

THE CONNECTION

Inland Empire Area Cocaine Anonymous (IEACA)
INLANDEMPIREAREA.CA.ORG



Quarterly Newsletter/Issue #3/July-Sept 2010

LANGUAGE OF THE HEART

DESPARATE BUT NOT HOPELESS.....

I used on and off (mostly on) for 28 years. For a lot of those years I believed I was a ‘smarter’ drug user than those I was around because I had never been arrested. How delusional was that? My addiction took over my life and I lost relationships, jobs, the trust of my family and kids and my self-esteem. Worse, I lost hope. I firmly believed that each day was just another day to get through and I wanted to get through them as quickly as possible. I was so tired. A month after my 38th birthday I was arrested for the first time. Five months later I was arrested again. I started my court ordered groups and 2 weeks later I was arrested again. I went to my classes for a while but continued to get high. Eventually I quit going. I was terrified of going to jail so I spent the next two years hiding out at home and using more and more. So many things that I knew were wrong became ok in my mind or at least tolerable. As long as I stayed high I didn’t have to think about them. On October 24, 2006, after two years of hiding in my house I was arrested for the fourth time. My turning point had to be the desperation I felt sitting in jail that last time. First, I learned that I wasn’t bad or weak, I was sick. Then I learned that there was hope. I learned that one day at a time I never had to use again. I have learned to identify my feelings and talk about them. I am constantly in awe of the life I have now. However, I don’t take the credit. That goes to God. My life is a perfect example of how everything is possible with God. I have made friends, in the fellowship that I believe I will have for life. I am a much stronger and confident woman today. I feel things deeply today and I have real hope for my life now and for the lives of the people around me. I firmly believe that I am finally becoming the woman God intended me to be all along.

Ronda B.

Nuttin pretty about untreated addiction

Have to have my own experience most of the time because I am egotistical and hard headed. I believe myself to be the exception to the rule. That is just how it is for me with most things. I've not been around here long enough to be an old timer, but I have been around long enough to bear witness to the passing parade. I've heard you say that we go to meetings to treat our bodies. I've read and heard it said that this is a disease of mind, body, and spirit and that I must treat all three parts equally if I want to have the fullness and wholeness of completion that can only come when I am at one with this universal or higher power. I totally forgot that this applies to me too. Somehow I became exempt. I forgot that I walked in here hopelessly in a state of shame, remorse, and guilt and that I was once willing to do whatever it took to stay. Where is that willingness today? Let me get to that part. I began to barter and trade my willingness for those worldly imposters....success, accomplishment, materialism, and the other feel goods of life. Addicted to many things, I am addicted to these things as well. In pursuit of something that I wanted to accomplish I imposed isolation upon myself, and discontinued my meetings. My self talk went something like this..."It's me right". "I'll be OK". "It will only be a month or so". "Meetings don't keep me sober anyway".....blah blah blah blah. My thoughts began to change. After the second week, I was making myself sick with some of my thoughts. I denied that I needed to treat my body, and I hobbled around with 2 sides of the triangle. Imagine yourself a triangle and then imagine trying to walk around on only 2 sides...I was sliding around and my spirit knew I was in trouble...the real me was in trouble as I watched the fake one act as if all was well. I had placed something in my life above my recovery so I paid a spiritual price. I didn't relapse with the drugs or alcohol but I definitely relapsed in my behavior and in my thinking. I was thinking some sick stuff. I looked around and noticed that I had resentments with everyone around me. My head had me convinced that it was them with the problem....once I stopped treating the body, the mind seemed to get crazy or crazier, I couldn't even tell which.... I stopped working step 10. the spirit felt the *dis ease* and I became uneasy in my own skin, in my own home. My home had become my penitentiary and I was locked up...I was staying in my room 20 hours a day including my sleep time. Yes, I was on lock down, but this time I had the keys...I had them because they were given to me by the people here in recovery. I started calling people and talking about the insanity I was in. I got back to meetings, back to a workshop, and back into the process. Because of my hard headedness and my denial about who and what I am and what I need to do, I had to have my own experience. When I say that I must treat my body, I am saying this based on my experiences, not yours. When I say that I have to treat my spirit, it too is based on my own experience. True happiness for me comes from giving, and that is my experience. That is how I treat my spirit. I must work the steps, all 12 of them, and that is how I treat my mind. That is my experience. I don't know why I didn't take a drink or a hit. I will call it GRACE as I know that GRACE keeps me here. I know that meetings might not keep me sober, but I don't want to be sober and not go to meetings. I don't want to be sober and not recovering! Sobriety is alright, but recovery trumps sobriety to me. So once again...I am that Grasshopper. I am learning what most of you may already know...nuttin pretty about untreated 'isms. No matter what, I want to stay on the path that has been laid out for me in the book of Alcoholics Anonymous, and I have acquired a new found respect for this gift that I have been given. More important than anything else, Recovery is really all I have and all I can hope to have, because without it, my life isn't worth much at all.I share this because someone

out there may not be as hard headed as I am. But even if you are, know that our lessons don't always have to come by way of a run or a relapse, we can walk through lessons and not get loaded.

In love and tolerance. May your GOD continue to bless you and keep you.

WHATS HAPPENING IN OUR AREA

UNITY/SPECIAL EVENTS-MEETING OF THE MONTH

SEPTEMBER 20, 2010 "LADIES NITE OUT"(MONDAY)

OCTOBER 19, 2010 "BURNING DESIRES"(TUES)

NOVEMBER 17, 2010 "FAITH WITHOUT WORKS IS DEAD"(WED)

S,P,O,CH,H

*COCAINE ANONYMOUS IS NOT RESPONSIBLE FOR THEFT, INJURY,
DAMAGE OR LOSS OF PROPERTY*

*INLAND EMPIRE AREA COCAINE ANONYMOUS
AREA MEETING (IEACA)22130 BARTON RD.
GRAND TERRACE, CA
3RD SATURDAY OF EVERY MONTH@ 4PM
NEW GSR ORIENTATIONMEETING @3PM*

**RECOVERY IN THE DESERT PRESENTS
ITS 12TH ANNUAL
PRAY & KEEP MOVING MARATHON
NOV 6 9AM TO 8PM
NOV 7 9AM TO 6PM
2505 FOOTHILL BLVD, CLUB HOUSE
SAN BERNARDINO, CA 92410**



**COCAINE ANONYMOUS SOBRIETY BIRTHDAYS
JULY-SEPT 2010**

**1YR
MORRIS 8/31**

**12YRS
JOLENE 7/16
CLIFTON 8/7**

**2YRS
3YRS
4YRS
5YRS**

**13YRS
CARLOTTA 9/10
JOHNNY T 8/28**

14YRS

**6YRS
ROBERT L 7/2
SHE' L 7/24
PARIS R. 9/8**

**15YRS
16YRS
17YRS
CHARLOTTE W 9/27**

**7YRS
8YRS
9YRS**

**18YRS
19YRS
20YRS**

**10YRS
ETHEL T. 7/18**

**21YRS
MYRA L 7/4**

11YRS

**22YRS
GLENDA S 8/6**

**IF YOU ARE COMING UP ON A SOBRIETY BIRTHDAY AND WOULD
LIKE TO HAVE IT PUBLISHED IN THE CONNECTION NEWSLETTER,
PLEASE LET YOUR GSR KNOW OR EMAIL ME
RAVEN.JOHNSON13@YAHOO.COM**

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of Six, we are not allied with any sect denomination, politics, organization, or institution*