

# C.A. San Diego Newsletter

2014 Spring

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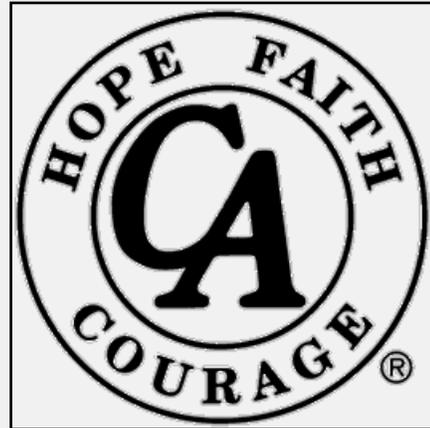
## A Story of Hope, Faith, and Courage

Over 43 years ago, when I was a teenager, I fell in love with a girl. She was kind, beautiful, and innocent. Our parents didn't coach either one of us on birth control. They stressed abstinence. That didn't work, as the forces of nature and hormones were far stronger than words of caution.

She got pregnant. Out of fear, we kept this secret from our parents as long as possible, but eventually she began to show and we had to fess up. As we were so young and unprepared for parenthood, the decision was made to give this son up for adoption.

It was kept secret to protect her reputation. She went to Saint Ann's Maternity Home, where she received counseling, support, and excellent care. I didn't realize at the time of the decision that this meant the relationship would end.

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My recreational use of drugs and alcohol soon became my escape from the guilt, shame, and pain of a broken heart. I became very ill with the disease of addiction. My life would never be the same; I could never go back to the way it was.

I will spare you the details of the many unhealthy relationships that followed and the years of trying to cope with life with chemicals, except to point out that I had another son during this time.

This second son was born with high-functioning autism that went undiagnosed. His mother and grandmother were in denial that there was any problem with him. We divorced, and I got visitation rights but no say on his healthcare decisions. He was scholastically gifted throughout school, but he was socially unable to connect with other people very well. He eventually took his own life at 18 years of age. Again I was heartbroken.

I was 8 years clean and sober in Cocaine Anonymous at the time. Escaping the pain and grief with drugs and alcohol was a temptation, but I knew that it wasn't really a viable option, and the fact that I

would run out or die was very clear to me. I had remarried and had adopted the two sons in that marriage, and I couldn't bear the thought of them being abandoned by me. I got into grief counseling, doubled up on my meetings, and took on more service work. Eventually, I learned to live with the pain and to give it to God.

I began to rely on my Higher Power more than ever before. I got the feeling of *Hope* and focused on being a good father and husband. I coached the boys in baseball and football. I taught them how to hunt and fish and make a camp. I was there for them.

My *Faith* continued to grow in knowing that this is God's Universe and if I continue to love and serve others I will be all right no matter what. The service ethic the fellowship taught me rubbed off on my two adopted sons. They both strive to help others. One is a fireman and the other a minister. The bond of love we have is very strong. Having the *Courage* to stick by them even as the marriage to their mother crumbled could only have come from me asking God and my sponsor for help. It takes *Courage* to ask for help.

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### The Funny Bone

My doctor told me to stay away from coke. So I bought a fifteen-foot straw.

...

After 5 hours sitting in a bar, a man was in no shape to drive, wisely left his car parked, and walked home.

As he was walking unsteadily along, he was stopped by a policeman.

"What are you doing out here at 2 a.m.?", said the officer.

"I'm going to a lecture.", the man said.

And who is going to give a lecture at this hour?", the cop asked.

"My wife!!!" said the man.

The San Diego Area Newsletter would like to hear from you! We are looking for cover stories, poems, comics, art, games, promises, or whatever you think is pertinent to be added to the next newsletter. Please remember to keep it recovery related.

Make your submissions to:

Editor: [casdnewslettereditor@gmail.com](mailto:casdnewslettereditor@gmail.com)

Or mail to Cocaine Anonymous, P.O. Box 261411 San Diego, CA 92126

The C.A. San Diego Newsletter is published quarterly by Cocaine Anonymous of San Diego.

It is intended to solely provide information for the fellowship of Cocaine Anonymous.

We hope to communicate the experience, strength and hope of C.A. members reflecting recovery, unity and service, within the bounds of friendliness and good taste.

This newsletter presents experiences and opinions of Cocaine Anonymous members. Those opinions expressed herein are of the individual contributors and are not to be attributed nor taken as endorsement by Cocaine Anonymous, Cocaine Anonymous World Services, Cocaine Anonymous World Service Office, Inc., Cocaine Anonymous of San Diego, or the C.A. San Diego newsletter.

The editors reserve the right to edit any submissions in adherence to the Twelve Traditions of Cocaine Anonymous.

If you would like to know more about Cocaine Anonymous, The Twelve Steps and the Twelve Traditions, please write and ask for C.A. World Service Conference approved literature at: CAWSO, 21720 S. Wilmington Ave. Unit #304 Long Beach, CA 90810

Email to: [info@CA.org](mailto:info@CA.org), or by FAX to: (310)559-2554. Also note that the C.A. World Service Office web page is [www.ca.org](http://www.ca.org)

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Develop your footing—find your passion!

San Diego Cocaine Anonymous needs your support to stay strong & keep San Diego Area unity alive! Whatever your interest, get involved. If you would like to take on a commitment or just help out, we would love to have you!

Call any of the council members, see your GSR, or talk to someone at a meeting for more information on how you can get into the middle of the circle of recovery.

Newsletter Chair

C.A. San Diego Meeting Schedule (All meetings are open meetings unless otherwise indicated)

Sunday

"Hope is Alive"  
**5:00 p.m.** Treatment Center, Participation, NS  
4141 Pacific Highway, San Diego 1 hour

"The Seekers"  
**7:00 p.m.** Church, Book Study, NS  
1613 Lake Dr. Cardiff 1 hour

"Brillo Group"  
**7:00 p.m.** Church, Participation, NS  
3725 30th St. San Diego 92104 - 1 hour

Monday

"Monday Night La Jolla"  
**8:00 p.m.** Church, Participation, NS  
7715 Draper Ave. La Jolla 1 1/4 hour

Tuesday

"Snow Bunnies"  
**6:00 p.m.** Treatment Center, Women's Participation, NS  
9609 Waples, San Diego 92121 1 hour

"Coconuts"  
**6:30 p.m.** Church, Participation, NS  
2775 Carlsbad Blvd, Carlsbad 1 hour

Wednesday

"7/11 Group"  
**7:11 p.m.** Church, Participation - 1st Wednesday, Speaker,  
890 Balour, Encinitas 1 1/4 Hours

Thursday

"CA on Cass"  
**7:00 p.m.** Club (downstairs),  
Speaker/Participation, NS  
4861 Cass St, Pacific Beach - 1 hour

"Thursday Night Men's"  
**8:00 p.m.** Church, Closed Men's Participation, NS  
424 Via De La Valle, Del Mar 1 hour

Friday

Friday Night Del Mar"  
**7:30 p.m.** Church, Participation, NS  
424 Via De La Valle, Del Mar 1 1/2 hour

Saturday

"Courage to Change"  
**6:00 p.m.** Club, Participation, NS  
5077 Logan Ave, San Diego 1 1/2 hour

"S'more Recovery"  
**7:00 p.m.** Beach/Bonfire Participation, Smoking  
Beach Volleyball @ 2:00 p.m. (During Daylight Savings  
Time)  
At the Beach Fire Pits, past parking lot at the end of Voltaire  
St.  
Ocean Beach 1 1/2 hour

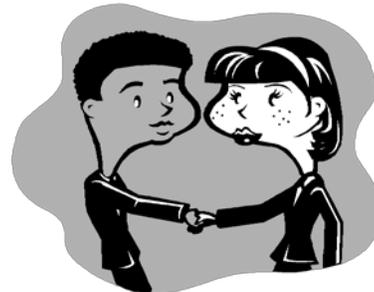
Monthly C.A. Service & Committee  
Meetings

(All CA Members are Welcome)

**H&I** -- 2nd MONDAY of Every Month  
**6:30 p.m.** Monthly Hospitals & Institutions Committee  
Meeting  
Scripps, 9609 Waples St., San Diego, CA 92121

**GSR/Council** -- 3rd MONDAY of Every Month  
(4th Monday if 3rd Monday is a holiday-January and  
February))  
**6:45 p.m.** Monthly GSR Meeting at Hospital.  
7850 Vista Hill Ave, San Diego

*Remember meeting makers make  
meetings*



*(Hope, Faith, and Courage—continued from page 2)*

At 15 years of sobriety, I found myself single again, half of my net worth gone, self employed, and disappointed that life wasn't turning out as I planned. The solution once again was to double up on meetings, focus on steps, get into service work, and get out of self.

As a result of following that advice I met a bunch of great people, went all over the world, grew spiritually, and learned about the Traditions & Concepts. You taught me so much as I volunteered at World Services for six years.

Along the journey, I found renewed *Hope* that I would find the person God intended me to be with. That occurred as a direct result of service work. I asked for the *Courage* to be myself and to be honest and unselfish. We have been together living a joyous life for over ten years now, and I have a wonderful stepdaughter, mother-in law, and brother-in-law, all a result of having the *Faith* that God would provide for us.

So, now for a real mind blower.....Robert, the son I gave up 43 years ago, found me after doing some hunting on the Internet. We started by emailing back and forth and developed a friendship and trust—very organic, without any expectations on each other.

It turns out he was adopted into a loving, caring, nurturing family. He flourished in the environment that I would never have been able to provide him. He went to UCSD and got his Master's degree in History, focusing on the Byzantine Empire. With that, he could be a teacher. His adoptive father was a teacher and he wanted something more than that. He entered the University of Hawaii Law School on scholarship and graduated at the top of his class. He clerked for a US District Judge in Hawaii for a year and then joined a prestigious law firm in San Francisco to pay off his student loans and saved some money.

He got the travel bug and decided to "see the world." He went everywhere. He finally settled in Seoul, Korea; he loved the people and the culture. He learned the language and went to work for a law firm there. He met and fell in love with Joanna, his wife of 5 years. They have a 4-year-old daughter named Victoria.

A law firm in Vienna, Austria, recruited him, and they moved there 2 years ago. He got to work on a lot of high profile cases, the last of which involved getting compensation to a family whose artwork was looted by the Nazis during the second world war.

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They have decided to return to South Korea. They stopped in Oceanside on their way back and spent a few days with us. I can't put into words the feelings I had when I heard his voice for the first time and laid eyes on him. What a gift. I got to play with and hold my granddaughter, who speaks English, Korean, and German at 4! We spent the day at the San Diego Wild Animal Park, bonding and laughing. Amazed at how similar our traits are over 3 generations.

How much our personalities and temperament are genetic! What a fabulous visit we had. I am on such a great natural high now.

So here is my enlightenment:

All the guilt, shame, and pain have vanished. We gave a gift of love to the world 43 years ago, and it has been returned. We are full of joy and love today, with no regrets, just gratitude.

You gave me *Hope* when I came through the doors.

You taught me to have *Faith* that this could happen.

God gave me the *Courage* to explore this possibility and be willing to be vulnerable and move forward with this.

This all happened when it was supposed to. On God's calendar, not mine. Robert lost his adoptive father 10 years ago to cancer. It took him this long to be ready. It took me 26 years of recovery before I was ready. We both believe this to be divinely choreographed.

Thank you God.

The future is bright. We have *Hope, Faith, and Courage*.

Earl H.

## **Hospitals and Institutions Outreach! What Is that All About? H&I Can Save People's Lives . . . Period!**

Hi, my name is Mark G and I am an addict! I have been coming around the rooms of Cocaine Anonymous for a few years now and I would like to share with other members my joy. I remember the first H&I panel that I did with my Sponsor back in 1984. We went on a journey on a Sunday from Los Angeles up to a facility in the hills near Lake Castaic. It was a long ride, so the four of us had a meeting in the car on the way up. We were all relatively new to the program, and we were excited that we had not used that day and that we were sober and free from all mind-altering substances. I wasn't quite sure of how I was staying sober but I was, and I was starting to feel okay about it. We shared our stories with a bunch of people that were at the facility. They were not allowed to leave, and they thanked us for driving up and helping them. I did not have very much of a story when it came to what is what like now, but I remembered what it was like and what happened because that is all I really knew. I remember that when we drove out of the place they locked the gate behind us, and my Sponsor reminded us all that we were sober and clean and that we didn't have to stay there with them tonight and that we didn't have to use today. We were free.

That was the start of H&I commitments for me, and I wanted to have that feeling again so I volunteered to be a speaker at the H&I Committee Meeting. I did panels with other members around the city and did my best to let other addicts or potential addicts know that I had found a way of life that was working for me and that if they wanted, it could possibly work for them as well.

About two and a half years into my sobriety, I had given up my panels and was not doing H&I work. I had enjoyed it but felt like it was beginning to feel like too much work. My Sponsor had moved far away (Orange County), and I wasn't talking to him as much or seeing him and was a very busy guy at work. I was going to all the same meetings and had many friends in CA, but I was feeling a bit disconnected, even with my home group. I had discussed a temporary sponsorship with someone who had many years and was at my meeting. I told him how I was feeling and he asked me a question that just blew my mind. "How many commitments do you have?"

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It was like one of those Ah Ha moments. I remembered what my Sponsor had told me when I was newly sober. "You can't keep it unless you give it away." I thanked my friend for his wise insight, as I had none. The following week, I went back to the H&I Committee Meeting and volunteered for several more commitments. I didn't squabble about where the commitments were or what day or time I would have to go. I just knew that I had to keep doing what had helped me stay sober in the past. I needed to share my experience, strength, and hope with others so that they might realize that there was a solution for them as well.

For anyone that has not done H&I, I recommend it and I also say that the story that you tell at one of the meetings may in fact save someone's life. This is how our program works. One addict helping another addict! If you volunteer for a commitment, you can help your friends in the program by taking them along with you and letting them share their stories. You can help someone at the meeting by letting them know your solutions on how you stay clean and sober today and what works for you.

I remember sharing my story at a regular CA meeting and having someone come up to me after the meeting and say that I was at the hospital that they were an inpatient at and that they remember me coming in and doing H&I. They say they remembered my story and told me something that I said at that meeting and that it helped them stay sober. They told me about their life today, how much time they had, and how much better their life was now, and that they now sponsored several people as well. We never know what we do or say or how that can affect the world we live in.

This is why I volunteered for the H&I outreach committee at my local area H&I meeting.

To let members know how important it is to reach out to other addicts and to share the solution of our program with them so that they in fact can do the same. The best way that we can do this is by doing more H&I panels and by finding more meetings to bring our message of life to. I hope that if this message is something that you would like to share with others that you would consider volunteering some time to H&I in your area.

In love and service,

Mark G.