

THE CONNECTION

IEACA - Inland Empire Area Cocaine Anonymous - Quarterly Newsletter

IS CA RIGHT FOR YOU?

Life Before CA

Changes I am Willing To Make

Freedom

HOPE FAITH COURAGE

See pages 4 & 5 for a self quick self test to help determine if our program of action is for you.

The only requirement for membership is a desire to stop using cocaine and all other mind-altering substances.

Anyone who wants to stop using cocaine and all other mind-altering substances (including alcohol and other drugs) is welcome.

Our primary purpose is to stay free from cocaine and all other mind-altering substances and to help others achieve the same freedom.

The only purpose of Cocaine Anonymous is to offer recovery to individuals who are suffering from addiction. Our experience has shown that the most effective way to attain and maintain

“Live in the step you’re on. Embrace where you are and get the most out of it”

-SIS GLENDA S.

I was asked to share just what I mean when I say “Be present in whatever step you’re on”?

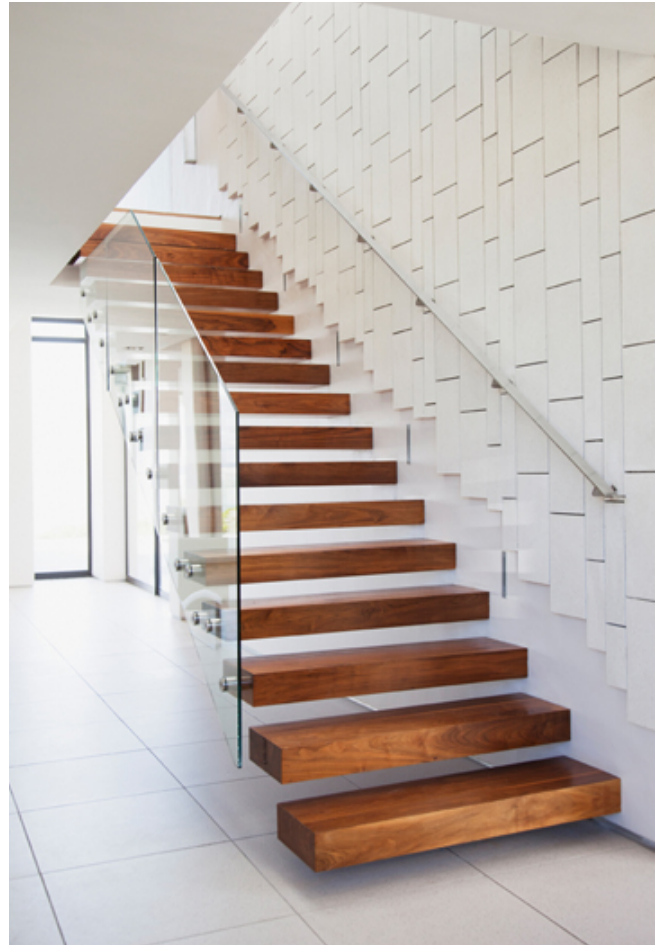
From my experience of 27 years of sobriety and having gone through all 12-steps numerous times I have come to know that there are blessings that comes with each step. I don’t know about you but I can use the blessings God has for me.

Being present in the step you are in means simply living and breathing the step. It’s like another comment we say in life *“what we put into the commitment is exactly what we get out of it”*. I have also expressed that we should “become intimate/ become one with the step”.

Please pause for a moment and ask yourself, am I doing my best to be present in the step I am in?

Remember God only ask that we give our best. If I am giving my best I am not only on “a step” but living in the step.

May God bless you and keep you in His grace.



~ Share With Us ~

The Connection is looking for original stories, poetry, artwork,
and ideas for our upcoming publications.

Do you have an original piece you’d like to submit or have a question about the newsletter?

Call or email Clive V. at 951-333-6415 clivex2@icloud.com

7th Tradition Contributions

Where Your Money Goes

The main service body for the Fellowship of Cocaine Anonymous is C.A. World Service, which is centered at the World Service Office in Long Beach (California). There, employees and volunteers maintain communications with CA as a whole, and with persons outside of C.A. who turn to us for information about the program of recovery.

Here are just a few of the program services that your contributions make possible on an area level:

- Producing and stocking C.A. Literature, and filling orders from C.A. Areas and members.
- Providing C.A. materials and information to new meetings.
- Paying IEACA bills including rent for area meeting space, phone lines for the hotline, and insurance
- Seed moneys for events

Your Donations Count!

- R** - Remembering not to pick up
- E** - Every step is important
- C** - Committing to knowing God for who He is
- O** - Overcoming our fears
- V** - Victory
- E** - Ernest in all our work
- R** - Reviewing
- Y** - You're in the right place

Recovery comes when you put your house in order.

Jeri D.

CA's Self Test For Addiction

Want to know if you have a problem with Cocaine or any other mind altering substance?

Take this quick Self Test to find out.

Remember: Cocaine Anonymous is for more than just cocaine addiction. If cocaine is not your drug of choice replace the word cocaine with whatever is holding you back from being the best human being you can.

Examples: meth, alcohol, heroine, speed, marijuana, volume, pills, food, , social media, television, tobacco, sugar, sex, stealing, gambling, drama and the list goes on.

Anything taken to an extreme can become an addiction.



Ask yourself:

- Have I ever used more cocaine, alcohol or other drugs than you planned?
- Has the use of cocaine, alcohol or other drugs ever interfered with my job?
- Has my use of cocaine, alcohol or other drugs causing problems within your relationships?
- Do I ever feel depressed, guilty, or remorseful after using cocaine, alcohol or other drugs?
- Do I use whatever cocaine, alcohol or other drugs you have, almost continually, until the supply is exhausted?
- Have I ever experienced physical problems due to my use of cocaine, alcohol or other drugs?
- Have I ever regret using cocaine, alcohol or other drugs for the first time?
- Do I ever obsess about getting cocaine, alcohol or other drugs when I don't have any?
- Am I experiencing financial difficulties due to my use of cocaine, alcohol or other drugs?
- Do I experience an anticipation high when you are about to use cocaine, alcohol or other drugs?
- Do I have difficulty sleeping without alcohol or other drugs?
- Am I absorbed with the thought of using cocaine, alcohol or other drugs even while interacting with a friend or loved one?
- While using or drinking, do I ever have feelings that people are talking about me or watching me?
- Do I have to use more cocaine, alcohol or other drugs to get the same effects I once experienced?
- Have I tried to cut down on my use of cocaine, alcohol or other drugs only to find that I could not?
- Have I tried to stop using cocaine, alcohol or other drugs only to find that I could not stay stopped?
- Have any of my friends or family suggest that I may have a problem with cocaine, alcohol or other drugs?
- Have I ever lied to or misled people about how much cocaine, alcohol or other drugs I use?
- Have I ever lied to or misled people about how often I get high or drunk?

Continued on following page

- Have I tried to stop using cocaine, alcohol or other drugs only to find that I could not stay stopped?
- Have any of my friends or family suggested that I may have a problem with cocaine, alcohol or other drugs?
- Have I ever lied to or misled people about how much cocaine, alcohol or other drugs I use?
- Have I ever lied to or misled people about how often I get high or drunk?
- Do I use cocaine, alcohol or other drugs in your car, at work, in the bathroom, or in other public places?
- Am I afraid that if I stop using cocaine, alcohol or other drugs, your work will suffer or I will not be able to function?
- Do I spend time around people or go places I would normally stay away from if not for the availability of cocaine, alcohol or other drugs?
- Have I ever stolen money, cocaine, alcohol, or other drugs from friends or family?
- Has using and/or drinking cost me more than money?

If you have answered "yes" to any of these questions, you may have a problem. There is an answer: Come to meetings of Cocaine Anonymous. While the name "Cocaine Anonymous" may sound drug-specific, we wish to assure you that our program is not. Many of our members did a lot of cocaine; others used only a little, and some never even tried coke. *Whether we focused on a specific mind-altering substance or used whatever we could get our hands on, we had one thing in common: **eventually we all reached a point where we could not stop. Over time, virtually every single one of us has realized that our real problem is not cocaine or any specific drug; it is the disease of addiction.*** According to C.A.'s Third Tradition, the only requirement for membership is a desire to stop using cocaine and all other mind-altering substances. **It doesn't matter to us if you drank or what type of drugs you used; if you have a desire to stop, you are welcome in Cocaine Anonymous!**

We're Here and We're Free

The time is now to untangle your knots of your addictions!

HOTLINE

HOTLINE



Inland Empire - (951) 359-3895

High Desert - (760) 255- 1093

Thanks Be To MY Higher Power

By Chris (Treatment Center Resident)

My journey with drugs and addictions started at the age of 9 in Chicago. I remember clearly because The Bears had won the Super Bowl that year. Watching my mother and her boyfriend smile pot and seeing the effect it had on them made me curious.

And So it began.

Looking back through my life up until this point has been by far the hardest thing I've ever done.

Spending my teenage years in a border town in Arizona drugs of all sorts seem to be everywhere all the time. I myself following my mother's lead became a full blown meth addict at age 13. With no direction I followed what I knew.

I started selling meth for my mother to help pay rent but as many of you know - using and selling don't mix. We moved a lot with the promise of better things to come. but those dreams ended when the drugs cases. Always using more and more to feed our addictions.

At the age of 18 I was sentenced to 25 years in the AZ Dept. of Corrections for armed robbery. Looking back now that was the best thing that could've happened.

Upon my release I ventured into the world of drug trafficking and with the money came a deeper addiction and the need to push my life to the edge. As with everything with my addiction that came crashing down followed by another vacation courtesy of the state of Arizona.

This time upon my release I relocated to Pennsylvania with my father's side of the family and met my future ex-wife.

Being married and having 2 children had straightened me out - so I thought. I wasn't using drugs but started drinking like a fish and after 8 years of marriage my wife asked for a divorce. That's when the my addiction resurfaced. Drugs, alcohol and depression are a dangerous mix. Using

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and drinking to cope with losing all I had worked for was too much to handle. Suicide was the only solution that made sense.

I've attempted to take my life on three different occasions and failed. Some call it luck - I choose to call it Divine intervention. My last attempt was the closest I had come but by the grace of God my sister found me before I blacked out. This was August of 2014.

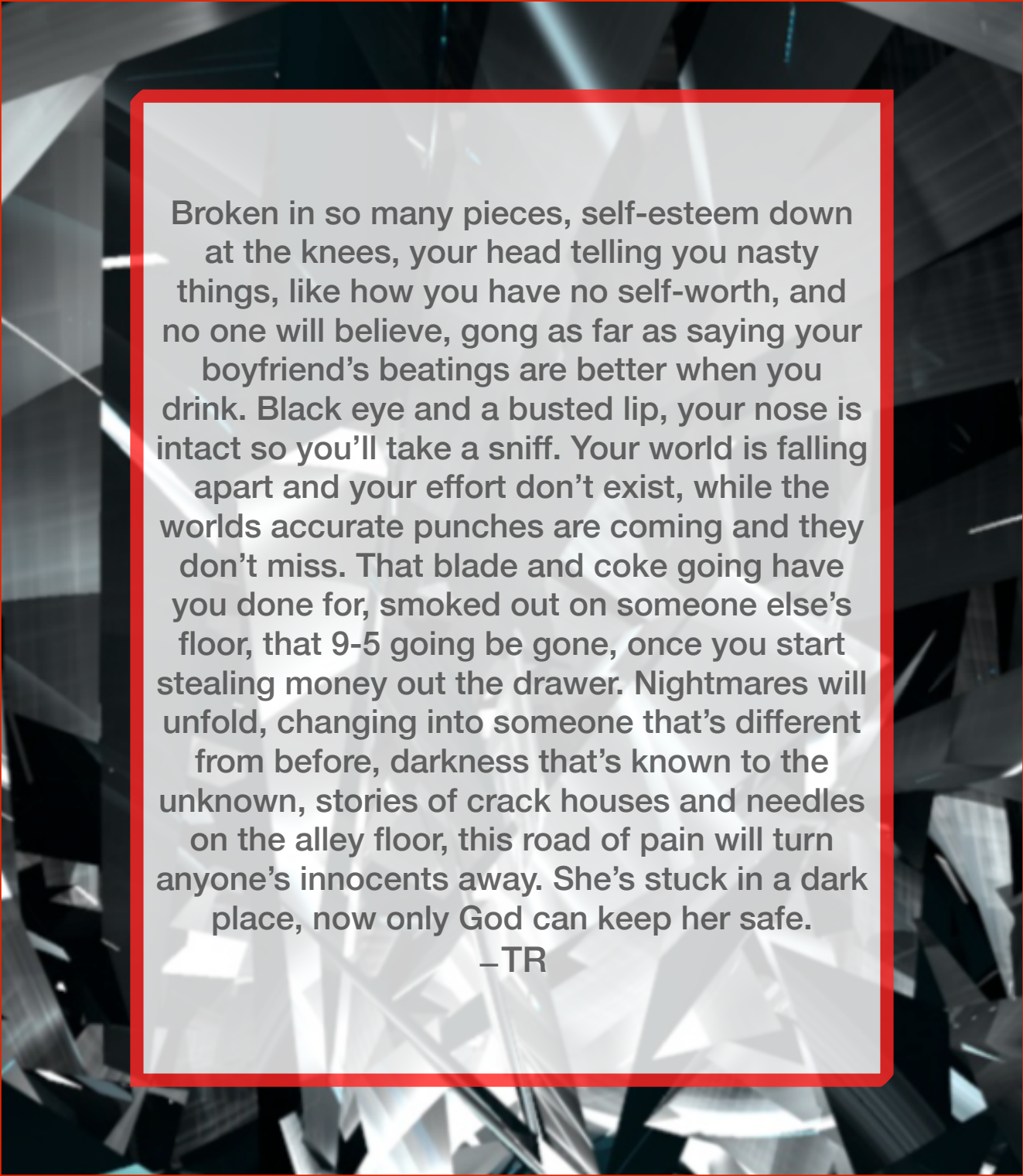
After being released from the Psych ward I knew I needed something to change the direction of my life. I had entered a treatment facility that thought the 12-step program (where I live today). That was September 12, 2014. I stayed for 2 months but had to leave for court due to the wreckage of my past. When that was done I re-entered the treatment facility having to start at the beginning. I am currently half way through.

CA and it's 12-step program is teaching me ways to deal with life with a sober mind. Listening to others and hearing their stories of hope gives me the inspiration to know that no matter what this life throws me I can handle it as long as I don't pickup that first hit of drink. I do it one day at a time.

I will be ever in debt to the 12-step program and what it has done for my family and I. My mother now has 8 years clean and sober and is active in a 12-step program. Her prayers and God's grace saved my life. The 12-steps continue to show me how to live life to the fullest without drugs and alcohol.



Before Cocaine Anonymous



Broken in so many pieces, self-esteem down at the knees, your head telling you nasty things, like how you have no self-worth, and no one will believe, going as far as saying your boyfriend's beatings are better when you drink. Black eye and a busted lip, your nose is intact so you'll take a sniff. Your world is falling apart and your effort doesn't exist, while the world's accurate punches are coming and they don't miss. That blade and coke going have you done for, smoked out on someone else's floor, that 9-5 going to be gone, once you start stealing money out the drawer. Nightmares will unfold, changing into someone that's different from before, darkness that's known to the unknown, stories of crack houses and needles on the alley floor, this road of pain will turn anyone's innocence away. She's stuck in a dark place, now only God can keep her safe.

—TR

UNITY SERVICE RECOVERY Word Search

Find the following words in the puzzle below

- Aid
- Cocaine
- Anonymous
- Commitment
- Contribution
- Consistency
- Dedication
- Dependability
- Duty
- Fidelity
- Help
- Integrity
- Love
- Marathons
- Meetings
- Open Minded
- Pledge
- Promise
- Recovery
- Reliability
- Service
- Special Events
- Steadfast
- Support
- Sustain
- Trustworthy
- Unity
- Willing

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



Share Your Experience, Strength and Hope for C.A.'s First 12 Steps & 12 Traditions Book and 12-Step Workbook

We need **YOU** to help make these books a reality! The Conference has approved the concepts, but as with all new C.A. books, the Literature, Chips, and Format Committee needs YOUR submissions. Be a part of C.A. history and help write these books!

12-Step Workbook:

This workbook will be a tool to be used with a sponsor and in conjunction with literature approved for use at C.A. meetings as listed above. Submissions should be 1-2 pages long and include the following:

- Quotes or references to suggested readings from literature approved for use at C.A. meetings (C.A.'s meeting format, pamphlets, *HFC* or *HFC II*; The Big Book *Alcoholics Anonymous*, *The Twelve Steps and Twelve Traditions*, or *Service Manual*);
- Your personal experience on a particular Step;
- Four to twelve questions to help the reader have his or her own experience with the Step;
- A worksheet applicable to the Step (optional); and
- A prayer or spiritual exercise to conclude the section on that Step.

For more information, please contact Kellie F., Subcommittee Chair, via e-mail at flowerz2@telus.net.

C.A.'s 12 & 12

Help us write C.A.'s own 12 Steps & 12 Traditions book based on our Fellowship's experience with the Steps and Traditions. Provide 1000-2000 words on the Step/Tradition focusing on your own experience, strength and hope, with a closing paragraph summing up your gratitude for that particular Step/Tradition and how it relates to your recovery. For more information, please contact Jason L., Subcommittee Chair, via e-mail at jason_lrnc@yahoo.co.uk.

Guidelines for All Submissions:

Don't worry about grammar, spelling or punctuation; we have people to help 'polish' whatever you write. Other than cited quotes, each submission must be the author's original writing. In keeping with the 11th Tradition, submissions will be reviewed anonymously and the authors of material ultimately selected for publication will be asked to maintain their anonymity. Replies will be sent when the selection process is complete for each project. Electronic submissions are preferred. Each submission also requires a properly executed release form (available at www.ca.org or on page 11). You may send your submission(s) and release via e-mail to submissions@ca.org or by regular mail to: CAWSO, Inc. Attention: LCF Committee, 21720 S. Wilmington Ave., Ste. 304, Long Beach. CA 90810-1641. For more information, please call 310-559-5833.

Calendar/Events

- **Meeting of the Month** August 17th - “And Thus We Grow” 7pm - 8:30pm - 15534 6th St. Victorville, CA 92395
- **31st Annual C.A.L.A. Convention** - August 20 through 23, 2015 - Renaissance Esmeralda Indian Wells Resort and Spa, 44-400 Indian Wells Lane, Indian Wells, CA 92210
- **2015 C.A. World Service Conference** - Wednesday, September 02, 2015 - Sunday, September 06, 2015 - Sheraton Gateway 6101 Century Boulevard Los Angeles, California 90045 Book a room: (310) 642-1111
- **Meeting of the Month** September 17th - “Women Sitting Upright In Recovery” 7:30pm - 9pm - 24187 Postal, Moreno Valley, CA 92553
- **Meeting of the Month** October 16th - “Desert III Candlelight Meeting” 9:30pm - 11pm - 24187 Postal, Moreno Valley, CA 92553
- **Meeting of the Month** November 17th - “There Is A Solution” Noon - 1:30pm - 24187 Postal, Moreno Valley, CA 92553
- **High Desert Group Marathon - November 7th, 9am - 9pm, 14849 7th St., Victorville, CA 92395**
- **Recovery In The Desert’s Annual Marathon** November 13th & November 14th 2015 - 24187 Postal, Moreno Valley, CA 92553
- **Meeting of the Month** December 6th - “If He Were Sought” 2pm - 3:30pm - 24187 Postal, Moreno Valley, CA 92553
- **CAWS (Cocaine Anonymous World Service)**
32nd Annual Convention
Sweet Home Chicago
 June 30th – July 4th 2016
 Swissôtel Chicago
 323 East Upper Wacker Drive
 Chicago, Illinois 60601
 888-737-9477

Phone: 310-559-5833,
 Use hotel code "COCA0616_002"



Area Trusted Servants

Position Title	Name	Position Title	Name
Chair	Open	Chips & Literature	Mark L.
Vice Chair	She' L.	Public Info Chair	Nakea B.
Secretary	Open	Unity Events Chair	Charlotte W.
Treasurer	Demarie D	H & I Chair	Lynne A.
Co-Treasurer	Open	Newsletter Chair	Clive V
Structures and Bylaws	Open	Internet Chair	Paul Y.



Inland Empire Area Cocaine Anonymous

Area Service Meetings 3rd Saturday of each month 4:00 p.m. at 22130 Barton Rd. Grand Terrace, CA

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.