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I Can't, We Can



A Publication of San Fernando Valley Cocaine Anonymous

MARCH - MAY 2024

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I Can't, We Can is a bi-monthly publication of San Fernando Valley Cocaine Anonymous. It is intended solely to provide information for the fellowship of Cocaine Anonymous (C.A.). 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 San Fernando Valley, or I Can't, We Can.

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 USA

E-Mail to: info@CA.org or by Fax to: (310) 559-2554, Contact 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 this publication and all its contents are copyrighted by Cocaine Anonymous of San Fernando Valley. Any unauthorized duplication or publication is prohibited.

Nothing's going to change. You can't change the fact that those who are weak will forever remain weak, but I don't think that's a bad thing. You see, we humans are weak creatures by nature. That's the very reason we form guilds, families, and friends, because when we're surrounded by allies, it's easier to feel confident about the future. Never forget the bonds of fellowship that tie us together, for they are unbreakable. Death and loss are a natural thing we must all experience. Don't mourn for too long over those you lose, for they will live on forever in your heart so long as you remember them. Some of the most courageous are those willing to stand up to their enemies or confront their fears, however, even more courage is required in those moments, when admitting defeat or facing the acceptance of failure. Fear and the understanding of it are essential in growing into a stronger, gentler, and kinder person. My fear is losing all of the life-changing concepts I've built within myself and the bonds of friendship that continue to lead me to my salvation. Understanding that fear, is what's lead me to fight for my life back... but not just for myself... to preserve and protect everyone's right to feel like they belong somewhere, free of judgement so long as our principles are upheld. Our sigil is no mere emblem, it's the crest of a family, we will finish what someone else started, support those who need it, and never forget the bonds of friendship that make this a family.

- Anonymous

We Agnostics

By Bruce B.

The 12 steps are a template of recovery by which Bill W. wove them together from the processes and 6 Tenants of the Oxford Group. This first Century Christian Fellowship is considered one of the pioneers and predecessor to our program, and Bill W and Friends were referred to as the drunk squad of the Oxford Group. Had Ebby Thatcher never paid his call based on the simple tenant of carrying the message to those suffering, we may not have the rich history and story of today. But this famous conversation contained in the Big Book between Ebby, and Bill W. has had a lasting profound impact upon 20th and 21st Century recovery and spirituality. Bill no longer believed the basic tenants of the ideology from which he was raised, and later Ebby simply suggested to the effect, "Why don't you choose your own concept of God?"

I once heard a double trudger who had lost nearly 200 Pounds state during his pitch something to the effect, "That which I choose in time of trouble that is my god." He had had the lap band surgery and stated that he gained all the weight back because the thing they should have operated upon was his mind. Many of us have surrendered our will and lives over to the care of drugs, booze, sex, love, food, money and even law enforcement. Lots of powers in the world to take us out of self. What the speaker had learned was the real problem of every addict and alcoholic centers in the mind. The illusion, delusion, and insanity that one more time we can pick up this old idea, and that this time the outcome would be different. So, where we need a Power Greater than ourselves as a solution to our problem, I ask what an old speaker once asked of the members in his pitch. He had asked, that all the members go home and read "We Agnostics" Chapter Four from the Alcoholics Anonymous Big Book. He asked them to underline each time they saw god referred to in the writings and to make a list of what Bill utilized to convey the concept of God. I made a list of 32 references, page, and Paragraph, and compared them with my Sponsor as he sat with me during the speaker meeting.

My concept of God even today is contained within this chapter. However, my favorite concept of God contained in the Big Book comes not from here, but from a story literally in the back from how one of the first hundred men and women got sober.

I used to attend a *Big Book* meeting in Brentwood, California where a unique character and pastor would only read one chapter. He always stopped with a specific line. His pitch for any AA purists was that the actual story of how the first hundred men and women got sober was not in the first 164 pages, but in this single chapter in the back of the book, entitled "He Sold Himself Short." *The Big Book* was not written when the first hundred men and women got sober, and this story is about how this individual, one out of the first hundred, got recovery. It was passed along to him, and he in turn passed on his story to help others.

The last line we would read was, "When time is right, and you are right, providence will provide." God already is, it's my job to clear away the things that cut me off from the sunlight of the spirit and live in the solution. So as spring comes upon us, and many traditions refer back to moving to self-reflection, now is the time to quietly reflect, like Bill W., on what concept of God that we are willing to surrender - - heart, mind, body, and spirit. What power do we choose in time of trouble?

There are two distinct powers referred to in the Big Book, the Power of God, and the power of the fellowship. May we find them now.

THERE'S NO BETTER HIGH THAN WITH H&I

Do you remember a C.A. panel coming in to speak to you when you were in a treatment center?

NOW IT'S YOUR TURN!

From detox centers to psych wards, sober livings to prisons, share your story with the people who need it most. You never know whose life you will be changing by carrying the message of Hope, Faith, and Courage to these facilities.

Join us on the first Monday of every month at 7:30 PM to become a Panel Leader or Panel Speaker. You can also scan the QR code below to add your name to our CA Panel Speaker List and someone will call you to join them on a panel.



SCAN HERE
 TO ADD YOUR
 NAME TO THE
 PANEL SPEAKER

H&I Business Meeting Information

<p><u>In Person:</u> Saint Mark's Episcopal Church Room 9 14646 Sherman Way Van Nuys, CA 91406</p>	<p><u>Zoom:</u> Zoom ID: 849 9795 3184 Password: SFVCA</p>
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You need 6 Months to lead a panel . 90 Days to speak on a panel. There is a panel waiting for YOU!

Where is SFVCA providing panels?

- So Cal Hospital Van Nuys
- Northridge Recovery Center
- Lassen Recovery Detox
- Tarzana Treatment Center Residential (3 Panels)
- The Discovery House
- Atlas Recovery
- North County Correctional Facility
- Vanity Detox
- Rebirth Treatment Center
- Tarzana Treatment Center Detox (2 Panels)
- Salvation Army

... and expanding!

H& Experience

*Kelly Carroll
February 27, 2024*

I have had the pleasure of knowing H&I from both sides. I went to Tarzana Treatment Center back in 2019 for 60 days. I remember individuals coming in to visit us from the "outside". I didn't know exactly who they were or why they were coming to talk to us but shortly thereafter it didn't so much matter. They were addicts and alcoholics and they had taken time out of their day to day lives to come in and talk to us. I just recall being totally grateful for them and what they were doing. Fast forward almost 4 years later and I am the one going into Tarzana Treatment Center sharing my experience, strength and hope with the clients that are currently unable to go to outside meetings. When I am sharing on a panel and I see heads nod in agreeance, some of them tearing up, I know at that moment I am exactly where I should be. However, the biggest reward is when some come up to you and thank you for sharing. H&I is and will be one of the most rewarding components of my recovery and I thank God every day for the opportunity.

A look into donations from our meetings!

ASC Donations Monthly Report	January	February	Annual Total
2024 GSR Contributions:			
Oldtimer/Newcomer	\$115	\$251	\$366
Renegades	\$100	\$105	\$205
Grateful in Granada	\$100	\$175	\$275
The Light	\$0	\$0	\$0
Tarzana Babies	\$50	\$25	\$75
Love & Tolerance			\$0
We Be Clean			\$0
Bagels be the Beach	\$75		\$75
Sunday Funday	\$130		\$130
Saturday Night Live			\$0
Sisters in Sobriety			\$0
Turning Point			\$0
The C.A. Meeting			\$0
Hot Topics			\$0
Totals:	\$570	\$556	\$1,126

I Can't, We Can

is pleased to accept your original stories and articles on C.A. recovery, the Steps, Traditions, Concepts of Service, cartoons, poems, drawings, etc. for publication in our bi-monthly newsletter. All newsletter items are reviewed and approved by the Pacific South Regional Trustee prior to publication.

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