

Cocaine Anonymous San Diego

"Knowing that I could not keep drinking and knowing that I could not stop"

Special points of interest:

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Surrender To Win

Surrender. In a dark, cold garage, I sat in my car and cried. Slowly, very slowly realizing that I had made a complete wreck of everything around me and was losing everything that was of any importance to me. Until this particular Tuesday, which was a regular Tuesday, just like every other wasted Tuesday which had since passed, I believed that I had everything under control and my life was still in working order.

It was in the morning

hours of this Tuesday, after I had dropped my kids off at school, I sat in my car broken – knowing that I could not keep drinking and knowing that I could not stop.

It appeared as a small thin sliver, just a slim fragment. It was so small at that point that if I hadn't been stretched to breaking, I may have missed it altogether. It was surrender. It was hope.

In my broken state of drunken stupor, a headache wanting form, I

caught just a glimpse of hope. Hope that maybe I didn't have to keep living the way I had been living. Hope that someone could help me figure out how to stop viewing life through a half empty bottle and to stop squeezing every last drop of my existence out of it.

I was desperate for change, but desperately did not want to be an alcoholic/addict. I had spent so much time and energy trying to avoid this truth. Numbing myself for distraction...

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To the Newcomer: Who is a Cocaine Addict?

Some of us can answer without hesitation, "I am!" Others aren't so sure. Cocaine Anonymous believes that no one can decide for another whether he or she is addicted. One thing is for sure, though: every single one of us has denied being an addict. For months, for years, we who now freely ad-

mit that we are cocaine addicts thought we could control cocaine when in fact it was controlling us.

"I only use on weekends," or "It hardly ever interferes with work", or "I can quit, it's only psychologically addicting, right?" or "I only snort, I don't base or shoot." or "it's

this relationship that's messing me up."

Many of us are still perplexed to realize how long we went on, never getting the same high we got at the beginning, yet still insisting, and believing—so distorted was our reality—that we were...

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"We admit that we have character defects as a society and that these defects threaten us continually"

"Each group should be autonomous except in matters affecting other groups or C.A. as a whole."

When I was new in the program I had no idea what "autonomous" meant. Webster's Dictionary defines it as "self-governing."

So when we talk about groups here they could be two or three people or as many as hundreds that comprise a group. They are free to set up their group as they wish as long as it doesn't negatively affect other groups or violate C.A. Traditions. So the watch words here are "injury and affiliation". We must not injure another group or (CA) as a whole nor affiliate with anything or anybody else like a hospital or a religious group or Dry Duck Hunters or Irish Only Crack-heads.

In *As Bill Sees It*, Bill W. wrote, "We admit that we have character defects as a society and that these defects threaten us continually." (pg. 119).

The fourth tradition, when exercised, is similar to a 4th step. It suggests the group should take an honest inventory of itself

Our 4th Tradition

when it plans to take any actions that might break any traditions, or would harm another group or person. The group ought to be making any important decisions via a group conscious, which is the ultimate authority.

The beauty of Tradition Four is it allows a meeting or groups to create their own customs and formats. This provides a great deal of diversity and variety of topics and environments.

In *"Twelve Steps and Twelve Traditions"*, Bill W. reminds us that we are "Children of Chaos", and that we have the "right to be wrong" (pg. 146-147). We are also given Rule 62: "Don't take yourself too damn seriously", and that being able to laugh at yourself is the "acme of humility" (pg. 149).

Through my experience as a Director on the World Service Office Board (2002-2008) and as a Trustee on the World Service Board of Trustees (2004-2008) I believe at the service level Tradition Four is autonomy with responsibility and patience. Some would say of Tradition Four that it

leaves groups to do whatever they will learn, let them go. Some say what they do may have a very wide impact and we should delay and consult with the wider fellowship. Our experience showed us that most of us will fall somewhere in between.

At the group level, we always asked "What might this effect?" The guiding concern should always be "Does this action greatly affect (CA) as a whole?" We would start a pro and cons list and get it on paper. When doing Public Information service work we needed to consult with other groups and areas in the region before proceeding.

Being a group composed of children of chaos and ego driven individualists it is in our nature to defiantly test the boundaries, our 4th tradition, through the group conscious, provides a guide to group survival, and CA as a whole. The steps were created to help me prevent my suicide, the traditions were created to prevent our homicide.

Remember Rule 62!

—Earl H.

Meeting Schedule

SUN	MON	TUE	WED	THU	FRI	SAT
Hit of Recovery (participation meeting, in-person) <i>938 E. Washington Ave, El Cajon</i> <ul style="list-style-type: none"> 2:30-3:30pm Sunday Seekers (book study, hybrid) <i>1050 Regal Rd, Encinitas</i> <ul style="list-style-type: none"> 7:00-8:00pm 	Hugs Not Drugs (meditation/discussion, hybrid) <i>4861 Cass St, San Diego</i> <ul style="list-style-type: none"> 8:00-9:00pm Monday Night Madness (speaker meeting, in-person) <i>503 Vista Bella, Oceanside</i> <ul style="list-style-type: none"> 8:00-9:00pm 	Coconuts (participation, hybrid) <i>2775 Carlsbad Blvd, Carlsbad</i> <ul style="list-style-type: none"> 5:45-6:45pm 	Esperanza Fe Valor (Bilingual book study, online only) <ul style="list-style-type: none"> 7:00-8:00pm 7:11 Steps to Freedom (step study, online only) <ul style="list-style-type: none"> 7:11-8:30pm 	Thursday Night Men's (close men's participation, hybrid) <i>424 Via Del La Valle, Solana Beach</i> <ul style="list-style-type: none"> 7:52-8:52pm Snow Bunnies (Open women's and non-binary participation, online) <ul style="list-style-type: none"> 8:00-9:00pm 	Psychic Change (Leader/participation meeting, in-person) <i>503 Vista Bella, Oceanside</i> <ul style="list-style-type: none"> 7:00-8:00pm Friday Night Del Mar (participation, hybrid) <i>434 Via De La Valle, Solana Beach</i> <ul style="list-style-type: none"> 7:30-9:00pm 	Courage to Change (Participation, hybrid) <i>5077 Logan ave, San Diego</i> <ul style="list-style-type: none"> 5:30-7:00pm S'more Recovery (participation, OB Beach Volleyball Courts, San Diego (Between Towers 4 and 5)) <ul style="list-style-type: none"> 7:00-8:30pm

Due to the re-opening the available options for meeting attendance may change. For the most up-to-date meeting schedule visit:

www.CASanDiego.org/meetings

San Diego Fentanyl-Related Deaths Increasing

According to a news release by San Diego county authorities, in 2020 fentanyl-related deaths increased 202% to 457 deaths compared to 2019's record setting year of 151 deaths.

Official project the number of deaths to continue to increase, projecting 700 fentanyl-related deaths for 2021.

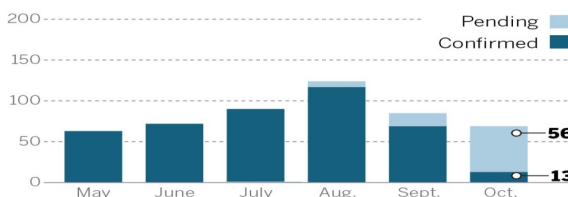
"Fentanyl overdoses have happened in every part of the county an affect every demographic", warned the news release.

The county has started offering a reversal medication, Naloxone, to the general public, which can be obtained at several community based locations and clinics throughout San Diego.

Overall drug overdose deaths

Drug overdoses in San Diego County rose this summer as experts say the isolation and stressors of the pandemic took a toll on mental health.

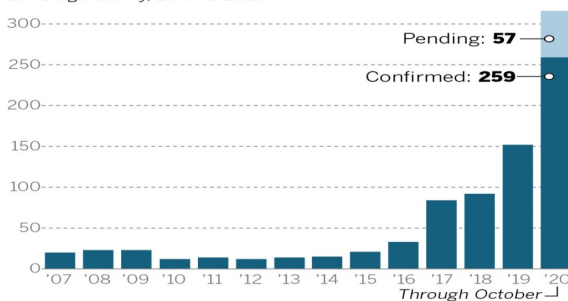
San Diego County, May through October 2020



Fentanyl-related deaths

Since 2012, fentanyl overdoses in San Diego County have climbed year over year as the synthetic opioid increasingly invades the illicit drug supply.

San Diego County, 2007 to 2020



Source: Medical Examiner's Office

MICHELLE GILCHRIST U-T

Where to Write:

Would you like to share your experience, strength, and hope? Submit your story of approx. 250 words to: Newsletter@casandiego.org

This Newsletter presents experiences and opinions of Cocaine Anonymous Members. The opinions expressed herein are of the individual contributors and are not to be attributed nor taken as an endorsement by either Cocaine Anonymous or this newsletter.



"Today I have an inner peace and serenity that cannot otherwise be explained"

Resources

- GSR: CASanDiego.org/GSR
- H&I: CASanDiego.org/hi
- Area Service: CASanDiego.org/Area-council-meeting
- Email: CASanDiego.org/contacts

Surrender To Win

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...rather than healing the place within myself that I was trying to bury. There is no peace to be found when you are living in a place between fear and guilt.

The small glimmer of surrender that had overcome me, was all I needed to finally ask someone for help. I asked another addict for help, admitted that I was an addict and took that sliver of surrender

that felt like sunshine and ran with it.

My sobriety date is May 2, 2013. I don't know why on that Tuesday morning that glint of hope and surrender made it's way to light, but I am eternally grateful for it. CA has given me the outline for living life on life's terms, the tools to use when life gets crunchy around the edges. That little crack of sunshine turned into the grace

Step 3: Made a Decision to turn our will and our lives over to the care of God as we understood him.

needed to change my life entirely and become the woman that I have always wanted to be. Today I have an inner peace and serenity that cannot otherwise be explained. My surrender remains the most profound thing that has ever happened to me.

—Daviona D.

SERVICE

Was I Willing to be of Service?

The background to this story is that I had a lot of trouble getting my laundry done before I got into recovery. Going all the way outside to where the washer was seemed long a long journey to me at the time. I showed up to a treatment center with a bag full of clothes that hadn't been washed in months. They encouraged me to wash my clothes right away, even though Tuesday was usually the day women had access to the laundry room.

Fast forward 15 months. I have worked all 12 steps and had a spiritual experience. I know exactly what I need to do to stay sober and I have a pretty good idea what everyone else should be doing too.

It's time to fill the service positions at the big meeting at the treatment center I attended. I'm thinking I should be GSR or something, but I was nominated to be the coffee maker. I was disappointed. The secretary asked me "Are you willing to be of service?" I begrudgingly said yes. The next week I show up 45 minutes early to learn how to make the coffee. The outgoing coffee maker sent me down the hall to the laundry room to fill up the pot with water. As I walked into that room and saw the washers and smelled the soap I came crashing back down to right size. I saw that I got the right commitment after all.

—Eric F.



Cocaine Anonymous San Diego Treasure's Report

CASDC TREASURER'S REPORT December 20, 2021					
Description	Receipt #	Amount	Balance	Check Book	Diff
November 15, 2021			7,027.30	7,027.30	\$ -
Additions:					
Bank Deposit -			507.00		
Council 7th	9018	37.00			
H&I	9021	38.00			
Monday	9022	100.00			
Thursday - SNOW BUNNIES	9023	50.00			
Wednesday - Esperanza Fe Valor	9019	20.00			
Friday - Del Mar	9020	262.00			
Subtotal Additions	=	507.00	7,534.30		
Deductions:	Checks #'s				
CASDC Business					
Storage West	1385	-125.95			
Freedom Voice/Go Daddy		-10.56			
AT&T Long Distance	1386	-31.20			
CAWSO - Donation	1383	-306.83			
Subtotal Deductions		-474.54	7,059.76		
Ending Balance Dec. 20, 2021					
Budgeted Items:	Yearly				
Delegate/Conference	(3,000.00)				
Insurance	(320.00)				
Newsletter	(300.00)				
CA Help Line	(1,500.00)				
Internet Technology	(50.00)				
Structures & By-Laws	(250.00)				
Public Information	(700.00)				
Calendar	(150.00)				
H&I	(150.00)				
Literature	-				
Tokens	-				
Unity	(500.00)				
Council Expenses	(1,380.00)				
Pac South Unity Day	(300.00)				
TOTAL BUDGETED ITEMS	(8,600.00)				
EVENTS DEPOSIT	(1,500.00)				
Prudent Reserve as of Sept. 2014		(5,800.00)		7,059.76	
Funds available less prudent reserve			314.94		
25% CAWS Donation					
Prudent reserve = \$4,300 (6 mo budget items) + \$1,500 Events Deposit					

*The San Diego Area
of Cocaine
Anonymous thanks
the contributing
members and groups
for their
participation in of
7th Tradition*



7th Tradition

The 7th Tradition of Cocaine Anonymous reads as follows: "Every C.A. Group ought to be fully self-supporting, declining outside contributions."



*Join us for our Area
Council meeting on
zoom*

*Congratulations to all
of our elected
chairpersons. Thank
you for being of
service to our area.*

Elections

Elections for 2022 committee chairpersons were held on December 20th, 2021 at our area council meeting.

With several members being elected to multiple positions, or being re-elected for the same position for another term, it is obvious that we could use more member participation at the area level of service.

—We need you!!

The third Monday of

each month at 6:45PM we hold our area council meeting (currently virtually). All are welcome and encouraged to join. The zoom link can be found on the CA San Diego website by clicking Area Council Meeting under Area Service.

It is not too late to get involved with area service! Reach out to any committee chairperson to get involved today



We need your help to preserve our legacy of service and to carry the message to the addict who still suffers!

Together we can make a difference.

Election Results

Chairperson:

- Al P.

Vice Chair:

- David

Celebration Chair:

- Brian C.

Special Events Chair:

- Mark B.

Helpline Chair:

- Merylee R.

Public Information Chair:

- Merylee R.

Literature Chair:

- Chelsea

Token Chair:

- Peter D,

Newsletter Chair:

- Scott S,

Unity Chair:

- Mark G,

Structure & Bylaws Chair:

- Eric

H&I Chair:

- Edward

Recovery, Unity, Service



*"...we grow in love,
tolerance, and
respect for each
other."*

*The first CA World
Service Conference
was held in
February 1986 in
San Diego*

Unity

Unity is a common bond that transcends all differences. We've discovered no matter how different our circumstances or the paths that brought us here, we all suffer from the same disease: addiction.

We admitted our lack of power and accepted that we could not recover alone. The strength and direction of our recovery is found in our unity.

We are people who might never have mixed. Addiction and recovery are the threads that bind us.

We relate to such feelings as grandiosity, insecurity, jealousy, and false pride and are re-



minded we are all alike. By sharing our experience with other addicts and working

the Twelve Steps of C.A., we come to know humility, security, acceptance, and self-worth.

Through applying the Twelve Steps and the Twelve Traditions, we grow in love, tolerance, and respect for each other. This spiritual growth allows us to rise above prejudice, regardless of religion, ethnicity, economic status, age, gender, or sexual orientation, to carry the C.A. message.

Though we are different, we are the same. Regardless of the author, we share the same story.

2022 World Service Convention

Join us on May 26 - 30, 2022 for the CA World Service Convention at the Hyatt Regency in Austin Texas. All are welcome and more info can be found at www.CAWS2022.org

Did You Know?

The first meeting of C.A. was held on Thursday, Nov. 18, 1982, at the Motion Picture Health and Welfare Fund building at 335 North La Brea in Hollywood, CA. Veronica Jo K. is the secretary and calls the meeting to order with a gavel and announces: "Welcome to the first

meeting of Cocaine Anonymous, a fellowship of men and women who share their experience, strength, and hope with each other and help others recover from their addiction." Cocaine Anonymous was officially "formed" on Nov. 23, 1982 by its founding members Johnny S., Ray G., and

Gilbert M., all from Los Angeles, California. Tom K., the owner of an "entertainment industry sober living facility called "Studio 12" identifies the need for a group for cocaine-addicted people to talk about their struggles and sobriety.



Cocaine Anonymous of San Diego

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

www.CASanDiego.org

**24-hour Helpline:
866-242-2248**

Events!

**View the most recent
list of upcoming
events at:
[www.casandiego.org/
events](http://www.casandiego.org/events)**

***Meeting
Schedule:
CASanDiego
.org/
meetings***

To the Newcomer: Who is a Cocaine Addict?

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... getting from cocaine what actually always eluded us. We went to any lengths to get away from being ourselves. The lines got fatter; the grams went faster; the week's stash was all used up today. We found ourselves scraping envelopes and baggies with razor blades, scratching the last flakes from the corners of brown bottles, snorting or smoking any white speck from the floor when we ran out. We who prided ourselves on our fine-tuned state of mind! Nothing mattered more to us than the straw, the pipe, the needle. Even if it made us feel miserable, we had to have it.

Some of us mixed cocaine with other drugs and found temporary relief in the change, but in the end, it only compounded our problems. We tried quitting by ourselves, finally, we managed to do so for periods of time. After a month, we imagined we were in control. We thought our system was cleaned out and we could get the old high again, using half as much. This time we'd be careful not to go overboard. But we only found ourselves back where we were before and worse.

We never left the house without using first. We didn't make love without using. We didn't talk on the phone without coke. We couldn't fall asleep; sometimes it seemed we couldn't even breathe without cocaine. We tried changing jobs, apartments, cities, lovers—believing that our lives were being screwed up by circumstances, places, people. Perhaps we saw a cocaine friend die of respiratory arrest, and still we went on using! But eventually we had to face facts. We had to admit that cocaine was a serious problem in our lives, that we were addicts.

In other News

Cocaine Remedy?

Before cocaine was outlawed in 1914 under the Harrison Narcotic Act, it was marketed as a treatment for everything from toothaches and depression to hay fever and alcoholism.

