

# C.A. San Diego Newsletter

April 2011-June 2011

Toll Free Hotline (866)242-2248  
<http://www.casandiego.org>

## Tools of Recovery

There comes a time when the cocaine stops working--a time when the coke, the other drugs, and all the madness become unbearable.

By then, you just can't stop, so you manage to score and somehow survive and keep on using because, although it's killing you, cocaine has become the most important thing in your life. If you somehow, some way, get a break from it, get free for a moment with a little clarity, you will know this could be your last chance. You must stop using now, and you are really scared. You want to stay away from cocaine, but you don't know how.

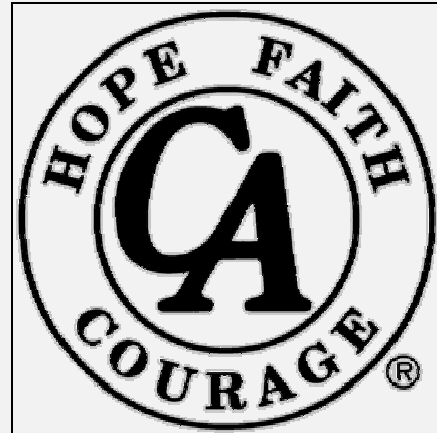
If you want to be clean and sober, you can be. If you want what we have, you can have it. No matter how much cocaine you have used or how low you have sunk, you can get away and stay away from cocaine, by doing what we have done. Thousands of recovering cocaine addicts are living drug-free and owning their lives again, by actively using the tools of recovery in the program of Cocaine Anonymous.

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## New Service Committee

January 18<sup>th</sup> the new Service Committee was elected. We would like to thank all of you for your service and dedication to C.A. San Diego. We all look forward to another great year of Unity.

Many thanks to all those who served on the Service Committee last year. Your humble dedication to service is appreciated. Thank you for participating in your recovery.



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CHAIRPERSON  
KEITH F.

[chair@casandiego.org](mailto:chair@casandiego.org)

VICE CHAIR  
TOM B.

[vicechair@casandiego.org](mailto:vicechair@casandiego.org)

TREASURER  
DEB K.

[treasurer@casandiego.org](mailto:treasurer@casandiego.org)

SECRETARY  
MEGAN K.

[secretary@casandiego.org](mailto:secretary@casandiego.org)

CO-TREASURER  
JOHN G.

[johngot.jwa@gmail.com](mailto:johngot.jwa@gmail.com)

SPECIAL EVENTS  
FRANK T.

[specialevents@casandiego.org](mailto:specialevents@casandiego.org)

CELEBRATION  
CAI P.

[celebration@casandiego.org](mailto:celebration@casandiego.org)

TELEPHONE HELPLINE  
AL P.

[helpline@casandiego.org](mailto:helpline@casandiego.org)

UNITY  
MATT K.

[unity@casandiego.org](mailto:unity@casandiego.org)

HOSPITALS & INSTITUTIONS  
MEGAN K.

[handi@casandiego.org](mailto:handi@casandiego.org)

PUBLIC INFORMATION  
GABE G.

[publicinformation@casandiego.org](mailto:publicinformation@casandiego.org)

CHIPS & TOKENS  
CHRISTIAN T.

[tokens@casandiego.org](mailto:tokens@casandiego.org)

STRUCTURES & BYLAWS  
MIKE S.

[bylaws@casandiego.org](mailto:bylaws@casandiego.org)

LITERATURE  
TOM B.

[literature@casandiego.org](mailto:literature@casandiego.org)

NEWSLETTER  
HEDY K.

[newsletter@casandiego.org](mailto:newsletter@casandiego.org)

WEBSITE  
GARY B.

[webservant@casandiego.org](mailto:webservant@casandiego.org)

DELEGATE  
KEITH F.

[delegate@casandiego.org](mailto:delegate@casandiego.org)

DELEGATE  
ERIC F.

[delegate@casandiego.org](mailto:delegate@casandiego.org)

DELEGATE  
BARBARA N.

[delegate@casandiego.org](mailto:delegate@casandiego.org)

ALTERNATE DELEGATE  
MIKE S.

[alternatedelegate@casandiego.org](mailto:alternatedelegate@casandiego.org)

ALTERNATE DELEGATE  
SKIP S.

[alternatedelegate@casandiego.org](mailto:alternatedelegate@casandiego.org)

These are some of the tools that work for us.

#### TOTAL ABSTINENCE

We who have lost control of our cocaine consumption must abstain from all mind-altering substances. Our experience is that our addiction is invariably triggered by the use of alcohol or other drugs. Just don't drink or use, no matter what.

#### MEETINGS

This is where we meet other recovering addicts. What we failed to do alone we can do together. We share our experience, strength, and hope at meetings. We also learn valuable information about our disease and how the program of Cocaine Anonymous works in our lives. We suggest that you get a meeting directory and go to 90 meetings in 90 days.

#### LITERATURE

The books Alcoholics Anonymous (the "Big Book") and Twelve Steps and Twelve Traditions (the "Twelve and Twelve") of Alcoholics Anonymous are two of our most valuable tools of recovery. Cocaine Anonymous publishes numerous pieces of literature to further help the recovering addict.

#### SPONSOR

A sponsor is a recovering addict with more sobriety and Program experience than yourself who will help you work the Steps. He or she (same sex is recommended) should be someone you think you can communicate with. Begin looking for a sponsor immediately. You can change sponsors if the relationship doesn't work.

#### THE TWELVE STEPS

Meetings may keep you sober for some time, but the Twelve Steps of Cocaine Anonymous are vital for a stable and happy recovery. The Steps of Cocaine Anonymous are the means by which we move from the problem of drug addiction to the solution of recovery. We learn about the Steps by reading the literature, by attending Step study meetings, and by working with a knowledgeable sponsor.

#### HIGHER POWER

We urge new members to explore whatever beliefs they may have in a Power greater than themselves. There are no religious requirements or beliefs

necessary for membership. Some of us either lost our spirituality before we came to C.A. or have never had any spiritual beliefs. As we recovered, many of us experienced new or reawakened spiritual feelings. Be open-minded.

#### SERVICE

One of the keys to successful recovery is getting involved. Begin by getting and keeping commitments at meetings--make coffee; help clean up; put away chairs. Help yourself by helping others.

#### TELEPHONE

The telephone is our lifeline between meetings. Get phone numbers from other C.A. members. We are usually shy about calling at first, but we must find a way to do it. We suggest you call someone in the Program daily.

#### ONE DAY AT A TIME

The thought of making a pledge to never use again can be discouraging. We stay clean and sober one day at a time, and if necessary, one hour or even one minute at a time.

#### PRAYER AND MEDITATION

We use these tools to establish and improve our conscious contact with God, as we understand Him. We have found the Serenity Prayer to be very helpful:

God, grant me the serenity to accept the things I cannot change, courage to change the things I can, And the wisdom to know the difference.

Make your recovery your number one priority. All your hopes and plans, even your very survival, depend on a drug-free you. Staying away from cocaine and all other mind-altering substances may be the greatest challenge you will ever face.

The early period can be tough, but that does not mean you are not getting better. Beware of thoughts like "I don't feel good," or "This is not working." Recovery is a process, and it takes time.

We hope that by using these tools you will find the same joy and freedom we have found. Just remember to be patient and keep coming back.\*

\*Taken from C.A. World Services [www.CA.org](http://www.CA.org)

CALENDAR OF EVENTS

SPECIAL EVENT:

PANCAKE BREAKFAST APRIL 30<sup>TH</sup>

424 VIA DE LA VALLE \$5.00 IN ADVANCE \$7;00 @THE DOOR

PADRE GAME /FIREWORKS MAY 20<sup>TH</sup>

PADRES VS: MARINERS

\$15.00 PER PERSON

OTL TOURNAMENT/HOME GROUP CHILI COOK-OFF

JUNE 25<sup>TH</sup>

CAWS 2011 WORLD CONVENTION MAY 26-30

"WE"

Arizona Biltmore Resort

Phoenix, Arizona

Registration Rates from \$50-\$199

Go to [www.CA.org](http://www.CA.org) for more information

Special Events meetings are the last Saturday of the month, bring your new ideas and energy to Special Events. Contact Frank T at [specialevents@casandiego.org](mailto:specialevents@casandiego.org) for more information

## Promises

*These are some of the promises that have come to fruition for those of us in recovery*

Gabe G-I got off probation in recovery and stayed off

Ashlee- I was able to move back home and embraced by my family again

Matt K.-By relying on my higher power and taking action I was able to save my house

Blaine S.- The ability to look at myself in the mirror

Eddie F.- One day I realized that the past, which I wanted to forget due to the crazed, violent, chaotic lifestyle that I lived for so many years, was no longer a penalty in my life but an asset to be used for its experience and also to realize the transformation that had taken place giving us this life filled with purpose and blessings today. I will never forget those dark horrible years I lived, and I will try to always live with a heart full of gratitude for this new life. We will NOT regret the past, nor wish to shut the door on it.

Peter D-"Fear of people and economic insecurity will leave us."

Connie C- One of the many promises that have been given me this year is the fear of economic insecurity has left me. Being sober just 11/2 years I have a new business and it is very successful

**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.

**Contact:**

**Hedy Klein**

[newsletter@casandiego.org](mailto:newsletter@casandiego.org)

**Or Mail your submissions to:**

**Cocaine Anonymous**

**P.O. Box 261411**

**San Diego, CA 92126**

### Fun After Addiction

"...But we aren't a glum lot. If newcomers could see no joy or fun in our existence, they wouldn't want it. We absolutely insist on enjoying life."

(Pg 132, The Big Book Of Alcoholics Anonymous)

Sober Giggles:



What's the difference between an addict & an alcoholic?

Either will steal your wallet, but the addict will spend all night helping you look for it.

## C.A. San Diego Meeting Schedule

### Sunday

"Hope is Alive"

**5:00 p.m.** 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

### 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.** McDonald Center, Women's Participation, NS  
9896 Genesee, San Diego 1 hour

"Coconuts"

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

"Men's Step Study"

**7:45 p.m.** McDonald Center, Men's Step Study, NS  
9896 Genesee, San Diego 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"

**7:30 p.m.** Garage, Open, Speaker/Participation, NS  
4800 block 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

"Keep it Simple"

**11:15 a.m.** Mesa Vista Hospital, Participation, NS  
7850 Vista Hill Ave, San Diego 1 hour

"Courage to Change"

**6:00 p.m.** Alano 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)

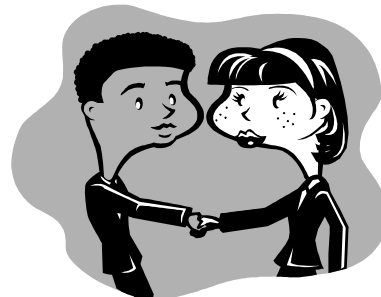
**H&I** -- 2nd MONDAY of Every Month

**6:30 p.m.** Monthly Hospitals & Institutions Committee  
Meeting  
Scripps McDonald Center - Scripps Memorial Hospital, La  
Jolla

**GSR/Council** -- 3rd MONDAY of Every Month  
(4th Monday if 3rd Monday is a holiday)

**6:45 p.m.** Monthly GSR Meeting at Hospital.  
7850 Vista Hill Ave, San Diego

*Remember meeting makers make  
meetings*



## The 4th step

I think it is important to remember we are not taking the 4th step alone. Before beginning, we can seek the support and guidance of a sponsor and our higher power. As the result of my addiction and the chaos of an unmanageable life, I have come to a point where it has become necessary to accept the help of a power greater than myself. The will and life that I have turned over to the God of my understanding, is like a large disorganized warehouse.

As I begin the 4th step, I open the door to that warehouse and begin to examine it's contents. There are many large containers that represent areas of my life. Some of these are my family, friends, society, authority, and romantic relationships. In this process I am more deeply examining parts of my life that I have surrendered. As I open the different containers, I am looking for damaged goods in the form of behaviors, motives, attitudes and living patterns that are limited or influenced by anger, fear, resentment, and the traumas of abuse, neglect, and abandonment. Every individual makes their own list, these are some of the things on mine.

As I look through my life I must be thorough. Even in areas that I think are ok. I look in every small box and look closely in every corner with the flashlight of open-mindedness. My life is influenced by past experiences as far back as childhood, and more recent experiences including the thoughts and behaviors that accompanied my drug use. As I catalog the contents on the warehouse of my life I can see more clearly the damage I suffered, and the injury I caused to others. I thoroughly examine my past to find where I have made decisions based on self. These negative thoughts, beliefs, and behaviors are damage goods that must be discarded to make room for honesty, open-mindedness, and willingness.

As I continue with this process, a certain order begins to appear. The warehouse is not just a jumble anymore. I am creating an inventory. By separating thoughts and behaviors relating to people, places and things I can see my life more clearly. As I do the work in this step, I know that I am doing my part. This is working the program. When I finish this step, God with my sponsor and the rest of the program will help me move on. Truly we are not alone.

In Recovery,  
Jeff T.

## Anonymity

I read once that anonymity is "a state of bearing no name".

In C.A. when I speak at a meeting I try not to be drug specific, try not to share about what I did to get my bag, or share about how I used drugs. The reason why is so I can be as one with all who are at a meeting instead of being different. Also, when I don't use any of that type language, I drop my pride and ego and the comparison attitude towards people.

I have learned that we all have one thing in common, addiction; and recovery is what we strive for. When I got sober, I didn't have anything in common with anyone because they didn't use like me. I couldn't identify because everyone was drug specific, and I wasn't looking for the feelings behind their messages. All I heard was the drugs they used, and how they used them. My definition of anonymity is "one for all and all for one". No one is better than, no one is less than. The only way I know to keep anonymity is by placing the principles of the Twelve Steps and Traditions before the members of C.A., and by identifying myself as an addict, trying to recover from the disease of addiction, trying to stay clean one day at a time.

When I see people who try to act like someone else or try to tell me that there is no recovery in C.A., what I try to do is set an example that there is recovery in C.A., and try to make myself available to people who want help in their recoveries regardless of personalities.

My whole life I felt different. By practicing the Twelfth Tradition, I don't have to be a chameleon to be a part of.

Ken B.

# Poetry Center

## *The Other Side of the Street*

*My soul was touched  
Emotions were teased  
Heartstrings plucked  
Tensions eased  
Tableaus described  
Amazing vistas seen...  
To me, is what sobriety  
Is meant to mean  
Through mastery of words  
Through sly use of wit  
We're whooshed expertly away  
From the chairs where we sit  
My life goes on, still incomplete  
Places to find, people to meet  
I search to find, and live to seek  
But today it's from the other  
side of the street*

*-Dominick D-*

## *Change*

*The universe is change  
Nothing endures but change  
Understanding brings proof  
Proof brings belief  
Belief brings willingness  
Willingness brings action  
Action brings change  
Change brings result  
Result brings action  
Action brings willingness  
Willingness brings belief  
Belief brings proof  
Proof brings understanding*

*We can change, even when we have gone too far  
The world is a constantly transforming  
Flow of events and processes  
The one constant of this world is change  
Our reality is change  
The one thing I can change is myself  
To solve a problem I have created, I must  
change myself  
Change is on-going, occurring within the  
changeless  
The more I try to stay the same, the more I tend  
to change*

*~Shawn S~*

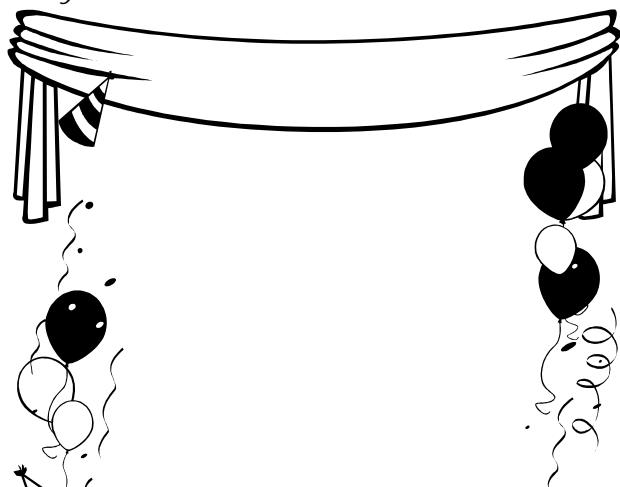
## Birthdays

Christian T.	1/27/09
Dominick D.	2/12/10
Eric F.	3/13/06
Ken S.	3/23/00
Gabe G.	3/31/08
Eddie F.	4/10/97
Hedy K.	5/05/09
Matt K.	5/05/09
Frank T.	5/06/09
Karl	5/07/09
Jeff H.	5/09/10
Brittany K.	5/18/09

*If your birthday didn't make it into the newsletter, let me know.*

*Send me a text or email, catch me at a meeting. I would love to include you in the newsletter.*

*Hedy*



**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 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 listed in this newsletter, 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.**

**Hedy ~ Newsletter Chair**