

THE CONNECTION



Cocaine Anonymous is open to all persons who state a desire to stop using cocaine, including "crack" cocaine, as well as all other mind-altering substances. There are no dues or fees for membership.

Cocaine Anonymous is a fellowship of men and women who share their experience, strength and hope with each other so that they may solve their common problem and help others to recover from their addiction. The only requirement for membership is a desire to stop using cocaine and all other mind-altering substances. There are no dues or fees for membership; we are fully self supporting through our own contributions. We are not allied with any sect, denomination, politics, organization, or institution. We do not wish to engage in any controversy and we neither endorse nor oppose any causes. Our primary purpose is to stay free from cocaine and all other mind-altering substances, and to help others achieve the same freedom.



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Traditions offer a proven guide for my individual behavior within the group. If I follow the traditions my participation within the group will not cause harm to the group or unnecessary harm to individual members. The traditions are the templates or "app" for conducting myself within the groups I am part of.

Vonya Q.

Q & A With Brother Benjamin S.

Q. How were you led to CA?

A. I was led to Cocaine Anonymous by going to meetings I couldn't identify with completely - also knowing that cocaine brought me to the se rooms I decided to go to a CA meeting to see and hear what's going on. I heard something that I was able to relate to.

How long did it take you to get recovered before actually getting recovered?

I came around the anonymous community in July 1986. I went to meetings and didn't know I had a problem so therefore I wasn't done. I thought I was done but didn't know I wasn't done. So it took me from July 26th 1986 to March 3rd 1987 (about 8 months) to actually stay.

Q. Who Is Brother Ben Today?

A. First of all I am a child of God! I am a husband - a father a grandfather - a sponsor - a sponsee - a real person - I speak the truth - I'm considerate - I'm kind - I'm giving - I'm a protector - I start meetings - I do workshops - I speak and I'm a total different person that I ever imagined I would ever be.

When I got here I didn't know who I was or what I was about but after being here I found out that there was more to me than what was on the surface. As a result of that I was able to get in touch with those other things - those other real people that's in me .

Q. What Does "Turning my will and my life over to God as I know Him mean to you?

A. It means everything to me.

First of all I have to find out what is my will/ what is the will for me. In order to get my own interpretation of that. Then I have to find out what is God's will for me. Then I have to align my will with His will for me.

Then I need to get the power to rely on Him in every aspect of my life. And today that's how I turn my will over "I rely in Him on every aspect of my life" throughout the day.

I start my day with prayer and end it with prayer and throughout the day I'm conversing with God about different areas of my life.

Q. Why is it so important to have a "Thorough 1st Step experience"?

A. It's important because my life depends on it. I have a problem and I don't know what my problem is. So I have to find out what the problem is so I can get to a solution.

If I don't have an experience I'm going to drink again because of my condition.

I have to experience the fact that there's absolutely positively nothing I can do to keep me sober. My experience has shown me that I've always gone back and gotten high on some kind of mind/ mood altering substance. And now that I've gotten separated for a while, Prior to getting into the work I've always searched outside of self looking for something to fix self externally. I didn't know that I had an internal problem until I'd done this work. It's very important that If I'm going to build a spiritual structure to where God and I can reside I have to have a solid 1st step knowledge of my true condition. I must have a solid 1st step experience to se that there's nothing I can do to keep me sober. When I experience that - I experience freedom.

Q. You recently celebrated 25 years Clean and Sober which is a milestone and so many of us look to you as a person that has gone through the work and stayed clean & sober. What would you like you like to say to the newcomer and those that have been in the rooms of recovery for a while?

A. Find out what you suffer from. Get a sponsor. Sit with someone that's qualified (we call them teachers). Find out what's wrong. Find out that you're not a no good person - you are a good person. Find out that you're not uneducated - you are educated & teachable. That you're not bad - that you are good. That you have an illness and that is treatable.

Once you've found out what your problem is and that there is nothing that you can do about your problem I encourage you all to get on this broad highway to a new life because life is so beautiful once I found out what my problem is.

You don't have to die! You can live joyous happy & free just like our readings in the meetings state. But you must find out what the problem is (Step 1).

My Cry For Help

A Poem

My cry for help was answered within a message at a meeting.
The time had come for me to see how the use of my drug of
choice had controlled me day-in and day-out
finally realizing this dead end.

Thinking

"Is there a way out for me"?

Praying for years asking God to help my thinking.

That day would never come for me -

The hopelessness I felt,
knowing I needed some help and hope
asking myself "is this the life for me"?

Could I ever get clean?

Not knowing my cries for help to my God was on it's way.
He was working it out for me in many ways I yet I could not see.
Timing things to give me exactly what I need at the right time,

the right pace,
the right sponsor,
and at the right place.

And now I'm here with people who are just like me
hearing a message that made me see CA was the place for me.

Now I'm laying aside everything I think I know

and taking it
line by line
step by step
one day at a time

with a Big Book,
a Sponsor

and an honest desire to be free.

This all took place because I heard a message of depth and
weight that helped me see 6 months ago at "The Hole In The
Wall".

Thank you to my new CA Family for helping me find a way out.

Andrea E

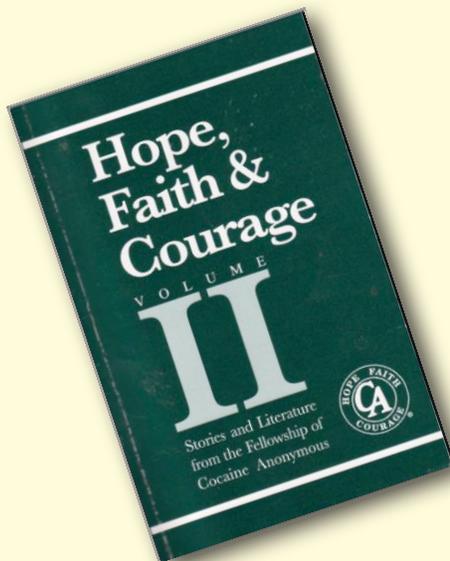
Drugs Do Not Discriminate

Since 1984, I have been a medical professional working in a variety of Emergency Rooms (ER). Over time I have cared for, and treated many thousands of patients. With that being said, I have also cared for my fair share of intoxicated people; and you name the chemical, I have seen someone whacked out of their mind. It was my job to provide the appropriate care in order for the person to safely sober up. When the opportunity presented itself, I would spend time speaking to them about their situation. If they thought they had the disease of addiction; I would spend time to provide some education. Furthermore, I would ask if they wanted help getting clean and sober. If so, and the person was willing, I would present the options of recovery; a place to detox, a recovery facility, or a sober living situation.

The funny thing is, I am really good at fixing other people, however, I am equally as good at ignoring myself; I have come to find out that I really don't like myself. To continue, I was seriously injured in my early 40's, and since I was well established in my practice, I did not take time off work to heal. My doctor prescribed me pain pills, which I took to make it through a shift. As time went by, I was taking more and more. I did not recognize how cunning and baffling the drugs were. Eventually, I was completely addicted; I was obsessing, lying, and isolating. I could not get through the day without getting high. I spent a quite a while denying that I had a problem. Then, since I was "so good at helping others", I tried to treat myself, as "I didn't need any help, I could just stop when I wanted". I was wrong; as I am powerless over drugs, and my life has become unmanageable. You see, I have just completed my 1st step.

Ken M.

Book Spotlight



Hope, Faith and Courage: Stories from the Fellowship of Cocaine Anonymous was first published in 1994.

As its title suggests, this powerful collection of stories delivers the message of recovery as it has been experienced by members of our fellowship, in their own words.

A Marine's Story

I enlisted in the United States Marine Corps on February 20, 1989. My reasons for going into the Marines were many. The main reason was to become a man and serve my country. I went to boot camp in San Diego, California and thus my journey begins with the Corps. After I graduated from boot camp I was stationed in Jacksonville North Carolina. Camp Lejeune would be my home for the next 4 years. Golf Company (Boat Platoon) would be my unit. My MOS (Military Occupational Specialty) would be 0311 "Infantry". I loved the infantry because it was very challenging to me and I loved challenges.

My Battalion was deployed overseas to the Mediterranean when we got our orders for the United States military buildup in Saudi Arabia. I was scared when I first thought about the idea of going to war, but that soon went away for a moment when I thought about the training that I had received from boot camp and Marine Combat training.

We were in country for 11 months before we would see the United States again. While in Kuwait we encountered a number of combat action related situation. The war was short and swift. When they told us the war was over after only 4 days of ground assault we knew we would be back to complete the job one day we just didn't know how long it would be. For the most part the Iraqi soldier had lost the will to fight do to the fantastic job the United States Air Force had done before the ground troops went in. There were some nights when I would sit and wonder what everyone was doing back home. Little did I know I would be home sooner than later?

"Life can throw you curve balls, but it's all up to you how you stand at the plate. Never let life strike you out because it's only when we stop swinging and then we strike out."
Robert L.

After going through a period of time in my life were alcohol and drugs would ease the pain of the memories of combat. I knew it was time to get some help. I would seek out that help at the Veterans Hospital in Loma Linda California. There I would get help with my PTSD (Post Traumatic Stress Disorder) my alcohol and drug problem, they even helped me return back to school to get a college degree.

I now work at the Veterans Hospital in Loma Linda California. The very same hospital I came to receive help from has helped me become a part of society that really cares about our nations hero's "Veterans". I worked in work studies which is a program at the VA, while going to college for 3 years until I graduated. Working in public affairs gave me the opportunity to give back and get a check. My life has changed in so many ways due to the men and woman at the Veterans Hospital I am forever grateful. I now work in the Business Office and I have a promising career with the VA Hospital.

When I think back to 1989 when I went to boot camp at MCRD (Marine Corp Recruit Department) in San Diego I say to myself "Wow God has been good to me".

Robert L.

28th Annual
CALA Convention

I ❤️ CALA

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

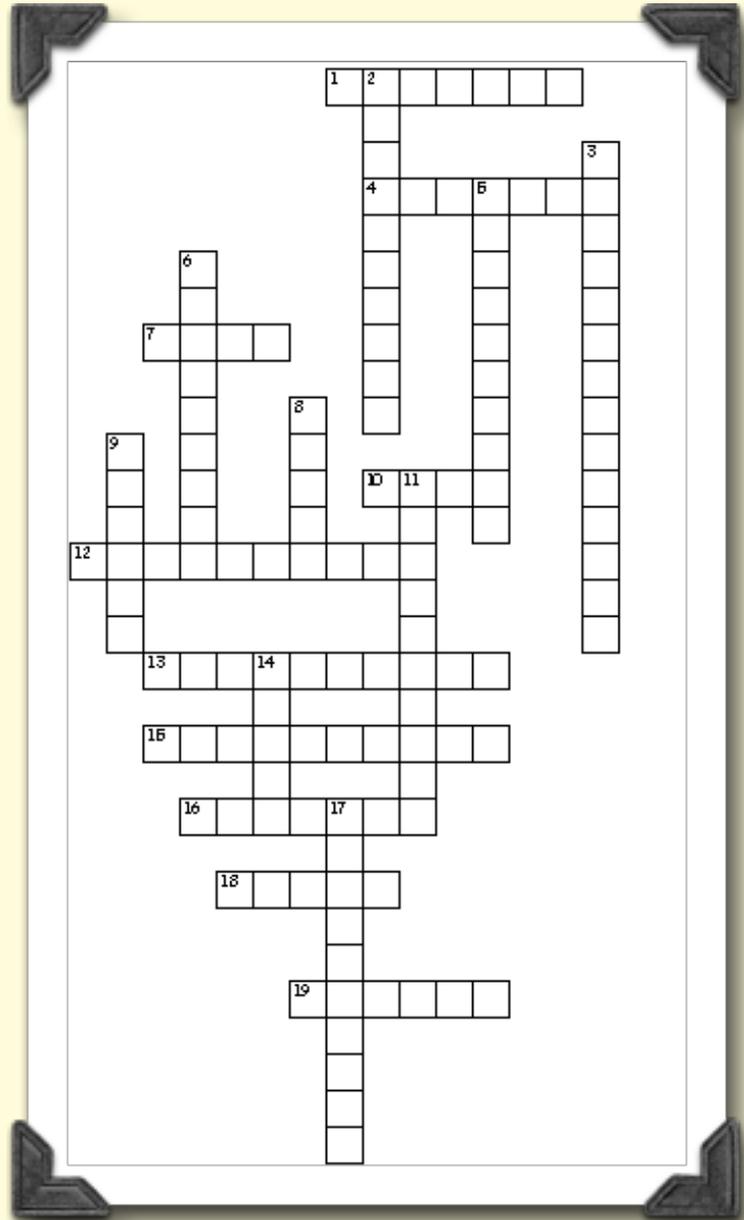
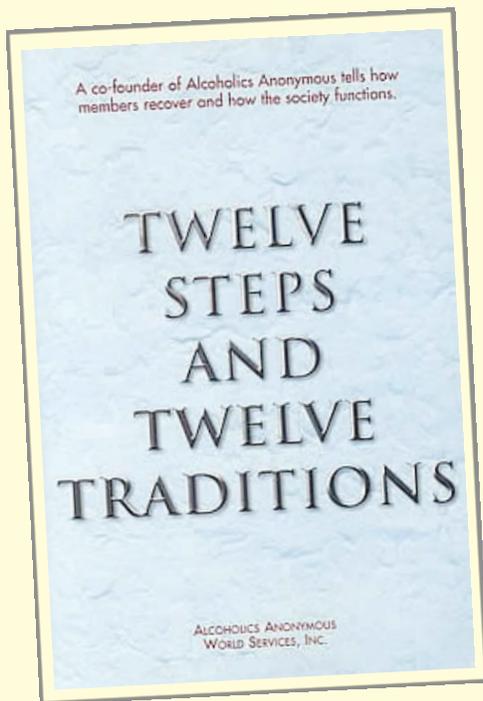
Hyatt Grand Champions Resort, Villas & Spa
44-600 Indian Wells Lane
Indian Wells, California, USA 92210



Room Rates & Information
Single / Double - \$99.00 per night
Triple / Quad - \$109.00 per night
Premium Suites (Qty. Limited) - \$130.00 per night
Check in Time: 4:00 pm / Check out Time: 11:00 am
Phone Reservations: (888) 421-1442

Twelve Traditions Crossword Puzzle

Using a **Twelve And Twelve Book** find the missing words to the sentences below then fill in the spaces.



Across

- 1. Pg 18 - could live together with _____ and good effect.
- 4. Pg 160 - ought to be fully self-supporting, declining _____ contributions.
- 7. Pg 137-138 "This is a matter of ____ or death"
- 10. Pg 157 - Years ago this principle of "no endorsement" was put to a vital ____.
- 12. Pg 15 - AA's Twelve Traditions apply to the life of the _____ itself.
- 13. Pg 148 - They wrote the _____,
- 15. Pg 145 - So the hand of _____ early gave us a sign ...
- 16. Pg 150 - Each group has but one primary _____ - to carry it's message to ...
- 18. Pg 144 - Ed not only stayed , he stayed _____ - month after month."
- 19. Pg 129 - "Our _____ welfare should come first;.."

Down

- 2. Pg 146 - Each group should be _____ except in matters affecting other groups ...
- 3. Pg 180 - Therefore, a great _____ fell upon us to develop the best
- 5. Pg 141 - The answer now seen in Tradition Three, was _____ itself.
- 6. Pg 184 - Anonymity is the _____ foundation of our traditions
- 8. Pg 156 - Nearly every one of us had wished to do great good, perform great _____, ...
- 9. Pg 167 - When we had _____ that the Twelfth Step couldn't be sold for money.
- 11. Pg 18 - It was out of this vast welter of explosive _____ that AA's Twelve Traditions took form ...
- 14. Pg 176 - have known from the very beginning that we must _____, no matter what ...
- 17. Pg 174 - But all the observers have _____ something unique

Men on a Mission meeting of C.A. Men's Marathon



“We are like men who have lost their legs; They never grow new ones.” (BB P30)

“We feel a man is unthinking when he says that sobriety is enough.”

*When: Saturday April 28th
2012 11:00 A.M. to 9:00 P.M.*

*Where: 15105 6th Street,
Moreno Valley, CA 92518*

*Opportunity
Drawing – Food
– Fellowship–
Speakers &
Groups*



LUNCH WILL BE PROVIDED

The IEACA

INVITE YOU TO A TWELVE TRADITIONS WORKSHOP

PLEASE BRING YOUR OWN BOOK

April 21, 2012

10am–2pm

2505 Foothill Blvd
San Bernardino, CA 9241



IEACA's Area Delegates

- Vonya Q.
- Julie H.
- Mark C.
- William "Bill" J. (Alternate)
- Kenny (Alternate)

The WSC Delegates' job is a demanding one and should not be taken lightly. They are our eyes and ears to the experience of Cocaine Anonymous throughout the world.

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"



or

www.inlandempireareaca.org

Meetings in need of your support

Unity Challenge: Go to at least one meeting* each month that you don't usually go to in the area. Bring a newcomer or trudging buddy.



Sunday

CROSSING THE RIVER OF DENIAL

7:00 p.m. – 8:30 p.m.

24187 Postal Avenue Moreno Valley, CA 92553

S, P, O, CH, H

Monday

LIFE AND DEATH GROUP OF C.A.

7:00 p.m. – 8:00 p.m.

1020 E Ramon Rd. Palm Springs , CA 92264

S, P, O, CH, H

Tuesday

ANOTHER CHANCE

1:45 p.m. – 3:15 p.m.

15624 Sixth Street Victorville, CA 92395

P, O, CH, H

Wednesday

A CHANCE TO LIVE

7:30 p.m. – 9:00 p.m.

321 E. 6th Street (Corona Community AME Church) Corona, CA, 92879

P, S, O, CH, H

Thursday

RECOVERY IN THE DESERT II

7:00 p.m. – 9:00 p.m.

1319 Oakwood Drive San Bernardino, CA 92405

S, P, O, CH, H

Friday

DESERT III CANDLELIGHT MEETING

9:30 p.m. -11:30 p.m.

24187 Postal Avenue Moreno Valley, CA 92553

S, P, O, CH, H

Saturday

MIRACLES IN RECOVERY

6:00 p.m. – 7:30 p.m.

24187 Postal Avenue Moreno Valley, CA 92553

T, P, O, CH, H

* Not the Meeting Of The Month.

IEACA's Area Trusted Servants



Members of the Board		
Area Chair	<u>Brenda G.</u>	
Area Vice Chair	<u>Earl S.</u>	
Area Secretary	<u>Raven J.</u>	
Area Treasurer Area Co-Treasurer	<u>Ben S.</u> <u>Nakea B.</u>	
Area Committees		
Archives	<u>Brenda D.</u>	
Chips and Literature	<u>Bobby W.</u>	
Hospitals and Institutions	<u>Carl L.</u>	
Newsletter	<u>Clive V.</u>	
Public Information	<u>David L.</u>	
Unity / Special Events	<u>Joetta K.</u>	
Phones	<u>Quendessa</u>	
Webmaster / Internet	<u>Paul Y.</u>	
CA General Contact Information		
	<p>Inland Empire Area Phone Hotline (951) 359-3895</p> <p>Inland Empire Area Hi Desert Hotline (760) 255-1093</p>	

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.