

# C.A. San Diego Newsletter

July 2011-September 2011

Toll Free Hotline (866)242-2248

<http://www.casandiego.org>

## Working the Traditions Part 2

This is the 2<sup>nd</sup> part of my two part series on Working the Traditions. I hope you are finding this tool helpful understanding how the Traditions apply to the individual and not just the group. As I said in my last newsletter these traditions have become one of my biggest tools in my "toolbox" of recovery.

If "we practice these principals in all of our affairs" we will find that The Traditions will help us in our everyday personal life and in business.

In Love and Service,

~Hedy~

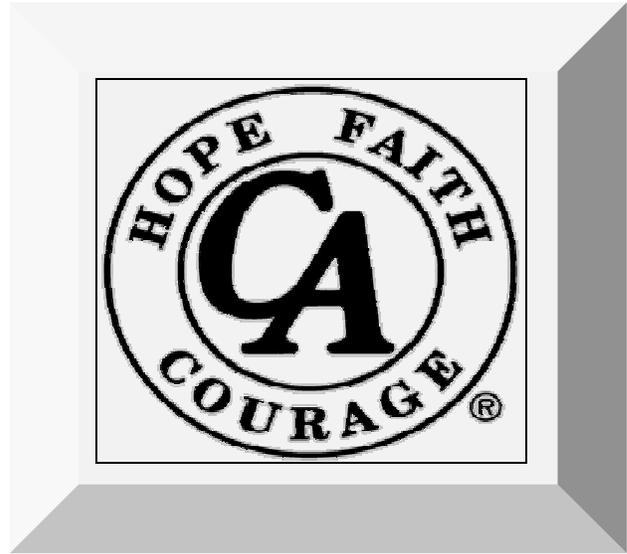
### Traditions Checklist\*\*

These questions were originally published in the AA Grapevine in conjunction with a series on the Twelve Traditions that began in November 1969 and ran through September 1971. While they were originally intended primarily for individual use, many AA groups have since used them as a basis for wider discussion. Copyright © The [A.A. Grapevine, Inc.](#)

**Tradition Six: An AA group ought never endorse, finance, or lend the AA name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.**

- Should my fellow group members and I go out and raise money to endow several AA beds in our local hospital?
- Is it good for a group to lease a small building?
- Are all the officers and members of our local club for AAs familiar with "Guidelines on Clubs" (which is available free from GSO)?
- Should the secretary of our group serve on the mayor's advisory committee on alcoholism?
- Some alcoholics will stay around AA only if we have a TV and card room. If this is what is required to carry the message to them, should we have these facilities?

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# C.A. Service Page

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**Tradition Seven: Every AA group ought to be fully self-supporting, declining outside contributions.**

- Honestly now, do I do all I can to help AA (my group, my central office, my GSO) remain self-supporting?
- Could I put a little more into the basket on behalf of the new guy who can't afford it yet? How generous was I when tanked in a barroom?
- Should the Grapevine sell advertising space to book publishers and drug companies, so it could make a big profit and become a bigger magazine, in full color, at a cheaper price per copy?
- If GSO runs short of funds some year, wouldn't it be okay to let the government subsidize AA groups in hospitals and prisons?
- Is it more important to get a big AA collection from a few people, or a smaller collection in which more members participate?
- Is a group treasurer's report unimportant AA business? How does the treasurer feel about it?
- How important in my recovery is the feeling of self-respect, rather than the feeling of being always under obligation for charity received?

**Tradition Eight: Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.**

- Is my own behavior accurately described by the Traditions? If not, what needs changing?
- When I chafe about any particular Tradition, do I realize how it affects others?
- Do I sometimes try to get some reward - even if not money - for my personal AA efforts?
- Do I try to sound in AA like an expert on alcoholism? On recovery? On medicine? On sociology? On AA itself? On psychology? On spiritual matters? Or, heaven help me, even on humility?
- Do I make an effort to understand what AA employees do? What workers in other alcoholism agencies do? Can I distinguish clearly among them?
- In my own AA life, have I any experiences which illustrate the wisdom of this Tradition?
- Have I paid enough attention to the book Twelve Steps and Twelve Traditions? To the pamphlet AA Tradition - How It Developed?

**Tradition Nine: AA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.**

- Do I still try to boss things in AA?
- Do I resist formal aspects of AA because I fear them as authoritative?
- Am I mature enough to understand and use all elements of the AA program - even if no one makes me do so - with a sense of personal responsibility?
- Do I exercise patience and humility in any AA job I take?
- Am I aware of all those to whom I am responsible in any AA job?
- Why doesn't every AA group need a constitution and bylaws?
- Have I learned to step out of an AA job gracefully - and profit thereby - when the time comes?
- What has rotation to do with anonymity? With humility?

**Tradition Ten: Alcoholics Anonymous has no opinion on outside issues; hence the AA name ought never be drawn into public controversy.**

- Do I ever give the impression that there really is an "AA opinion" on Antabuse? Tranquilizers? Doctors? Psychiatrists? Churches? Hospitals? Jails? Alcohol? The federal or state government? Legalizing marijuana? Vitamins? AI-Anon? Alateen?

- Can I honestly share my own personal experience concerning any of those without giving the impression I am stating the "AA opinion"?
- What in AA history gave rise to our Tenth Tradition?
- Have I had a similar experience in my own AA life?
- What would AA be without this Tradition? Where would I be? Do I breach this or any of its supporting Traditions in subtle, perhaps unconscious, ways?
- How can I manifest the spirit of this Tradition in my personal life outside AA? Inside AA?

**Tradition Eleven: Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.**

- Do I sometimes promote AA so fanatically that I make it seem unattractive?
- Am I always careful to keep the confidences reposed in me as an AA member?
- Am I careful about throwing AA names around - even within the Fellowship?
- Am I ashamed of being a recovered, or recovering, alcoholic?
- What would AA be like if we were not guided by the ideas in Tradition Eleven? Where would I be?
- Is my AA sobriety attractive enough that a sick drunk would want such a quality for himself?

**Tradition Twelve: Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.**

- Why is it a good idea for me to place the common welfare of all AA members before individual welfare? What would happen to me if AA as a whole disappeared?
- When I do not trust AA's current servants, who do I wish had the authority to straighten them out?
- In my opinions of and remarks about other AAs, am I implying membership requirements other than a desire to stay sober?
- Do I ever try to get a certain AA group to conform to my standards, not its own?
- Have I a personal responsibility in helping an AA group fulfill its primary purpose? What is my part?
- Does my personal behavior reflect the Sixth Tradition - or belie it?
- Do I do all I can do to support AA financially? When is the last time I anonymously gave away a Grapevine subscription?
- Do I complain about certain AAs behavior - especially if they are paid to work for AA? Who made me so smart?
- Do I fulfill all AA responsibilities in such a way as to please privately even my own conscience? Really?
- Do my utterances always reflect the Tenth Tradition, or do I give AA critics real ammunition?
- Should I keep my AA membership a secret, or reveal it in private conversation when that may help another alcoholic (and therefore me)? Is my brand of AA so attractive that other drunks want it?
- What is the real importance of me among more than a million AAs?

**\*\*The AA Big Book, AA 12 Steps and 12 Traditions, AA Grapevine and the books Hope Faith & Courage and Hope, Faith & Courage Volume II are used with permission.**

## CALENDAR OF EVENTS

November 5<sup>th</sup>, 2011

When: Saturday, November 5th from 6pm to 12am

Where: Ramada Inn

Theme: Masquerade Ball

\*Semi formal attire is recommended

Cost will be \$35.00 in advance - \$45.00 at the door

Tables of 8 or 10 can be reserved in advance

For more info please contact

Cai Pamplin 619-881-7675

Hedy Klein 858-568-4779



## Promises

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

Hedy K-I am finding the woman my God intendeds me to be and I can walk through any of life's issues with Grace & Dignity, and I don't have to use no matter what.

Gabe G.-Through working the 9<sup>th</sup> Step I have a strong relationship with both of my parents today.

Eric F. - I can be alone at perfect peace and ease.....

Gary B. - My life has never been so easy. I'm no longer living in conflict. Instead I live with peace and serenity.

I am content with who I am and with the direction I am headed.

**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**

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**Or Mail your submissions to:**

**Cocaine Anonymous**

**P.O. Box 261411**

**San Diego, CA 92126**

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)

Fun After Addiction

Sober Giggles:



A man goes to the doctor with two severely burned ears. "How in the world did this happen?" the doctor asked. The man said, "Well doc, I must confess, I like to drink when I get home from work. Last night I came home from work and had my usual few drinks, and was sitting on the sofa having another. My wife wanted to talk to me and iron at the same time so she set up the ironing board next to the sofa. Well doc, the phone rang and without thinking I picked up the hot iron instead of the phone and pressed it against my ear."

"That explains the one ear," the doctor said, "but what happened to the other one?"

"The damn fool called back!" the man said.

## 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**

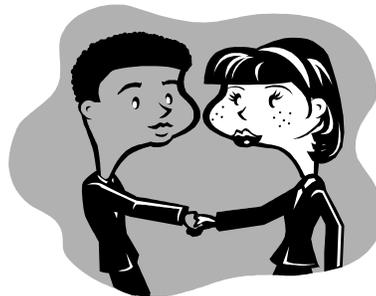
**Scripps McDonald Center - Scripps Memorial Hospital,  
La Jolla**

**Special Events & C.A. Celebration Committee meetings  
3<sup>rd</sup> Saturday every month**

**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*





## Surviving the Holidays

### Finding serenity in a sometimes hectic time of year -

Holidays can be hard for some people in sobriety. The holiday season – kicking off with Halloween, and ending with New Years, at least for me was a great reason to party. We must never forget that for people who are just beginning to walk the road of recovery from addiction to alcohol and drugs, that this is an extremely difficult and stressful time. For several reasons, this time of year means we are very vulnerable to a relapse.

Let me offer a few simple thoughts that might help them make it through this holiday season:

**A. Remember the significance of the holidays** – Halloween, a time to let us embrace our inner child and to go out Trick or Treating with your children, nieces, nephews, brothers or sisters. Find a sober costume party. Our focus in November ought to be thankfulness - an attitude of gratitude. Christmas/Hanukah is a time to focus on family, togetherness and the spirit of love.

**B. Don't isolate** - For most people the holidays are a time for family and other important relationships. For the newly recovering addict, especially those in residential programs, the holidays can be the loneliest time of the year.

Newly recovering addicts face two special challenges during the holidays. On one hand, the holidays serve as a painful reminder of all the relationships they've messed up. Too many recovering people spend Christmas haunted by memories of loved ones and friends that have been alienated because of destructive and manipulative behavior. So, there is a real tendency to fall into self-pity and remorse. In order to compensate for the loneliness, some will take an equally destructive path; falling in with the wrong people. To keep our sobriety, people who are still using alcohol and drugs, must be avoided at all costs

**So, what's the solution?** This is the time take advantage of new, sober acquaintances your Higher Power has brought into our lives. Reaching out to those around us and using this holiday season as a special opportunity to get to know them better is the best antidote for that special sense of loneliness that comes with the holidays.

**C. Use the holidays as a special opportunity for making amends** - Instead of dwelling on failed relationships, the holidays provide a special opportunity to restore some broken relationships. This is the time to make a list of those people and creatively consider ways to reconnect with them. While it is not always possible to make amends to everyone that might come to mind, there will always be a few of them, especially family members, to whom amends can be made. Some of those who have not heard from us for some time might actually consider your getting in touch with them to be a special gift this holiday season. Talk to a counselor or sponsor about this and get some input before embarking on this important step in your recovery process.

**D. Give gifts from the heart** - It's easy to feel a load of guilt and shame about not having resources to give presents and other tokens of love to those around you. There are other types of "gifts" that can be just as meaningful: a simple card (even homemade), phone calls or visits, lending a helping hand with a special project. There is a virtually unlimited number of ways to show people around you that you care that don't require a lot of cash. Be creative!

**E. Share your feelings** - The holidays can bring back a host of confusing feelings and memories. Sometimes we're tempted to dwell on "good times" that involved drinking and drug use. For some, this time of year provokes painful childhood memories if we grew up in a troubled home. Others experience loads of stress, disappointment, and loneliness during the holidays. The worst thing to do is to keep all these feelings bottled up inside. Find trusted sober friends and support groups where you can share what is going on within you. This is a sure fire way to keep them in perspective and work through all these emotions in constructive and healthy ways.

**F. Find healthy ways to celebrate the season** - For some of us, it's hard to imagine a Holiday without alcohol and drugs. But, for newly sober people, this time of year can be a chance to rediscover how to have fun without mind-altering chemicals. Take a few moments to find out what is happening with people in your meetings.

**G. Have realistic expectations** - Most post-holiday disappointments are the result of expecting too much. We may find this holiday season is not the exciting and joyous experience others seem to make it out to be. Maybe no one seemed to have reached out to us in any special way. Maybe we did not handle all the stress of the holidays, as we would have liked to. So what? Making it through the holidays without using drugs or alcohol could actually be the most significant thing we managed to do this holiday season. This, in itself, is a major accomplishment.



# Poetry Center

## **Beast**

I fear the beast  
Who comes to feast  
Upon my very soul.

Cause he leaves behind a  
fruitless mind,  
And a hate I can't control.

They came today and took  
away the man  
Who lives next door,  
To end his strife he took  
his life,  
He couldn't take no more.

My one desire when I  
expire  
Is no one cry for me,  
But hold my  
Memory inside your  
hearts,  
And I know that I am  
finally free.

*Rob*

## **An Inner Life**

Slow me down, God!! Ease the pounding  
of my heart by the quieting of my mind.  
Steady my hurried pace with a vision of  
the eternal reach of time. Give me with  
the confusion of my day, the calmness of  
the everlasting hills. Break the tensions of  
my nerves and muscles with the soothing  
music of singing streams that live in my  
memory. Teach me the art of taking  
minute vacations...of slowing down to  
look at a flower, to chat with a friend or  
newcomer, to pet a dog, to reach a few  
lives from our text or a good book.  
Remind me each day of the fable of the  
hare and the tortoise, which I may know  
that the race is not always to the swift;  
that there is more to life than measuring  
its speed. Let me look up into the  
towering branches of the oak and know  
that it grew great and strong because it  
grew slowly and well. Slow me down God,  
and inspire me to send my roots deep into  
the soil of life's enduring values that I may  
grow toward the stars of my greater  
destiny.

Sean S.

## Birthdays

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

Deb K.	10/02/2002
Tony B.	10/05/2001
Megan K.	10/05/2008
Cai P.	10/06/2000
Sirio B.	11/01/2008

*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