



NewsGram

QUARTERLY
NEWSLETTER
Q3 2026



The Journey to 'A Last Resort'

By Justin C, Chair - CAWS 2026

From May 21 through May 25, 2026, the Florida Area of Cocaine Anonymous had the honor of hosting the C.A. 2026 World Service Convention (CAWS 2026) in Orlando, Florida. Tens of thousands of hours of talent, love, and service culminated in an experience shared by more than seven hundred Fellows and newcomers over the course of one unforgettable weekend. While the journey was challenging and, at times, stressful, it was far more rewarding, and we certainly had a lot of fun along the way. What follows is my account of that journey. In 2022, we learned from our Area Delegates that during the 2022 C.A. World Service Conference (WSC), no Area had submitted a bid to host the 2026 CAWS Convention. There was a group of us among the Area trusted servants who had served together both on the Area Service Board in various positions and on recent Area conventions. The question naturally arose: Could we successfully host a CAWS Convention?

The Florida Area had previously hosted the memorable and successful CAWS 2013 Convention, "A Splash of Serenity," and two among us had served on that convention. The idea was brought to all 8 Florida Districts, and at the next Area meeting there was agreement and commitment, resulting in a motion to form an ad hoc committee to create a bid for

presentation at CAWS 2023. A symbolic voice vote was called on the motion, and the result was a unanimous "YEA!" We had approximately five months to put together the bid. Priority was placed on finding a suitable location in a state filled with outstanding hotels and destinations. Even with the many options available throughout the Area, we had to keep in mind the factors vital to the success of a CAWS Convention. We sought a property that met the room inventory requirements outlined in the guidelines, provided sufficient meeting space, offered affordable room rates comparable to recent CAWS conventions, and was easily accessible for international travelers. Orlando offered world-class convention facilities, abundant hotel inventory, two international airports, and access to the attractions that make it one of the premier vacation destinations in the United States. Our research suggested that while the beach is beautiful, Orlando's massive hotel inventory would allow us to negotiate favorable concessions with prospective properties.

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SUBMIT A STORY

Send submissions to newsgram@ca.org

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 relies 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 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 encourages 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.

The Journey to 'A Last Resort'

By Justin C Chair CAWS 2026

This would help us both provide an amazing and affordable experience for our Fellows while generating meaningful revenue for the Fellowship. We assembled what we believed was a strong bid package and submitted it through the vetting process with plenty of time to spare for any necessary revisions prior to the SR-14 submission deadline. We chose not to create a slideshow presentation because we believed our bid could speak for itself, and we were prepared to answer any questions that might arise from the WSC floor.

On September 2, 2023, the Florida Area was awarded the bid to host CAWS 2026.

With the bid secured, and while the Chair and Steering Committee positions were still being ratified, we kept the momentum moving forward. The illusion is that a committee has four years from bid award to convention. The reality is closer to forty-four months, and for us it was approximately thirty-two months. In many ways, we were already behind schedule. We quickly arranged site visits with prospective hotels, created WhatsApp groups and email addresses, secured the website domain and file-sharing platforms, and began soliciting artwork. Throughout the process, we remained mindful of minimizing costs while maximizing effectiveness. Many positions were filled quickly, and we began meeting monthly as both a Steering Committee and General Committee. Looking back, there was always far more happening behind the scenes than any of us realized.



As the months passed, activity increased considerably. Several of our Districts stepped up and answered the call, hosting speaker jams, bowl-a-thons, and fundraising dinners. Registrations steadily came in, and we quickly exceeded our original room block projections. One challenge we successfully navigated was geography. Most of the committee, with the exception of the Program committee, was spread throughout the Florida Area. Technology helped bridge that gap. Many committees, including the Steering and General Committees, met monthly via Zoom and were able to conduct business effectively. We also held three on-site planning meetings where we could visualize the space, determine placement of convention elements, and better understand how the flow of the convention and program would unfold. Everyone was impressed by the beauty of the property and its amenities, and there was unanimous agreement that we had secured an outstanding venue for the convention.

Throughout the convention, members from around the world came together in meetings, workshops, fellowship events, and countless spontaneous moments of connection. Newcomers found hope, old friends reunited, and meaningful conversations reminded us why this Fellowship continues to thrive. Watching those connections happen in real time was one of the greatest rewards of the entire experience. Looking back on the short time we shared during CAWS 2026, it all feels like a blur that passed far too quickly. Perhaps that was the result of sixteen-hour service days and very little sleep. More likely, it was the excitement of experiencing the unity of our Fellowship and the joy of being surrounded by my tribe. My favorite moments of all were reconnecting with friends and Fellows from around the world—people I rarely get to see but always treasure, and also witnessing newcomers hearing the message of Cocaine Anonymous for the very first time.

Not enough accolades can be given to those who served on CAWS 2026. The Steering Committee for this convention was absolutely amazing. Each member was dedicated, committed, and uniquely suited to their role.

The General Committees approached their responsibilities with purpose and enthusiasm, many contributing several hundred hours of service. These incredible members, who selflessly gave their time and talents, are what truly made CAWS 2026 a success. In addition, dozens of members from around the world volunteered their time and experience throughout the convention. Their willingness to step forward and serve was invaluable, and we were deeply grateful for their support. I will forever be grateful for the opportunity to serve this Fellowship alongside such extraordinary, trusted servants and members.

We experienced many successes and celebrations throughout this journey, and there were also moments when we had to agree to disagree. One of the most rewarding aspects of serving as Chair was seeing all the moving pieces, identifying the gaps, and understanding how everything would ultimately fit together—not only within our committee, but also with the hotel, vendors, Area service structure, and World Service. Part of that responsibility involved assuring those who were deeply focused on their own task lists that everything would ultimately come together. It always did. At the end of the day, every person on this committee volunteered their time in service. That fact alone deserves recognition and respect.

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The Journey to 'A Last Resort'

By Justin C, Chair CAWS 2026

In closing, I would like to share a few reflections from committee members, without whom none of this would have been possible:

"It's always a privilege to serve the Fellowship that has given me so much, and I cherish the opportunity to help others experience the same growth and connection. Watching newcomers discover what's most important is the greatest pleasure."

"I am honored to have been a part of this planning committee and to have attended my first World Convention."

"This work required constant coordination, communication, troubleshooting, flexibility, and teamwork. None of this would have been possible without the dedication, patience, and commitment of the volunteers who stepped up throughout the planning process and convention week itself. Thank you to everyone who helped create such a beautiful experience for our Fellowship at CAWS 2026."

"Serving at the 2026 Cocaine Anonymous World Service Convention in Orlando, Florida was an incredible experience and one for which I am deeply grateful. I learned a great deal throughout this process—both about service and about myself."

As I reflect on this journey, I am reminded that conventions are not built by committees, budgets, contracts, or timelines alone. They are built by people - members willing to give of themselves so that others may experience the hope, unity, and recovery that Cocaine Anonymous has so freely given us.

Serving as Chair of CAWS 2026 was one of the greatest honors of my recovery. The lessons learned, friendships strengthened, and memories created will remain with me for the rest of my life.

Grief

By Trish M Pensby, Wirral



Grief is an emotion I knew deeply from a young age. I grieved for the child I might have been, for the chances I never took, the words I could not speak, and the courage I could not find. The narrator in my head became my biggest champion, yet also my worst enemy—convincing me I could stop, while ensuring I did not.

I was held captive by the victim I had become—consumed, set only on self-destruction. My flaws were mistaken for wounds, and my refusal to accept life as it was—a life I didn't believe I deserved, yet a life I needed to reclaim. I was trapped in excuses, denial, self-pity, and shame. My thoughts ensnared me into the grip of addiction.

I carried grief for the way the world shifted and moved on without me. Isolated in my self-inflicted pain, held hostage by cocaine. I paused between yesterday's choices, feeling the crushing weight of what I had consumed against my will, engulfed in regret, yet driven by the obsessive need to do it again, and again, and again. The lines I crossed and the lines I had inhaled. Just one last time, only one last time.

I lived inside each 24 hours, held captive by my own mind—by shame, guilt, denial, and the complete destitution of my existence. I used to believe that grief only came when someone died. But I soon realized that grief takes many forms, many disguises, and has many consequences.

Grieving for the life I once thought I had, grieving for the decisions that led me here and grieving for the life I took for granted. I grieved for the time that addiction had stolen from me.

Addiction stole not only the peace in my life, but also my love for simple joys. I mourned the birds that once sang, birds that wanted to sing, but were silenced by my pain. The trees, swaying in the wind, lost their dance, as I no longer saw them. The sun could not break through the windows, because the curtains were always closed, like my heart.

The outside world was something I had forgotten. Its undeniable beauty and the gifts that surrounded me. I feared I would never be present again.

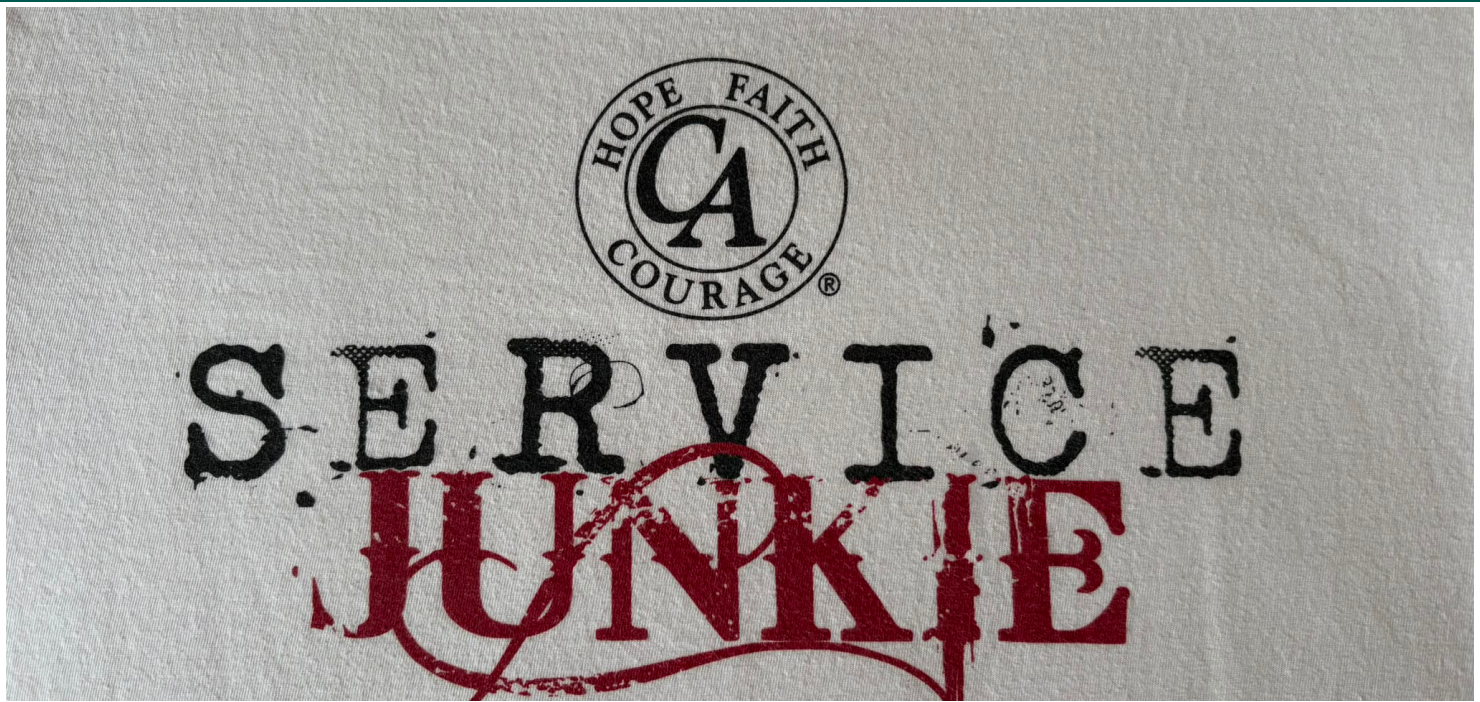
I was paralyzed by fear and gripped by terror. Was this my only future, or was there more to the story waiting to be written? I could not see the way forward, crippled by uncertainty and self loathing. Could I ever truly believe the surmountable possibilities waiting for me in a future without alcohol or cocaine.

The progression of my illness became the progression of my recovery, I was awoken spiritually and I could feel the warmth of my faith touching my face like the sun that glistens upon the ocean. The peace and serenity I once thought impossible was all suddenly around me.

What once felt like a dark, negative force, weighing me down by fear and sadness, now became a quiet source of strength and a reminder that even in brokenness, there is healing and courage waiting to emerge.

I began to hear the birds once more, and the trees swayed again, as if they too, felt my higher power within my healing heart. I was free—until, just three months into my recovery, I lost my Dad to the same disease that once gripped me, alcohol addiction. Yet, even as grief waited just like my addiction to capture me once again, the beauty I had found did not vanish; it became a subtle power within me. His love enriched the love I had discovered and was now a guiding light within. This revelation gave my sadness a purpose—it became an anchor, keeping me steadfast as I continued to trudge the road to happy destiny.

They say that we grieve because we love. That Love and grief are entwined, inseparable. Without the power of love, grief is an empty vessel destined to sink. Without grief, love never fully finds its depth and reveals itself from the darkness that once was my existence.



How Service Junkies Came About

By Sophie H. Parkville, MD

Service Junkies began unofficially in 2023. At the time, I was taking a few sponsees through the Traditions. As more people started asking questions and wanting to learn, it made sense to bring everyone together to study the traditions.

In the fall of 2023, I was nominated and elected as a Delegate. Being elected was both exciting and intimidating. I remember thinking, "This is great," followed immediately by, "I still have so much to learn."

I wanted to create a space where people could learn together. I wanted us to work directly from the literature, read it together, and discuss it in depth. As it became more established, more people began attending regularly. We officially joined the Online Service Area (OSA) in April 2025.

In the beginning, we simply read the material and tried to understand what it was saying. As the group grew, more people became involved and contributed to the discussions. At the same time, I continued attending Concept Studies and other service-focused workshops to deepen my own understanding.

"We want people to feel comfortable asking questions and sharing their thoughts so that everyone can learn from one another."

Since then, we have worked through the World Service Manual, the Concepts, the Traditions, Standing Rules, and Bylaws - often going through them word by word. We have repeated this process a few times, each time gaining a deeper understanding.

We also introduced a monthly Service Speaker meeting on the first Tuesday of every month. These speakers share their experience specifically related to service. It's a wonderful opportunity to learn from all the current and past trusted servants that have so much knowledge and experience to share with us. They answer questions, share practical examples, and allow us to "pick their brains" about service work. The structure of Service Junkies is intentionally informal. We want people to feel comfortable asking questions and sharing their thoughts so that everyone can learn from one another. The goal is not simply to study service literature, but to understand how the Traditions, Concepts, and service principles can be applied in real-life situations.

Among one of the unique benefits of an online group like Service Junkies is that it provides opportunities for people who may not otherwise be able to attend meetings or participate in service. It creates a space where members from different areas can connect, learn and contribute to the fellowship.

One of the most rewarding outcomes has been seeing members who attended Service Junkies go on to be nominated and elected into service positions and successfully fulfill those commitments. The hope has always been that people leave with both knowledge and confidence - knowledge from studying the literature and confidence gained from hearing how these principles work in practice.

Service Junkies is about more than reading the literature. It's about learning how service works, how principles are applied, and how each of us can become more effective servants within our fellowship.

Toronto Area 10th Anniversary Commemorative Medallion (circa 1997)

By Cameron F. Toronto, ON Canada

The First Toronto Group was established on February 2, 1987. According to early members, the sub-culture of cocaine users was quite different than that of A.A., so it was exciting to have a meeting focused entirely on recovery from cocaine and all mind-altering substances.

In 1997, the Toronto Area (now known as Southern Ontario Cocaine Anonymous) decided to host "TORCAI" on October 25, 1997 with the theme, "Carry The Message." C.A. original member, Johnny S. (Los Angeles, CA) would be the Saturday keynote speaker.

To raise the necessary funds to host such an event, the Toronto Area Unity Committee sponsored a number of fundraising events throughout the year. One such event was hosted by the Winner's Circle Group on Sunday, July 20, 1997. Featuring a chili dinner and a "Gold CA Medallion Raffle. The event raised \$266.00 (suggested ticket price was \$3.00).

The C.A. 10th Anniversary Commemorative Medallion pictured here was won by Henry B. I had heard about this medallion through my talks with early member Jimmy B. (Toronto, ON) who was the Unity Chair in 1997 and responsible for

coordinating the fundraising activities for that year. Jimmy helped me locate Henry in July of 2011 and called him to see if he still had the medallion (he did indeed still have it) and invited me to come over to see it. My intent was to photograph the object for the SOCAArchives. Upon meeting Henry and chatting with him at some length about that first Toronto Conference, he said to me, "Cameron, rather than taking pictures, why don't I just donate the medallion to the archives for all of C.A. to enjoy?" I felt like the "relic hunter" who had stumbled across some forgotten C.A. treasure which could now be resurrected - its story to be told again and again for the posterity of Cocaine Anonymous.



PERSONAL STORY

Relapse Prevention

By: Tina R, Midwest Region

I don't claim to be a doctor or an expert on recovery, but I do know what has helped me avoid taking that first drug or drink. In Step 1, I learned that I am the problem. My struggle is threefold: mental, physical, and spiritual. Even if I address the mental and physical parts, the spiritual part remains. Without connecting to a power greater than myself, my mind can return to unhealthy thinking that may lead me to take that first drug or drink, which then triggers the physical allergy. So how do I avoid that first one? By staying connected to God every day, throughout my waking hours. That connection helps me focus on others, be of service, and avoid becoming self-absorbed, which can come easily for me. For me my strength comes from God, and I have been fortunate to have been relieved of the obsession of the mind, and that hopeless state. I have been given a set of spiritual tools through the 12-steps, that help me stay connected. The Big Book of Alcoholics Anonymous states on page 89 that "practical experience shows that nothing will so much insure immunity from drinking as intensive work with other alcoholics. It works when other activities fail". That's my relapse prevention.

Ask the Oldtimers

By Andy I, Austria

It all started in the middle of COVID lockdown back at the end of 2021.

I was approximately 6 months clean and attending a daily zoom meeting called The Daily Reprieve. It was the focal point of my day, and I knew that if I could make it to that meeting clean and sober, I'd make it to bed clean and sober.

As much as I enjoyed the meeting proper, the highlight soon became the breakout rooms after the meeting. It was an opportunity to get some much-needed unity at a time when the world was crazy and more importantly, to get involved in some actual 12-step work.

On so many occasions I would follow a newcomer into a breakout room, thinking I knew exactly what they needed to hear (still so full of ego!), only to get a front row seat to witness how it should be done.

Online recovery gave me something I don't think in-person recovery ever could (especially in a country with no CA), the opportunity to connect with quality recovery from around the world. Fellows with 30+ years, fellows who had served on the CAWS board of trustees, fellows who had put recovery first and continued to do so.

Night after night I would get to see how 12-step work should really be done and it was genuinely a privilege - I was learning so much. It didn't take long for me to realise that this level of experience deserved to be shared. I almost felt embarrassed that I was able to observe this in such a small forum and thought that so many others would benefit from what I was beginning to take for granted.

During a conversation with my friend Matt, he shared about how his sponsor was involved in a weekly meeting in Tennessee where they had this thing called the Ask-It-Basket. Fellows could submit questions which were put in a hat and drawn during an in-person meeting where a panel of fellows would each get the opportunity to share back on the posed question.

This sparked an idea – what if we could replicate this approach, but in an online format? So, the concept for Ask the Oldtimers was born.

We soon brought our friend Anton into the fold and started working on how we could bring this to fruition. We wanted to create a space whereby fellows, particularly newcomers, would be free to ask those questions, which perhaps, they were too nervous to ask in normal meetings.

The idea was to build a website which facilitated anonymous question submissions.

Additionally, we wanted to have a meeting where there was no pressure on newcomers to feel they had to talk, or to even have their camera on – a place to sit back, relax and take it easy.

We settled on a 1-hour meeting, with a panel of three Oldtimers.

Furthermore, the goal was for the three panellists to have a combined clean time of more than a century of continuous recovery. We had just the fellows in mind: Patty, Randy and Billy.

Fortunately, each of them agreed to support the meeting and our OG panel was born.

Anton (the tech whizz) then started working on the website after we had secured the domain name (www.asktheoldtimers.com).

A day and time were agreed and we and got approval from CAWS. We settled on a very minimal script with the goal to give as much time as possible over to the panel to share from their years of recovery.

And then we were ready to go!

The first questions were submitted by Matt, Anton and myself.

We would download the new questions each week from the website and then as questions were pulled from the Ask-It-Basket and presented to the panel, each panellist would have 3 minutes to share back on that question. I think we had 12 attendees at our first meeting and 6 of them were the panel and the service team!

But in time, as word spread, the meeting attendance began to grow as did the number of questions submitted to the website.

A little later we added our next Oldtimer to the panel, Nick the Stitch from London.

As the months and years passed, we have been able to expand our panel to include men and women from across the globe – from Arizona to Berlin, from Houston to London, from Connecticut to Gothenburg – we have had panellists zooming in from Mexico, Thailand and Australia to name but a few.

We now have a rotating panel over the course of each month and in the months of the year with five Tuesdays, the last Tuesday of those months is reserved for our OGs.

The evolution of the meeting has also seen our service team expand and we have been blessed with some awesome and dedicated fellows, representing CA from across the world – South Africa, Switzerland, UK and Canada to name a few.

To celebrate asking our 1,000th question we had a very special meeting with a unique panel consisting of all our Oldtimers.

Last week we had the 1,500th question submitted to the website!

Ask The Oldtimers is an indispensable part of my recovery, and I feel blessed on a weekly basis. I continue to learn so much.

We are truly fortunate to have the Oldtimers in CA who are so willing to share with us their experience.

Come along and get plugged into this amazing meeting.

Ask The Oldtimers is every Tuesday at 11am West Coast / 2pm East Coast / 8pm UK / 9pm CET.

Zoom ID = 816 1504 1570

To submit a question anonymously, please visit the website: www.asktheoldtimers.com

Also, don't miss several of our panellists who will be sharing at the online 12-Step Speaker Slam on 22nd November 2026 to celebrate CA's 44th birthday – more details to follow!



Until it Reached Me!

Submitted by Hannah. A UK

I gave my soul to powder and smoke. To needles, and lies, and promises broke. I chased oblivion night after night, mistaking destruction for freedom and light. I buried my darkside in a world built on pain. Smiled through the chaos, the sickness and shame. The mirrors grew cruel, and my spirit grew thin. I looked like a person but hollow within.

I turned to the bottle when life got too much. Pretending it would lift me, but it was only a crutch. It deepened the emptiness I tried to escape, and ruined the life I was trying to make.

Drugs turned love into hatred and life into shame. They took all my laughter, my trust, and my name. I burned every bridge as far as I could see, then cursed the whole world for abandoning me.

I was drowning in rooms full of people and noise, watching destruction erase all the peace I'd enjoyed. Every morning a war, every evening defeat. My heart was still beating but I was dead on my feet.

Then somehow I stumbled through Fellowship doors. I wasn't searching for healing, I was just tired of war. I expected rejection, judgement, and lies. But found people with honesty deep in their eyes.

The drugs gave me prisons, the Fellowship keys. One promised destruction, one taught me release. They spoke of the life addiction had torn apart, of broken spirits and finding healing at heart.

They told me I mattered when I hated myself, showed me connection and love instead of just help. I found hope in the sharing and strength in the pain, and found people who loved me before I could change.

Now the wreckage behind me no longer has claim, and the addict once hopeless stands living again. So today when I stand, I stand clean and free, because they carried the message... until it reached me!



Cocaine Express

By Christopher S. Ayshire Scotland, UK

One call is all it takes, Everybody makes mistakes. I can't afford fags, But, I'll have one more bag.

You see it starts when your bored, Then you want more and more. One voice says, "No". Another says, "On ye go".

Then it's there, like small grains of sand, In a bag, in your hand. One note, one card, it's not very hard, You sit on your own, your a king on his throne.

Fell from a cloud, can't stop coming down. Stray thoughts control, hot flushes hold.

Picked up from nowhere, dropped off where they stare. Wait for the white lines to answer your prayers.

"Look at you now, what have you become!" What a thing to hear from your own mum. "You lie and you cheat, can't you see, how could you do this to me?"

All of that time I thought she was crabit, it wasn't her fault, it was me with the habit.

Trapped in illusion, stuck in confusion. Need some persuasion for decent conversation.

Trapped in the sheets, dare to watch the repeats. Life gets rough with the devil's dandruff.

But now I've came back from that world of tic, comedowns and dope. And I've gave to my family, one last chance of hope.

So here's some advice, don't make life a mess.

Give up your ticket, for the Cocaine Express.

God Loves A Trier!

*fags means cigarettes

My First World Convention!

By Jessica K, Nova Scotia Canada

When I arrived at the Convention, which was at the most beautiful location, for my first ever CAWS, I ran into someone I knew right away! And the fun started right that moment. I had no idea what to expect, but everything exceeded my expectations.

I brought my family with me, to enjoy the trip and there was something for everyone at the Convention - even the children. From poolside impromptu meetings, to morning coffee shop talks about recovery, life and hilarious laughs, to hockey fans joining in the evening to cheer our teams while eating great grub - all sober and living life to the fullest, I felt the electric energy of a huge number of people with the same purpose - recovery and fun.

I was honoured to be asked to speak among an incredible lineup of speakers from all over. On the morning of the day I spoke, people shared pancakes with me, someone stopped and prayed over me, and members tried to rid me of my nerves by making me laugh so hard I forgot why I was even nervous.

I shared my experience strength and hope in a room packed with people who cheered with me, laughed with me, and cried with me. It was the largest amount of people I had ever spoken in front of. And unlike my life in addiction, always feeling the outsider, I felt right at home in that room with the huge crowd who nodded along to my story of how the steps, the program, God, and sticking with it, saved my life and continued to bring me blessings beyond my dreams.

And then I immediately got the opportunity to pass it on and shared my number and contact with the still struggling addict who approached me after I spoke. After many hugs, many laughs, fun events and meetings, and an awesome tan, I got to go back home with a full heart and a brightened spirit.

All the work that went into making it an incredible experience was noted by all the people who were so giving of themselves in service to pull it off. Now that I've gone to one CAWS I see more of them in my future! If you ever get the chance to go - don't let yourself miss out!!



PERSONAL STORY

Staying in the Triangle: Unity, Service, Recovery

By Max N Germany

My name is Max, and I am an addict. And as a member of Cocaine Anonymous, I only truly learned what a relapse is, how it begins, what happens during it, and that it only gets worse over time—and that I have a progressive disease.

That's what I want to briefly share with you. Addiction centers in the mind. In the Big Book, in Chapter 3, it says: "Our drinking careers have been characterized by countless vain attempts to prove we could drink like other people. The persistence of this illusion is astonishing. Many pursue it into the gates of insanity or death." I had reached that point. I had come very close to dying several times. Only then did I finally give the program and what we offer a real chance.

If you are new, welcome to the party—and it's a sober one. There are meetings every day —24/7— all over the world, and you are never alone again.

Before picking up a drug or a drink, I always pick up the phone. That is my most powerful tool against addiction—connecting with other addicts. I make a call, and that is how I stay sober. Especially in the early days of my recovery.

When I look at the program as a whole, relapse prevention means staying in the triangle: recovery, unity, and service.

That means I connect with God as I understand Him, I go to meetings, and I help other addicts recover. I do my best to follow the traditions, and I do service in the fellowship and also outside of it. I try to be useful.

If I stay within this triangle, I have protection against relapse. Many underestimate the danger of this disease and become complacent. And complacency is our worst enemy. Then we start thinking we can leave things out or skip what keeps us alive.

That's why my message to you is simple: never leave anything out. Do the same things every day. Stay consistent—and you will be safe.

God bless you.

Give of Yourself that Others May Survive and Rediscover Life...

By Karmen K, Milwaukee, MI USA

Serving as a Trustee in Cocaine Anonymous has been one of the most rewarding, challenging, and spiritually enriching experiences of my recovery journey. While I understood that the position would require a significant commitment of time and effort, I did not fully appreciate the depth of learning and personal growth that would come with the responsibility. Every day in this role provides an opportunity to learn more about our Fellowship, our service structure, and myself.

As a new Trustee, I have gained a much greater appreciation for the work that takes place behind the scenes to support Cocaine Anonymous around the world.

“Serving as a Trustee in Cocaine Anonymous has been one of the most rewarding, challenging, and spiritually enriching experiences of my recovery journey.”

Many members see the meetings, conventions, literature, and services that help carry our message, but serving at this level has given me insight into the countless hours of dedication, cooperation, and planning that make those things possible. I have come to understand that maintaining a healthy Fellowship requires the efforts of many trusted servants working together with a common purpose.

This experience has helped me develop a deeper understanding of how the various parts of our service structure interact and support one another. I have learned that every decision has the potential to affect members, groups, areas, and districts throughout the Fellowship.

As a result, I have become more thoughtful and deliberate in my approach to service. I am continually reminded that our responsibility is not just to the members of today, but also to future generations of recovering addicts who will depend on the strength and stability of Cocaine Anonymous.

This position is not about me. It is about serving the Fellowship as a whole. Effective service requires me to put aside personal preferences, opinions, and ego in order to focus on what is best for C.A. This can be challenging at times, but it is also one of the most valuable aspects of the role. Service has taught me that leadership within our Fellowship is not about authority or recognition; it is about responsibility, accountability, and a willingness to listen.

Learning to remove my ego from the decision-making process has strengthened my spiritual foundation. It has helped me better understand the principles of humility, unity, and selflessness that are essential to both recovery and service. I have come to appreciate that trusted servants are entrusted with the care of something much larger than themselves. When we place the welfare of the Fellowship first, we help ensure that C.A. remains available to the addict who still suffers.

Serving as a Trustee continues to challenge me in ways that promote growth. It has expanded my perspective, taught me new skills, and deepened my appreciation for the traditions and concepts that guide our Fellowship. Most importantly, it has strengthened my commitment to service and reminded me of the importance of giving back what was so freely given to me.

I am grateful for the opportunity to serve alongside dedicated and passionate trusted servants. The experience has reinforced my belief that through unity, humility, and service, we can continue to protect and strengthen Cocaine Anonymous for generations to come.



Letter from the Interim Editor

By Larissa O Edmonton, AB Canada

When asked to step into the role of Editor in an Interim capacity I was really excited! The NewsGram has this unique ability to bring members from around the world together to share their hope, faith, courage, and experience. It is a place where we can celebrate recovery, highlight the events taking place throughout the Fellowship, and remind one another that none of us walks this path alone. This speaks to the importance of sharing about the NewsGram - this is a tool that can be used to a fuller extent.

One of my greatest hopes is to see more members become involved by submitting articles, poems, artwork, and other creative contributions to the NewsGram. I would also greatly appreciate members helping spread awareness about the publication. It is incredible how many people do not realize that we have a quarterly publication where members can share their work and experiences with the Fellowship worldwide.

The NewsGram now has an active Subcommittee working together to support the publication. Currently, the committee includes a WSOB Director at Large, an Office Staff member, and myself as Interim Editor. We are also hoping to welcome two additional C.A. members who will meet regularly to help discuss ideas and gather content for future issues.

If you are interested in being of service on the NewsGram Subcommittee, please email us at newsgram@ca.org for more information. Thank you for allowing me to serve in this way.

SUBMIT A STORY

Send to newsgram@ca.org with subject line "Personal Story"



UPDATES

FROM OUR WORLD SERVICE COMMITTEES

WORKING TOGETHER.
SHARING PROGRESS.
SERVING COCAINE ANONYMOUS.



The 7th Tradition is a powerful cornerstone of Cocaine Anonymous, proudly affirming that the fellowship remains fully self-supporting. This tradition protects C.A. from outside influences and keeps the focus exactly where it belongs by relying solely on the voluntary contributions of its members, C.A. preserves its freedom, integrity, and ability to serve those who are still suffering.

1. Self-Supporting

C.A. is suggested to stand strong on their own feet by covering all expenses through member contributions. This includes literature, World Service Committees and World Service Office operating costs. Self-support ensures that each meeting, group and area remains accountable and empowered to grow the fellowship.

2. Declining Outside Contributions

The 7th Tradition reminds us to lovingly decline outside financial support. Accepting outside funding could shift priorities or influence decisions something CA. works hard to avoid so it can stay true to its primary purpose.

3. A Spiritual Commitment and Responsibility

Self-support isn't just about money, it's a deeply spiritual practice. Contributing reinforces personal responsibility, humility, and gratitude for the fellowship of C.A. while strengthening the bond among members. Everyone plays a role, and every contribution matters.

4. Unity and Integrity

By honoring the 7th Tradition, C.A. meetings, groups and area protect their unity and integrity. Remaining independent allows Cocaine Anonymous to carry the message of recovery to the still sick and suffering.

The 7th Tradition is a vital expression of C.A.'s strength and spirit. The 7th Tradition not only sustains C.A.'s growth, it empowers its members, deepens their commitment to one another, and keeps the doors open for recovery, through Hope, Faith & Courage.



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

Cocaine Anonymous
World Convention
Seattle 2027

BEYOND HUMAN ID



**SCAN TO BE TAKEN TO
CAWS2027.ORG
MAY 27-MAY 31, 2027**



IN THE SPIRIT OF TRADITION 6, C.A. IS NOT ALLIED WITH ANY SECT, DENOMINATION, POLITICS, ORGANIZATION OR INSTITUTION.

We Can Recover: Messages from Our Literature

When many of us first arrive in the rooms of Cocaine Anonymous, we are exhausted, frightened, broken and desperate for change.

Many of us asked: How do I stay clean and sober?

Recovery is not simply about stopping the use of drugs or alcohol. It is about learning how to live differently — one day at a time. Through the literature of Cocaine Anonymous, we are continuously reminded that recovery is built through daily action, spiritual growth, honesty, fellowship and service.

The Literature, Chips, and Formats Committee (LCF) is grateful to help carry this message through C.A. literature that continues to support recovering addicts throughout the world. Our pamphlets give us invaluable tools, tips and insights into how we might begin this incredible journey of recovery.

...*And All Other Mind-Altering Substances* “means that it is the collective experience of the members of Cocaine Anonymous that addiction is a problem not limited to any one substance. It means that C.A.’s Twelve Steps are not drug-specific, and that Cocaine Anonymous is not a drug-specific Fellowship. It means that it doesn’t matter to us if you drank or what type of drugs you used; if you have a desire to stop, you are welcome here!”

Finding Hope in Early Recovery

Throughout our literature we repeatedly find a message of hope, faith and courage; **Hope** that recovery is possible, even when we cannot yet see it for ourselves; **Faith** that the C.A. program works when we start putting it into practice; **Courage** to keep going, especially on difficult days.

In early recovery, we often feel overwhelmed and vulnerable. Our pamphlet *The First 30 Days* encourages us to attend meetings regularly, get phone numbers, use the phone, find a sponsor and begin building a sober support network immediately. Many of us have found that reaching out to another addict during difficult times made the difference between remaining committed to recovery or relapsing.

Connection Instead of Isolation

Recovery is a long-term process of connecting with others and back to our authentic selves. The notion that we can ‘belong’ in the world without numbing our feelings and running from responsibility may seem impossible at first. Thoughts and feelings of this nature are exactly what has led so many of our fellows to return to active addiction prior to embracing the solution our program offers.

The Home Group pamphlet reminds us that finding a meeting that instills a feeling of comfort in this process is an important beginning. Having been isolated and apart from society for many months or years, we need to find connection with those who understand.

Attending C.A. meetings regularly, in person or online, until we find that sense of ‘home’ where we allow people to know us is where we begin establishing a foothold in recovery.

New experiences are a touchstone to growth. It can be disarming to hear people laughing when we first attend meetings. “What’s so funny?” we might ask. In recovery we learn to turn our pain into purpose. Having Fun in Recovery urges us to understand that using drugs or alcohol is not a prerequisite to enjoying ourselves or having a good time, even if that was what we believed.

The meetings after the meetings (aka the parking lot online), C.A. events such as conventions and workshops and taking basic service commitments in our home group, are all examples of developing the connective bonds and relationships we need to live happily and authentically.

Practical Tools for Daily Recovery

The pamphlet *Tips for Staying Clean and Sober* offers practical guidance that many members still rely on every single day. Some are:

- “Make sobriety your number one priority.”
- “Stay away from people, places and things associated with using.”
- “Get a sponsor and call your sponsor every day.”
- “Work the Twelve Steps of Cocaine Anonymous with your sponsor.”
- “Be honest, open-minded and willing (H.O.W.).”
- “Don’t get too hungry, angry, lonely or tired (H.A.L.T.).”

Action, Participation and Purpose

The pamphlet tells us that recovery is strengthened through action and participation. Meetings, sponsorship, prayer and meditation, service work, fellowship, literature and helping others all become practical tools that support long-term sobriety. We do not recover through willpower alone. We recover together through unity, honesty, willingness, spiritual connection and carrying the message to the addict who still suffers.

Recovery is not usually found in one major moment, but through small daily actions practiced consistently over time.

Becoming Part of the Message

The Literature, Chips, and Formats Committee (LCF) welcomes members who are curious about how our literature comes to life. Whether helping to review pamphlets, contribute ideas, support formatting or participate in discussions around LCF projects, every member has something valuable to offer.

Becoming involved with LCF can be another powerful tool of recovery — allowing us to give back. Through unity, service and participation, we continue to help ensure the message of hope reaches the addict who still suffers.

One Day at a Time

Being clean and sober is not about living in fear of using again. It is about building a life where recovery becomes stronger than addiction.

Through hope, faith and courage, many of us begin to find freedom, purpose and a new way to live — one day at a time.

In Love and Service,
Your World Service Literature, Chips, and Formats Committee
lcf@ca.org

Literature References

...*And All Other Mind-altering Substances*

Having Fun in Recovery

The First 30 Days

The Home Group

Tips for Staying Clean and Sober

Tools of Recovery

FOR THE RECORD



Cocaine Anonymous World Service Conference Archive Committee Meeting

1st Saturday of the Month

9:00 am (Pacific)

10:00 am (Mountain)

11:00 am (Central)

12:00 noon (Eastern)

5:00 pm (UK)

ZOOM ID: 814 2516 6805

**A meeting for all C.A.
Archive Chairs and
Archivists from around
the world to meet and
greet and discuss
challenges,
accomplishments,
show & tell, and share
questions and answers.**

THE ARCHIVIST'S SERENITY PRAYER

**"God, grant me the serenity
to accept the collections I
cannot decline...
the courage to decline
the collections I can...
and the resources to
process the backlog."**



**The Cocaine Anonymous
Virtual Museum -
Protecting C.A.'s Future by
Preserving C.A.'s Legacy -
<https://museum.ca.org/>**

Disclaimer:

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



The Role of the Lifeline Committee Members

Lifeline is a Subcommittee of Hospitals and Institutions (H&I). The Members act as temporary contacts to help newcomers make the transition from treatment to the rooms of Cocaine Anonymous.

The Lifeline Committee was created to help bridge the gap between treatment facilities, correctional institutions, and the Cocaine Anonymous fellowship. We understand that leaving treatment or being released from custody can be both exciting and overwhelming. Many people want recovery but don't know where to start, where meetings are held, or who to call when they need support.

Our committee exists to help make that transition easier.

The Lifeline Committee works to connect individuals with local C.A. members, meeting information, sponsorship opportunities, and recovery resources. Our goal is to help people build a strong foundation during those critical early days and weeks of recovery.

We are also looking for members who would like to be part of this important service. Whether you have years of sobriety or simply a desire to help, there are many ways to get involved. By volunteering your time, you can help carry the message of hope to those who are taking their first steps into recovery.

What Is Relapse Prevention?

Relapse prevention begins long before someone is faced with the decision to pick up. It starts with connection, support, and knowing that no one must walk into recovery alone.

Relapse prevention is often about reducing the barriers that can stand between a recovering addict and the fellowship. A simple ride to a meeting, a phone call, meeting someone at the door, or introducing them to other members can make all the difference. These connections help create a sense of belonging and remind newcomers that they are not alone.

Relapse prevention is not just about avoiding drugs and alcohol - it is about building a support network, finding purpose, and staying connected to recovery. The Lifeline Committee is committed to helping make those connections possible.

If you are interested in joining the Lifeline Committee or would like more information about our services, we encourage you to reach out. Together, we can help ensure that no addict faces the journey of recovery alone.

For information or to connect with the Lifeline Committee, please contact:

cawslifeline@gmail.com or h-i@ca.org

"The therapeutic value of one addict helping another is without parallel."



WORLD SERVICE COMMITTEE PUBLIC INFORMATION SURVEY



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

World Service PI Committee call is the second Sunday of the month at 10 am PST.
North American PI Committee Call is the first Sunday of the month at 10 am PST.
European PI Committee Call is the first Sunday of the month at 10:00 AM UK time

Email : pi@ca.org for more information and the meeting Zoom links



Unity Conference Committee

The Unity Committee has been busy preparing our SR-14s and getting ready for Conference. We are looking forward to another exciting year of service and to embracing one of the greatest opportunities our Fellowship has to offer.

Conference is perhaps the finest example of Unity on the C.A. calendar. Members from every corner of the globe come together, united by our primary purpose, to work for the good of the whole Fellowship.

It is a powerful reminder that, although we may come from different countries, cultures, and experiences, we are all connected by a common solution and a shared commitment to carrying the message of recovery. We're particularly looking forward to our Unity Breakfast!

One of the most exciting projects this year has been the development of our Unity CommUNITY Groups, with dedicated communities for both the European Regions and the North American Regions.

These groups provide a space for members to share ideas, discuss challenges, suggest workshop topics, and help shape the direction of Unity service. Much of our inspiration comes directly from the conversations taking place within these communities, helping us better understand what the Fellowship wants and needs from the Unity Committee.

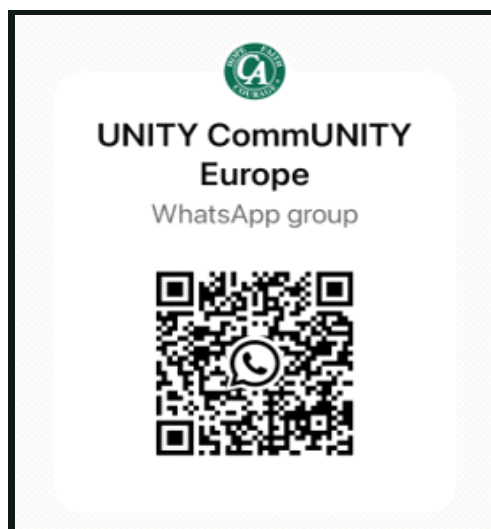
If you are passionate about Unity, interested in service, or have ideas about what your Group, District, Area, or Region could benefit from, we would love to hear from you. Please scan the relevant QR code or see the accompanying flyer to join your regional Unity CommUNITY. We also host an informal Unity Hangout on the last Sunday of every month. Come along, meet fellow trusted servants from around the world, and be part of the conversation.

Following the success of the Traditions Untangled workshops, we are currently hosting a 12-week Concepts for Beginners Workshop Series, helping members explore and better understand the spiritual principles behind our service structure. These take place Mondays 1930 UK time – recordings are available by contacting unity@ca.org

We have also recently enjoyed welcoming Stephen C., who delivered a Concepts workshop, and Trevor S., who hosted our popular You're Out of Order! workshop on Robert's Rules of Order. We are grateful to all members who share their experience, strength, and knowledge with the Fellowship.

Recordings are available via unity@ca.org
If you have ideas for future workshops or topics that you would like to see Unity develop or host, please get in touch with us at: unity@ca.org

Conference Unity Breakfast 7:30am-9am Thursday Sept 3rd, 2026





THANK YOU FOR YOUR GENEROSITY

RECOGNIZING DONATIONS
FROM THE PREVIOUS QUARTER



Your support helps carry
the message of recovery
and hope to the world.

WE ARE STRONGER TOGETHER.



YOUR DONATION
MAKES A DIFFERENCE.



SUPPORTING OUR
FELLOWSHIP WORLDWIDE.



CARRYING THE MESSAGE
OF RECOVERY.

THANK YOU FOR YOUR CONTINUED SUPPORT!

Donations Received

Thank you to the following groups and areas for their generous contributions to the World Service Office!

British Columbia

Surrey Serenity \$29.00

Northern Alberta

The Next 24 \$73.59

Ontario

Another Kind of Flight \$90.00

New Beginnings \$183.00

Netherlands

Spiritueel Ontwaken \$169.00

Denmark

C.A. Denmark \$2,480.00

Germany

German Area \$192.57

Sweden

District Gävle-Dalarna \$278.81

Sweden Area HFC \$3,531.52

England

C.A. - London

North London District \$732.30

South Central District \$879.47

Southwest UK \$1,290.90

West London District \$687.53

Perivale BB Study, WLD \$258.48

Ireland

CA Ireland \$400.04

Hong Kong

New Territories \$500.00

Thailand

Thalong Group of C.A. \$100.00

Alabama

A Day in a Life Group \$858.32

Arizona

Birds of a Feather \$103.73

Razor's Edge \$476.00

SNL Group \$500.46

California

Because of You God \$75.00

CALA WSH District \$1,000.00

Get High on Hope \$69.00

Inland Empire Area \$453.00

Jacob's Ladder \$50.00

Long Beach Compton \$323.95

Northbay Service Group \$200.00

Northern California C.A. \$1,000.00

OCCA \$300.00

San Diego Area \$440.73

XYZ-32 Group \$74.28

Colorado

C.A. Colorado \$1,000.00

Carpet Surfers Meeting \$13.71

Startin' Over Group \$73.45

Staying Stopped \$60.00

Line by Line \$80.00

Georgia

Beyond Human Aid \$34.40

Log Cabin Group \$180.00

Todays Hope Group \$100.00

Illinois

C.A. - IACA Inc IL \$200.00

Kansas

Kansas Area \$6,222.88

Massachusetts

Mass Area of Cocaine \$32.00

Anonymous

Michigan

A New Way of Life \$10.00

Saturday Morning Alive \$35.00

Donations Received

Thank you to the following groups and areas for their generous contributions to the World Service Office!

Missouri

Fried Pipers & Cocanuts	\$25.00
Kansas City District	\$39.09

Nebraska

C.A. of Nebraska	\$161.00
Monday Night Miracles	\$519.00

New Jersey

Darkside of the Spoon	\$121.50
NJ District	\$2,000.00

New York

Solution at the Annex	\$100.00
Look around this Room	\$60.00
Recovery in the Gardens	\$50.00
The Last Straw	\$100.00
The one at my house	\$90.00

North Carolina

Don't Push It	\$54.00
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Oregon

C.A. of Oregon	\$600.00
Diet Coke	\$125.00

Pennsylvania

C.A. of PA NJ DE Inc	\$700.00
Moon PA, Friday Night	\$40.00

Tennessee

Off the Rocks	\$100.00
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Texas

Drop Kick Rocks	\$100.00
South Central Area	\$2,500.00

Washington DC

DC-MD-NoVA	\$25.00
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Wisconsin

C.A. of Wisconsin	\$5,904.00
First Things First	\$140.00

Online Service Area

Daily Reprieve	\$68.00
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Atlantic North Region

Regional Convention	\$12,345.08
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European Region

Regional Convention	\$14,561.45
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Member Donations

Freedom Fund	\$6,824.21
Individual Contributions	\$4,700.00

**Second Quarter 2026 Total
Donations:**

\$77,974.20



UPCOMING EVENTS

CONNECT. SHARE. GROW. TOGETHER.



FELLOWSHIP
IN ACTION



BUILDING
CONNECTIONS



SHARING
EXPERIENCE,
STRENGTH & HOPE



UNITED IN OUR
COMMON PURPOSE



MARK YOUR CALENDARS!

Stay connected with events
happening in our fellowship
around the world.



DETAILS & UPDATES

Visit the CA website
or your local region's
page for more information.



TOGETHER WE STAY STRONG.
TOGETHER WE CARRY THE MESSAGE.

Upcoming Events

OCTOBER 23-25 2026	Midwest Regional Convention October 23 - 25, 2026 The Greater Missouri Area Stoney Creek Hotel 18011 Bass Pro Drive Independence, MO	
MARCH 19-21 2027	Atlantic South Regional Convention March 19-21, 2027 Little Rock, Arkansas http://www.caarkansas.org/category/home/events/localevents/	
APRIL 2-4 2027	Pacific North Regional Convention April 2- 4th, 2027 Northern C.A. San Francisco	
DATE TO BE DECIDED	Atlantic North Regional Convention	DATE TO BE DECIDED Mainland European Regional Convention
DATE TO BE DECIDED	European Regional Convention	DATE TO BE DECIDED Southwest Regional Convention
DATE TO BE DECIDED	Pacific South Regional Convention	

