. I left my job and my house started getting into massive rent arrears. I was getting arrested; the house was getting raided. It was all too much, I had to let my children go and live with their Dad.

I was off and running. I could not stop taking drugs day and night. I lost my house, I was homeless running around the streets, robbing, stealing, thieving, manipulating sex. I was in a desperate situation with a crack and heroin addiction and didn't know what to do. I didn't even have time to try and work out what to do before the next fix was needed. I was skinny and hadn't seen my kids in eight years living in a shed with water pouring in through the roof - a freezing cold Winter. I got an emergency room in a hostel with a load of addicts. I was there for a month, when my Brother had found recovery six weeks before came and found me, brought me a bag with a Big Book of Alcoholics Anonymous in it and brought me to my first meeting.

From that moment the miracle of recovery had begun, from there I stabilized on a methadone prescription. I attended a few more meetings, with the light in people's eyes and the golden nuggets of recovery. I went to rehab, detoxed off methadone. It was like the evil spirit was seeping out of every cell of my body. I came out the other side and we were in a pandemic and the country was in lockdown.

I was housed in a dry house with my Brother and recovery CA meetings were all on zoom. I got a CA sponsor and went through the 12 Steps all on zoom. It was suggested to do 90 meetings in 90 days. I continued to do that four times. I just completed 365 meetings in 365 days. I am now in my second year of total abstinence. I feel I have a new freedom. I am in contact with my children. I have peace of mind and body, and soul. Thanks to this beautiful 12 Step Fellowship of recovery, it's a We program. I could not have done this alone. I am now living my life one day at a time in The Sunlight of the Spirit.

***
A PRAYER PLEASE FOR THE FELLOW TRAVELLER IN THE TURQUOISE HOODIE
By Elisabeth S.
Alhambra, California, USA

On my daily walk a young man approached me. He could have walked up to the half dozen others on the street, but he choose me. I said, “Hi, my friend, are you doing ok?” He clearly was high - darting eyes, shaking hands, stories of his sister being stuck in this book he pulled out of his pocket (pointing to a white fairy on the cover) and needing to look for her in the houses surrounding us.

We talked for a bit. I was focused on asking God to stand with me in this moment to help him. He reached into his pocket and pulled out this torch lighter. He said to me, you are light and you can take this darkness away from me. I said of course my friend. He handed me his torch lighter.

I continue to stand with him, trusting God had a purpose for me to connect with the man on the street. I suggested that he is loved and possibly places where he could look for help before he turned away. My heart sank a bit as I understood that is me, us, someone’s son, brother, friend.

As I returned home my mind was asking could I have done more? I sat quietly in reflection and meditated upon my return from my walk. One of my favorite readings by Sam Shoemaker (An early recovery friend of the Twelve Step Programs) came to mind. I then felt complete in that moment.

“I stand by the door.

I neither go too far in, nor stay too far out.
The door is the most important door in the world –
It is the door through which men walk when they find God.
There is no use my going way inside and staying there,
When so many are still outside and they, as much as I,
Crave to know where the door is.
And all that so many ever find
Is only the wall where the door ought to be.
They creep along the wall like blind men,
With outstretched, groping hands,
Feeling for a door, knowing there must be a door,
Yet they never find it.
So I stand by the door.
The most tremendous thing in the world
Is for men to find that door – the door to God.
The most important thing that any man can do
Is to take hold of one of those blind, groping hands
And put it on the latch – the latch that only clicks
And opens to the man’s own touch.
Men die outside the door, as starving beggars die
On cold nights in cruel cities in the dead of winter.
Die for want of what is within their grasp.
They live on the other side of it – live because they have not found it.
Nothing else matters compared to helping them find it,
And open it, and walk in, and find Him.
So I stand by the door.
Go in great saints; go all the way in –
Go way down into the cavernous cellars,
And way up into the spacious attics.
It is a vast, roomy house, this house where God is.
Go into the deepest of hidden casements,
Of withdrawal, of silence, of sainthood.
Some must inhabit those inner rooms
And know the depths and heights of God,
And call outside to the rest of us how wonderful it is.
Sometimes I take a deeper look in.
Sometimes venture in a little farther,
But my place seems closer to the opening.
So I stand by the door.
There is another reason why I stand there.
Some people get part way in and become afraid
Lest God and the zeal of His house devour them;
For God is so very great and asks all of us.
And these people feel a cosmic claustrophobia
And want to get out. ‘Let me out!’ they cry.
And the people way inside only terrify them more.
Somebody must be by the door to tell them that they are spoiled.
For the old life, they have seen too much:
One taste of God and nothing but God will do any more.
Somebody must be watching for the frightened
Who seek to sneak out just where they came in,
To tell them how much better it is inside.
The people too far in do not see how near these are
To leaving – preoccupied with the wonder of it all.
Somebody must watch for those who have entered the door
But would like to run away. So for them too,
I stand by the door.
I admire the people who go way in.
But I wish they would not forget how it was
Before they got in. Then they would be able to help
The people who have not yet even found the door.
Or the people who want to run away again from God.
You can go in too deeply and stay in too long
And forget the people outside the door.
As for me, I shall take my old accustomed place,
Near enough to God to hear Him and know He is there,
But not so far from men as not to hear them,
And remember they are there too.
Where? Outside the door –
Thousands of them. Millions of them.
But – more important for me –
One of them, two of them, ten of them.
Whose hands I am intended to put on the latch.
So I shall stand by the door and wait
For those who seek it.
‘I had rather be a door-keeper
So I stand by the door.’ ***
It’s not about being sponsored—it’s about sponsoring others that is a predictor for permanent recovery.

A Baltimore, Maryland study of 500 former and current heroin and cocaine injection drug users over the course of one year indicated having an AA/NA sponsor was not correlated with any improvement in sustained abstinence rates than a non-sponsored group (Crape 2001:291). However, being a sponsor was found to be highly correlated with sustained abstinence. In fact, 75% of the sponsors group maintained abstinence over the one year period and showed the most improved lifestyle changes (Crape 2001:298).

The Big Book of Alcoholics Anonymous claimed similar statistics:

“Of alcoholics who came to A.A. and really tried, 50% got sober at once and remained that way; 25% sobered up after some relapses, and among the remainder, those who stayed on with A.A. showed improvement. Other thousands came to a few A.A. meetings and at first decided they didn’t want the program. But great numbers of these—about two out of three—began to return as time passed” (Alcoholics Anonymous 2001:xx).

Moreover, “This seemed to prove that one alcoholic could affect another as no nonalcoholic could. It also indicated that strenuous work, one alcoholic with another, was vital to permanent recovery” (Alcoholics Anonymous 2001:xvi – xvii).

How does sponsoring others contribute to the addict’s ability to maintain continuous abstinence successfully over long periods of time? First, the act of providing direction to the alcoholic/addict who still suffers is a predictor of improved psychosocial adjustment. Furthermore, sponsoring others in addiction improves feelings of self-value and social usefulness. The sponsorship model also reinforces successful behaviours, public commitment to behaviour change, and improves relationships and strengthens new social networks. Lastly, the act of sponsoring others is valued within the community and to maintain their valued role, sponsors seem highly motivated to stay abstinent. All of these factors seem to reinforce the sponsor’s resolve to continue working with other suffering addicts and improve their chances of remaining abstinent (Crape 2001:297).

Thus, the conclusion of the study suggests that sponsoring other addicts in a 12 Step program is highly associated with continuous abstinence, but for those being sponsored, there was little indication of improved rates of alcohol or drug abstinence.

References:


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

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

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

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Service
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The WSCIT COMMITTEE NEEDS YOU!!!

Exciting news C.A. is continuing work on an app for our Fellowship! We are looking for your ideas and input to find out what the Fellowship would like to see. We have a list of ideas from referrals and committee work for possible content:

- Sobriety Calculator (referral)
- Find a meeting (referral)
- Pre-amble
- Who is a Cocaine Addict?
- We Can Recover
- Serenity Prayer
- Link to CA.org
- 12 Steps
- 12 Traditions
- Vision for you
- Reaching Out
- Meeting Formats
- Find events: district, area, or international

Let us know what you would like to see, send an email to itcommittee@ca.org

Join us!!!

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1982 – Inception


Tuesday, November 16, 1982, about 20 people show up at a new meeting Tuesday evening call the “Whatever” meeting at the Motion Picture Health and Welfare Fund building. Someone suggests a vote be taken to change this A.A. meeting to a Cocaine Anonymous meeting, but the suggestion is voted down. Johnny S. and several other attendees at the meeting decide to start a Thursday night and to call it Cocaine Anonymous. (1990). History of C.A. with Johnny S. & Ray G. 5-26-90 6th C.A. World Service Convention—Phoenix, AZ (Cassette Recording No. 10525). Phoenix, Arizona: Coast to Coast.

Thursday, November 18, 1982, The first meeting of C.A. is held on Thursday, November 18, 1982, at the Motion Picture Health and Welfare Fund building at 335 North La Brea in Hollywood (North of Beverly Blvd.), California. Veronica Jo K. is the secretary and calls the meeting to order with a gavel and announces: “Welcome to the first meeting of Cocaine Anonymous, a Fellowship of men and women who share their experience, strength, and hope with each other and help others recover from their addiction.” (1990). History of C.A. with Johnny S. & Ray G. 5-26-90 6th C.A. World Service Convention—Phoenix, AZ (Cassette Recording No. 10525). Phoenix, Arizona: Coast to Coast. Within 30 days, five more C.A. meetings were established.

May 5, 1983, — Inception date for Chicago C.A. (WSBT Minutes, Sept. 27-28, 1986 ) “One day we (CALA) received a package from Chicago — a piece of literature called, To the Newcomer, that they wanted to suggest that we adopt…it was magnificent.” This is C.A.’s first piece of literature.

May 8, 1983, Los Angeles Herald Examiner publishes a large article on cocaine abuse in the canyons of Beverly Hills and the streets of South Central L.A. The article highlights the good works of Cocaine Anonymous. (Warren, Elaine, May 8, 1983, The high that unleashed the depths. Los Angeles Herald Examiner, STYLE: Section E / Page 1)

(Continued on page 12)
August 1, 1983 – First Atlanta Area meeting of Cocaine Anonymous. (The Atlanta Constitution, Thu, Jul 28, 1983 – Main Edition, p. 120)
November 23, 1983, – Gil M. orders 1500 chips. They will be available through the General Services Office for $2.50 per chip. Gil will be responsible for sales. (Minutes C.A. General Services Meeting, November 23, 1983)

1983-1984, C.A. chips were square in shape, with the letters “CA” printed on them. It was found that people were using these square chips to chop up cocaine. At this same time, some others Areas of C.A. (of course none of them had met together yet) had also created chips. Atlanta had chips, Chicago had chips, and Northern California had chips. The words Hope, Faith and Courage were not the original words for the logo. Originally, the words were going to be “Hope, Faith and Willingness.” They wanted to put these words into the circle around C.A., but the word Willingness wouldn’t fit. Johnny Segal, a founding member, was listening to a speech by John F. Kennedy about having courage to do difficult things in your life. Johnny felt the word Courage would fit in the circle, and would be appropriate. The members at the time voted for this logo.

1984 – Crystallization


1985 – Growth

May 3,4, 5, 1985, 1st World Convention: Seaside Unity & Acceptance, Santa Barbara, C.A. In 1985 it was decided to have the first convention of C.A. Fellowship to be held in Santa Barbara California. Members from C.A. meetings from across the United States attended. It was an incredibly exciting event. During the convention, a three-hour business meeting was held to let the Fellowship know what the fledgling World Service organization was doing. It was decided the next year to have the first World Service Conference. (Bob Lemon – C.A. History)
June 27, 1985, The official Cocaine Anonymous World Services Board of Directors meeting of June 27th, 1985, was called to order by Willie O. at 8:12. Board members in attendance were: Willie, Ray, Laurence, Neil, Robert, Richard, Jennifer and Michael. The minutes of the previous meeting were read by Micheal. (CAWS Inc., June 27, 1985. WS Board of Directors Meeting Minutes. C.A.World Services Inc. 1-2 pp.)

1986 – World Services

February 8, 9, 1986, – 1st World Services Conference, San Diego, California. The first World Service Conference was held in San Diego in February 1986, adjacent to a World Service Convention. The Conference lasted two days. (Continued on page 13)
The original Area’s in that first conference were:

1. Los Angeles
2. San Gabriel Valley
3. San Diego
4. San Fernando Valley
5. Antelope Valley
6. Orange County
7. New Mexico
8. Texas
9. Washington
10. New York
11. Illinois
12. Georgia
13. Michigan
14. Arizona
15. Northern California

(First World Services Conference Minutes)

When Northern California came down to this original conference, they sent six representatives and all wearing T-shirts with the C.A. logo that they had created. Later at the 3rd World Conference in March 1987, there was vote between the logo that CALA had created, and the logo that Northern California created. The CALA (C.A. Los Angeles) logo with HOPE, FAITH AND COURAGE won and is the official logo we have today. The logo was to be put on the new key tag round chips. In Northern California created the first metal chip, with their logo, with the serenity prayer (with Cocaine Anonymous around the number) on the back, and ca and HOPE FAITH AND COURAGE on the front. It was an error that the words Cocaine Anonymous were on the back! Since Northern California had the first metal chip, the chip company would not make chips for CA World Service. So, at the 3rd World Conference in March 1987, Northern California deeded to World Service the right to make metal chips. (Bob L. one of the original six from Northern California)


This first Board Trustees were voted on by Ray G. and Johnny S. (The Original Trustees who comprised a self-perpetuating board.)

July 4, 5, 6, 1986, 2nd World Convention: Celebration of Freedom, San Diego, California.

August 21, 1986, – On a Thursday night, August 21, 1986, the first C.A. meeting outside the United States was held in Montreal, Quebec. About 20 people attended. Dave S. was the speaker and Robert F. was the secretary.
TRANSFER AND ASSIGNMENT OF ALL RIGHTS, TITLE AND INTEREST IN ORIGINAL WORK AND ACKNOWLEDGEMENT OF ORIGINALITY

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File name: ____________________________________________________________

Description of Material: ____________________________________________

(attach file)

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2. This transfer includes the assignment and transfer of any and all claims I may have to United States and foreign copyrights, claims of authorship or origination.

3. I am the author of this work, i.e. this work is completely original and I have not used any third party source(s), in part or in whole, to create this work unless said third party source or sources are given full credit within the body of this work and further that said third party or parties have given written permission for said use, copies of which are attached hereto.

4. CAWS may change, modify or revise this work to whatever extent deemed necessary. I understand that, if selected for publication, this material will be edited in keeping with C.A.’s understanding of the Twelve Steps and Twelve Traditions. Submissions will also be copyedited to ensure ease of comprehension and adherence to standard rules of grammar and punctuation as well as current style guidelines. In addition, editorial staff may also substitute different words and/or revise sentence structure for clarification. I further understand that this material may be retitled and/or reprinted in more than one publication.

Signature:

Date:

Name (please print): ________________________________________________

Address: __________________________________________________________

______________________________________________________________

Phone number: ________________________________________________

E-mail address: ________________________________________________
Celebrate around the world

Are you talented? Are you creative? Your Fellowship needs you!

CAWSC Unity Committee is looking for artwork and logo for its Celebrate Around the World 2022.

Artwork must contain:
• The C.A. logo, it cannot touch any of the lines throughout the artwork, whether inside or outside
• It must contain the “Celebrate Around the World 2022”
• Plus a theme. Since this year’s theme was connected to the Texas CAWS Convention we are asking you create one of your own, thoughtful and creative. Can be reflective of this past year
• Deadline Friday September 3rd, 2021

Please send submissions to PamelaGriffith2002@yahoo.com, doo@ca.org, and Unity@ca.org

We will send you a release form once we receive your submission and every submission will go into archives

CAWSO
C/o CAWSC Unity Committee
21720 S. Wilmington Ave. Suite 304
Long Beach, CA 90810 USA

CALENDAR OF EVENTS

October 1-3, 2021
2nd Annual Kansas Area State Convention
LOCATION:

October 29-31, 2021
2021 Midwest Regional Convention
LOCATION:
Renaissance Saint Louis Airport Hotel
9801 Natural Bridge, Saint Louis, Missouri, USA

May 26-30, 2022
C.A. World Service Convention
LOCATION:
Hyatt Hotel in Austin
Austin, Texas, USA
SAVE MY A$$ RECOVERY TRANSFER

DID THE FELLOWSHIP OF COCAINE ANONYMOUS SAVE YOUR A$$? DO YOU WANT TO SHOW YOUR APPRECIATION? JUST FOLLOW THESE SIMPLE STEPS!!

* STEP 1: Log into your Bank Account
* STEP 2: Go to “PAY BILLS”
* STEP 3: Create a monthly recurring payment ($2, $5, $10, ETC) AND
* SEND TO: CAWSO
21720 S WILMINGTON AVE., STE. 304
LONG BEACH, C.A. 90810-1641 USA

THAT’S IT!! JUST SET IT UP AND THEN YOU DON’T HAVE TO WORRY ABOUT

*Typically a free service with most bank accounts

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7th Tradition January-March 2021
Category or Group

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