



Digital Download ↑

I Can't, We Can



A Publication of San Fernando Valley Cocaine Anonymous

JUNE - AUGUST 2024

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.



"Rebirth" by Emelia C.

Morning Prayer

God direct my thinking today so that it will be divorced of self-pity, dishonesty, self-will, self-seeking, and fear. God inspire my thinking, decisions, and intuitions. Help me to relax and take it easy. Free me from doubt and indecision. Guide me through this day and show me my next step. God give me what I need to take care of any problems. I ask all these things that I may be of maximum service to you and my fellow man in the name of the Steps I pray. Amen.

How Success Leads to Relapse

By Stuart G.

“My life is so good now that I’m sober. So why am I so miserable?” This was my story, over and over again. I destroy my life with drugs and alcohol. I get sober, my job, my relationships and my finances improve rapidly. I start feeling good about myself and my place in the world. I do everything I am supposed to do to stay sober: steps, service, meetings, etc. How is it that I inevitably fail? How is it that after even years of abstinence, I end up deciding that a little bit won’t hurt or that no one will know? With all of the great decisions I make sober, how is it that I end up right back where I was...and worse?

I have had the benefit of being able to look at my decisions and my resulting failure after not having a drug or drink in my body for many years and still ending up loaded. I need to understand the true nature of my disease and how it is possible to forget or disbelieve that I have lost the power of choice. Not just after I have relapsed but, I seem to lose the power of choice while completely sober!

Humility is a guiding spiritual principle that is found throughout the 12 step principles. My experience shows me that the better my life gets, the closer I am to destruction if I lose humility. As life got good, I lost the desperation I had when I once again sought help. Desperation is what motivates me to follow the direction I was given. Without that motivation, I focused more on making money and doing the things I thought were important, and less and less on learning how to enhance my spiritual condition. The reality is that without a spiritual path, I am or soon will be lost for I have lost the ability to stay stopped.

Looking back over the decades of failure in recovery, I finally came to the stark realization that I am an addict of the hopeless variety as described in the Big Book. I never drank to excess but I smoked crack alcoholically and crossed that line from which I can never go back. I was the crackhead pickle that didn’t believe I could not return to being a normal cucumber. Once I realized the truth about my disease, it scared me allowing me to regain that gift of desperation. I became motivated to learn how to thoroughly follow the path which had freed so many of the people I knew from the prison of addiction. I had finally understood Step One as it relates to me. I then became willing to find a power greater than myself, a God of my own understanding.

A	N	O	A	N	O	N	Y	M	I	T	Y	D	N	A		
F	E	H	S	C	S	E	R	E	N	I	T	Y	R	F		
E	D	L	M	A	C	T	I	R	I	P	S	E	A	S	ACCEPTANCE	PROGRESS
L	I	L	A	R	A	E	G	N	I	T	E	E	M	U	AMENDS	PRAYER
L	S	R	E	Y	A	R	P	G	H	D	N	T	R	P	ANONYMITY	RECOVERY
O	C	F	A	I	T	H	R	T	S	D	O	A	E	P	DISCIPLINE	SERENITY
W	I	R	M	R	E	B	O	S	A	M	H	T	C	O	FAITH	SOBER
S	P	T	E	E	H	G	G	R	E	N	D	I	O	R	FELLOWSHIP	SPIRIT
H	L	I	N	B	F	N	E	E	S	L	C	D	V	T	HONESTY	SPONSEE
I	I	N	D	O	E	E	S	N	O	P	S	E	E	O	INVENTORY	SPONSOR
P	N	M	S	B	R	O	S	N	O	P	S	M	R	R	MEDITATE	STEPS
A	E	Y	R	O	T	N	E	V	N	I	E	N	Y	Y	MEETING	SUPPORT
G	M	E	D	I	T	A	F	E	P	S	T	E	P	S		

A Quiet Peace ~ Daily Meditations

June 1

HOW I FOUND HOPE

There truly is hope in C.A. I know that if I can stay sober you can too.
C.A. NewsGram, 2nd Quarter 1999

When I first walked into the rooms of C.A. I had no hope of ever having a life that did not include cocaine. I certainly did not believe in a Higher Power and didn't think anything could or would change my life. What I heard in that first meeting did change my life. These people had once been as hopeless as I was but said they had found a solution. As I listened to people share what had happened to them and how their lives had changed, I began to feel hope.

I actually thought that if this could work for them, and if they didn't have to get loaded in order to live and deal with life, that there certainly was hope for me. So I kept coming back to the meetings. I did what others told me to do: get a sponsor; read the *Big Book*; work the Steps of the program; and try to cultivate a belief in a Power greater than myself. I started to do these things, and soon my life began to change. I got a part-time job, my kids wanted to be around me again, and my family relationships started to heal. As time went on, I got more involved in the program, the meetings, and service work.

Carrying this same message of hope to others became an important part of primary purpose. I have stayed sober since I walked into my first meeting nearly thirty years ago. My life has changed in so many ways. I have my family completely back, and I have a career that I love. I have friends that are always there for me no matter what, and I have relationships that are built on friendship, trust, and love. I would not have any of these things if I didn't feel the hope in that first meeting. That same sense of hope has been present in every meeting that I've attended since that first day.

~~~~~

An important part of my primary purpose is to carry the message of hope that was carried freely to me. Hope is no longer an abstract concept; it has become a reality.

August 31

### *Prayer for the Day*

*I pray that I may try to avoid judgement and criticism. I pray that I may always try to build up others instead of tearing them down.*

*"Twenty-four Hours A Day" Hazelden Meditations, Revised Edition 1975*



## 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

|                                                                                                                                                |                                                                                                        |
|------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------|
| <b><u>In Person:</u></b><br><b>Saint Mark's Episcopal Church</b><br><b>Room 9</b><br><br><b>14646 Sherman Way</b><br><b>Van Nuys, CA 91406</b> | <b><u>Zoom:</u></b><br><b>Zoom ID:</b><br><b>849 9795 3184</b><br><br><b>Password:</b><br><b>SFVCA</b> |
|------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------|

*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?

|                                                 |                            |
|-------------------------------------------------|----------------------------|
| SoCal Hospital Van Nuys                         | Northridge Recovery Center |
| Lassen Recovery Detox                           | The Discovery House        |
| Orion House                                     | House of Zen               |
| North County Correctional Facility              | Vanity Detox               |
| Rebirth Treatment Center                        | Salvation Army             |
| Tarzana Treatment Center Residential (3 Panels) |                            |
| Tarzana Treatment Center Detox (2 Panels)       |                            |

#### ... and expanding!

When I came to California 14 months ago, I was broken into a million pieces. I was lost and scared; my mind was going so many different places. Once the fog lifted and things were starting to get clearer, I did everything my sponsor told me to do: Get commitments, sponsor other women, get involved in meetings and Panels. I was introduced to H&I while I was still in detox. They held panels at our houses and every week there were different speakers. They would tell their stories, sharing their experience, strength, and hope with us. Around the middle of this sobriety, my friend had a literature commitment on the H&I board, and he started bringing me with him each week. I would just sit there and listen, until one day one of my sober brothers volunteered me to be Literature Assistant. I had only had 6 months of sobriety at the time. I would help with pamphlets, and accompany my friend to the World Service Office, which was really cool to see. From there, I just did what I was asked, and now I am now the Treasurer and Secretary of H&I. The amount of work we put into giving back to our members, putting on events, and going into institutions where our fellow addicts are not able to get out yet, is one of the most rewarding experiences. H&I has helped me in my sobriety 100%. It helps keep me going and stay sober. I get to be part of something bigger than myself and give back. I plan on helping the H&I board for as long as I can. I put just as much into this as I would my addiction because it is a vital part of my recovery to be able to go into these places and give back what was so freely given to me.

~ Tawnee Larson – Sobriety Date: 03/26/23

#### H&I Year to Date Donations

| Meeting             | Jan. | Feb.  | March | April | May   | Total        |
|---------------------|------|-------|-------|-------|-------|--------------|
| Oldtimer/Newcomer   | 0    | \$50  | \$75  | \$105 | \$100 | <b>\$330</b> |
| Renegades           | \$65 | \$103 | \$40  | \$42  | \$20  | <b>\$270</b> |
| Grateful in Granada | \$60 | \$117 | \$154 | \$108 | \$150 | <b>\$589</b> |
| Hot Topics          | 0    | 0     | \$30  | \$20  | 0     | <b>\$50</b>  |
| Tarzana Babies      | \$50 | \$25  | 0     | 0     | 0     | <b>\$75</b>  |
| Love & Tolerance    | 0    | 0     | 0     | 0     | 0     | <b>0</b>     |
| We Be Clean         | 0    | 0     | 0     | 0     | 0     | <b>0</b>     |
| Bagels by the Beach | \$75 | 0     | \$50  | 0     | 0     | <b>\$125</b> |
| Sunday Funday       | 0    | 0     | 0     | 0     | 0     | <b>0</b>     |
| Saturday Night Live | 0    | 0     | 0     | 0     | 0     | <b>0</b>     |
| Sisters in Sobriety | 0    | 0     | \$30  | 0     | 0     | <b>\$30</b>  |
| Turning Point       | 0    | 0     | 0     | 0     | 0     | <b>0</b>     |
| The C.A. Meeting    | 0    | 0     | 0     | 0     | 0     | <b>0</b>     |

Dear CA Fellowship,

I want to say thank you, on behalf of our Hospital and Institutions 2024 board members, for your support this year and last year. It's taken a little while to rebound after the effects of COVID, but we are now on a good trajectory! We've added several new facilities and re-booted some of the existing ones that were quiet for a while. Your steady contributions to H&I each month through the ASC meetings is essential and we are very grateful for your generosity.

On a personal note, I am deeply grateful for the new friendships I have made thru this commitment and the time I have spent with people on panels. So far, my guarantee still stands: THERE'S NO BETTER HIGH THAN WITH H&I

Join us at 7:30pm on the first Monday of each month at St Marks Church (same location as Love and Tolerance) to get your own panel, speak on a panel or just see what it's all about! Who knows, you may even have your name drawn for a meditation book and a candle!

In love and service,  
 Annie C  
 H&I Director

## 2024 H&I Board Members

**DIRECTOR: ANNIE C.      ASSISTANT DIRECTOR: KELLY C.      TREASURER: TAWNEE L.**  
**PANEL BOARD CHAIRS: ANNIE C. & KELLY C.      SECRETARY: TAWNEE L.**  
**LITERATURE CHAIR: BRANDON S.**

# SFVCA AREA

| MEETING                | JAN      | FEB      | MARCH    | APRIL    | MAY      | TOTAL           |
|------------------------|----------|----------|----------|----------|----------|-----------------|
| Bagels By The Beach    | \$75.00  |          | \$50.00  |          |          | <b>\$125</b>    |
| Sunday Funday          | \$130.42 | \$25.00  |          |          |          | <b>\$155.42</b> |
| We Be Clean            |          |          |          |          |          | 0               |
| Tarzana Babies-H.F.&C  |          | \$25.00  |          |          |          | <b>\$25</b>     |
| Actual Application     |          |          |          |          |          | 0               |
| Oldtimer/Newcomer      | \$115.00 | \$251.00 | \$356.00 | \$325.00 | \$326.00 | <b>\$1,373</b>  |
| Love & Tolerance       |          |          | \$76.00  | \$75.00  | \$100.00 | <b>\$251</b>    |
| Grateful In Granada    | \$100.00 | \$175.00 | \$100.00 | \$100.00 | \$100.00 | <b>\$575</b>    |
| The C.A. Meeting       |          |          |          |          |          | 0               |
| Renegades In Recovery  | \$100.00 | \$105.00 | \$60.00  | \$168.00 | \$22.00  | <b>\$455</b>    |
| Sisters In Sobriety    |          |          | \$30.00  |          |          | <b>\$30</b>     |
| Turning Point          |          |          |          |          |          | 0               |
| Tarzana Babies-Speaker |          |          |          |          |          | 0               |
| Hot Topics             |          |          | \$70.00  | \$80.00  |          | <b>\$150</b>    |
| Saturday Night Live    |          |          |          |          |          | 0               |

## A message from your Area Chairperson:

I'd like to take this opportunity to thank all of the meetings and CA members who have donated to our Area.

Tradition 5: Each group has but one primary purpose — to carry its message to the addict who still suffers.

Our SFVCA Area exists to serve our CA Groups and to carry our message to addicts still suffering outside of our meetings. To serve this primary purpose, the Area has a number of Standing Committees; Hospitals and Institutions (H&I), Finance, Chips and Literature, Public Outreach/Public Information, Internet (web site, etc.), Hot Line, Special Events, Unity, Newsletter, Directories, Archives and Advisory.

In addition to assuring funding for our committees, the Area obtains liability insurance for meeting and event venues, pays for our Delegates to attend the CA World Services Conference each year, provides storage for Archives and many other needed things.

Your donations make all of this possible and are greatly appreciated.

- Stuart G., Area Chair

### Area Service Committee (ASC)

Meets on the *2<sup>nd</sup>* Monday of every month  
7:30 PM

### Area Service Board (ASB)

Meets on the *last* Monday of every month  
7:30 PM

### Zoom for ASC & ASB

**Meeting ID:** 839 3060 5063

**Passcode:** 915337

### In Person Location

14646 Sherman Way  
Van Nuys, CA 91405

All Area, H&I Business, Board, and H&I Board meetings are open to all C.A. members

# THE CHOICE IS YOURS

by Ty C.



Artist Description: We have one life. It's better to actually live it without feeling dead inside.

Three years state penitentiary and restitution:

\$3,000

8 years' worth of court fees:

\$27,000

Loss of family, children, and friends:

\$200,000,000

Working all 12-steps, being restored to sanity, and seeing your loved ones again:

Priceless

There are some things the disease can rip away from you.


For everything else, there's recovery.

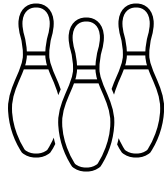
- Brandon S.      Sobriety Date: 07/09/22

# UPCOMING SFVCA EVENTS

## Meeting of the Month Unity Potluck Dinner *Southern Classics*

♀ Spirit of Studio 12  
6006 Laurel Canyon Blvd.  
North Hollywood, CA 91606

 Friday, June 7, 2024  
FOOD from 6:30 PM – 7:30 PM  
MEETING begins 8:00 PM




## SFVCA FUN-RAISER

**BOWLING NIGHT**  
ONLY \$10.00 WITH SHOES INCLUDED

July 27, 2024  
2:45 PM – 5:30 PM


♀ CORBIN BOWL  
19616 Ventura Blvd.  
Tarzana, CA 91356

 Bob C. (818) 521-0361

**ONLY 60 SLOTS AVAILABLE. ACT NOW!**

## Meeting of the Month Unity Potluck Dinner *New York Style BBQ*

♀ Hot Topics  
17635 Vanowen St.  
Van Nuys, CA 91406

 Saturday, July 13, 2024  
FOOD from 4:00 PM – 5:00 PM  
MEETING from 5:30 PM – 7:00 PM

Visit [SFVCA.org](https://www.sfvca.org) for updated  
information on upcoming events

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

# 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.

**Please email (preferred) to [sfvcanewsletter@gmail.com](mailto:sfvcanewsletter@gmail.com) or give to your GSR. 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 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: \_\_\_\_\_