



Digital Download ↑

I Can't, We Can



A Publication of San Fernando Valley Cocaine Anonymous
October / November 2023

Toll-Free Hotline 1(833)4HOPECA (833)446-7322 www.sfvca.org

san fernando
valley
cocaine anonymous

PO Box 18156 • Encino, CA 91416
Toll-Free Hotline
(833)4HOPECA
(833)446-7322
www.sfvca.org

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.

A Sober Hug

By Audree M.

I decided that today and every day from here on out,
That I stop breaking my neck to communicate with people
Because after a while, it gets old.

I get tired of the same results over again.

I got tired of trying to hold on to someone

Who doesn't want to be held onto anymore.

I got tired of feeling like I'm begging for a text back.

Tired of feeling like I'm bothering them.

Tired of always being the one to text first.

I just got tired of asking for the bare minimum.

I just stopped.

I stopped overexplaining myself.

I realized if they really want to put in the effort, they would.

I stopped pushing boundaries

For people who are pushing me toward a mental breakdown.

I had to see things for what they are

Not for what I wanted it to be.

This is not a fantasy world... it's reality.

You might see my smile, not my pain.

You see my cuts, not my scars.

It takes 2 seconds to break something.

To break your sobriety. To spiral. To hit rock bottom.

But it takes a lifetime to fix it every day.

These 12 steps I'm learning are a part of my daily life.

I have to be careful. I have to be gentle with myself.

I don't deserve to go and die from this disease.

I've given God 1,000 reasons not to love me

But nothing will ever change His mind.

I don't love God because my life is sunshine and rainbows.

I love God because he pulled me from the trenches.

He pulled me out when I needed him the most.

I love God because everything I've done wrong,

Every evil and wrongdoing that was done to me

He has taken and turned it around for my good.

Instead of giving my inner child a drug filled hug that's
temporary...

He gives me a sober hug that can last a lifetime.

Trusted Servants

2023 Area Service Board

Chair – Michael H. Vice-Chair- Bob E.
Treasurer- Stuart Secretary- Kelly
Director at Large- Bob C.

2023 Committee Chairs

Archives- OPEN Advisory- OPEN
Chips & Literature- Joseph M. Directories- Ruben V.
Finance- Stuart G. H&I- Annie C.
H&I Rep - Annie C. Hotline- Chanelle
Internet- Ruben V. Newsletter- Aleah S.
Public Information- Kelly C. Special Events-Bobby Jr.
Structure & Bylaws- Daniel S. Unity- Anthony W.

2023 World Service Delegates

Misty C. Daniel S. OPEN

Area Service Committee

The Area Service Committee (ASC) meets the second Monday of every month at 7:30 pm – *anyone can attend*

Zoom:

Zoom ID: 839 3060 5063 **Password:** 915337

In Person:

Saint Mark's Episcopal Church Rm. 9
14646 Sherman Way
Van Nuys, CA
91406

The meeting is open to the entire Fellowship. Stop by and see where you can be of service. Join a committee, Public Information and help get the word out, Archives and help preserve our history, Chips and Literature to help support the meetings, Newsletter to help produce a newsletter like this. Whether you have a passion, or a curiosity come join us and check us out. The 7th Tradition states, "we are self-supporting through our own contributions" ... of both time and money.

WHAT IS COCAINE ANONYMOUS?

Cocaine Anonymous is a Fellowship of men and women who share their experience, strength, and hope with each other that they may solve their common problem and help others recover from their addiction.-0-00

SFVCA has a fantastic website where you can find more information and more going on in Cocaine Anonymous in the San Fernando Valley.

Check it out: www.sfvca.org and find out what is happening in your fellowship and how you can be of service to help another addict!

A Vision for You

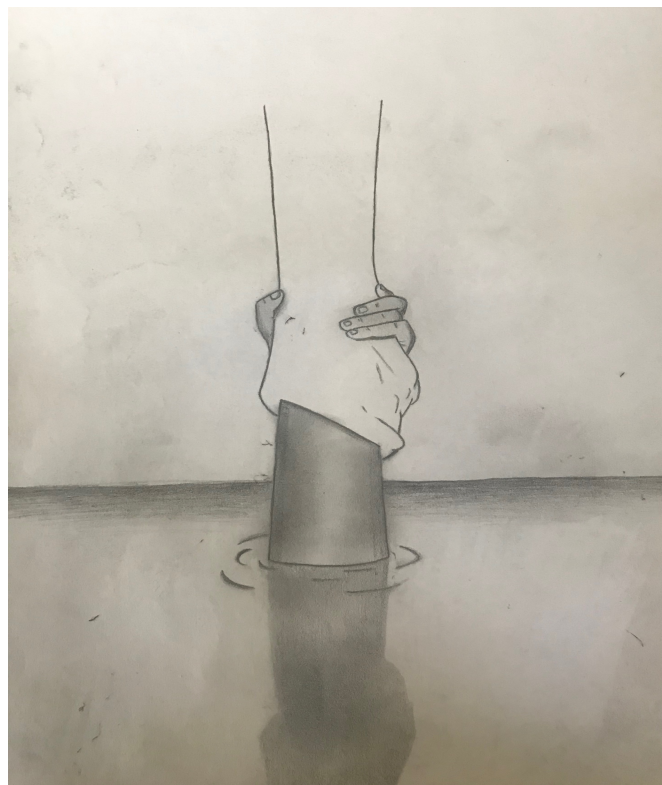
Our book is meant to be suggestive only. We realize we know only a little. God will constantly disclose more to you and to us. Ask Him in your morning meditation what you can do each day for the man who is still sick. The answers will come if your own house is in order. But obviously you cannot transmit something you haven't got. See to it that your relationship with Him is right, and great events will come to pass for you and countless others. This is the Great Fact for us.

Abandon yourself to God as you understand God. Admit your faults to Him and to your fellows. Clear away the wreckage of your past. Give freely of what you find and join us. We shall be with you in the fellowship of the Spirit, and you will surely meet some of us as you trudge the Road of Happy Destiny.

May God bless you and keep you—until then.

Reprinted from Alcoholics Anonymous, Page 164, with permission of A.A. World Services, Inc.

Tug of War by Travis T.



HOW SFVCA CAME TO BE

By Bob C.

It was early 1985 and at the time Cocaine Anonymous Los Angeles (CALA) was going strong. There were at least 30 meetings on the Westside and a handful of meetings in the Valley under CALA's Central Office. Soon the Valley was starting more and more meetings; North Hollywood Hospital, Studio 12, West Hills Hospital, Sponsor/Sponsee, Crossroads, Grateful in Granada, Oldtimer/Newcomer and Northridge Church were some of the first.

As the Valley grew, we got excited and saw how great it was to have a fellowship sprout up. A group of us were talking and started wondering about creating our own Central Office in SFV. I went to the GSR meeting in LA and talked about the idea. Most of us had only about 6 months of sobriety at that time and knew we should ask CALA to help us. They weren't very open to this request and didn't like the idea and said so. But we still pushed ahead. At that time, it was said, we were renegades, and it wouldn't go well. We weren't very confident, we were even a bit insecure about our idea, so we thought it would be good to talk to AA Central Office for guidance. They encouraged us and said it shouldn't be a problem if we got certified in the name of Cocaine Anonymous San Fernando Valley.

Again, we went back to CALA and told them we were going ahead with being certified as SFVCA and they finally agreed. I was then named organizing chair. We still weren't sure about every detail but pushed ahead. We eventually worked it out and we were off and running! Pomona and San Gabriel offices also started around that time.

And that is how CA got started in the SFV! Fast forward 37 years to today and it's unbelievable how CA has exploded all over the world with meetings on every continent including Central America, Europe and now Asia.

Now let's look at the "firsts" for SFV. We had the first musical fundraiser with 200 sober people. Devonshire Downs was the second fundraiser and we had 800 sober people there! We started the sober ski club and then The Miracles baseball team. CA was growing fast!

We can also look back at how Cocaine Anonymous got started. There was a sober living for alcoholics called Studio 12 in North Hollywood and it was an amazing place. The man who ran the sober living realized that many people had cocaine addiction, and he came up with the idea to start a new 12 step program specially for Cocaine. His name is Tom K. and he is the original person responsible for starting Cocaine Anonymous. To everyone around at that time, this new program was a Godsend. It has now helped millions of people all over the world.

I got sober on August 1, 1984 and couldn't have done it without CA. I tried many times in other programs and failed. CA opened my eyes and heart and in time I felt the Hope, Faith, and Courage that gave me a sense of freedom. To be able to live One Day at a Time... meeting people with problems like my own. I listened to what they said: be of service, help others, work the steps and the miracle could happen for a dying and crazed drug addict like me... me of little faith. No God in my life, no hope. But miracles do come true if you give it a chance. That's how it happened for me. I now trudge and stay on my road to happy destiny. I am happy to be on this journey with so many of us that started the Central Office of SFVCA 37 years later and still going strong.

You too can stay sober if you follow the God inspired program of Cocaine Anonymous, read the Big Book of Alcoholics Anonymous, and be of service. Go ahead, take the plunge, and work the steps and after a while you will feel the hope it has given to all of us. We can say sober One Day at a Time!! I am here to tell you that this program works and there is a solution to resolve any situation that comes into our lives.

Amazing but true! Keep Coming Back!

Bob C.

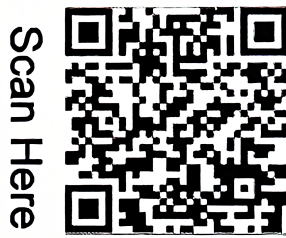
THERE'S NO BETTER HIGH THAN WITH H&I

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.



In Person:
Saint Mark's Episcopal Church
Room 9
14646 Sherman Way
Van Nuys, CA 91406

Zoom:
Zoom ID:
849 9795 3184

Password:
SFVCA

You need 6 Months to lead a panel . 90 Days to speak on a panel. There is a panel waiting for YOU!

H&I Treasurer Monthly Report	Annual Total
GSR Contributions:	
Oldtimer/Newcomer	\$360
Renegades	\$251
Grateful in Granada	\$889
The Light	\$292
Tarzana Babies	\$355
Love & Tolerance	\$0
We Be Clean	\$0
Bagels be the Beach	\$0
Sunday Funday	\$0
Saturday Night Live	\$25
Sisters in Sobriety	\$25
Turning Point	\$0
The C.A. Meeting	\$65

I started going on panels to various institutions including Acton and Warm Springs, as well as lockdown correctional facilities in my early days of sobriety. I remember always feeling very insecure and that I had nothing worthwhile to share. But I showed up anyway...contrary action! And then...the magic happened! The drive home was a totally different story than the way there. A high like I never had from any drug or drink. In my third year of sobriety, I was lucky enough to get involved with SFVCA H&I when it was just forming. My job was to contact facilities, introduce CA and set up new panels. Definitely out of my comfort zone...again! What I didn't know then was how much those activities would help me in my future career path. But God knew... I have learned so much by showing up, following direction, taking contrary action, and trusting that God has a plan for me. Even when, especially when, I had no idea what that plan looked like. Simple things like suit up and show up, do what's in front of you and don't turn down and AA or CA request have helped me tremendously and continue to guide me today. I am excited and honored to be a part of SFVCA H&I again this year and am eternally grateful for the experiences I have been lucky enough to have in CA. This year your H&I Board and Committee revitalized our processes; created a Google drive for smooth transitions each year, updated the SFVCA H&I Guidelines to mirror World Service H&I 2023 Guidelines and have expanded our Airtable speaker list and open panels by over 50%! I am so grateful to this entire group for their support and enthusiasm which fueled our forward momentum. We look forward to serving you in 2024 with the goal of expanding into Ventura County. Please join us on the H&I journey as a panel leader or speaker or both! There are so many people who are literally dying to hear what you have to share!

Thank you for letting me be of service,
 Annie C.
 Director, SFVCA H&I

2023 H&I Board Members

Director: Annie C.	Secretary: Kelly C.
Panel Board Chair: Diane H.	Literature Person: Brandon S.

10.28.23

San Fernando Valley
Cocaine Anonymous
H&I Hosts



HALLOWEEN HAUNT FUNDRAISER

6:30-10PM

St. Mark's Episcopal Church
14646 Sherman Way
Los Angeles, CA 91405

\$20 Pre-sale
\$25 at the door
Kids 12 and under are free



CashApp

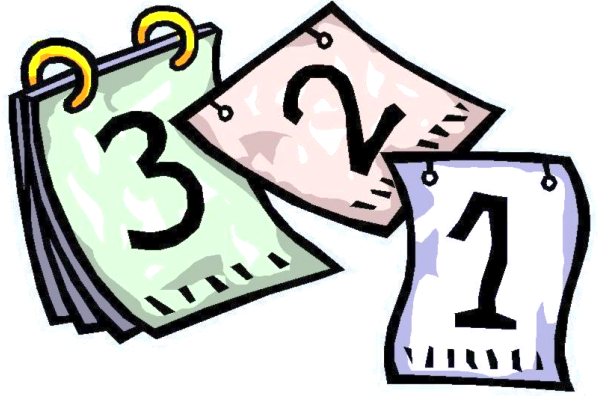


SFVCA
Events

Live Music
Costume Contest
Silent Auction
Opportunity Drawing
Sweets and refreshments
available for purchase

(CLICK ANYWHERE
ON FLYER TO
COMPLETE
PURCHASE)

In the spirit of Tradition Six we are not allied with any sect, denomination, politics,
organization or institutions



The Unity of the Valleys presents a
New Year's Eve Bash

*Black Tie &
Tennis Shoes*

2024

Tickets \$75

December 31, 2023

6:00 PM

924 West Huntington Drive
Monrovia, CA 91016



For more
information and
tickets, contact
Elizabeth S. at
esaldebar@aol.com

A C.A. group ought never endorse, finance, or lend the C.A. name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.

SGPVCA, SFVCA & WIECA
PRESENT

MARCH 15-17, 2024

UNITY OF THE VALLEYS

CONVENTION

HILTON ORANGE COUNTY
COSTA MESA
3050 BRISTOL STREET
COSTA MESA, CA 92626

REGISTER TODAY AT:
UNITYOFTHEVALLEYS.SQUARE.SITE



In the spirit of Tradition Six, "C.A. is not allied with any sect,
denomination, politics, organization or institution."

UNITY MEETING OF THE MONTH POTLUCK



UNITY MEETING OF THE MONTH

*Grateful In
Grenada*

POTLUCK EVENT
THURS. NOVEMBER 16, 2023

FELLOWSHIP STARTS AT 6PM
MEETING FROM 7-8:30

WHERE: TDH
17635 VANOWEN
LAKE BALBOA, CA 91406

IN THE SPIRIT OF TRADITION SIX CA IS NOT ALLIED WITH ANY
SECT., DENOMINATION, POLITICS, ORGANIZATION OR
INSTITUTION

The Twelve Traditions of CA

The Twelve Traditions comprise the organizational guidelines under which the autonomous groups of C.A. function

1. Our common welfare should come first; personal recovery depends upon C.A. unity.
2. For our group purpose there is but one ultimate authority – a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for C.A. membership is a desire to stop using cocaine and all other mind-altering substances.
4. Each group should be autonomous except in matters affecting other groups or C.A. as a whole.
5. Each group has but one primary purpose – to carry its message to the addict who still suffers.
6. A C.A. group ought never endorse, finance, or lend the C.A. name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.
7. Every C.A. group ought to be fully self-supporting, declining outside contributions.
8. Cocaine Anonymous should remain forever nonprofessional, but our service centers may employ special workers.
9. C.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. Cocaine Anonymous has no opinion on outside issues; hence the C.A. name ought never be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, television, and films.
12. Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.

DEAR DAD

By Pat A.

Dear Dad,

I am writing this letter as I have learned a lot about myself over the course of the last 156 days. I am writing this letter as I owe an amends to you. This is not an apology letter but an amends. The definition for **amends** is *to compensate or make up for a wrongdoing*.

As I grew up, I had a few things that I held against you that I am not proud of. These things caused me to have resentments toward you.

First off, I love you with all my life. As I look at all things, I know you were doing the best that you could do to provide the life that you would like the family to have. The way of life you wanted us to have, one of being in comfort. I can tell you that this must not have been easy for you to do. As mom put a lot of stress on you being with her, such as MS, diabetes, as well as her depression and her issues with spending money. Also, the kleptomania that she was doing when she would steal from Walmart where you were employed. Luckily you never got in trouble for it, and I am grateful for that, but I understand that it is a mental issue.

As I am currently five months into my personal recovery of my addiction, another resentment that came up was the resentment of your drinking. The reason I had this resentment is because you placed your drinking ahead of doing things with the family. What I mean by that is that as a family we never took family vacations. We never went places such as the Grand Canyon, Disneyland, or Sear World. We only went to those places on time. I know friends that had gone to these destinations multiple times or even other places throughout the country. This country is a wonder.

Another one of my resentments I have is the delay in telling me about my adoption. I learned about this in 2014, I was 40 at the time, after me and my sister had an argument over how my sister was talking and dealing with my mother. After the argument with my sister, you had told me that you had told me previously around 2005, I was 31 at the time. I will say that in 2005 if I remember this argument correctly, I was three sheets to the wind of my addiction. After the argument with my sister, I calmed down from the news, and you and I had a private conversation outside in the backyard. At the time I was very frustrated. I was furious and I took a lot of anger out on you which I should not have done. I should have been more understanding, more compassionate, and more filled with gratitude because you took me from somebody that did not want me at the age of two weeks old and brought me in as part of your own family. I know that by doing this you were helping my adopted mother. At the time, she was told that she could not have a child of her own. I seem to forget that.

Your son,

Pat A. on April 3, 2021

I Can't, We Can

The S.F.V.C.A. Newsletter

is pleased to accept your original stories, 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.

Please email (preferred) to news@sfvca.org, give to your GSR or send to:

SFVCA
Attn: Newsletter Editor
P.O. Box 18156
Encino, CA 91416-8156

A SIGNED COPY OF THE FOLLOWING MUST BE INCLUDED WITH YOUR SUBMISSION:

I hereby give SFVCA and the SFVCA Newsletter, *I Can't, We Can*, permission to reprint my original piece, entitled: _____ in any future publication. I understand materials submitted may be edited for publication, or may not be used, at the discretion of the editor. Original materials will not be returned. All future publication rights remain those of the original author and all original rights are reserved.

Give to your GSR or send to:

SFVCA, Attn: Newsletter Editor, P.O. Box 18156, Encino, CA 91416-8156

YOUR SUBMISSION CANNOT BE CONSIDERED WITHOUT PROVIDING A SIGNED COPY OF THE

FOLLOWING: I _____ hereby give SFVCA and the SFVCA Newsletter permission to reprint my original article entitled _____ in any future publication. I understand materials submitted may be edited for publication, or may not be used, at the discretion of the Editors. Original materials will not be returned. All future publication rights remain those of the original author and all original rights are reserved.

Print Name: _____ Date: _____

E-mail: _____

Phone Number: _____ Signature: _____