

CA San Diego Newsletter

Cocaine Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from their addiction. The only requirement for membership is a desire to stop using cocaine and all other mind-altering substances. There are no dues or fees for membership; we are fully self-supporting through our own contributions. We are not allied with any sect, denomination, politics, organization or institution. We do not wish to engage in any controversy and we neither endorse nor oppose any causes. Our primary purpose is to stay free from cocaine and all other mind-altering substances, and to help others achieve the same freedom.

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The CA San Diego Newsletter is published quarterly by the San Diego CA Fellowship as a Service to our members.

All articles represent the opinions of individual members and are not CA World Services approved literature nor are they to be construed as representing the opinion of CA as a whole.

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Submissions by members of our fellowship are welcomed and encouraged.

Please submit articles to : casdnewsletter@san.rr.com or mail to :

*Cocaine Anonymous
P. O. Box 261411, San Diego,
CA 92126*

*Web Site
<http://www.casandiego.org>*

*Toll free Help line (866)
242-2248*

PLAY VOLLEYBALL ON SATURDAY AFTERNOONS JOIN IN THE FELLOWSHIP

4:00PM

W. POINT LOMA BLVD. @ VOLTAIRE
(JUST SOUTH OF DOG BEACH)

STAY FOR THE S'MORE RECOVERY MEETING
7:00PM



Special Events Announcements

A big thank you to everyone who participated in the Pancake Breakfast on Saturday, June 12th! Thank you also to everyone who took part in the Carne Asade Cookout/Volleyball Tournament! These events were both a great success! Let's especially thank the special events committee for all of their hard work to produce these events!



Being of Service By Anonymous

When I first found Cocaine Anonymous, I hooked up with the people who were active in CA, not just “around” CA. These were the people I always saw at meetings, they were the ones that gave me their phone number, secretaried meetings or made coffee. I didn't know what was happening, these were just the people I was drawn to. And before I knew it, I was making coffee, leading a meeting, even going to the Council Meeting. I was becoming a part of. I was learning how to be responsible, how to take a commitment and follow through, how to be of service and give back what was so freely given to me.

I also learned that this is not the program of Cocaine Anonymous. I needed to have a sponsor, to work the Twelve Steps and learn and follow the Twelve Traditions. I now get to be a sponsor and take others through the steps. That is another way I get to be of service.

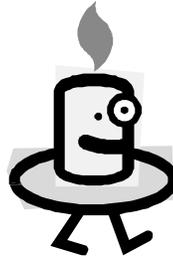
When I had been sober a couple of years, my sponsor took me to a convention out of town. I didn't know anyone but her. She introduced me to her friends from her old home town, but then she went and did the things she wanted to do at the convention. She wasn't there to baby sit me, and it was up to me to find the fellowship there that I knew in San Diego. At first, I sat quietly and watched a volleyball game. Another addict saw me and got me involved. Eventually, I met a woman from another area who was relatively new. After a while, I was running around the convention selling tickets for the drawing, introducing myself to anyone and everyone. I got out of myself and into the Fellowship.

Today, I still like to do service work at conventions. It's a great way to meet people from other areas, find out what CA is like throughout California and the World. I have friends who have been World Service Delegates who get to meet Delegates from around

the World and come together to be of service to you and me. We never hear about these people at meetings, but they are important to the continuation of Cocaine Anonymous. They keep the literature and tokens up to date, make sure policies and procedures are set in place, and keep the group conscience of Cocaine Anonymous alive.

There are many ways to be of service, at the meeting level, the Area level, and the World level. Working with another addict is service work, as is speaking at an H&I panel, volunteering for the Pancake Breakfast, working at registration at CampVention, being a GSR for your meeting or answering the Helpline. It is not a substitute for working the Twelve Steps, going to meetings, having a conscious contact with your higher power, or sponsorship, but another part of the equation, another part of being an Active Member IN Cocaine Anonymous. I encourage you to give it a try.

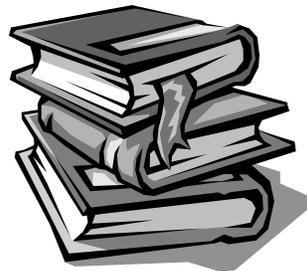
HAPPY BIRTHDAY!



Elton W. 5/5 - 4 Years!
Tom Z. 4/27
Mike S. 6/22 - 5 Years!

Jamie V. 6/22 - 2 Years!
Claudine C. 5/11 - 1 Year!
Janelle W. 5/21 - 7 Years!

Submit your story to the next edition of Hope, Faith and Courage - the Cocaine Anonymous Storybook. The Hope, Faith and Courage committee is now accepting stories. Please contact the CA San Diego Newsletter for more information at acimreader@aol.com



H&I COMMITTEE MEETING

2nd Monday of each month
6:30 pm, hospital
9904 Genessee, San Diego

CA SAN DIEGO COUNCIL MEETING

All CA members welcome!
3rd Monday of each month
6:45pm, hospital
7850 Vista Hill Ave, San Diego

**SUBMIT YOUR STORIES, PICTURES, POETRY
TO THE NEWSLETTER!**

Contact casnewsletter@san.rr.com or 619-459-7392

Never Give Up! **By Peter F.**

For a short prologue I was raised in a middle class family, which was not out in left field, but we were not the Cleavers either. I was taught right from wrong, I was never hungry, had hard working parents who cared about. In my early teens a neighbor up the street turned me on to pot and during high school I learned about math, English and how to roll a great joint. I liked smoking pot more than school so I never got enough credits to graduate. This was not good in our family as college was expected. Well my parents got over that and dad suggested I find a trade to work in. Great! I joined the Carpenters Union and started as an apprentice, which meant I was to work for less in wages and go to Carpenters school twice per week at night after work. This turned out to be harder than high school but after passing each level I got a pay raise and they were hefty!! Great motivation money is!!

I tried getting married at 21 but drugs got in the way of that and after only 9 months we parted ways. She was much too nice a girl and more motivated than the pothead I was. Little did I know how much more of a drug addict I would become, by future standards I was very mild at this time. In retrospect I now see how everything evolved around getting high and all the people I

knew had something to do with my drug life.

As the years went on I became a full-fledged Carpenter at full pay level and was always employed because I worked my ass off. I loved my job and building things suited me, in fact it made me happy and satisfied at the end of the day. I hooked up with a large company doing big commercial buildings in Los Angeles. It was exciting, thrilling, dangerous and I loved the whole macho thing. On the most part the people I worked with were great and the crews had to be tight cause you had to trust the guy next to you. And all the while I was smoking pot and doing a few pills while working. I switched companies and worked for a buddy of mine as the work at the old big company had a lull right then. This was great but when it was over I went through a few different companies trying to find the right "fit" for me. Most of them were sort of lost and I would spend more time trying to find something to make me look busy than actual working. Well I got into a job with a big company and the work was busy and good so I stuck around.

Now before this I played with coke but it was always something special like a vacation. Once per month or so one of the buddy's would "Have a line" on some coke so we would all pitch in and get some. It was always in a group but I did start to really love it more and

more each time. I found myself hording it so I could do bigger and bigger lines by myself.

The final straw or should I say "nail in the coffin" was being transferred to a big job where the company I worked for did mostly supervision and had just little jobs to do so there was a small crew and I was only one of two Carpenters. Just so happened that a few of the other employees were really into coke and a great supply was always around. The last thing I did with coke was to turn an all nighter after about 3 days of sucking coke up my nose. About 5 in the morning I was in an after hours club bathroom trying to snort up a huge line, it went up and then I choked a little and coughed . . . nothing but white powder blew into the air. I went home and tried to sleep, tried to do anything to scratch that terrible itch in my head, nose, stomach . . . everywhere!! I had had bad comedowns before but this was a little different. All the nasty dirty weird and strange things I had done over the last 5 or 6 years came to my mind and it was soooo clear that the last year I had done things which made all the years before look timid, the last couple months were really the pits of not only people but places and also about as low as I ever would allow myself to get. I hate to admit today some of the things I did then and I know all of you get a little (or big) chill up your back thinking about yours!

I was very lucky at the time to live with 2 older roommates in Santa Monica who were not drug users and the older one (early 40s) was home that morning or I should say about noon when I was brave enough to leave my room. I walked up to him and just unloaded that I needed help and I was in no shape to make a choice on what, where or how. We talked for a few moments and he said let's start looking in the phone book.

We happened upon a CDC unit and went over to talk to them. They agreed to take me as they had room but I would have to pay for it. At the time I had almost no money but told them I would get the money somehow. I went back home cleaned some clothes and went back to spend the next three weeks in rehab. The best choice I ever made in my life . . . up to that point. I willingly learned all they taught and took it all in, questioned very little and was truly the little kid starting out again emotionally.

Going into rehab cost me my 3-year-old car and a loan at the bank so it was not easy but I do look back on it as all good even if some was a little "rough". The next year I relapsed one time with coke and it truly was just like starting out right where I had left off that last night . . . now I really believed and never did coke again! And I must tell you I never will. The best thing was that my true friends started coming

around again and those which only had something to do with coke were not there and not missed by me as well as I was probably not missed by them.

I got a job with my old company and loved it, they also loved the new me! I got my life back on track and I could not believe how fast it all came around once I let myself let go of the old bad habits. Don't get me wrong it was not easy and I was driving a nasty looking old blue 1967 Chevy pickup while living in an old house in Manhattan Beach. Talk about a hard place to get a date without a nice car!! This was in the late 80's and I was around 27 to 28. Hard to ask one of those beach bunnies out and ask them if they could drive!?!? I was not that much of a gigolo!

After about 2 years of sobriety I met my wife while passing in a parking garage . . . life has a plan for all and things just happen when you're not looking! We met; we fell in love and by our third date we knew we would be married and no more than 2 months later we moved in together. We are now married and have 2 handsome boys age 8 & 11.

Things were not always easy or "fair" in both our marriage or our life but we loved each other and kept placing one foot in front of the other. We woke up each day to work hard and move forward. We got married in 1989 and it is now 2003 at this writing.

I am retired at age 46 and we are planning on moving to Hawaii, which has always been our dream. I purchased a boat to fish the waters off Kona and we will help our boys grow up to be good people and know right from wrong (Like it helped me!). 13 months ago I also quit smoking after 25 years!

I do know that life will still not be perfect and some things I cannot change, neither in someone else nor inside myself. I must choose my battles and as time goes on the battles are fewer and farther apart

I do know that I love my family and best of all I love my life and myself. It has not been easy at times and sometimes the view up to see light only reviled darkness but I learned to never give up and never to give up on myself! One day at a time, one hour at a time, one minute at a time, as long as I do not do drugs I can overcome anything. With work past me and more time on my hands I want to give back something to the community which turned my life around and helped to get where I am today. I hope I can help others somehow. If only one person can change their life with my help it is passed on from the many who helped me.



The Roaring 20's CA Style

**SATURDAY, NOVEMBER 8, 2003
CELEBRATE 20 YEARS OF
COCAINE ANONYMOUS IN SAN DIEGO!**

DINNER



SPEAKER MEETING

DANCE

RAFFLE



On the Menu:

Choice of PRIME RIB, CHICKEN CORDON BLEU, or VEGETARIAN DISH
RICE PILAF TWICE BAKED POTATOES FRESH STEAMED VEGETABLES
SALAD ROLLS & BUTTER COFFEE STATION ASSORTED SODAS

MAIN SPEAKER: MICKEY B. FROM LOS ANGELES

TICKETS ARE \$30 (That's only \$3/week for 10 weeks!)

THE CELEBRATION COMMITTEE IS HAPPILY ACCEPTING RAFFLE DONATIONS! Please email donate4ca@yahoo.com

THE CELEBRATION COMMITTEE NEEDS YOUR HELP!
Please call 619-200-5214 for more information.

The Good Samaritan Church
4321 Eastgate Mall
San Diego, CA 92121

**Doors open at 6:00pm
Dinner is served at 6:30pm
Speaker Meeting begins at 7:30pm
Dance to follow
The Raffle will take place during dance breaks.**

Would a 2 BUCK contribution ruin your week?

The whole world, except us in CA,
recognizes that the dollar has
lost a major part of its value.

<u>Cola</u>	<u>Coffee</u>
1982 - .35cents	1982 - .35cents
1992 - .50cents	1992 - .60cents
2002 - 1.25+	2002 - 1.35+
<u>Gasoline</u>	<u>Cigarettes</u>
1982 - .90cents	1982 - 1.20
1992 - 1.10	1992 - 2.25
2002 - 1.85+	2002 - 3.50+

CA Contributions

1982 - \$1.00
1992 - \$1.00
2002 - \$1.00

As an expression of our gratitude for our sobriety, why not
Consider 2 BUCKS FOR 2003????

If you can't afford it, the important thing is to keep coming back!

A single dollar contribution barely allows the individual CA groups to pay their rent each month. It leaves them with little or no money for contributions to the local CA Counsel Office or the World Service Office in Los Angeles. As a result, the local counsel and World Service Office are suffering financially.

These offices are a vital part of CA as they:

- * Publish meeting lists of local CA meetings
- * Maintain telephone answering services to handle calls from those in need of information about CA or CA meetings.
- * Coordinate and provide meetings in jails, hospitals and institutions.
- * Print and distribute CA literature, pamphlets and CA's Hope, Faith and Courage book.

In accord with the 7th Tradition, each of us has an implied responsibility to keep these offices financially healthy, so they will be able to continue to assist suffering addicts who are reaching out for help.

The important thing is to "keep coming back." Being short of money should *never* stop anyone from going to meetings.

San Diego CA Meeting Schedule		
SUNDAY		
5:00 p.m.	Center 4141 Pacific Highway, San Diego 1 hour	Participation, NS
7:00 p.m.	Church 6061 Camino Rico, San Diego 1 ¼ hours	Participation, NS
7:00 p.m.	"The Seekers" Church 1613 Lake Dr. Cardiff 1 hour	Book Study, NS
MONDAY		
10:00 a.m.	"Hope is Alive" Club 5077 Logan Ave., San Diego 1 ½ hours	Participation, NS
8:00 p.m.	Center 7715 Draper Ave., La Jolla 1 ¼ hours	Participation, NS
TUESDAY		
6:30 p.m.	"Coconuts" Church 2775 Carlsbad Blvd, Carlsbad 1 hour	Participation, NS
7:30 p.m.	Hospital 9904 Genesee, San Diego 1 hour	Step Study, NS
8:00 p.m.	"Clean and Sober" House 4340 Van Dyke, San Diego 1 1/3 hours	Participation, S
WEDNESDAY		
10:00 a.m.	"Hope is Alive" Club 5077 Logan Ave., San Diego 1 ½ hours	Participation, NS
7:11 p.m.	"7/11 Group" Church 890 Balour, Encinitas 1 ¼ hours (Speaker 1 st Wednesday of the month)	Participation, NS
THURSDAY		
7:00 p.m.	"O.B.U.Y." Church Women 1536 Blaine, San Diego 1 ¼ hours	Participation, NS
8:00 p.m.	"Gentlemen's Closed" Church Closed Men 424 Via De La Valle, Del Mar 1 hour	Participation, NS
8:30 p.m.	"Broken Pipe" Club 5077 Logan Ave, San Diego 1 hour	Participation, NS
FRIDAY		
10:00 a.m.	"Hope is Alive" Club 5077 Logan Ave., San Diego 1 ½ hours	Participation, NS
7:30 p.m.	"Friday Night Del Mar" Church 424 Via De La Valle, Del Mar 1 ½ hours	Participation, NS
SATURDAY		
10:00 a.m.	"Keep Hope Alive" Restaurant 1010 Broadway, San Diego 1 hour	Participation, NS
11:00 a.m.	"Keep it Simple" Hospital 7850 Vista Hill Ave, San Diego 1 ¼ hours	Participation, NS
4:30 p.m.	New Meeting Shop 4736 Clairemont Mesa Blvd., San Diego 1hour	Participation, NS
6:00 p.m.	"Courage to Change" Club 5077 Logan Ave., San Diego 1 ½ hours (Speaker & Dance 3 rd Saturday of the month)	Participation, NS
7:00 p.m.	"S'more Recovery" Beach/Bonfire W. Point Loma Blvd @ Voltaire (Just South of Dog Beach) 1 ½ hours	Participation, S