

THE CONNECTION

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**IEACA = INLAND EMPIRE
AREA COCAINE ANONYMOUS**

Introducing: Raven J. - IEACA's Area Secretary

Hello CA Family,

I have the wonderful opportunity to share a little of my experience, strength and hope being a member of CA. I was introduced to the fellowship back in 1994 in another 12 Step Fellowship that I am grateful to have had at the time. I was very active in service and going to a lot of meetings however I failed to enlarge on my personal recovery.

I was clean and sober but without a solid foundation I was destined to return to my first love, getting high. I did after 7 1/2 years and I saw that my disease progressed during and before my relapse, only I didn't know it at the time. Today I am involved in committees and groups on an Area service level and as to be your Area Secretary is a learning experience.

I assure you I am grateful for the teachers I am blessed to have on this journey. My hope is to be of maximum service that will encourage and excite the newcomer to the fellowship and to area service work that the solution is always found in the Big Book of Alcoholics Anonymous.

Raven J.
IEACA Secretary

MENTAL

Strengthen your Mind:

- Read & study - exercise your brain
- Seek Guidance/ Get a Sponsor
- Have an open mind towards new experiences
- See the glass half full/ choose your outlook

PHYSICAL

Strengthen your Body

- Exercise several times per week
- Go to Meetings
- Get Commitments & fulfill it's duration
- Eat sensibly
- Rest - the body needs to re-energize

SPIRITUAL

Strengthen your Soul

- Pray more
- Meditate
- Help Others - without looking for reward
- Read spiritual
- Build and use your spiritual network

Surface Service

How does an addict like me who has been selfish, self centered, and self serving for most of her life, become fit for “service”. Is ones mere presence in the rooms, on service committees, and boards enough to give them some special temperament, demeanor, or spirit that equips them for service? Unfortunately that has not been the case for me...much of the time I have spent claiming to be of service was only surface service....that’s what I call it now....surface service.

I used to spend time on committees and go home with an attitude of self righteous indignation and resentment when others on the committee failed to see that of course I was right, that I was only trying to help do what we needed to do. Committees just slowed the process of work down as far as I was concerned, and I lacked respect for the group conscious. I couldn’t see that I wasn’t being of service for the sake of service, but instead I wanted to be served. I wasn’t really trying to pack anything into the stream of life, I was still seeing what I could take from it, what I could control.

I had some selfish needs that were being filled through surface service work....the need to be right, the need to be needed, the need to be recognized , the need for you to like me. For years surface service work helped me fulfill these needs. Was it right or wrong? I don’t know. I only KNOW it just was what it was, and I acted based upon these needs.

It wasn’t until I had a new experience with step 3, 4 and 10 was I able to see me in my service disguise. I love service, and would encourage anyone involved in CA to get involved with service work, regardless of your initial motive. I don’t know how to explain it, but GOD, your higher power will guide your path...I am only sharing what my path looks like, when no one else is looking....when I am honest with myself about who I am and what my true motives have been. It’s all been what it was supposed to be I guess, because it all has brought me to this place and moment in time. I can accept the good and bad of who I am because you all have taught me that acceptance is key, even accepting those truths about myself that would be so easy to ignore or sweep under the inventory, instead of placing it on the table.

I love CA, I love service, and just for today I will work to place my service work beyond surface service work....and work in the spirit of altruism and unity. I am so glad that CA has proven to be a place where I can make mistakes, learn from them, and share the lessons....I have learned from your stories, your experiences, and your collective consciousness that the CA process of recovery as outlined in the Big Book will help us grow through anything....even my own pride, ego, and selfishness.

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 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.**

**“The Connection” needs your help
Submit stories, poetry, Art (Original Only)**

Story Ideas:

- ☼ Being of service
- ☼ Unity, Service, Recovery
- ☼ Spiritual Change
- ☼ Enablers
- ☼ Why Am I here
- ☼ We are people who normally would not mix
- ☼ The Solution
- ☼ The Big Book
- ☼ Untreated “Ism’s”
- ☼ My New Life
- ☼ Sponsorship
- ☼ Etc ...

**What's
Your
Story?**

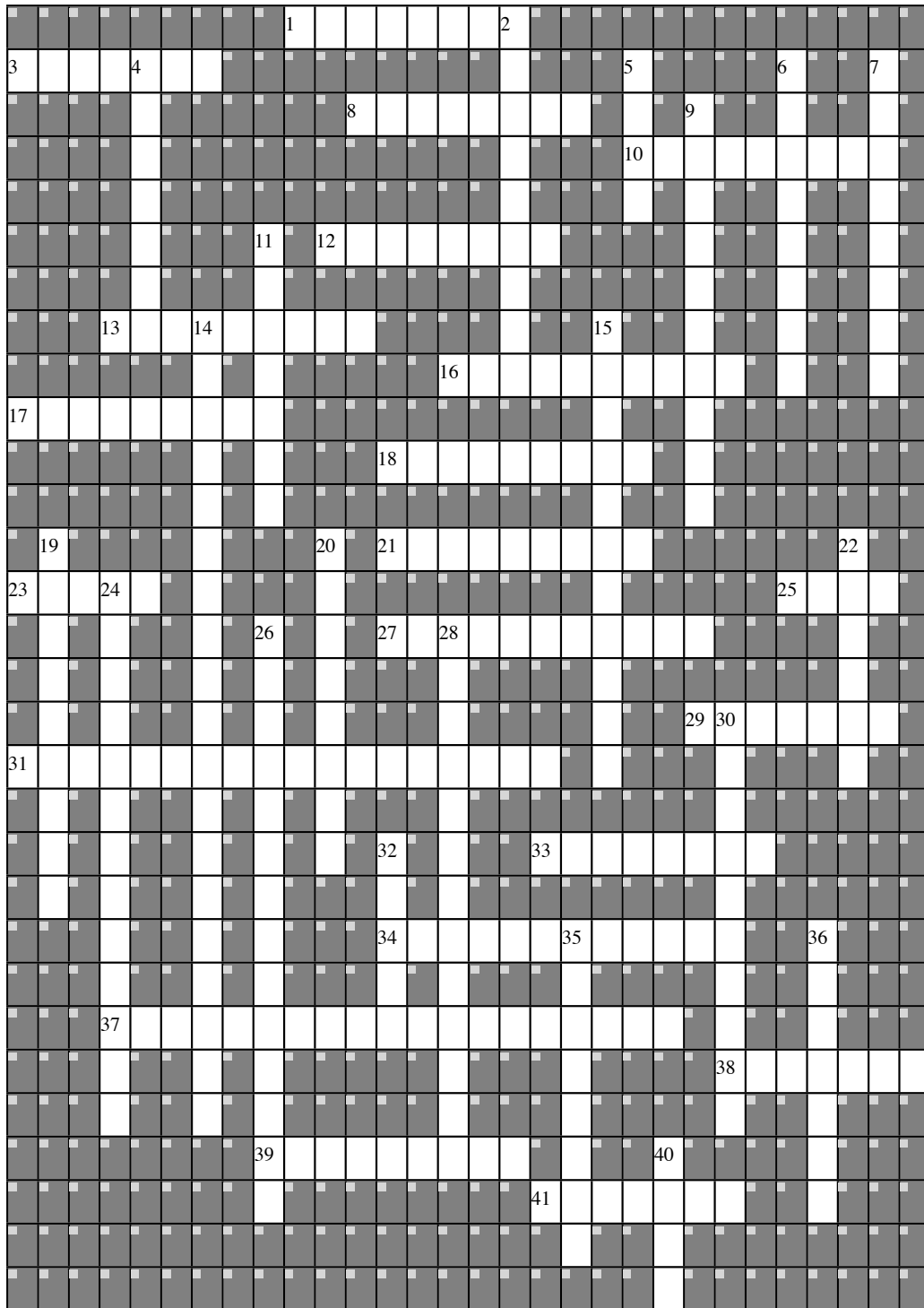


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~ A Special Thanks to Stacey A. - For volunteering your time to The Connection ~

The 1st 164 Pages

Using the Basic Text of our fellowship (The Big Book of Alcoholics Anonymous) find the answers to the questions on page 5 and fill in the spaces to this crossword puzzle



Across

1. Pg 59 "4. Made a searching and _____ moral inventory of ourselves."
3. Pg 59 "8. Made a list of all persons we had harmed, and became _____ to make amends to them all."
8. Finish this chapter title: "There Is A _____"
10. Fill in the blank: "Frothy _____ appeal seldom suffices."
12. Pg. xxvi THE DOCTOR'S OPINION "They are restless, irritable and discontented, unless they can again experience the sense of ease and comfort which comes at once by taking a few drinks---drinks which they see others taking with _____."
13. Pg. 29 "Further on, clear-cut directions are given showing how we _____."
16. Who's Story?? (Chapter Title) (2 Words)
17. Pg. xi PREFACE "Because this book has become the _____ for our Society and has helped such a large numbers of alcoholic men and women to recovery, there exists a sentiment against any radical changes being made in it." (2 Words)
18. Pg. 11 it reads: "But My friend sat before me, and he made the point-blank declaration that God had done for him what he could not do for himself. His human will had failed. Doctors had pronounced him _____."
21. Pg 60 "12. Having had a spiritual _____ as the result of these steps, we tried to carry this message to alcoholics, and to practice these principals in all our affairs."
23. Pg. 50 "In our personal stories you will find a wide variation in the way each teller approaches and conceives of the _____ which is greater than himself."
25. Pg. XXV it reads: "A well-known doctor, chief physician at a nationally prominent hospital specializing in alcoholic and _____ addiction, gave Alcoholics Anonymous this letter:"
27. Pg. 55 "Actually we were fooling ourselves, for deep down in every man, woman, and child, is the _____ idea of God. It may be obscured by calamity, by pomp, by worship of other things, but in some form or other it is there. For faith in a Power greater than ourselves, and miraculous demonstrations of that power in human lives, are facts as old as man himself."
29. Pg. 50 "On one proposition, however, these men and women are strikingly agreed. Every one of them has gained access to, and believes in, a Power greater than himself. This Power has in each case accomplished the miraculous, the _____ impossible."
31. Pg. XXIII - THE DOCTOR'S OPINION "We feel, after many years of experience, that we have found nothing which has contributed more to the rehabilitation of these men than the _____ now growing up among them." (2 Words)
33. Pg 59 "Half _____ availed us nothing"
34. Pg 59 "9. Made _____ to such people whenever possible, except when to do so would injure them or others." (2 Words)
37. In Chapter 2 it reads: "We of _____" (2 Words)
38. In Bill's Story (pg.1) Bill Wilson failed to heed to what kind of warning?
39. What is the last name of the well known Doctor who's letter is in the 1st 164 pages of the Big Book?
41. Pg 59 "Pg 59 2. Came to _____ that a Power greater than ourselves could restore us to sanity."

Down

2. Fill in the blank: " Having had a _____ awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principals in all our affairs."
4. Pg 59 "11. Sought through prayer and meditation to _____ 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."
5. Pg 46 "As soon as we admitted the possible existence of a Creative Intelligence, a Spirit of the Universe underlying the totality of things, we began to be possessed of a new sense of power and direction, provided we took other simple steps. We found that God does not make too hard terms with those who _____ Him."
6. Pg 59 "10. Continued to take personal inventory and when we were wrong _____ admitted it."
7. Pg. 52 "When we saw others solve their problems by a simple _____ upon the Spirit of the Universe, we had to stop doubting the power of God. Our ideas did not work. But the God idea did."
9. What is the name of the chapter the following text is from? "Rarely have we seen a person fail who has thoroughly followed our path. Those who do not recover are people who cannot or will not completely give themselves to this simple program, usually men and women who are constitutionally incapable of being honest with themselves." (3 Words)
11. Pg. 47 WE AGNOSTICS "We needed to ask ourselves but one short question. "Do I now believe or am I even willing to believe, that there is a Power _____ than myself?" As soon as a man can say that he does believe, or is willing to believe, we emphatically assure hem that he is on his way."
14. Spelled out in words (not numbers) (example: TwoHundredTwentyFive) (no spaces)- On what page number is this sentence found? "Our book is meant to be suggestive only." (4 Words)
15. Pg. 46 "We found that as soon as we were able to lay aside prejudice and express even a _____ to believe in a Power greater than ourselves, we commenced to get results, even though it was impossible for any of us to fully define or comprehend that Power, which is God."
19. Pg 59 "1. We admitted we were _____ over alcohol---that our lives had become unmanageable."
20. Fill in the missing word: On pg. 30 it reads; "The idea that somehow, someday he will control and enjoy his drinking is the great obsession of every _____ drinker."
22. Pg 59 "7. _____ asked Him to remove our shortcomings."
24. Pg 59 "6. Were _____ to have God remove all these defects of character." (2 Words)
26. Pg. 73, 74 "We must be _____ with somebody if we expect to live long or happily in this world." (2 Words)
28. Pg. 31 "Physicians who are familiar with alcoholism agree there is no such thing as making a _____ out of an alcoholic." (2 Words)
30. Pg 59 "3. Made a decision to turn our will and our lives over to the care of God as we _____ Him."
32. Pg 62 "We had to have _____ help."
35. Pg 59 "5. _____ to God, to ourselves, and to another human being the exact nature of our wrongs."
36. It is suggested that we get a " _____" with facts about ourselves and a working knowledge of this book to walk us through the 12 steps..
40. Pg. 14 it reads: "Faith without works was _____"

“**T**he great fact is just this, and nothing less: That we have had deep and effective spiritual experiences* which have revolutionized our whole attitude toward life, toward our fellows and toward God’s universe. The central fact of our lives today is the absolute certainty that our Creator has entered into our hearts and lives in a way which is indeed miraculous. He has commenced to accomplish those things for us which we could never do by ourselves.”

-- **The Big Book of Alcoholics Anonymous. There Is A Solution Pg. 25**

Do you have a Smart Phone?

If so....

Scan the barcode to the right and connect to the IEACA’s website for Meeting Schedules, Special Events, The Meeting Of The Month, And a digital copy of The Connection.



Only A Beginner

I'm only a beginner
Yes know this
And yes it is true
But
Because I am only a beginner
Does't mean
I cannot hit you with the truth

And my truth is
I know I'm important
And deep within
You know it too
For I am the newcomer
Everybody claps when I comes into the room

They want to know my story
They want to hear what I've been through
And I willingly give all this up
Because sharing
Is what I came here to do

There has been so many before me
Everyday
Someone takes that first chip
To the members of this CA society
It's the hope that drives us
And draws every newcomer near

Charles W.

“**A**fter they have succumbed to the desire again, as so many do, and the phenomenon of craving develops, they pass through the well-known stages of a spree, emerging remorseful, with a firm resolution not to drink again. This is repeated over and over, and unless this person can experience an entire psychic change there is very little hope of his recovery.

On the other hand--and strange as this may seem to those who do not understand--once a psychic change has occurred, the very same person who seemed doomed, who had so many problems he despaired of ever solving them, suddenly finds himself easily able to control his desire for alcohol, the only effort necessary being that required to follow a few simple rules.

One feels that something more than human power is needed to produce the essential psychic change.”

-- **The Big Book of Alcoholics Anonymous. Pg. xxvii**

NAKEA B.



"Unity is a common bond that transcends all differences. No matter where we come from, what got us to the rooms, and what hells we had to suffer to get here. Our different paths and circumstances does not matter. We all suffer the same disease. As a result we ended up in the same place.

We have accepted the fact that lack of power is our dilemma, as surely as we have accepted the fact we can do together what we could not do alone. We share a common peril and a common solution and those are the threads that bind us. Through applying the steps and the traditions we grow in love, tolerance, and respect for each other. Our spiritual growth allows us to rise above all differences. Tradition One states "Our common welfare should come first" recovery is possible together."



CARL L.

"BEING OF SERVICE IS A VERY INTRICATE PART OF MY RECOVERY. IT'S AN OPPORTUNITY TO FREELY GIVE BACK WHAT WAS GIVEN TO ME AND IT'S THE REMEDY THAT TREATS MY SPIRIT."



CLIVE V.

"RECOVERY IS THE FOUNDATION OF MY NEW FREEDOM. RECOVERY IS FOUND IN THE 1ST 164 PAGES OF THE BIG BOOK OF ALCOHOLICS ANONYMOUS. WITH MY GOD, MY SPONSOR AND THE WILLINGNESS TO GO TO ANY LENGTH TO STAY CLEAN & SOBER I AM HERE TODAY BY GRACE. I TAKE SUGGESTIONS AS BEST AS I CAN AND HAVE A NEW OUTLOOK ON LIFE'S EXPERIENCES"



We're Here and We're Free

**HAPPY
NEW
YEAR!**

For our Local Directory, Calendar and Events
Go to: www.inlandempireareaca.org

**Need someone to talk to?
Can't find a meeting?
Help is just a phone call away.**

**IEACA Cocaine Anonymous
Hotline**

**951-359-3895
760-255-1093 (Barstow)**

**Happy 13th Birthday
to
Recovery In The Desert**

IEACA Board Members

Area Chair	Brenda G.
Area Vice Chair	Earl
Area Secretary	Raven J.
Area Treasurer	Ben S.
Area Co-Treasurer	Nakea B.

Area Committees

Archives	Sheila G.
Coffee	Mark C.
Chips and Literature	Bobby
Hospitals and Institutions	Carl L.
Newsletter	Clive V.
Public Information	David L.
Unity / Special Events	Joetta
Phone / Hotline	Quendessa
Webmaster / Internet	Paul Y.
Structures & By-laws	Earl

Area Delegates

1st Delegate	Julie H.
2nd Delegate	Vonya Q.
3rd Delegate	Mark C.
1st Alternate Delegate	Bill J.
2nd Alternate Delegate	Kenny M.

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.