DO YOU BELIEVE IN A HIGHER POWER



Vol. 43 No. 4 C.A. World Service Office - 11460 N. Cave Creek Road, Suite 12, Phoenix, AZ, 85020, USA - 4th Quarter 2025

DO YOU BELIEVE IN A HIGHER POWER

Cyril D.L. Central Hong Kong

當時的感受:

我16歲那年,在朋友家因吸毒過量差點喪命。被送 回家後,父母只能眼睜睜地看著我躺在廚房地板上 奄奄一息。

我無數次發誓,告訴自己這是最後一次派對,之後 我決定採取一些極端的措施,例如與三分之二對我 和家人有害的人斷絕關係。

我試圖遠離那些可能讓我再次酗酒或吸毒的人。我被香港的一所大學錄取,這是我逃離有害人群的方式。大學期間,我的生活一團糟,腦子裡充斥著各種聲音,我渴望喝酒或吸毒,幾乎活不下去。然而,我最後還是考上了大學,像其他學生一樣努力學習。

當時我的女朋友要我聯絡諮商中心,那裡的人非常樂於助人,並幫我預約了九龍公立醫院的精神科醫生。經過評估後,我被診斷出患有精神分裂症。醫生說,這個診斷是由酒精、迷幻物質和有毒物質引起的。

第二年左右,藥物治療讓我的病情穩定下來,最後 我在25歲時找到了一份銀行工作。我工作時間很 長,雖然藥物治療讓我病情穩定了一些,但我又開 始喝酒和吸毒了。我一直上網查詢可卡因匿名互助 會的網站,並諮詢我的精神科醫生,看看該如何戒 除毒癮,但我從未採取行動。

發生了什麼事:

三年後,我終於跪在香港可卡因匿名互助會尋求協助。我立刻就被可卡因匿名互助會裡的人所分享的親身經歷所打動,並且愛上了那裡的人們,所以我決定繼續回來,而且這很有效。我成功戒掉了所有毒品和酒精,並獲得了30天的戒毒期。

人們鼓勵我找個導師,於是我問了一位常來的人, 他也是我很敬佩的人,因為他關注的不是成癮問 題,而是解決方案和我們可以使用的工具。他成了 我的導師,教我每天早上養成冥想、列感恩清單、 與同伴分享、祈禱和閱讀正向肯定句的習慣。

不久之後,我們開始練習「十二步法」。「十二 步法」是一個教你如何保持清醒,清除過去陰影的 項目,因為很多人,尤其是我愛的人,都受到了我 們行為的影響。

有一天,我濫用了一些處方藥,醒來後才意識到前 一天晚上我喝了酒。在接下來的一年半里,我在康 復和精神錯亂之間掙扎。我把腦海裡的聲音歸咎於 我的精神錯亂和生活失控。這些聲音偽裝成上帝, 因為它們對我有巨大的影響力,我不斷地回到聚 會。

我們現在的情況是:

我的戒毒日期是2022年10月10日。即使大多數時候我都忘恩負義,但我明白上帝是慈愛和憐憫的。我腦海中的聲音是上帝給我的挑戰,因為祂知道我能應付。我每天都要對家人負責,我是匿名戒毒會的驕傲成員,我會一天天地保持清醒和潔淨。

C.A. TRUSTED SERVANTS

CAWS Board of Trustees

- ◆Trustee at Large 1: Gary P., Chair, Seattle Washington, USA Email: tall@ca.org
- ◆ European Region: Stuart J., Vice-Chair, Glasgow, Scotland, UK, Email: ert@ca.org
- ◆ Southwest Region: Anita L., Secretary, Houston, Texas, USA, Email: swrt@ca.org
- ◆Midwest Region: Tina R., Assistant Secretary, Milwaukee, WI, USA, Email: mwrt@ca.org
- ◆ Atlantic North Region: Richard B., New York, New York, USA, Email: anrt@ca.org
- ◆Atlantic South Region: Barry H., Blairsville, GA, USA, Email: asrt@ca.org
- ◆Pacific North Region: Jenn S., Calgary, Alberta, Canada, Email: pnrt@ca.org
- ◆Pacific South Region: Daniel S., Orange County, CA, USA, Email: psrt@ca.org
- ◆Mainland European Region: Richard E., Stockholm, Sweden, UK, Email: mert@ca.org
- ♦ World Service Trustee: Karmen K., Milwaukee, WI, USA, Email: wst@ca.org
- ♦ World Service Office Trustee: Jonathan H., Phoenix, AZ, USA, Email: wsot@ca.org

CAWSO Board of Directors

- ♦ Chair: Randy G., Phoenix, Arizona, USA
- ♦ Vice-Chair: OPEN POSITION
- ♦ Secretary: Kimberly C., Toronto, Ontario, Canada
- ♦ Treasurer: OPEN POSITION
- ♦ Director-at-Large: Jason S., Phoenix, Arizona, USA
- ♦ Director-at-Large: Wesley B., Croton-on-Hudson, NY, USA
- ◆Director-at-Large: Morten V., Hvidovre, Denmark, Copenhagen
- ♦ Director-at-Large: OPEN POSITION
- ♦ Director-at-Large: OPEN POSITION
- ◆Director of Conventions and Conferences: Jesse G., Kyle, Texas, USA
- ♦ Director of Operations: Tai B., Phoenix, Arizona, USA
- ♦ WS Trustee: Karmen K., Milwaukee, WI, USA
- ♦ WS Office Trustee: Jonathan H., Phoenix, AZ, USA

CAWSO Personnel

- ♦ WSO Asst. Manager: Dawn S., Phoenix, AZ, Email: ast.mgr@ca.org
- ♦ Customer Service Representative: Ashley P., Phoenix, AZ, Email: customerservice@ca.org

NewsGram

♦ Editor: Kenny S., Toronto, Ontario, Canada Email: newsgram@ca.org

The NewsGram is a quarterly publication of the World Service Office of Cocaine Anonymous. This publication and all its contents are copyrighted by Cocaine Anonymous. Any unauthorized duplication or publication is prohibited. Send all requests through the C.A. website at **ca.org**.





Inside	
Article - Do You Believe In A Higher Power	1
Info - C.A. Trusted Servants & Table of Contents	2
Article - Do You Believe In A Higher Power	3
Info - CAWSO (Gratitude Month Flyer)	4
Articles—Yes, Period & Do You Believe In A	5
Info - LCF Committee Flyer (HFC III)	6
Info - Convention Committee Flyer	7
Info - Orlando Florida 2026 World Convention	8-10
Info - CAWSO (Merchandise Flyer)	11
Article - Archives Committee (Father Francis)	12-13
Article - Poem (Pitiful And Degraded)	14
Info - Unity Committee Report	15
Article - Poem (Life's A Blessing)	16
Info - LCF Committee Report	17
Article - Trustee's Corner (My First Year)	18
Info - Finance Committee Flyer (Freedom Fund)	19
Article - Belief In A Power Beyond My	20
Info - Deadline & Theme For Next Issue	21
Article - Poem (The Consequence Of Everything)	22
Info - Public Information Committee (Survey)	23
Articles - The Big Change & My God Exp	24
Info - NewsGram Information & Policy	25
Articles - Trustee's Corner (Blind Faith)	26
Info - Hospitals & Institutions Committee Report	27
Articles - In Shadows Deep & Do You Believe	28
Info - Information Technology Committee Flyer	29
Articles - Do You Believe In A & Yes Period	30
Info - C.A. Calendar Of Events	31
Info - 7th Tradition Donations (July - Sept / 25)	32



DO YOU BELIEVE IN A HIGHER POWER

Cyril D.L. Central Hong Kong

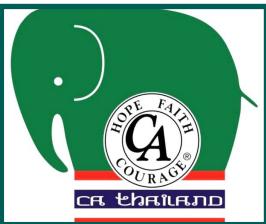
What it was like:

When I was 16 I nearly died from an overdose at a friends house, after I was sent home my parents could only watch me lying on the kitchen floor dying.

After I vowed countless times I told myself it would be the last time I party, I decided to take some drastic steps like cutting ties with two thirds of people that were toxic to me and my family.

I tried to run away from people who could trigger me to drink or use again. I got accepted into one university in Hong Kong, that was my way to escape from toxic people. I was a mess throughout college, I was barely surviving with voices in my head and my desire to drink or use. However, I claimed my seat at university and I worked hard like any other student.

My girlfriend at the time asked me to contact the counselling center, people there were very helpful and got me an appointment to see a psychiatrist at Kowloon public hospital. After doing an assessment I was diagnosed with schizophrenia, according to





doctors this diagnosis was caused by alcohol, mind altering substances and toxic people.

Medication stabilized me the next year or so and I eventually got a job in banking at 25. I worked long hours and even though I was more stable with medication I started drinking and using drugs again. I always looked online on the Cocaine Anonymous website and checked with my psychiatrist what to do about my addiction, but I never took action.

What happened:

Three years later I finally arrived at the Cocaine Anonymous Hong Kong Group on my knees begging for help. I immediately identified with people in Cocaine Anonymous sharing their own experience

and loved the people in that community so I decided to keep coming back, and it worked. I managed not to take any drugs or alcohol and I got my 30 days of abstinence.

People encouraged me to find a sponsor so I asked someone who was coming regularly, and who I was looking up to because he was not focusing on the problem of addiction but rather on the solution and the tools we could use. He became my sponsor and



taught me to have a routine in the morning that consisted of meditation, gratitude lists, sharing with other fellows, prayer and reading positive affirmations.

Soon after we started working the 12 Steps. The 12 Steps is a program that teaches you how to stay sober and clear the wreckage of our past because many people, especially loved ones, were affected by our behavior.

One day I abused some prescribed medication and woke up realizing I had drank the night before. For the next year and a half I struggled a lot between recovery and insanity. I blamed voices in my head for being responsible for my insanity and my life being unmanageable. Voices were disguised as God in my head for the power they had upon me, I kept coming back to meetings.

And what we are like now:

My sober date is now the 10th of October 2022. Even if I'm ungrateful most days I've understood that God is loving and compassionate.

Voices in my head are a challenge that God gave to me because he knew I could handle it. I'm accountable to my family one day at a time, I'm a proud member of Cocaine Anonymous, and I will keep being clean and sober one day at a time.

C.A. WORLD SERVICE OFFICE

THE QUALITY OF BEING THANKFUL; READINESS TO SHOW APPRECIATION FOR AND TO RETURN KINDNESS

Our primary purpose is to carry the message to the addict who still suffers, and certainly there are suffering addicts in all corners of the world.



givebutter.com/cagratitude

CRATITUDE MAINTH

Money donated during
Gratitude Month goes

Publishing & translating books, chips
Supports WS Conventions & WS

directly to Cocaine Anonymous World Service Office to help carry the message in important ways. Publishing & translating books, chips & literature
Supports WS Conventions & WS Conferences
Providing free books & literature to inmates
Support for new districts, areas & regions
Access to drug court conferences
Mailing free meeting starter kits

IN THE SPIRIT OF TRADITION 6, CA IS NOT ALLIED WITH ANY SECT, DENOMINATION, POLITICS OR INSTITUTION

YES, PERIOD

Max N. Frankfurt, Germany

Ich glaube an eine Höhere Macht, ich glaube an meine Höhere Macht, eine liebevolle Kraft, die manche Gott nennen, die Kraft, die mich in die Behandlungsräume getragen hat und mich seitdem clean und nüchtern hält.





Sie hat mir während der Qual des Aufhörens bewusst Steine in den Weg gelegt, damit ich leiden konnte, damit ich sah, dass es so nicht weitergehen konnte. Deshalb ist meine Höhere Macht auch eine Lehrerin. Ich habe das einmal in einem Treffen erzählt, als ich noch verwirrt und tief verzweifelt war.

Heute darf ich durch die Gnade dieser Höheren Macht Teil einer globalen, liebevollen Gemeinschaft sein. Einer Gemeinschaft, in der wir uns aufeinander verlassen, in der ich alte Bekannte aus aller Welt anrufen und mit ihnen sprechen kann, in der Neuankömmlinge mich erreichen können und in der Liebe und Toleranz unsere Leitprinzipien sind.

Und ja, ich glaube an diese Höhere Macht, die mich jeden Tag mehr Liebe und Toleranz lehrt. Und meine Botschaft ist: Startet mehr Treffen, in Deutschland werden zu wenige Treffen ins Leben gerufen.

Je mehr ich innerhalb und außerhalb der Gemeinschaft tue, desto tiefer wird meine Beziehung zu meiner Höheren Macht, denn ich bin nicht diese Höhere Macht, obwohl ich es mir einmal gewünscht habe, wieder zu sein, als ich Drogen nahm.





Und je mehr ich mich ihr hingebe und sie durch mich wirken lasse, desto mehr kann ich aus mir selbst herauskommen. Und mein Selbst ist der gefährlichste Ratgeber, den ich als Süchtiger haben kann. Mein Selbst, sich selbst überlassen, hat mich durch Drogen und Alkohol immer wieder fast umgebracht. Und deshalb bin ich zutiefst dankbar für diese Gemeinschaft und für die liebevolle Kraft, die mich dorthin getragen hat.

DO YOU BELIEVE IN A HIGHER POWER

Fraser W. Ayr, Scotland

As I'd started having a belief and faith in the God of Christ my sponsor encouraged me to buy a copy of it and read the Bible in one year, this was delivered in January 2024.

The first day I read it was January 6th, on this day God promises to give Abraham a son. Abraham was an old man when God made this promise. At 38 years of age at the time I could've been thought of as an old man to become a father for the first time. After reading this I spoke with my sponsor and told him I believed God was promising me a son, why else would or could it have been that specific message on the first day I read it?

On May 15, 2025 my son Elijah was born, healthy and happy, God keeps his promises and

absolutely nothing is impossible through God. We just have to keep connected.



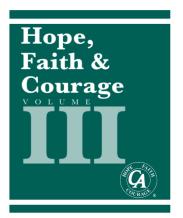


LITERATURE, CHIPS & FORMATS COMMITTEE

Your Story Matters!

The past years have transformed the way we carry the message. Many of us found recovery through online meetings during the pandemic. New voices have joined our Fellowship - millennials, Gen Z, people from every corner of the world, all sharing one common solution. Now it's time to capture these experiences in print.

The 3rd C.A. Storybook...



Together, we can carry the message further than ever before.

Submit your story by email to LCFHFC3SUBS@CA.ORG

Include a signed and dated

Member Submission Assignment
Available on ca.org

Approximately 2,500 words

Deadline January 1st, 2026

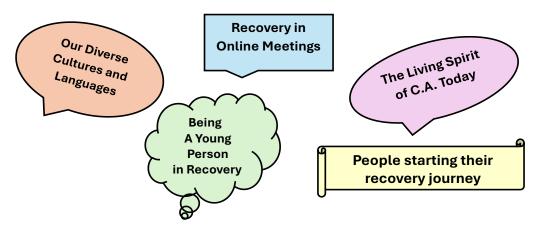
Be a part of C.A.'s written History!

...is gathering stories NOW!

Does someone need to hear what you went through? Sharing your story could help a struggling addict hear their own truth.

We're looking for stories that reflect today's Fellowship, and we need YOU to bring it to life!

Tell us about your experience with...



There's nothing more powerful than one addict talking to another - even in print!

CONVENTION COMMITTEE



2026 - Orlando, Florida, USA 2027 - Seattle, Washington, USA 2028 - Glasgow, Scotland

C.A. WORLD SERVICE CONVENTION

2026 ORLANDO, FLORIDA, USA

A Welcome Message from CAWS 2026 Chair

Justin C. Lakeland, Florida

The Cocaine Anonymous World Service 2026 Convention, "A Last Resort" takes place May 21-25, 2026, at the luxurious Caribe Royale resort in Orlando, Florida, located at the epicenter of Orlando's theme park and resort playground. This year's convention is hosted by the Florida Area of C.A., whose members have been working diligently in planning C.A.'s biggest party of the year where our worldwide Fellowship will gather together in Unity and celebration of our journey to recovery together.

The purpose of the C.A. World Service Convention is to carry the message to the addict who still suffers, promote enthusiasm and Unity within the Fellowship of Cocaine Anonymous, and financially support World Services effort to carry the message of C.A. across the globe. CAWS 26 will be opening the doors for hundreds of newcomers to attend through H&I scholarships so that they may be inspired and see that we absolutely insist on having fun in recovery.

Many of you attended CAWS 2013 "A Splash of Serenity" in Ft. Lauderdale, Florida, or some of our annual FACA Conventions. Those of you who have, are experienced in Florida's warm weather, serene natural beauty, and gracious hospitality. CAWS 2026 brings all this together again, plus more at a stunningly beautiful, tropical resort location. Orlando is also one of the most accessible cities by air with direct flights to over 160 locations worldwide. Getting here is a breeze and staying here is an experience!

Included below is a registration timeline. Regular registration will remain open until February 28th, 2026, after that date prices will increase. Also, many of the off-site events are space limited and will definitely sell out. The best way to ensure that you are able to secure your space is to go to our convention website, www.caws2026.org and register today.

At CAWS 2026, an exciting and engaging program of events awaits. Nightly live entertainment, elegant gourmet dining, unique local offsite events, on-site fun, and of course inspiring speakers, informative workshops and marathon meetings. I hope you'll join us along with many newcomers, long-time members, and all those arriving for the first time to hear C.A.'s message of Hope, Faith, and Courage.

Important Registration Dates

Regular Registration ends – February 28th, 2026, after that date prices will increase.

Late Registration ends – May 4th, 2026, all online registration closes, prices will increase.

On-site Registration – May 21st, 2026, on-site registration is limited to the Sabal (basic) Registration, and the Entertainment package. There will be no banquet, BBQ buffet, breakfast, or special event registrations on site

C.A. WORLD SERVICE CONVENTION

2026 ORLANDO, FLORIDA, USA

SPECIAL EVENTS PRESENTS OFFSITE FUN

FRIDAY EVENTS: 5/22/2026

GOLF

OLD TOWN TRIP

DISNEY SPRINGS TRIP

EPIC PADDLE BOARDING & KAYAKING



5K FUN RUN / WALK
KI RACING



BASS FISHING
PICKLEBALL TOURNAMENT
GATORLAND

Join us as we head offsite for some of Orlando's top attractions! Register now these will sell out!

REGISTER AT CAWS2026.ORG
PLEASE EMAIL SPECIAL EVENTS WITH
ANY QUESTIONS
SPECIAL.EVENTS@CAWS2026.ORG

C.A. WORLD SERVICE CONVENTION

2026 ORLANDO, FLORIDA, USA







May 21-25, 2026

Caribe Royale Resort - 8101 World Center Dr., Orlando, FL 32821

Registration Packages

<u>Sabal Package</u> - Marathon meetings, speaker meetings, workshops and basic entertainment, as well as \$5.00 in C.A. bucks to be used for memorabilia or auctions.

<u>Bismarck Package</u> - Includes everything in the **Sabal** Package plus Breakaway Breakfast, premium entertainment, as well as \$15.00 in C.A. bucks to be used for memorabilia or auctions.

Royal Package - Includes everything in the **Bismarck** Package, plus the Banquet and \$25.00 in C.A. bucks to be used for memorabilia or auctions.

All Special Events will be added on to the Registration Packages selected and will only be available through RegFox. Space is limited, first come; first served

Registration pricing in U.S. Dollars:

	<u>EARLY</u>	<u>REGULAR</u>	LAIE
Sabal -	\$115	\$125	\$140
Bismark -	\$205	\$220	\$245
Royal -	\$325	\$350	\$390

Important Registration Deadlines To Be Aware Of

Regular Registration ends – February 28th, 2026, after that date prices will increase

<u>Late Registration ends</u> – **May 4th, 2026**, all online registration closes

On-site Registration – May 21st, 2026, on-site registration opens and is limited to Day Passes and Daily

Entertainment tickets only.

- Registration & hotel booking links, contact, and all other info check out the website www.caws2026.org
- Paper registrations and registration related questions, please email: registration@caws2026.org
- Hotel related questions, please email: hotelliaison@caws2026.org

"In the spririt of Tradition Six, C.A. is not allied with any sect, denomination, politics, organization or institution." As such, Cocaine Anonymous World Services Convention 2026 and Cocaine Anonymous as a whole, does not endorse and is not affiliated with RegFox or the Caribe Royale.

C.A. WORLD SERVICE OFFICE

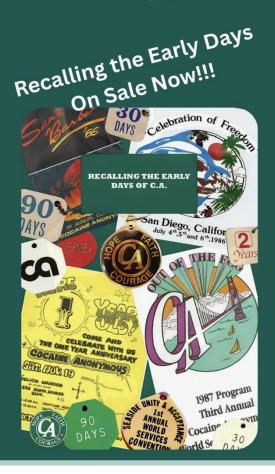
C.A. WORLD SERVICE OFFICE

There are a lot of changes going on over here at your office. We are working on implementing new software to keep up with the times – the Store being the visual difference. We know that change can be hard for our members, but these changes are being implemented with the fellowship in mind, bringing us into the future, and allowing us to grow as the fellowship grows.

Our hope is to continue to cultivate relationships with all our members, but especially our trusted servants needing to purchase chips and literature for all the different areas C.A. calls home. The office is staffed by members that know that the business of C.A. is a serious as our Recovery, but can be as welcoming and fun as our Fellowship.

We await your orders!

Visit the C.A. Store shop.ca.org Chips, literature, medallions, books and more!



The office staff want to thank all of you for your patience when placing orders on our new shop, we are learning a lot of new software to bring this place into this century.

Yep, it's change and it's gonna hurt - addicts just don't like change, even if they want it! Bear with us though, in the end it will benefit the fellowship has a whole - and our primary purpose is always in the front of our minds.

Remember, we are all members here and we truly understand your needs and your frustrations and are doing everything we can to keep you coming back!



ARCHIVES COMMITTEE

IN LOVING MEMORY OF FATHER FRANCIS

July 7, 1948 - July 20, 2024 (First C.A. Non-Addict Trustee)

Father Francis served a three-year term as our first non-addict trustee starting in October 1994. I had the privilege of meeting and visiting with Father Francis at the Saint Andrews Abby retreat two or three times a year. This was a C.A. retreat organized by Kent P. that had been going on for a long time and was in fact the location of the first C.A. Trustees business meeting that's talked about in our HFC book. Father Francis would give talks throughout the entire retreat on spirituality and recovery. He had an understanding that was unique and special to everyone that met him. I, like others, had one-on-one time with him, but just at the retreat.

Others knew him much longer and more deeply than I had so I thought to ask one of them to write the article that you're about to read. Our C.A. Archives can tell us stories and increase our sense of C.A. identity and help us to understand our Fellowship, both locally and globally. This dynamic not only focuses our C.A. identity, it also facilitates C.A. Unity. I am so very grateful to participate in this legacy.

(Chris W. Archives Committee)



A Year Later, A Tribute to a Beloved Friend, Mentor, and Spiritual Guide.

It's hard to believe it's been a year since Father Francis passed away, his loss is still fresh in so many hearts not just because of who he was but because of how deeply he showed up in the lives of others. For those of us in the Fellowship of Cocaine Anonymous his presence is still very much alive. In meetings, in conversations, in moments of silence or laughter we still feel him.

Father Francis wasn't just a visitor to our Fellowship he was part of its foundation. After returning from Africa, he took part in a key moment in C.A. history, the first Cocaine Anonymous business meeting held outside of Los Angeles. Wanting a quiet space to gather and reflect members chose St. Andrew's Abbey in Valyermo and it was there that Father Francis became woven into the spiritual fabric of this Fellowship.

From that moment on he walked with us, he wasn't in recovery himself, but he understood and loved the 12 Step Program. He saw its spiritual depth, its power and its beauty and he respected it so fully that he became the only non-addict trustee of Cocaine Anonymous, an honor he held with humility and deep commitment.

More Than a Priest

Father Francis wore many hats, priest, teacher, leader but to me and to so many of us he was more than that. He was a therapist, a spiritual advisor, a trusted confidant, and above all a friend, a true friend. The kind of friend who never left your side no matter how rough the road got.

He stood by me through some of the most meaningful and challenging moments of my life. He married me, he baptized my child, he helped bury my father, he supported me when I launched my business and was there every step of the way as I worked to rebuild my life one day at a time.

He didn't offer quick fixes, he listened, he was steady, wise, and compassionate. He reminded me again and again that I was never alone, not in my recovery, not in my relationships, and certainly not in my walk with God. I leaned on him more times than I can count and he never once made me feel like a burden; he was a pillar I could always return to.

(Continued on page 13)

ARCHIVES COMMITTEE

(Continued from page 12) And He Was Hilarious

Father Francis had a gift for many things but one that often gets overlooked was his sense of humor. He was funny, truly, he had this dry unexpected wit that could disarm even the tensest room. Just when things got too heavy he'd drop a one-liner that left us laughing for days. His humor wasn't loud or attention-seeking it was clever, well-timed and perfectly human. In rooms filled with pain and recovery his laughter reminded us that joy and sorrow can exist together, that you can cry and still smile, grieve and still laugh. That was part of his wisdom, knowing when to be serious and when to lighten the load.

A Spiritual Anchor in Our Fellowship

Father Francis brought a sacred stillness into every space he entered, whether he was speaking or just listening his presence was grounding. He had no interest in being at the center of attention he simply wanted to be where he could be of service. He believed that spirituality wasn't about performance it was about connection. He used to say, "It's not about religion, it's about relationship" and he lived that every day.

His relationship with God was quiet, real, and full of trust. He gently encouraged others to seek that relationship too on their own terms in their own way, he never judged someone's story, he never measured anyone by their mistakes. He had a way of seeing through the surface and recognizing the goodness buried underneath, that's why so many of us trusted him not just with our questions but with our pain. He made us feel safe, seen, and accepted.

He Changed Lives

Father Francis didn't just influence my recovery he shaped my life. He helped me find my footing not just in sobriety but as a husband, a father, and a man of faith. He believed in me when I didn't yet know how to believe in myself. He stood by me when I struggled and he celebrated with me when I succeeded. He was more than someone I admired he was someone I loved deeply, he was my best friend.

His love wasn't performative it was quiet and constant, he made time, he followed up, he prayed for me, he laughed with me. He reminded me what it meant to be a man of integrity and grace.

For all of us who knew him the loss runs deep but so does the gratitude, we are better because he was in our lives. Our Fellowship is stronger, our spirits steadier, and our paths more grounded because Father Francis walked beside us.

His Presence Endures

Even now a year later his influence lives on. It's in the silence before a meeting starts, it's in the way we pause to pray, it's in the patience we offer newcomers and the wisdom we share from experience.



It's in the jokes we still tell about him and the comfort we feel when we remember his laugh. He's with us when we sit with someone in pain and he's with us when we celebrate someone's sober birthday. He's with us in the strength we lend each other, the forgiveness we learn to give, and the hope we continue to carry. Father Francis reminded us that God never stops loving us and neither did he.

Thank You, Father Francis

Thank you for showing up at St. Andrew's Abbey and saying yes to a calling that extended far beyond your parish. Thank you for giving so freely to the Fellowship, to individuals, to friends like me. Thank you for your prayers, your wisdom, your humor, and your unfailing belief in grace. Thank you for being the hands and heart of God in our lives, you are deeply missed but you are not gone.

You live on in the people you loved, the lives you touched, and the Fellowship that still carries your spirit forward, with love, with gratitude, and with faith. (Kent P. – Laguna Beach, CA, USA)

A POEM

By Samuel P. Plymouth, Devon, England

Pitiful and degraded Self-pitying and embarrassed

I don't enter the rooms I fall in battered and bruised In a state and bemused

I drew deep on the pipe There was no hype

There was no gold at the end of my descent into madness Chasing the idea that I can control and conquer

They'll whisper in my ear while death creeps in All I know now is sin

All I can think is regret and damage done How long do I have When will this end Will I leave cold and alone The drone of the call in my ears pulling me down I'm being dragged to hell

Robotic legs and robotic mind One track thoughts they don't seem kind



Crack!!
I snapped, I broke, I smoke
Then one night in this malady of spiritual ritual
I'm pulled into the beyond
Like a pond, a sea, an expanse of liquid star dust

The tendrils of light come to me Then I see How can this be? What a disgrace like me?

I have no place in spirituality
Or religious experience
I gaze in awe and her majesty
Her divine presence washing over me
She talks some cool and collected
I am but a spec on reality
She says "do you think me cruel?"

What can I say? Can I have another day? Another way?

Can I heal my degraded mind She tries to be kind

No no no how could I accept I am not worthy I am guilty But clever girl

She has a plan I thought I had a ban

But now I know that these thoughts I have they are now me
They creep in and make their home

But I see more than their ways for my mission I'm given a message to pass on A conversation it must be done
They'll come and find me for their healing

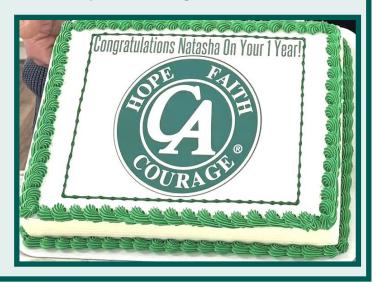
And we'll rejoice at the alter For we will not falter

We will endure We will have some more

Of the days that make us feel alive For God says if you strive You will survive

You'll do my work You'll find your way And one day You can say

I've been through hell and here I am Recovered reject with God's plan.



UNITY COMMITTEE

Having just returned from the 2025 World Service Conference in Texas, I am struck once again by the extraordinary power of our Fellowship united. The Conference is without question one of the greatest demonstrations of Unity that Cocaine Anonymous could ever offer.

Members from all four corners of the globe gathered together in the spirit of love and Service. It was moving to witness how our diversity is truly our strength. People from different cultures, backgrounds, with wildly varying life experiences working side by side with one primary purpose, **to help the addict who still suffers.**



We are absolutely delighted to unveil the 2026 "Celebrate Around the World" logo. A symbol of our global Fellowship connected across continents by Unity, Service, and recovery. The logo will be available to download shortly from ca.org.

The invitation to submit your designs for 2027 "Celebrate around the World" will be launched imminently. Please contact your Delegates for more information.

We are also thrilled to share that a brand new Unity Resource Bank is underway and will soon be available on the ca.org website. Watch this space !!!

In addition we continue to host monthly European Community Connection calls on the first Sunday of each month. These gatherings are a wonderful opportunity to connect, share, and grow together. For details on how to join please contact us at unity@ca.org. We are excited about the possibility of extending this initiative to our North American Fellowship in the near future.

If you have any Unity-related questions, ideas, or inspirations, we would love to hear from you, unity@ca.org.

Together, in Unity, we truly are stronger.

In Love, Unity and Service.

CAWSC 2026 Unity Committee

LIFE'S A BLESSING

Mark E. Glasgow, Scotland, UK

We relate to the same pain,
Yet we keep playing the exact same game,
Don't need to know your name to relate to the same shame,
Burning down different bridges with the same flames,
Different fires, different names, same pains.

I heard the word concede lately, it got me thinking lived a bad life for so long barely blinking, Hooked on drugs, Hooked on pain, living that life will only end one way.

Take your mask off, life on life's terms, that's what's asked for, Take 12 Steps forward not 12 Steps back, if you wanna keep repeating then you're on the wrong track.

> My cocaine, my resentments and me, each day feeling like an eternity, Just wishing for sobriety, for a long lost family I didn't know belonged to me.

I had to admit that I had no control, in a life I couldn't manage, Things going so fast in a life that never slowed.

I reached out in my unbearable hour to a thing I didn't believe, a Higher Power, That decision I made that helps me find myself each and every day, Same decision I made to cease a lifetime of decay.

You see I've played my life like a game of cards sure I've met a few diamonds but they've broke my heart, Cause I've got a fear of fear, a fear of you, a fear that one day I'll never be part of two,

Just me, no you, abandoned like before, just me, never you, not two.

I think you need to search without fear, tell no lies, the exact nature of our wrongs can't be hidden or disguised, Got to be ready to have that God in your life remove them defects you've been hiding in your mind.

Make a list of those you've harmed only when truly ready to lay down your arms,
Make amends,
I recommend not to pretend, your inventory must be voluntary never momentary.

I'm sorry for the hurt that I've caused,
The pain you felt, emotions it cost,
Not a day goes bye that I don't regret what I lost,
Those lines I crossed.

I still remember that first line, no instructions, no precautions, leading to a life of distortion, Devotion to a poison potion, no emotions, living a life with no caution, just commotion, Progression, stressing, day after day forgetting.

But it ain't about the starting it's about the ending, these 12 Steps came as a blessing, right now I'm doing my sentence just waiting to make my new life's grand entrance.

How long do we reminisce, tell it like it wasn't as bad and dismiss, If you ask me that's fear, reason I know is cause I'm here, I feel that fear, I know that pain, I relate because we're just the same.

You can't pause life or hit rewind, so I'm done playing before I'm outta time.

Stuart, Shotts Prison

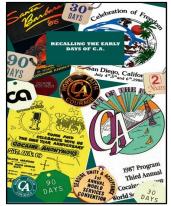
LITERATURE, CHIPS & FORMATS COMMITTEE

LCF: Carrying the C.A. Message Together

By Nadz L. – LCF Chairperson

When I think about the work of the Literature, Chips, and Formats (LCF) Committee, what comes to mind is how our Fellowship's message of hope, faith, and courage is carried through words, chips, and meeting formats. These may look like simple tools — a pamphlet in someone's hand, a chip marking a milestone, a format that guides a meeting — but they hold the power to reach the addict who still suffers inside and outside the rooms of C.A.

This year's World Service Conference was my first time presenting LCF's work from the podium as Chairperson. I'll be honest — I was nervous. But the encouragement of the committee and the unity of the Fellowship lifted me. It reminded me that this work is a shared effort, and I'm deeply grateful for the privilege of serving alongside such dedicated members. While not all motions presented passed, the thoughtful discussions and feedback we received were invaluable.



With the completion of Recalling the Early Days of Cocaine Anonymous, now in the hands of the World Service Office for publication, our eyes are set on the future. LCF is moving forward with three book projects, Hope, Faith, and Courage Volume III, In Light of Our Experience (C.A. 12 Steps and 12 Traditions), and The Twelve Traditions and Twelve Concepts Illustrated. In addition, we will revisit some of the Concepts presented at Conference ("Multiple Years" chip, "Managing Medical Condition" and "Create Your Own Meeting Format Guide"). Finally, In collaboration with the WSO, WSOB, and WSBT, we will continue to improve our Guidelines.

We welcomed new members to LCF, along with a new Vice-Chairperson and Co-Secretary. But we're always looking for new members to join us in this service. You don't need to be a writer or editor — just willing. Your voice matters. This is an immensely rewarding way to give back to the Fellowship that saved our lives. If you're interested, please reach out through the World Service Office or by email at lcf@ca.org. And if joining the committee isn't possible right now, you can still contribute by submitting new ideas for literature, chips, or formats via referral.

None of this is possible without you. Thank you for helping us carry the message of Cocaine Anonymous around the world.

The LCF Committee meets the 3rd Sunday of every month at 10 AM West Coast – 1 PM East Coast – 6 PM UK – 7 PM Europe

Meeting ID: 881 4761 4236 Passcode: lcf

C.A. WORLD SERVICE

TRUSTEE'S CORNER

MY FIRST YEAR AS A TRUSTEE

Tina R. - Midwest Regional Trustee Milwaukee, Wisconsin, USA

Taking on the role of trustee for the first time is both an honor and a significant responsibility. As I reflect on my first year I am filled with a sense of accomplishment, gratitude, and humility. This year has been a journey of learning, adapting, and serving.

When I began my term, I was excited but also a bit apprehensive, one of the first challenges I faced was navigating the established dynamics of the board. Understanding the unique perspectives, motivations, and expertise of each trustee was key. Building relationships and finding my voice in discussions took time but I found that listening carefully and preparing thoroughly for meetings helped me gain confidence and contribute meaningfully. Among the most valuable lessons was the importance of asking thoughtful questions and maintaining transparency.

No first year is without its difficulties, adapting to the time commitment required for meetings and committee work was challenging. Balancing my trustee duties with work and family obligations required careful planning and at times, sacrifice. Additionally some decisions were particularly difficult, especially when opinions differed sharply among board members. In these moments I learned the importance of compromise and keeping C.A.'s purpose at the center of every decision.

As I move into my second year I am energized by the lessons I have learned. I know there will be new challenges ahead but I feel better equipped to face them with resilience and a collaborative spirit.

My first year as a trustee has been transformative both personally and spiritually. I am grateful for the trust placed in me and for the opportunity to serve. I look forward to building on this foundation and contributing to the ongoing success of C.A. as a whole.



FINANCE COMMITTEE



BELIEF IN A POWER BEYOND MY UNDERSTANDING

Jacqueline T.

St. Catharines, Ontario, Canada

At face value I wasn't sure how to believe in something inside of myself, let alone a Higher Power, something larger than life, something beyond my imagination or comprehension.

Life itself became something more complex than just a simple belief. I believe that the substances and alcohol made me feel better, it was a best friend that was there for me anytime I needed it. No matter the lows or highs in those situations, it was the places and people it would bring in my life, sometimes for a moment, a little while or even for a lifetime.





I was dependent on something that filled the void, that gave me no purpose, or at the time I thought gave me a chance to have a purpose. That was because I was deeply living in a malady of existence that drove me insane. Loss of words, hope, love, courage, wisdom, compassion, kindness, resiliency, for myself and others.

I was demoralized between self pity and despair that no human power could save me let alone help me. Not because I didn't want the help, because it was just enabling those attributes of disease, and disempowering me with codependency. It drove me more insanely delusional that this is how life was mentally unstable and how I was designed to live.

Even the truth, that was the egoistic version that kept me sick, depressed, angry, fearful, dazed and confused. Delusional that this was designed for me for the highest and greatest good. That being all these were my true nature, that was far from the truth because I had to be ready.

With all of this I knew I had to surrender to give up what was not working and give this design for living a try. Trying it and living it gave me a sensation of purpose being accepted and armed with the facts about myself, the most powerful force was that belief of a Higher Power. That sense of believing had me trusting something unknown, inexpensive, an unconditional love.

This was brand new for me in the way it



described God in the book, a spiritual basis of awakening to the God Consciousness, living in the 4th dimension of reality. Those concepts were extraordinarily difficult for me because based on what I knew I had to drop all concepts of contemporary investigation to God, Spirituality and Consciousness. Because I had to open up and have the willingness to be a conduit as God's agent, all of us have these superhuman qualities, it is all within our innate abilities. This gave me the openness to be ready and willing to go to any lengths.

To do the work, share the work, live the work, give it back to others while they do the work, this is a program of action and more action and not to be a martyr and rest on our laurels. The work is a design for living that gives life back to yourself and everyone you come into contact with. Individuals deserve to live their best life and to believe in a Higher Power, it's not about just a desire it's about being it in every area of life.

I am super grateful for the one belief, to believe in something unseen, yet I saw it in others without reservation to give it to me, to believe in something that was not tangible in the beginning. Now, believing in a Higher Power is very palpable, and permeates every fibre of my being because I allow God to use me as an instrument of divine love and grace.

To say I believe in something greater than myself is orchestrating every facet of my life I would have to say wholeheartedly it does in every area. That gives me so much appreciation to give back what was so freely given to me by this Fellowship, men, women, family of light, and the big book that has changed me for the best.

I was able to accept and acknowledge this true love within especially without proof, life is a series of miracles because we are all One.



C.A. WORLD SERVICE OFFICE - NEWSGRAM

FROM THE EDITOR

The NewsGram is a C.A. publication featuring articles etc. from our worldwide C.A. Fellowship. You can submit small items of 1 or 2 lines up to articles with a maximum of 1100 words. Published quarterly it also features various world committee reports & flyers, WSO & WSBT information as well as event and donation information.

To submit an article go to our website homepage at ca.org, click on NewsGram, and follow the instructions provided.

The suggested theme for our next issue is:

Weathering The Storm, How Do You Survive?

(Although any article related to recovery may be submitted)

The deadline for submissions is

December 15, 2025

Newsgram@ca.org

THE CONSEQUENCE OF EVERYTHING

Andrew N.
North Somerset, England

The consequence of everything, Alongside all of the shame, Has been so all consuming, I've locked that box again,

That's always been my answer, Just to buy another day, Serving others with a smile, To make them think I was okay,

The truth is that I'm terrified, Of the man behind the mask, The avoidance of the question, I've been too afraid to ask,

I've drowned it in distractions, And I've dressed it up in pride, But the person in the mirror, Still sees through what I hide,

There's comfort in the chaos, In the numbness I embrace, But healing doesn't whisper, Til it's stared me in the face,

So now I'm slowly learning, That the pain won't disappear, But maybe I can face it, By fuelling strength with all the fear, I used to chase the silence, Like a refuge from the storm, But now I hear a whisper, That there's power in reform,

I've reached out through the dark, With a trembling open hand, And found that I'm not broken, Just in need of where I stand,

The weight I've carried inward, Doesn't vanish overnight, But piece by piece its lifting, In the presence of the light,

Forgiveness isn't easy, When the scars still feel so near, But grace has found a foothold, In the cracks I used to fear,

I'm not the sum of damage, Or the years that slipped away, There's beauty in becoming, Who I fought so hard to save,

So here I am still healing, With the past I can't erase, But now I walk with purpose, And a heart that holds its place.

PUBLIC INFORMATION COMMITTEE

Please take a few minutes to complete the World Service Committee Public Information Survey:

pi.ca.org/survey

For information about why the survey is a useful tool for PI see:

https://pi.ca.org/fact-file-survey/



WORLD SERVICE COMMITTEE
PUBLIC INFORMATION SURVEY



Please take a few minutes to complete the Survey: pi.ca.org/survey

THE BIG CHANGE: BREAKING FREE FROM ADDICTION

Tashan S.Y.
Potters Bar, England

There are moments in life when we decide that enough is enough, moments that demand a big change. These are the turning points when we confront ourselves, our habits, and our patterns, and decide that the life we're living isn't the one we want to keep.

Making a big change is never easy, it comes with uncertainty, fear, and struggle, but it also carries the potential to reshape our lives and even the lives of those around us.

When it comes to addiction whether it's substances, habits, or destructive patterns these moments of change are critical.

Understanding why we want to make a change is the first step. Sometimes it's the desire for better health, the need for clarity, the hope of rebuilding relationships or simply the yearning to regain control over our lives. The "why" is personal but it must be powerful enough to guide us through the inevitable challenges. The process of change is rarely linear, I've faced my own battles with breaking habits and I know how hard it can be. There are days when progress feels impossible and moments when old patterns seem to whisper tempting you back. But change is possible when we approach it with honesty, strategy, and patience.

One method I've found particularly helpful is

what I call "passing the addiction." This doesn't mean replacing one addiction with another mindlessly but rather consciously redirecting your focus. When trying to break a habit your mind often clings to it obsessing over the cravings and the moments you've missed. Instead, actively shift your attention to new habits or healthier routines. By immersing yourself in these alternatives you give your mind something positive to hold onto while gradually loosening the grip of the old habit. It's about creating space for growth rather than fixating on what you're leaving behind, the impact of these changes extends beyond the individual.

As we confront our addictions and work to transform ourselves we influence our relationships, our work and the way we engage with the world. The journey is challenging but each step toward change fosters resilience, self-awareness, and freedom.

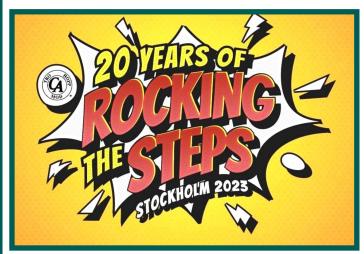
Breaking free from addiction isn't a single event it's a series of conscious choices sometimes small and sometimes monumental. It's about facing the discomfort, leaning into the struggle and trusting that each effort to change brings you closer to a better life.

And in those moments when you finally feel the weight lift, you'll see the profound ripple effect of the choice you made, the big change that reshaped your life.

MY GOD EXPERIENCE

Sophie B. Bradford-On-Avon, England

I came into recovery firmly believing that God as I had interpreted it was fiction, but I had an experience!



During my second go at recovery, doing it without reservation I had an overwhelming feeling I was no longer alone or separate. All my life I felt different and never "part of" even in my own family who loved me.

The day I had my experience I was in a field just looking around and it happened. This absolute feeling of being connected to everybody and everything, I was no longer alone and it was immense.

Although it's not always as intense as that day I still have an absolute sense of God (there I said it) within me! It's solid and dependable and gives me what I need to be a fully functioning human. I no longer feel less than, not good enough or totally separate.

I don't believe in God, I feel it!!!

How To Submit An Article To The NewsGram

- Go to the C.A. website homepage at ca.org,
- Scroll down until you see the "NewsGram" button,
- Click on "NewsGram" and follow the simple directions,
 - Don't forget to click the "Permission Release Box ".

How To View The NewsGram

- Go to the C.A. website homepage at ca.org and scroll down the left side,
 - Click on "For Our Membership" and follow the directions, OR,
- Go to the C.A. website homepage at ca.org and scroll down the right side,
 - Look for the "NewsGram Advertisement",
- At the bottom of the advertisement click on "Download the latest issue".

NewsGram@ca.org

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 editor relys 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 of 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 different issues, nor to prevent 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 editor 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.

C.A. WORLD SERVICE

TRUSTEE'S CORNER

BLIND FAITH

Gary P. - Trustee At Large Marysville, Washington, USA

In the early days of recovery, one of the hardest things to hold onto and build is faith, especially when the road ahead is uncertain. For many that faith is tested not only by addiction itself but by life's unexpected trials and tragedies.

For myself blind faith became more than just a phrase, it was a lifeline. I recall being taken to jail and not fully understanding why. Confused and discouraged I chose to believe that God had a plan, even if that plan was none of his business at the time. "I didn't know why I was there but I went on blind faith that God had put me there for a reason." The reason soon revealed itself, my cellmate after being released came to a Cocaine Anonymous meeting. That simple connection gave me proof that God was working behind the scenes, that there was purpose in my struggle. "It gave me the faith I needed to know God always had my back."

But the journey didn't end there, in a moment of personal tragedy when I thought I had everything under control and told no one, God once again showed up, this time through the people in my life. My sponsee, placed on my path at exactly the right moment became a source of strength and comfort. "I realized I wasn't walking this path alone, God placed him there for me when I needed him most."

These experiences remind me that recovery isn't just about staying clean it's about learning to trust a Higher Power, especially when the road seems dark and the answers aren't clear. For myself blind faith transformed from a frightening leap into a foundation of hope. "Even when I couldn't see the way forward, God always did."

And looking back now I see how each trial, each obstacle, and each moment of blind faith fit perfectly into the bigger picture. Living life forward required faith without answers but understanding life backward revealed God's fingerprints all along the way. Spiritually that realization is the gift and trusting that the plan is already written, even when we can't read it in the moment.



HOSPITALS & INSTITUTIONS COMMITTEE

H and I After Conference Report

Candice I. – Vice-Chair Lethbridge, Alberta, Canada

Hello my name is Candice, the past 2 years I have had the pleasure of serving on the Hospitals and Institution Committee as the Vice-Chair.

This past year at Conference we saw this committee grow substantially in size, the benefits of this are huge. The sub-committees all have some great support from not only Booker and myself but also from these new members.

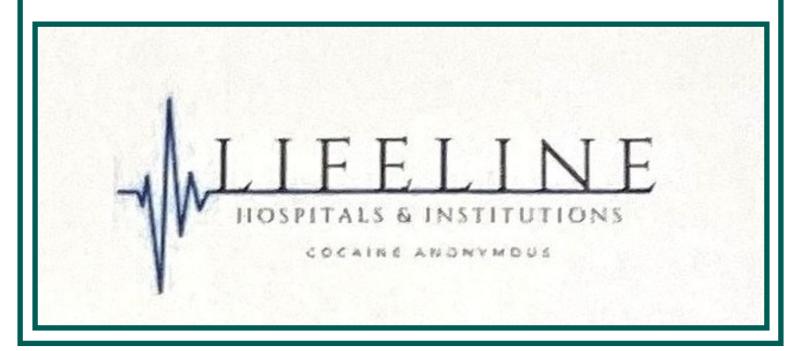
The H and I Committee was able to present 2 motions to the floor, both these motions passed, the first being the Lifeline letter. This allows the World Committee to send out a letter to H and I Chairs/Area Chairs so they can be better informed on what Lifeline is and hopefully utilize this. The distribution of this letter to the Fellowship should start shortly, we encourage Areas to start utilizing the Lifeline if they are not doing so yet, this will help C.A. reach out to the still suffering and offer recovery on a larger scale.

The second motion was the H and I survey with questions pertaining to how H and I is working in your area, what is working and isn't, and much more. It allows the World Committee to help the Area H and I Committees with new resources or where it should be focusing to help the Fellowship better carry the message inside Hospitals, Institutions and the like.

As for a personal experience with Conference on a grand scale it's always emotional to see the amount of dedication the members that attend have. Seeing the protection of the Fellowship, how to best serve the addicts that haven't found the solution, as well as how to best support the Area/District Subcommittees.

Coming from a small district it's great to see there is such a large amount of support that we can tap into if we are in need of assistance or guidance in any area of C.A. There is also something beautiful in watching the excitement coming from the subcommittees as they approach the podium, present what they have been working on throughout the year between conference and bring their motions forward that will help them best serve the Fellowship.

Even if a motion doesn't pass they show humility and find a way to grow from the input that was given from the floor.



IN SHADOWS DEEP

Andrew N.
North Somerset, England

In shadows deep, the caterpillar crawls,
Through tangled leaves where sunlight barely falls,
With each small step, a world of trials faced,
A journey marked by struggle and by haste,

Tith whispered winds, the doubts begin to swell,
A fragile heart bound tight within its shell,
Yet perseverance fuels the silent fight,
As dreams take wing and yearn for soaring flight,

In time, the cloak of darkness starts to fray, Emerging bright, it casts the past away, Transformed, it flutters on the breeze anew, A testament to all it dared to do.

DO YOU BELIEVE IN A HIGHER POWER

Clara S. Washington, USA

I believe there is a spiritual world that I can't see such as ancestors' angels, a creator, energy. I believe he has been actively working in my life I just wasn't fully present to witness the miracles.

I believe in prayer is my time to speak and meditation is being fully connected to the mind, body and spirit to listen.

I used to have a hard time in believing in something you can't see until I had seen the creator working through people. Signs from nature and all the miracles, I was never alone even when I felt alone. Being able to come to the realization that it is also something that you feel, a sense of connection of a spiritual experience, whether It'd be from the universe or a higher vibration.

I believe that a Higher Power is a source of strength



and guidance where you are interconnectedbetween the physical and spiritual world. There was a time where I had relied on the stars and the moon and my ancestors at such a young age in being my Higher Power.

INFORMATION TECHNOLOGY COMMITTEE



Onboard with your meetings in the C.A. Mobile App

Here's how:

- Select or elect a trusted servant to be responsible
- Contact the World Service Conference IT Committee at <u>itcommittee@ca.org</u> to get login credentials for your Area.
- Follow the instructions to add your meetings it.ca.org/meeting-finder

Thank you for allowing us to be of service !!!

The C.A. App is in the Apple Store and Google Play!

Go to - it.ca.org to open a link to the App or look for C.A. Meetings.

We are asking each Area of Cocaine Anonymous to appoint or elect ONE point person to follow the process to input and maintain your meeting information.

No programming skill is required, but some computer savvy with data entry would be helpful. This individual may currently be in Area service, or this may be an entirely new service position within your service structure.

Once your meeting information is uploaded into the database, it can be easily updated at any time. The meeting data can also be used on your Area's website.

Please visit the IT Committee website for more information or email us.

In the Spirit of Tradition Six, C.A. is not allied with any sect, denomination, politics, organization, or institution.

DO YOU BELIEVE IN A HIGHER POWER

Albina K. Kew Gardens, New York, USA

Yes, I absolutely believe in a higher power, whom I choose to call God. My faith has been one of the few constants in my life grounding me through pain, grief, and recovery. While I've never been a traditionally religious person I've always considered myself spiritual. I even joke sometimes that I was a "good Catholic girl" growing up mostly because I really was. Faith came naturally to me and I never struggled with the idea of believing in something I couldn't see, if anything it gave me peace.

When my mother passed away in 1998, I found myself drawn to the quiet beauty of St. Patrick's Cathedral in New York. I worked nearby at the time and during lunch hours I would walk to the church, sit silently in the pews, and pray, those moments of stillness and surrender gave me the strength to keep going. I was struggling deeply and even became suicidal, but my faith became a refuge, it didn't magically erase the pain but it reminded me that I wasn't alone.

Then in 2003 my father died, his loss brought

on a deep depression that lasted two and a half years. Again, it was my faith that carried me through. I didn't have to understand why things were happening the way they were I just had to believe that there was something greater than me, holding me up when I couldn't stand on my own. That belief became a light in the darkness reminding me that hope was still possible.

In Cocaine Anonymous we talk about coming to believe in a power greater than ourselves, for me that belief was already there it was just waiting for me to lean into it.

My journey hasn't been perfect but it's been real. I believe in a Higher Power that is loving patient and always there even when I feel lost and when I look back I see clearly that I was never alone.

Faith to me isn't about rules or rituals it's about relationship. It's about knowing I can turn to my higher power at any time, in any place, and be met with grace. That belief has saved my life more than once, and for that I am forever grateful.

YES, PERIOD

Max N. Frankfurt, Germany

I believe in a Higher Power, I believe in my Higher Power, a loving force that some call God, the power that carried me into the rooms of recovery and has kept me clean and sober ever since.

Deliberately placing obstacles in my path during the agony of quitting so I would suffer, so I would see it cannot go on like this, that's why my Higher Power is also a teacher. I once shared this in a meeting back when I was still confused and in deep despair.

Today by the grace of that Higher Power I get to be part of a global loving Fellowship. A Fellowship where we rely on one another, where I can call oldtimers from all over the world and speak with them, where newcomers can reach out to me, and where love and tolerance are our guiding principles.

And so yes I believe in this Higher Power, one that teaches me more and more love and tolerance each day. And my message is this, start more meetings, too few meetings are being started in Germany.

The more I do both inside and outside the Fellowship the deeper my relationship with my Higher Power becomes because I am not that Higher

Power, even though I once wanted to be back when I was using.

And the more I surrender to it and let it work through me the more I am able to get out of myself, and my self is the most dangerous advisor I can have as an addict. My self left to its own devices have nearly killed me time and again through drugs and alcohol. And that is why I am deeply, deeply grateful for this Fellowship and for the loving force that carried me into it.



C.A. CALENDAR OF EVENTS

October 24 - 26, 2025

Arkansas Area Convention

LOCATION

Four Points by Sheraton Hotel

925 South University Avenue, Little Rock, Arkansas, USA

October 24 - 26, 2025

C.A. of Colorado Convention

LOCATION

Double Tree by Hilton Denver Cherry Creek

455 S. colorado Blvd. Denver, CO 80246

October 31 - November 2, 2025

Midwest Regional Convention

LOCATION

The Omaha Comfort Inn & Suites Central

7007 Grover St., Omaha NE. 68106

January 16 - 18, 2026

Cocaine Anonymous Philly Area Convention
LOCATION

Radisson Hotel Philadelphia Northwest

2400 Old Lincoln Highway, Trevose, PA 19053

February 20 - 22, 2026

30th Annual N.E.O.D.C.C.A. Unity Convention LOCATION

Quality Inn and Suites Richfield

4742 Brecksville Road, Richfield, Ohio 44286

March 20 - 22, 2026

European Regional Convention 2026

LOCATION

Royal Marine Hotel

Dun Laoghaire, Dublin, A96 K063, Ireland



CAWS 2026 ORIANDO

Fundraising needs your help! We now have a donation platform setup where you can make donations to help with the fundraising efforts. As a thank you to those that make a donation of \$100 or more leading up to the convention will receive a personalized thank you gift that will be claimed at the Memorabilia Table at the 2026 CAWS convention.

https://givebutter.com/CAWS2026

in the spirit of Tradition Six, "C.A." is not allied with any sect, denomination, politic: organization or instituion."





CALLING ALL MEMBERS!

Help support CAWS 2026 by donating a basket

Baskets can be donated by members, groups, districts, or areas.

Just select your basket's theme, collect and box the items, and ship
them to us!

CAWS 2026 will supply the basket and prepare it on site.

Email for Shipping:

Baskets@caws2026.org

C.A. 7th Tradition Donations - 3rd Quarter 2025

Location		Area / Groups]	<u>Donatio</u>
Asia	Thailand	Thalong Group of C.A.	\$	50.0
Europe	Sweden	Sweden Area HFC	\$	5,125.
	Denmark	C.A. Denmark	\$	379.
	Netherlands	Dutch Online District	\$	50.
United Kingdom	England	Kent District	\$	1,040.
		London	\$	6,477
		North London District	\$	1,646
		South Central District	\$	2,332.
		Southwest UK	\$	2,570
	Caadland	West London District	\$	3,914
Inited States	Scotland Arizona	Scotland Area Arizona Area	<u>\$</u>	994.
inted States	Arizona		\$ \$	8,500
		Birds of a Feather	\$ \$	55 209
	California	SNL Group CA on a Mission	\$ \$	100
	Camornia	Came to Believe	\$ \$	200
		Free at Last	\$ \$	200
		Hot Topics SFVCA	\$ \$	18
		Inland Empire Area Service Committee	\$ \$	1,452
		Long Beach Compton	\$	437
		Northbay Service Group	\$	300
		OCCA	\$	200
		One Puff too Tough	\$	500
		San Diego Area	\$	499
		Sisters in Sobriety	\$	30
		WIECA	\$	100
	Florida	Florida Area C.A. Inc. SWFL District	\$	150
	Georgia	Beyond Human Aid	\$	25
	ovurg	MACAI	\$	44
	Illinois	C.AIACA Inc. IL	\$	300
		Forever Free	\$	400
		Honeymooners	\$	40
	Kansas	Kansas Area C.A. Inc.	\$	1,000
	Massechusets	Mass Area of Cocaine Anonymous	\$	205
	Nebraska	Monday Night Miracles	\$	441
	New Jersey	New Jersey District	\$	500
	· ·	Speedball to Recovery	\$	128
	New York	New Life at the Oaks	\$	50
		Progress not Perfection	\$	250
) (T		Solution at the Annex Meeting	\$	150
		The Last Straw CANY (Queens)	\$	75
		The One at My House	\$	24
		There is a Solution	\$	75.
	North Carolina	Wednesday Night Meeting, Charlotte	\$	33
	Ohio	Mid Week Serenity	\$	800
	Oregon	C.A. of Oregon	\$	300
	Tennessee	Nashville District	\$	250.
		Off the Rocks	\$	101
	Texas	Heart & Soul Sisters, Austin	\$	50
	Wisconsin	Cocaine anonymous of Wisconsin	\$	90.
Online Service Area		Daily Reprieve	\$	105
		Step Up Big Book Study	\$	162
		12 Steps for Life	\$	36
Aember Donation	S	CAWSO 7 th Traditon	\$	61.
		Freedom Fund (Member donations)	\$	7,612