

# C.A. San Diego Newsletter

2016 Summer

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

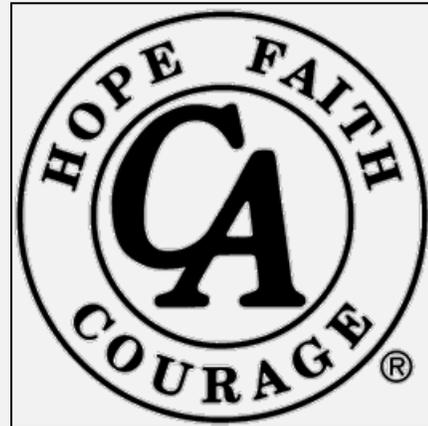
## Wisdom

The journey to wisdom requires the gift of free choice. Throughout one's life, a person makes choices and experiences their consequences. Over time and through various situations, one sees patterns develop between their decisions and the consequences they yield. Using these patterns or correlations, one learns to modify their choices to obtain the consequences they desire. This is wisdom.

Unfortunately, some things can block this journey. Externally, the journey to wisdom can be blocked by some outside force changing the outcomes or consequences of one's choices. In recovery, we call this enabling. Internally, the journey to wisdom can be blocked by a couple of factors. One may not have the cognitive ability or be so emotionally scarred that they are unable to see patterns and develop correlations between their actions (choices) and the consequences they receive for them. In recovery, the *Big Book* identifies this type as "people who are constitutionally incapable of being honest with themselves". Also, a person who doesn't wish to take responsibility for their choices may discount and argue against the correlations between their decisions and the consequences they receive. What they are really doing is arguing against reality. It is a fool's errand that can have deadly consequences for addicts and alcoholics.

Choose the path to wisdom; while sometimes painful in the short run, it leads to long-term success and happiness.

Greg B



## INSIDE THIS ISSUE

- 1 **Wisdom**
- 2 **Resentments and the Like**
- 3 **Resentments (continued)**
- 4 **San Diego Area Meeting Schedule**
- 5 **Humor Me . . . Mission statement**
- 6 **Turning Points**

## Resentments and the Like

In discussions with friends, and in stories I have listened to, I have heard accounts of people who have difficulty making amends to others who have caused them harm. I, too, have found myself in this situation.

In my experience as a youth, there were a few classmates that seemed to enjoy causing me harm, from physical pain to theft of my property. Though my personal experience may not have gone to the extreme of rape or incest, I still found no reason for them to treat me as they did. That is, until I started a “searching and fearless moral inventory” of myself.

To my surprise, I learned that “resentment” was defined as not only a feeling of displeasure or indignation, but also an exhibition of that irritation. I recalled times in school, where the bad behavior of others—and the ensuing punishment from the teacher—brought on ridicule from me and my classmates. Being small in stature, I was most likely the easiest target for retaliation. In my case, my resentments toward others had resulted in their resentments against me and so on, one resentment fueling the next. It was a vicious endless loop.

I began to study the concept of righteous or justifiable indignation, the type of resentment one would have if truly they played no role in the creation of disdain. By all means, one would be a victim in this circumstance.

When we enter into the process of a personal inventory, we are asked to think of those we resent as we would a sick person. I have found it helpful to pray that

these people get the help they need, preferably somewhere else. This has a way of taking me out of myself, as well as taking them out of myself.

On the topic of making amends, I am reminded (and would remind others) of the second part of Step Nine: “...except when to do so would injure them or others”. Sometimes we are the “others”. I am also reminded that “There may be some wrongs we can never fully right.” Perhaps they’re wrongs done by us, as well as to us. “We don’t worry about them if we can honestly say to ourselves that we would right them if we could.”

This brings to mind a couple of questions:

1. What of the wrongs we have done ourselves, as a result of the wrongs done us by others? By keeping the resentment alive within us, we hold on to the possibility of doing ourselves unintentional harm. A friend equated our disease to a pilot light in a furnace. Always there, ready to ignite the next batch of fuel that comes in contact with it. I equate resentments to the fuel in that furnace.
2. Can I forgive myself? I think it is imperative that this takes place. In order to find real serenity, happiness, and true faith, one must be able to forgive himself in order

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to humbly ask forgiveness from others. This came to mind after hearing “Reaching Out” from a member who had actually experienced it.

I must remember that “. . . there may also be a valid reason for postponement in some cases. But we don’t delay if it can be avoided.” I did hear of a postponement that resulted with amends being made to the victim, who is now a “survivor”. All those involved have forgiven each other. No longer is that “pilot light” able to ignite another inferno fueled by a nearly life-long resentment. I don’t want to be a victim. I want to endure, learn, and grow stronger. Victimhood will feed the fire of resentment, and take me farther from God.

Because Egos seek entitlement and justification, it may be extremely difficult to forgive an assault on one’s person, Ego, or both. I have concluded that a failure to do so may indeed cause more harm over time than the original injustice. Although the indignation felt toward one’s attacker may be “righteous” or “justifiable”, holding on to that displeasure erects a barrier, obstructing the path to salvation. In the same spirit as “It is better to give than to receive”.

I believe it is both emotionally and spiritually healthier to forgive than to resent.

It has been said: “Ask, and it will be given to you. Seek, and you will find. Knock, and it will be opened to you. For everyone who asks receives, and he who seeks finds, and to him who knocks it will be opened.” This led me to three conclusions:

1. If I don’t ask, I am not likely to get what I need.
2. If I don’t seek, I am not likely to find what I need.
3. If I don’t knock, I’m not likely to get in.

Simply for the asking, my God has taken from me my worst resentments, very much in the same way he has taken my compulsion to drink. By seeking, I found a Higher Power that suits me, one I will continue to try to understand. By knocking, I was invited into a fellowship of which I feel I am a useful part. For these things, I am eternally grateful.

Rob B.

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"**

**5:30 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

**Tuesday**

**"Snow Bunnies"**

**6:00 p.m.** 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**

**"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**

**"Alive at 5"**

**5:00 p.m.** McAllister Institute, Participation, NS  
2821 Oceanside Boulevard, Suite F, Oceanside, CA 92054,  
1 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

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.

Send your submissions to:  
Editor: [casdnewslettereditor@gmail.com](mailto:casdnewslettereditor@gmail.com)

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

## **Humor Me**

A drunk, a junkie, and a tweaker are stuck in a holding tank together.  
The drunk says, "So what do you think of the upcoming elections?"  
The junkie says, "Dude, you got to chill. Who gives a crap anyway?"  
The tweaker says, "Hey—" (continued on pages 7 through 22)

A guy walks into a bar, sits down, and has a drink. Suddenly, a man hollers at him, "I had sex with your mom last night!"

Disturbed, the man tries to ignore him.

Again, he hears, "Your mom was hot in bed last night!"

Again, he tries to ignore it.

The man is just about to speak again, but the guy stops him and says, "Dad, go home, you're drunk!"

**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 90801**

**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)**

## Turning Points

When I was still drinking and using, it was pretty easy to get a new phone number. You could just call the telephone company and say you were a new tenant in an apartment, give your name, and they would hook you up. Since I often couldn't pay my bill, I instead changed names a lot. Dishonesty was reflexive—a lifelong habit.

Somewhere around six months sober, I found myself driving my crummy little newcomer (\$200) car to my crummy little newcomer (\$200/week) job at six in the morning, when my engine conked out. I pushed it into a U-turn in order to get to a nearby service station. I was looking over my shoulder to watch out for traffic as I shoved my car down the road when I suddenly heard a loud crunch and a scraping noise. I had sideswiped a nice new Lincoln Continental. The driver's side door was badly dented and there were long horizontal scrapes in the paint.

I looked around and noticed that nobody seemed to be paying any attention. I registered the thought that I had a clear opportunity to ignore what had happened and to keep pushing my car. Instead, I pulled out a business card (newcomer job was a boiler-room sales gig) and wrote a note on it and stuck it under the windshield wiper.

Later that day, I got a call from the Lincoln's owner. He suggested I visit him at his office at the Cadillac dealership right there at the corner where his car had been parked). When I got there, we talked. I don't know how it came out, but I mentioned being new in the fellowship. It turned out that he had over twenty-five years of sobriety. It also turned out that he was the maintenance manager at the dealership, and he had access to body work at a discount. The thousand bucks' worth of damage could be handled, he said, for three hundred. I made arrangements to pay and left in gratitude and relief.

I have since consistently benefited from making decisions based on principle rather than self.

Our book says, regarding our decision to surrender, "We stood at the turning point..." There are many turning points in sobriety, and this was one of them for me.

Dan H