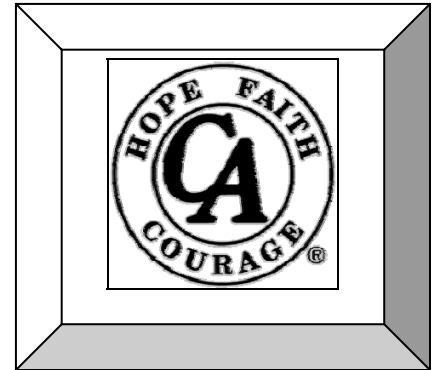


C.A. San Diego Newsletter

Summer
Newsletter
2012

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

1. **TURNING IT OVER**
2. **23 QUOTES ON FEAR**
3. **WHEN AT THE END OF THE ROAD~ CAI**
4. **WALKING THROUGH FEARS- BEING MORE CHILDLIKE 4TH STEP**
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Turning it Over

I can usually tell when self will is creeping back in to my thinking. It is most apparent when I start to feel the need to throw my weight around or try to force others to see things my way. I push a situation towards the conclusion that I believe works best for me. This can prevent me from seeing God's plan, which is usually better than mine.

A few years back I was at a surf contest in Mexico. My friend is the contest promoter and invited me to bring down my band to play. They put us up in a hotel and took very good care of us. We were supposed to play at around 1:00PM on Sunday afternoon, the second of three bands.

Sunday turned out to be cold and very windy. The other guys in my band hit it pretty hard in Ensenada the night before and were ready to go home. There was a big, beautiful stage set up but everyone was watching the action on the water, nobody was paying attention to the first band. They were playing to everyone's backs.

My friend the promoter asks me if we could switch and play third. Meaning we'll have to sit out in the cold and wind for 2 more hours. I want to say no. I want to get him to see the situation my way. But what I said was "OK, we'll wait". So we waited for what turned out to be three more hours.

It's finally time for us to play. We are supposed to start the moment the contest ends. We get all set up and dialed in while the final heat is in the water. As the clock counts down an amazing thing happens. The wind dies down and the sun comes out. The horn sounds to end the event and we start our first song. All the people who have been watching the surfing turn around to watch us. It turns out to be a smashing success! Now the people are ready to hear some music and we give it to them. I still have a picture from that day as my wallpaper on my computer at work. It reminds me that God's magic can happen if I can manage to stay out of the way....

Eric F.

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It takes courage and determination because in order to recover, **we have to face our fears.** In this spirit of determination, and also because I am in the trenches with you (choosing life-affirming, wonderful recovery instead of living in hopelessness and despair), I've compiled an assortment of famous quotes on fear.

Here are 23 Famous Quotes on Fear:

1. Do the thing we fear, and the death of fear is certain. *Ralph Waldo Emerson*
- 2. Nothing happens to any man that he is not formed by nature to bear. *Marcus Aurelius***
3. You gain strength, courage, and confidence by each experience in which you really stop to look fear in the face. You are able to say to yourself, "I have lived through this horror. I can take the next thing that comes along." You must do the thing you think you cannot do. *Eleanor Roosevelt*
- 4. It is not death that a man should fear, but he should fear never beginning to live. *Marcus Aurelius***
5. The only thing we have to fear is fear itself. *Franklin D. Roosevelt*
- 6. The key to change... is to let go of fear. *Rosanne Cash***
7. You can conquer almost any fear if you will only make up your mind to do so. For remember, fear doesn't exist anywhere except in the mind. *Dale Carnegie*
- 8. How much time he saves who does not look to see what his neighbor says or does or thinks. *Marcus Aurelius***
9. He who fears something gives it power over him. *Moorish proverb*
- 10. FEAR is an acronym in for "False Evidence Appearing Real" 12 Step Programs**
11. Fear makes strangers of people who would be friends. *Shirley MacLaine*
- 12. Ultimately we know deeply that the other side of every fear is freedom *Marilyn Ferguson***
13. There are four ways you can handle fear. You can go over it, under it, or around it. But if you are ever to put fear behind you, you must walk straight through it. Once you put fear behind you, leave it there. *Donna A. Favors*
- 14. Do the thing you fear to do and keep on doing it... that is the quickest and surest way ever yet discovered to conquer fear. *Dale Carnegie***
15. What you resist persists. *Unknown*
- 16. Because a thing seems difficult for you, do not think it impossible for anyone to accomplish. *Marcus Aurelius***
17. No man is free who is not master of himself. *Epictetus*
- 18. Your life is what your thoughts make it. *Marcus Aurelius***
19. People are not disturbed by things, but by the view they take of them. *Epictetus*
- 20. All that we are is the result of what we have thought. The mind is everything. What we think we become. *Buddha***
21. Panic is a sudden desertion of us, and a going over to the enemy of our imagination. *Christian Nestell Bovee*
- 22. If you can believe, all things are possible to him who believeth. *Mark 9:23***
23. Each time we face our fear, we gain strength, courage, and confidence in the doing. *Unknown*

I hope these famous quotes bring you some comfort today.

I wish you peace, Jill G.

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None of us, regardless of our time and “stature” in C.A., are immune to the “bitter end” when we forget to apply the program daily in our lives and instead try to once again live our lives on self-will.

When at the End of the Road

When at the end of the road we find that we can no longer function as a human being, either with or without drugs, we all face the same dilemma. What is there left to do? There seems to be this alternative: either go on as best as we can to the bitter end or find a new way to live.....

Surely you would be hard pressed to find a recovering addict who doesn't believe in the truth of these words.

For many addicts, that one phrase is just the wakeup call that they need. I know when this addict first heard it; it sent shivers down my spine, just hearing what I already knew to be true laid out in plain, simple words that could not be misconstrued. This truly is a powerful message to give to the newcomers when they reach the rooms of Cocaine Anonymous.

But is this just for the newcomers? Is not the message contained in it just as true for those with time in recovery as the one just walking in the door, strung out and feeling hopeless? Even after time spent in the program, can we not reflect on this simple yet powerful message to remind us of why we need to daily work the program of Cocaine Anonymous in our lives?

None of us, regardless of our time and “stature” in C.A., are immune to the “bitter end” when we forget to apply the program daily in our lives and instead try to once again live our lives on self-will. If we continue on this downward path, we will once again find ourselves no longer able to function with our without drugs and facing a choice: “either go on the best we can to the bitter end...or find a new way to live.”

For us, the “new” way may not be so new at all. It may simply be a matter of remembering and re-applying the spiritual principles that we had lost time for in our busy lives. The good news is that if I find myself running on self-will and once again surrounded by chaos, I don't have to continue to the bitter end. I just need to put the focus back on my recovery and get back to the basics of the program. We do recover.

Cai



Cha

WALKING THROUGH FEAR

If we still cling to something we will not let go, we ask God to help us be willing. ALCOHOLICS ANONYMOUS, p. 76

When I had taken my Fifth Step, I became aware that all my defects of character stemmed from my need to feel secure and loved. To use my will alone to work on them would have been trying obsessively to solve the problem. In the Sixth Step I intensified the action I had taken in the first three Steps — meditating on the Step by saying it over and over, going to meetings, following my sponsor's suggestions, reading and searching within myself. During the first three years of sobriety I had a fear of entering an elevator alone. One day I decided I must walk through this fear. I asked for God's help, entered the elevator, and there in the corner was a lady crying. She said that since her husband had died she was deathly afraid of elevators. I forgot my fear and comforted her. This spiritual experience helped me to see how willingness was the key to working the rest of the Twelve Steps to recovery. God helps those who help themselves.

Being more Childlike-

Children are happy because they don't have a file in their mind — "All the things that could go wrong." — they're truly living under the care of the Creator, and feel no need to question it. Through years of drinking, fears (many irrational in nature), gripped us and kept us returning to the bottle for comfort. When we take step 3, we, in a sense, become as a child again, knowing that we are no longer "our problem", but in the loving care of our Creator — as it has always been. We no longer throw scary stories into the future, but live the principles of the program,, knowing everything is going to be alright — for, in every person lies the courage to make it through the next 24 hours. Best to all.



Chaz A.

One of the requirements for sobriety is the need for confession of personality defects, amoral inventory, and step four is designed to be just this. There is a lot of hype and fear surrounding this step (mostly created by those who are yet to do it), and these worksheets are designed to make this task as easy and simple as possible. Everything contained in these sheets is directly from the Big Book 'Alcoholics Anonymous', there is no opinion, just fact

. To be able to start on this step, the previous three steps must of course have been completed, so before starting check with your sponsor, spiritual advisor, counselor, etc. to make sure you are ready. Many people get loaded or act out in some way when they reach this step. Why? They will tell you that the pain of dredging up memories long buried was too much to endure, or any one of a thousand other excuses. The plain and simple fact is just this, the pain does not come in writing this inventory, the pain comes in resisting the writing. Alcoholics and addicts, time after time, would rather get loaded again than have to face some inner truths.

The freedom from self is made impossible by holding on to fears and secrets we've harbored all our lives, the way of strength, paradoxically, is in becoming vulnerable.

Here are some tips to help you with this moral inventory:
Try and list resentments in groups, i.e.; Family, school, relationships, work, etc.
If you are not sure in any area, call somebody and ask them for their experience.
Get into the habit of writing every day, even if it's only for ten minutes.
In the resentment inventory, don't write across, do it in columns, i.e.; ALL names first, ALL causes second, etc.
Be honest! The only person to truly benefit from this exercise is you, don't cheat yourself out of this incredible experience.

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

7:00 St Luke's Church - 3725 30th Street
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. 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

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

Saturday

"S'more Recovery" Participation, [Smoking](#)
7:00 p.m.

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 12 noon with
Celebration immediately following Special
Events**

**1st Saturday every month
See a committee Chair, or you're GSR for
the location**

**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**

San Diego C.A. Meetings Schedule



"Remember

Meeting

makers,

make

meetings

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CALENDAR OF EVENTS

SATURDAY, JUNE 23, 2012

UNPLUGGED

Doors open @ 6:00, dinner @ 6:30
Church at the corner of 33rd & Meade

Sunday, July 22nd, 2012

Bowling Tournament

1:00 p.m. - Mira Mesa Bowl
Cost \$15 per person - Teams of 4 one member of the opposite sex.

Saturday, August 04, 2012 (pending)

DODGE BALL

Saturday, September 22, 2012

Volleyball Tournament/Carne Asada BarBQue

Ocean Beach - Starting at 10AM
Cost ONLY \$7 per person includes food and drink
Volleyball Tourney \$10 per person (\$40 per team)-
INCLUDES food

November 10th at the Ramada inn. 5pm to midnight

C.A. Celebration~ "From Dime Bags to Diamonds"

Unity

Saturday, July 28, 2012

Pacific South Region

(Southern California C.A. Service Areas)

Presents - Unity Day in San Diego

From 9AM til Dusk

Crown Point - San Diego

Join us for Food, Fun and Fellowship

Food Served from 11 am – 2 pm (Donation Drinks appreciated)

Games throughout the day for children and adults,

Speaker Meeting from 3-4

Bonfire Participation Meeting at 6 pm

Food, fun and fellowship for free!



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

Or Mail your submissions to:

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

Sober Giggles

Fun After Addiction

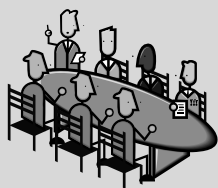
"...But we aren't a glum lot. If newcomers could see no joy or fun in our existence, they wouldn't want it. We absolutely insist on enjoying life."

(Pg 132, The Big Book Of Alcoholics Anonymous

An addict is driving home from the bar at 3am totally fried. He's swerving between lanes and gets spotted by a patrol officer who then pulls him over. The cop asks the wasted man where he's headed at such a late hour. The addict replies "I'm just going to a lecture, officer." In disbelief the officer asks "Who would be giving a lecture this late?"

The alcoholic replies, "My wife.

San Diego C.A. Council Members



Whether you are already involved in service, looking for opportunities to serve your Fellowship, or just interested in knowing how your fellowship accomplishes its mission, this section of the newsletter provides a resource that all C.A. members should find helpful.

Council Chair

Barbara N.
Chair@CASanDiego.org

Secretary

Megan K.
Secretary@CASanDiego.org

Special Events

Dom D
SpecialEvents@CASanDiego.org

TREASURER

Deb K.
Treasurer@CASanDiego.org

Calendar

Matt K.
Calendar@CASanDiego.org

Tokens

Mike G. (Temporary)
Tokens@CASanDiego.org

Structures & Bylaws

Gary B.
SandB@CASanDiego.org

Literature

Jamie K.
Literature@CASanDiego.org

Web servant

Gary B.
Webservant@CASanDiego.org

Co-Chair

Brother Earl
Vicechair@CASanDiego.org

Help-line

Mike .G
Helpline@CASanDiego.org

HOSPITALS & INSTITUTIONS

Megan K.
HandI@ CASanDiego.org

Co-Treasurer

Al P.
CoTreasurer@ CASanDiego.org

Newsletter

Hedy K.
Newsletter@ CASanDiego.org

Public Information

Open
P&I@CASanDiego.org

Unity

Mark G.
Unity@CASanDiego.org

Delegate

Deb K.
Treasurer@CASanDiego.org

Poetry Wall

"Hello, I am your disease

I Hate meetings...I Hate higher powers...I Hate anyone who has a program. To all who come in contact with me, I wish you death and I wish you suffering. Allow me to introduce myself; I am the disease of addiction. I am cunning, baffling, and powerful. That's Me. I have killed millions and I am pleased. I love to catch you with the element of surprise. I love pretending I am your friend and lover. I have given you comfort, haven't I? Wasn't I there when you were lonely? When you wanted to die, didn't you call on me? I was there, I love to make you hurt. I love to make you cry. Better yet, I Love to make you so numb you can neither hurt nor cry. When you can't feel anything at all. This is true gratification. And all that I ask from you is long term suffering. I've been there for you always.

When things were going right in your life, you invited me. You said you didn't deserve these good things, and I was the only one who would agree with you. Together we were able to destroy all the good things in your life. People don't take me seriously. They take strokes seriously, heart attacks, even diabetes, they take seriously. Fools. Without my help these things would not be possible. I am such a hated disease, and yet I do not come uninvited. You choose to have me. So many have chosen me over reality and peace.

More than you hate me; I hate all of you who have a 12 step program. Your program, your meeting, your higher power. All of these things weaken me, and I can't function in the manner I am accustomed to. Now I must lie here quietly. You don't see me but I am growing bigger than ever. When you only exist, I may live. When you live I may only exist. But I am here...

And until we meet again, If we meet again, I wish you death and suffering.

I Can Breathe Again

By Elizabeth -

I can breathe again
Whispers in the wind
Telling me
That our lives can
Be lived
Sober and Free
From all the pain and anguish
That consumed
Our lives
I can breathe again
No more pain
Inflicted on you
From me....
Having to break those vows
Of life
For What? Why?
Through those steps
In that Big ass book
You and I will learn
To Breathe Again



Birthdays

Jeff M.	5 years	6/04/07
Jay B.	4 years	6/09/08
Mike B.	2 years	6/09/10
Peter D.	17 years	7/04/95
Ashleigh K.	2 years	8/10/10
Leslie G.	18 years	8/12/94
Tom B.	4 years	8/25/08
Darby M.	4 years	8/31/08
Jennifer C.	5 years	9/12/08

If your birthday didn't make it in the, send me a text or email, catch me at a meeting. I would love to include you in the newsletter.

The C.A. San Diego Newsletter is published It is intended to solely provide information for quarterly by Cocaine Anonymous of San Diego.

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, or by FAX to: (310)559-2554. Also note that C.A. World Service Office web page is www.ca.org Please also note that this publication and all its contents are copyrighted by Cocaine Anonymous of San Diego. Any unauthorized duplication or publication is prohibited.



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!

Email 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

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