

Southern AB C.A. Newsletter

“We’re here and we’re free”™

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Next Issue “Step 2 Experience” (500 words max) Please send your submission to southernalbertanewsletter@gmail.com by December 1st, 2018 to be considered for inclusion in the next issue.

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“Step 1 Experiences”

24

Dark shadows linger in her mind
 Holding to a strength that's hard to find
 Devil's in her ear,
 Saying for her to have no fear
 Just one line, one hoot, one more drink
 You can handle it, just don't think
 Finding her strength slipping away
 She finally reached out and told the
 demon "not today"
 Went to the phone
 In her moment of feeling alone...
 Dialed the number, was ready to call,
 Looked up and saw memorials all over her
 wall.
 Brothers, friends and family gone
 She told herself she won't be the next one
 Erased the number and reached for help
 Not prepared for the emotions to become
 felt
 A higher power has now stepped in
 Her new life she will now begin
 One day at a time, hour by hour
 Putting all to God to help the desire
 Saying "no" to the Devil, not this time
 These next 24 will be only mine.

- Leisa H – Calgary

Step 1 Experience

I began to suspect I might not be able to control my drug use. But it was my escape! It shut down the voices and it made me feel powerful. Drugs and alcohol were my solution and the only thing I could truly trust, until even that trust began to crumble...
 The day came when the voices of fear continued to whisper in my head no matter how much I used or drank, desperate to blot them out. I was lost ... and terrified.
 I began to attend meetings. It was half-assed attempt though. I didn't really want to stop using, I just wanted the insanity and emotional hell to ease up so I could go back to enjoying drugs like I used to. My first year I "white-knuckled" my way through. I didn't pay much attention to what was said in meetings but took every chance I could to share about how messed up I was feeling. After a little over a year of popping in and out of meetings, I attended a speaker meeting at which for some divinely inspired reason I actually listened. The speaker qualified herself as an addict, but there was no drug-a-logue, no story of trauma. She spoke simply about her experience working through the twelve steps – the path she followed to get out and stay out of the insanity. I was in awe. What the heck was this? How can I get me some of that? I felt something shift within me - I felt hope. This was the first time I had listened enough to really hear about the solution, the 12 step program. A seed was planted. But then... of course... I had a thought: "Maybe I'm not really an addict...after all, I'm not really like these people... and those steps sound like a lot of work". Unfortunately, it took another five years of alternating between suffering in the insanity of addiction without drugs and then the shame and self-loathing of the inevitable relapses until I could completely concede that despite having tried every possible means (other than the steps) I could not control my drug use - no matter what drug I tried. I finally accepted Step One - I am utterly powerless over the way my body reacts to substances and the way my mind contorts reality in pursuit of self destruction. It took another few years before I could honestly make a decision to turn my will and life over to a Higher Power. When I finally did - by working through all 12 steps - I found the sweet relief from the obsession and finally felt a sense of purpose and belonging - so long as I kept doing the work. I sure was a stubborn nut, and suffered much longer for it! Today, I have recovered from the disease of addiction –The voice that whispers today is my Higher Power, insight which guides me through to a life of service, connection, and hope. - Annemarie R.F - Calgary

“THE 100% STEP”

“Only Step 1, Where we made the 100% admission we were powerless over alcohol, can be practiced with absolute perfection.”

-Twelve Steps & Twelve Traditions p.68 – used with permission

EVENTS

Coffee for Crackheads – A Service Workshop	September 29th & 30th, 2018 8:00am-4:00 pm Common Room 223 12 th Ave SW – CALGARY
Joe and Charlie Big Book Study	October 12th -14th, 2018 920 9 Ave S - LETHBRIDGE
Interactive Screening Rocky Horror Picture Show	October 20th, 2018 9:30pm-12am 124 Scarboro Ave SW - CALGARY
Unity Halloween Dance	October 26th, 2018 9 pm – 1 am 223 12 Ave SW - CALGARY
SABA Convention 2018 "Action Is The Way Out"	November 9th – 11th, 2018 Blackfoot Hotel – CALGARY See Ad on last page for more details

BIRTHDAYS

CALGARY	LETHBRIDGE	RED DEER	DRUMHELLER
<u>SEPTEMBER</u> 18- Devin R-F – 8 yrs 19- Trevor S – 22 yrs <u>NOVEMBER</u> 21- Giovanni D - 3 yrs <u>DECEMBER</u> 14 - Lauren W – 1 yr	<u>OCTOBER</u> 20- Jessi P – 1 yr <u>NOVEMBER</u> 15- Candice I – 4 yrs		

MEETINGS

Lethbridge

Tuesday: 7:00 pm – 8:30 pm
 PRIMARY PURPOSE
 Chinook Society for Recovering Addicts
 408 - 13th Street North (Downstairs, North Back Door)

Thursday: 7:00 pm - 8:30 pm
 TRADITION 5 GROUP
 St. Augustine's Anglican Church
 411 - 11th Street South

Fort MacLeod

Monday: 7:45 pm – 9:00 pm
 THE LINES STOP HERE
 1716 7A Avenue

Claresholm

Saturday: 8:00 pm – 9:30 pm
 HOPE, FAITH and COURAGE
 Church of Nazarene, Corner of 49 Ave & 4 St West

High River

Tuesday: 8:00pm – 9:00 pm
 THE LAST HOUSE ON THE BLOCK
 126 9th Avenue SE, High River

Calgary

Monday: 8:00 pm - 9:15 pm
 GOTTA WANT IT
 134 Scarboro Ave SW (Scarboro United)

Monday: 8:00 pm - 9:15 pm
 DARK SIDE OF THE SPOON
 223 12 Ave SW (Community Wise)

Tuesday: 8:00 pm - 9:00 pm
 SERENITY AFTER THE STORM
 134 Scarboro Ave SW (Scarboro United)

Wednesday: 8:00 pm – 9:00 pm
 ROCKSTARS IN RECOVERY
 2035 26a St SW (upstairs conference room)

Thursday: 8:00 pm - 9:15 pm
 HELPING HANDS
 1317 1st St NW (Wild Rose United)

Thursday: 8:00 pm – 9:15 pm
 SPONSORSHIP CONNECTION
 10690 Elbow Drive SW (Southwood United)

Friday: 8:00 pm - 9:15 pm
 SUNLIGHT OF THE SPIRIT
 223 12 Avenue SW- 2nd Floor (Community Wise)

Saturday: 8:00 pm - 9:15 pm
 THERE IS A SOLUTION
 10690 Elbow Drive SW (Southwood United)

Sunday: 7:30 pm –8:30 pm
 HOPE, FAITH, COURAGE
 #131 - 7 Ave. SW (Central United - Side Entrance)

Airdrie

Thursday: 8:00 pm- 9:15 pm
 FIENDS OF THE ROUND TABLE
 Lutheran Church of the Master-216 Main St. S

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 Lutheran Church of the Master-216 Main St. S

Drumheller

Thursday: 7:00 pm – 8:00 pm
 BEAT THE DRUM GROUP
 Badlands Community Facility, 80 Veterans Way
 For meeting info please call: 403-820-6479

Red Deer

Tuesday: 7:30 pm
 KEEP IT SIMPLE
 Detox – 5246 53 Ave

Thursday: 7:30 pm
 KEEP IT SIMPLE
 Red Deer Regional Hospital Room 503-504.
 3942 50A Ave, Red Deer,

Sunday: 7:30 pm
 KEEP IT SIMPLE
 Detox – 5246 53 Ave

SOUTHERN ALBERTA AREA

COCAINE ANONYMOUS



COFFEE FOR CRACKHEADS

A SERVICE WORKSHOP

8:00am to 4:00pm September 29 & 30 2018

223- 12 Ave SW. – Common Room

- AGENDA
SATURDAY
1. Importance of service work
 - a. How to start getting involved
 2. Service Sponsorship
 3. Starting A Meeting
 4. How to chair a meeting
 5. 12 Traditions
- SUNDAY
6. Structure Bylaws and Standing Rules
 7. Service structures and positions
 - a. Group, District, Area
 8. 12 Concepts
 9. How to conduct business meetings
 10. Roberts Rules of Order
 11. World Service Conference

Contact Area Chair Devin R-F. At 403-966-3941 for more information

HOPE FAITH COURAGE

JOIN US IF YOU DARE

HALLOWEEN

Sober Dance

\$5.00 Entry ● 223 12 Ave S.W. ● October 26, 2018 ● 9PM-1AM

**COSTUME CONTEST ● LIVE: DJ WIREY ● PIZZA PARTY
KING BOARD PRIZES!: TATTOO CERTIFICATE, MONSTER
MINI GOLF, C.A. GIFT BASKET, T-SHIRTS AND OTHERS!**

● **CHILDREN AND FAMILIES WELCOME** ●

THE ROCKY HORROR PICTURE SHOW

PRESENTED BY:

+\$20.00 Entry
+\$50.00 Optional
Interactive Package

**S.A.B.A CONVENTION
FUNDRAISER**
9:30 PM- 12:00 AM
134 Scarboro Ave S.W.

- Costumes and Interactive Participation is Encouraged
- Pop/Water \$1.00
- Please Download the Flashlight and the Dinner Bell App on Your Phone

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



2018 Southern Alberta Area Convention

Production : Action Is The Way Out

Director : God

Date	Take	Scene
Nov 9 - 11	02	01



Registration Prices

- Full Package with banquet buffet \$125
- Sat only, with banquet buffet \$60
- Full weekend without banquet buffet \$50
- Daily \$20

Guest Speakers

- Friday : Linc I. from Lethbridge
- Saturday : Alicia M. from Edmonton
Jordan L. from Utah
- Sunday : Kimberley G. from Ontario

All registration tickets can be purchased through E-transfer at sabaconvention@gmail.com using Password Calgary. All banquet buffet tickets must be purchased by Nov 5th. Any questions or issues Contact Danielle T. at 4036074370

Location : Hotel Blackfoot
5940 Blackfoot trail SE
Calgary, Alberta, Canada

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Next issue...

The topic for the next issue of the Newsletter is:

"Step 2"

*"Came to believe that a Power greater
than ourselves could restore us to sanity."*

Please download the release form from the website and send a signed copy along with your submission to: <southernalbertanewsletter@gmail.com>
Or hand over a hard copy to your District Service Rep who will pass it along to your Newsletter editor at the next Area meeting (October 20, 2018). Feel free to send in submissions on any other recovery related topic too! Submissions can include essays, poems, art work, or lyrics. Let members know how the 12 step program of Cocaine Anonymous helped you!