

THE CONNECTION

Hope

Faith

Courage

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“We use the Twelve Step Recovery Program, because it has already been proven that the Twelve Step Recovery Program works.”

One of many “key” points in living a successful program:

Carrying the message to the still sick and suffering through H&I commitments.

Bringing the message to those who are not able to attend meetings is a vital part of our own recovery. CA members of all walks of life are invited to participate. If you have 6 months or more, you can co-chair a meeting. If you have 90 days or more, you can speak at a meeting.

Even our friends who are counting days have commitments that gives back what is so freely given to them.



But For The Grace Of God – There Go I

I saw a man walking down the street, it was cold and he had no shoes on his feet, some people laughed, but I wanted to cry...But for the grace of God, there go I. There on the corner, there stood a young girl, she was lost and afraid and alone in the this world, I knew I couldn't save her, yet I wanted to try... But for the grace of God, there go I. A woman was

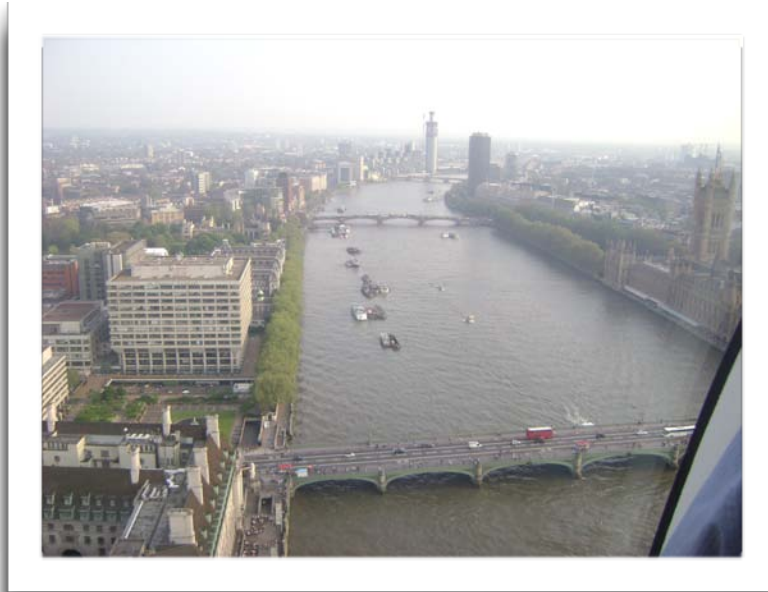


drunk and runnin' wild, and in her madness, she abandoned her child, deep in my heart, I understood why...But for the grace of God, there go I. When I see another addict, I tip my hat, to let him know I've been where he's at, I don't point my finger, I smile and say Hi...because but for the grace of God? There go I...

Rhea S.D.

MY EXPERIENCE AT THE 2012 WORLD CONVENTION

The reason I came to my second meeting of Cocaine Anonymous in South Central Los Angeles was that at the first meeting someone shared



CAWW conference was held in the UK in May of 2012. The UK fellowship took me on a mental journey; remembering my early recovery in South Central Los Angeles. In 1986 Cocaine Anonymous was a very young fellowship with the

One of the highlights of the journey was having the first CA meeting of the conference on the London Eye. The London Eye is a giant 443 feet high Ferris wheel situated on the banks of the River Thames in London. While viewing the beautiful landscape and horizon, I experienced a high that I never achieved using cocaine and other drugs. The small capsule held 20 plus members from around the world sharing their experience strength and hope. We all shared how grateful we felt and how amazing was to be in London with other members of CA. Cocaine Anonymous afforded me the trip of a lifetime and just think, all I wanted from C.A. was a weekend without spending my entire paycheck on free-base cocaine.

that I'd never had to use cocaine or drink alcohol anymore. After weeks and months I returned to hear members read the promises. These words always inspired me to believe that my life could get better and my relationships would be restored and life would improve over time.

After embracing and living the 12 steps and 12 traditions that's is what happened. But I never once envisioned that C.A would be the springboard to the trip of a lifetime. The

same enthusiasm, drive, commitment and humility I witnessed in our UK fellowship. I was deeply touched as the members in the UK shared such feelings of healing and gratitude. In small late night marathon meetings I heard raw, honest and open sharing. When listening I'd forget that I was 5000 miles from home because the pain of a newcomer or suffering of an old timers uncovers the same feelings in me wether in the UK or Corona California.



Brenda G.

**Mental
Physical
Spiritual**

**Unity
Service
Recovery**

**Mind
Body
Spirit**

~ Meditative Thoughts ~

By Gilbert F.

God is full of grace and mercy
Tapping into conscious contact with that Power coming from our old life is like night and day.

Instead of the dark world of our worrying and fears we now see the bright world that God has prepared for us.
Everything depends upon God except the obedience he expects from us

By Clive V.

Quiet your mind.

My mind races constantly thinking of things I need to do, things I want to do and at times things I should have done. What helps me is to go to my quiet space where no one can bother me. I sit still and take deep breathes.

Inbaling I chant silently in my mind - "God is good", "I love my life", "I am worthy of the great things I dream of", "Today I have an open mind to learning new things"

Exhaling I think to myself "Today I am a new creation", "what have I learned from yesterday's experiences?", "I am no longer afraid to be me"

When problems arise with other people I turn within and look at what part I played in that situation. Seeking for understanding and strength from God to guide my thoughts and actions to do His will.

My Willingness & Humility: Where did it go?

They seemed like the smallest steps in the Big Book. Just a paragraph each. I sometimes speed through the simplest things in life without savoring the experience. While steps 6 & 7 were simple I was to learn how important they were. I went through the steps 5 times before someone who knew me passed me an old book that has been around the fellowship for years and has been read by many C.A. members. A C.A. member brought this book to my attention...but I only picked it up when I "had to", when I knew I wasn't living the promises. My experiences led me to this book and a true experience with steps 6 & 7. This book helped me to slow down long enough to really look at my own behaviors and those character defects that made it hard, if not impossible, for me to get to the 4th dimension. I had to become sick and tired of being sick and tired of my own character defects before I could really benefit from steps 6 and 7. Had I really just been going through the motions on 6 & 7?

Willingness

I came here at first "quite willing". The whipping I had given myself at the hands of cocaine and other mind altering substances was sufficient enough to break down my walls of denial and indifference. But how long did that last? As soon as the power I found here began to heal me, replacing my dishonesty with honesty, my hopelessness with hope; and my fears (some of them) with faith. I experienced that my ego rebuilt itself—it began to tell me all sorts of stuff. I couldn't hear too good anymore. I was good, I was better, I could do it my way. Soon I didn't need to be as THOROUGH as I once had because wasn't I working all 3 sides of the triangle. I thought that after doing steps 4 and 5 that I could do a cursory 6 & 7. I thought that I only needed to get to the amends and all those intangible promises would change me....and they

did, but only as good as I had done the steps leading up to step 9, and this included steps 6 and 7.

My only point is that while steps 6 & 7 are small steps in the Big Book, they deserve as much attention as every other step...at least for me.

I have carried character defects with me that I could have surrendered to the

same power that keeps me sober a long time ago. Instead I paid mostly lip service to these particular steps and never ever experienced them fully in my heart, where it counts. I asked and received relief with a few of my character defects, but I really hadn't even identified the majority of them...so I just rolled with them. It worked for a while but carrying these defects and only half doing steps 6 & 7 has overworked me. This has really taxed the people around me.

If I had to swim with all these defects around my neck I would have died in recovery. These defects were like stones or rocks tied to my neck. I want to float today. I don't want to choke in the pond of my pride, or drown in the ocean of my obstinacies. For me the thing about drowning is that I will try to take down everything around me in an effort to try and save my own life. The problem is I don't have the power to save my own life and without the consciousness of a Higher Power in my life, I am powerless. My experience has taught me that I don't have to belittle you to make myself feel better. I tried that and it didn't work. Drowning YOU will not save me. God saves me when I am willing to accept the help that comes from my conscious contact with HIM.

But I had to become willing to give it to HIM. I want to live free of resentments, jealousy, pride, procrastination, sloth, gluttony, and fear. But me merely wanting to live this way isn't enough to get me there.

Continued on next page

My Willingness & Humility: Where did it go?

I had to become willing and by that I mean my heart had to finally match my words. I had to want this and be as willing to give my defects over as I was on Day 1. Day 1 willingness for me was complete and total. I was tired. I had finally grown tired to that same degree, and I became willing to have GOD remove all the defects of character that I was able to recognize. I believe that more is always being revealed and that my next experience with 6 and 7 will be about still more character defects that I have yet to address.

Humility

Humility is required if I am to humbly ask anyone for anything. Step 7 as well as several of the other steps require a degree of humility. How can I say I humbly asked for something if I have yet to truly humble myself. The merits of humility only recently have become clear to me. It is a state of mind that allows me to see the relationship between myself and all of life. If I humble myself and remain in this state, I don't have to clash with those around me, impress those around me, or disrespect those with different perspectives. It was such a relief to lighten

my load by humbly asking GOD to remove all those defects of character that I have identified within myself, and then humbly standing in the fact that it has been done in direct proportion to my own faith. It is such a relief to see and recognize the GOD in others, and no longer believe in the delusion of my own separateness. I am so grateful that I grew tired of cheating myself on steps 6 & 7 and going through the steps over and over and not finding a new experience. I was having the same experience over and over and while I was doing ok, or so I told myself, I was missing out on the fullness of this process, the completeness of myself and my recovery program. Is it perfect now, am I perfect now? Is that a trick question? I am perfectly human and like a head of cabbage, there are many layers and I am alive and willing to that concept today. There will always be something for me to work on with GOD's help, some area for me to experience growth. Just for today, I understand that this is a process, and I am up for it.

Anonymous

The Promises

If we are painstaking about this phase of our development, we will be amazed before we are half way through. We are going to know a new freedom and a new happiness. We will not regret the past nor wish to shut the door on it. We will comprehend the word serenity and we will know peace. No matter how far down the scale we have gone, we will see how our experience can benefit others. That feeling of uselessness and self pity will disappear. We will lose interest in selfish things and gain interest in our fellows. Self-seeking will slip away. Our whole attitude and outlook upon life will change. Fear of people and of economic insecurity will leave us. We will intuitively know how to handle situations which used to baffle us. We will suddenly realize that God is doing for us what we could not do for ourselves.

Are these extravagant promises? We think not. They are being fulfilled among us—sometimes quickly, sometimes slowly. They will always materialize if we work for them.

Unity

Unity is the foundation of the Twelve Traditions of our fellowship.

Being of service and participating in area events such as marathons, conventions, picnics, H&I panels, dances, bon fires, hikes, etc... gives us the opportunity to work together in growing our CA Family.

Participate in your recovery and "be" a part of the movement.



Marathon Meetings

"Marathon meetings" are longer than the normal 1 to 2 hour meeting. they usually last anywhere from 8 hours to 4 days. Groups from around the local area are invited to participate (carry the message) at set times (slots) where members of the fellowship from their area lead and share during that time.

It is very important to attend these slots, to fellowship with other addicts across the city, there are ppl that have gone through what you have, Also to make new friends, I have been doing Marathon Meetings for 14 yrs. Its a great way to represent your group and to get Speakers get meeting slips signed. And to get out of yourself. Its a great thing for someone to come up to you and say: I met you at the Marathon. I show up for the new person and not for my self to Marathons.

Jolene F.

Word Search

Find the *names of our *area's meetings* (taken from the IEACA's meeting directory) in the word search puzzle on page 5.

- A CHANCE TO LIVE
- A MENTAL UPLIFT
- AND ACCEPTANCE
- AND THUS WE GROW
- A NEW BEGINNING
- ANOTHER CHANCE
- ARE YOU TIRED YET
- BURNING DESIRES
- CROSSING THE RIVER OF DENIAL
- DESERT III CANDLELIGHT MEETING
- FAITH WITHOUT WORKS IS DEAD
- FRIDAY NOON MEETING OF CA
- IF HE WERE SOUGHT
- LACK OF POWER
- LADIES NIGHT OUT
- LIFE AND DEATH
- MEN ON A MISSION
- MIRACLES IN RECOVERY
- MV EARLY GROUP
- PRECISELY HOW WE HAVE RECOVERED
- RECOVERY IN THE DESERT
- SPIRITUAL MALADY
- STRIVING FOR PERMANENT RECOVERY
- THE STARTING POINT
- THE TRUTH SHALL SET YOU FREE
- WOMEN OF FREEDOM

** When searching for the words - eliminate the spaces.*

Find The Names Of The IEACA's Area Meetings

O C D A Y E X D C A P Q M M F K L R C Y
 L R E C D E X E D N U Y E I A L I E T R
 B O S F A R F R U E O O N R I I F W S E
 U S E O L F U E L W R K O A T R E O R V
 R S R G A U P V Z B G G N C H G A P J O
 N I T N M O M O P E Y X A L W T N F I C
 I N I I L Y T C M G L O M E I F D O U E
 N G I T A T O E U I R N I S T I D K K R
 G T I E U E K R M N A B S I H L E C I T
 D H C E T S T E I N E S S N O P A A T N
 E E A M I L E V A I V N I R U U T L E E
 S R N N R L Y A C N M D O E T L H N C N
 I I D O I A D H H G C U N C W A P W E A
 R V L O P H E E A E R V A O O T K O E M
 E E E N S S R W N I B W E V R N G R P R
 S R L Y H H I W C Y Z N Q E K E Y G G E
 G O I A C T T O E W W D G R S M F E P P
 W F G D Q U U H T U C F I Y I A O W H R
 F D H I Z R O Y O A Z F Y I S R P S U O
 C E T R P T Y L L I A F E F D Y A U J F
 Z N M F X E E E I S S V V Y E J F H U G
 R I E I Z H R S V C N B J I A V K T U N
 Y A E O O T A I E K Y C M H D U K D I I
 O L T P J N E C N A T P E C C A D N A V
 Z Q I L A D I E S N I G H T O U T A N I
 O A N O T H E R C H A N C E S V O Q W R
 S A G T N I O P G N I T R A T S E H T T
 R E C O V E R Y I N T H E D E S E R T S
 K J M O D E E R F F O N E M O W E F Q P
 I F H E W E R E S O U G H T A G V K V L

The Lay Aside Prayer



Lay Aside:

To put something down and to one side because you are finished with it or want to save it until another time.

Prayer:

The act or practice of speaking to God

God,

Please lay aside everything I think I know about My Disease, about The Steps, about The Book, about The Program, about The Process, about Myself and especially about You God.

God,

I beg you for an open mind and a new experience with My Disease, with The Steps, with The Book, with The Program, with The Process, with Myself and especially with You God.

I was instructed to say the “Lay Aside” prayer 25 or more times per day this exercise got me comfortable praying and I started to remember the close calls I had before getting clean and how I had taken the credit for my survival.

The prayer helped me to realize it was not me but God protecting me even when I was at my worst.

I started putting everyday life situations into the prayer (people, places, things) and I felt at ease.

By following directions and saying the “Lay Aside” prayer as I was instructed to do by my sponsor, I began to depend on God to help me through life one day at a time.

Mark C.



The IEACA Hotlines -

We Are Here To Help

(951) 359-3895

(760) 255- 1093



Called To A Higher Purpose:

Viktor Frankl And The Twelve Steps

STEP 11: Sought through prayer and meditation to improve our conscious contact with God as **we understood Him**, praying only for knowledge of His will for us and the power to carry that out.

Step 12: Having had a spiritual awakening as a result of these steps, we tried to carry this message to alcoholics and to practice these principles in all our affairs.

Viktor Frankl was a European psychiatrist, who, because of his religion and his race, was imprisoned in two Nazi concentration camps during World War II. Out of that harrowing experience, he wrote *Man's Search For Meaning*, denoting his theory of logotherapy and how it configures in the universal human search for freedom, growth, and happiness. *Logos* is the Greek word for *meaning* and Frankl argued accordingly, this striving for meaning in one's life is the primary motivational force in man. This meaning is unique and specific to each individual, just as the 12-Step process of recovery informs us as to who we really are. Logotherapy, insisted Dr. Frankl, regards its main assignment to be of assisting the patient in finding meaning in his life. Frankl believed

that if therapists wish to foster their patients' mental health, they should not be afraid to create *a reorientation toward the meaning of one's life*. This psychic change, Frankl believed, was essential to healing. As addicts-alcoholics, we need look no further than the 12-Step recovery process to avail ourselves of the very criteria Frankl was talking about. They constitute the tools to promote the necessary psychic change. As addicts-alcoholics, we need look no further than the 12th Step for direction towards the specific vocation or

mission to fulfill a concrete assignment. We have our work cut out for us: to carry the message to alcoholics and to practice these principles in all our affairs. We need look no further for a Higher Purpose. In the 12th Step, we are called to that Higher Purpose, a conscious living contact manifested by our willingness to carry the message. The *logos* of our life is a fait accompli. Frankl wrote "man is responsible and must actualize the potential meaning of his life."

We need look no further. Does making coffee, welcoming the newcomer, passing out literature, being a service rep foster conscious contact? Yes, yes, yes, yes, yes! Are we called to a Higher Purpose with its own *logos*? Certainly. Does taking another sick and suffering alcoholic through the 12-Step process as outlined in the Big Book of Alcoholics Anonymous manifest a calling to a Higher Purpose? Are we not living examples of Viktor Frankl's insistence of discovering a Higher Purpose? Viktor Frankl passed away in 1997, yet his ideals and therapies continue to reach across the pond and beyond the grave to help and heal.

Myra L., 08/10/2012

I Submit

Hello, my name is Duane and I lost the fight. I lost the fight to live successfully on my unaided will. I fought valiantly to hold to the idea that I could do this recovery process my way. The problem is that I could not see that I was being rebellious. I had been saved from myself by a God beyond my limited understanding. I had to submit to the truth that my life run on my unaided will could not be successful.



I had to submit to a teacher (sponsor) sent by God to save me. That means I follow his instructions in a detailed recovery process designed to make me a useful human being with a clear purpose. This means freedom. This means I can be effective. I submit to a recovery process less I submit to the degenerative condition of alcoholism. I submit to the recovery process because I just don't know what else to do. It this far has been the best loss of my life. I am glad I lost fight.

Duane M.

Drink Water - Stay hydrated

Here are some the benefits to drinking water.

Important hydration facts:

- Water is absolutely essential to the human body's survival. A person can live for about a month without food, but only about a week without water.
- Water helps to maintain healthy body weight by increasing metabolism and regulating appetite.
- Water leads to increased energy levels. The most common cause of

daytime fatigue is actually mild dehydration.

- Drinking adequate amounts of water can decrease the risk of certain types of cancers, including colon cancer, bladder cancer, and breast cancer.
- For a majority of sufferers, drinking water can **considerably** reduce joint and/or back pain.
- Water leads to overall greater health by flushing out wastes and bacteria that can cause disease.

- Water can prevent and get rid of headaches.
- Water naturally moisturizes skin and ensures proper cellular formation underneath layers of skin to give it a healthy, glowing appearance.
- Water aids in the digestion process and prevents constipation.
- Water is the primary mode of transportation for all nutrients in the body and is essential for proper circulation.



28th Annual CALA Convention

Hyatt Grand Champions Resort, Villas & Spa
44-600 Indian Wells Lane
Indian Wells, California, USA 92210



August 23rd – 26th, 2012
Indian Wells, CA

For more information:
ca4la.org

Recovery In The Desert

keystone of the new and triumphant arch
14th



Annual Marathon

Most good ideas are simple, and this concept was the keystone of the new and triumphant arch through which we passed to freedom. BB, Pg. 62

When: October 26th, 27th, 28th 2012

Where: 15105 6th St Moreno Valley - California Inn

Times

Friday 6pm - 1am

Saturday 11am - 11pm

Sunday: 2:30pm - 8:30pm

Entertainment - Slots - Opportunity Drawing - Food

"Cocaine Anonymous is not responsible for theft, injury, damage or loss of property in the spirit of Tradition Six;

We are not allied with any sect, denomination, politics, organization, or institution"

Contact Info: Chair - Bro Ben @ 951-202-1742 or Co-Chair Robert L @ 909-659-9971

Do you have a Smart Phone
w/ internet service?

If so...

Scan the barcode below and connect
to the IEACA's website for Meeting Schedules,
Special Events,
The Meeting Of The Month,
As well as digital copy of
"The Connection"



www.inlandempireareaca.org

Thank You
to everyone who contributed to making
The Connection
a great source of information
for the
IEACA
(Inland Empire Area Cocaine Anonymous)

**AREA
DELEGATES**

- JULIE H. 1St Delegate
- VONYA Q. 2nd Delegate
- MARK C. 3rd Delegate
- KENNY Alternate Delegate

**AREA Trusted
Servants:**

Members Of The Board

Area Chair	Brenda G.
Area Vice Chair	Open
Area Secretary	Raven J.
Area Treasurer	Benjamin S.
Area Co-Treasurer	Nakea B.

Area Committees

Archives	Beverly
Chips & Literature	Bobby
Hospitals & Institutions	Carl L.
Newsletter	Clive
Public Information	Open
Unity/Special Events	Joetta K.
Phones/ Hotline	Quendessa
Webmaster	Paul Y.

"The Connection" needs your help!

Submit original Art, Poetry, Stories and Jokes to

Clive V. - Newsletter Chair
Phone: (951) 333-6415/ Text Only (407) 278-1768
email: canewsletter.clive@yahoo.com

The Connection is a quarterly publication published by Inland Empire Area of Cocaine Anonymous (IEACA). It is intended solely to 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 an endorsement by Cocaine Anonymous, Cocaine Anonymous World Services, Cocaine Anonymous World Service Office, Inc., Cocaine Anonymous of the IEACA or the Connection. 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., Ste. 304 Long Beach, CA 90810-1641. E-Mail to: info@CA.org or by Fax to: (310) 559- 2554. You can call CA by phone at (310) 559-5833. Also note that the 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 the IEACA. Any unauthorized duplication or publication is prohibited.