

# Spiritual Lines



**"WE'RE HERE AND WE'RE FREE"™**

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## **Open The Door But A Crack**

"I have never had a problem believing in God, I'm not sure that I deserve his forgiveness." This is what I said to my sponsor when we started discussing step 2. He asked me if I believed in a forgiving God or a punishing God and if the latter was true then perhaps I needed to look at changing the way I viewed my higher power. This conversation, although I didn't realize it at the time, was the foundation that was to lead me into a relationship with God that I never believed could exist nor did I think could change my life in the ways it has. The moment that I became WILLING to believe that a Higher Power could forgive me, could help to change me completely and could do it no matter how terrible I had been in my past, was the moment that God started working in my life. I need only open the door a crack and will be amazed at the things that can happen. I am amazed! What this willingness gave me was hope. This hope was enough to move on to the remaining steps and these steps have given me a true relationship with God. It didn't all come at once. My hope turned to a practicing of blind faith which, after countless times in my life where God has shown up, has turned into a trust beyond my expectations. What this trust has given me has been peace of mind and contentment; a matching of calamity with serenity if you will. I'm not here to tell you all that my life is perfect and that nothing ever goes wrong but, when it does (it always will at times) I have a relationship with someone that can overcome anything life throws at me. I could never have built on this relationship with God if I hadn't first become willing to believe that God could and would restore me to sanity. At this point it was now up to me to let Him but I won't write about step 3 at this time. LOL. The moment I became willing was the moment I started recognizing small things that God was doing in my life. I asked myself, "is this new or has this been happening often and I have only been blind to it?" Now, a couple of years later, I look back and see how God was working in my life all the time. I was blind to it before and now I can see. I see it in the countless struggles I have gone through that I have not had to get high to go through or avoid. I see it in the way that I, most times, can remain calm within stressful situations and, above all, I see it in how I have become a person that is useful to others and effective for God. If you are interested in any of this, it only takes a sliver of willingness to begin. – G -

## “Coming to Believe”

I dragged my carcass into the rooms after spending almost three decades on the streets, most of those years actively using and living a desperate life. I was always desperate. Desperate for money, desperate to get high, desperate for booze, desperate to not get arrested, desperate to get out of jail, desperate to find a place to lay my head, desperate to come up with an excuse as to why I used again. It was exhausting to be so desperate all the time. In my desperation I did so many things that I am so not proud of.

Due to my experiences on the streets, I had a very dark view of the male species. When I came into recovery I was told that I needed to believe in a higher power. I thought that meant the God that I had grown up with. For me that God was an image of an older angry white male father figure who was angry and punished everyone who was different. As a black female junkie this God really didn't work for me. At the time, I didn't understand that what I didn't believe in was simply somebody else's concept of God.

I was very concerned because I heard I had to have a Higher Power in order to get better. Fortunately, I was told in the beginning that I could use the group as my higher power. They were a group of people staying sober and who collectively wanted sobriety for me too. Ok, that was a power greater than me. I could do that. I started with that.

I was told that I could create a God of my own conception. I learned that just because I no longer believed in that old concept of God, it did not mean that I didn't believe in God or had abandoned the God idea entirely. It just meant that I didn't accept somebody else's concept.

I began to imagine a loving warm powerful love, a Goddess/Mother nature energy and I began to open my heart to it. At that time, I was a chronic relapser and struggled to stay clean.

One day shortly after developing this new idea of Goddess, on a Friday night, when I had money in my pocket, I started to struggle with the familiar obsession to go downtown and get high. I knew I would feel horrible if I did it, but I felt that I couldn't just not go. I sat in an armchair and gripped the arms of the chair tightly. I white-knuckled my way through a very simple prayer to this Power. I begged for help.

Surprisingly, shortly afterwards, I was able to relax and watch a little TV with my kids. The next morning, for the first time in years, I woke up in my own bed on a Saturday morning with money in my pocket. My kids were so thrilled that I was home, they cuddled up with me in the morning. That was when my faith in a power greater than me started to grow.

Since those early days my concept of God has grown and changed. I still don't know what God is, but I do know what it feels like to experience God. For me, it's God as I don't understand God. I am so grateful for this loving power in my life. As a result of this Power I no longer live in desperation... I live in freedom. – Kim C -

## UPCOMING EVENTS

<p style="text-align: center;"><b>Calgary District Unity Winter Fun Day</b></p>	<p style="text-align: center;"><b>January 12, 2019</b> More details coming soon</p>
<p style="text-align: center;"><b>Coffee for Crackheads Service Workshop</b></p>	<p style="text-align: center;"><b>January 19-20, 2019</b> Edmonton, AB Contact Devin R-F. for more information</p>
<p style="text-align: center;"><b>“Jammin with Aladdin” Delegates Fundraiser</b></p>	<p style="text-align: center;"><b>January 25, 2019</b> 8 pm-12 am 223 12 Ave SW - CALGARY</p>
<p style="text-align: center;"><b>Airdrie Convention “It’s Not Luck, It’s God”</b></p>	<p style="text-align: center;"><b>March 9, 2019</b> Airdrie, AB Email <a href="mailto:sabaca.wsd2@gmail.com">sabaca.wsd2@gmail.com</a> for details</p>
<p style="text-align: center;"><b>There Is A Solution 5 Year Group Birthday</b></p>	<p style="text-align: center;"><b>March 2019</b> 10690 Elbow Dr SW – CALGARY More details coming soon</p>
<p style="text-align: center;"><b>Lethbridge 20 Years of CA Celebration</b></p>	<p style="text-align: center;"><b>June 22-23, 2019</b> Lethbridge, AB More details coming soon</p>



## MEETINGS

### **Lethbridge**

Tuesday: 7:00 pm – 8:30 pm

PRIMARY PURPOSE

408 - 13th Street North (Downstairs, North Back Door)

Thursday: 7:00 pm - 8:30 pm

TRADITION 5 GROUP

411 - 11th Street South (St. Augustine's Anglican Church)

### **Taber**

Monday: 7:15-8:30

KEEP IT SIMPLE

5431 48th Ave

### **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: 1:00 pm – 2:00 pm

A LIFE WORTH LIVING

Rm 3101 1213 4 St SW (Sheldon Chumir Health Center)

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

Friday: 8:00 pm – 9:15 pm

FIENDS OF THE ROUND TABLE

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

## 2019 BIRTHDAYS

JANUARY	FEBRUARY	MARCH
<p><b><u>CALGARY</u></b></p> <p>10<sup>th</sup> – Jesse K. 2 yrs.            15<sup>th</sup> – Justin H. 2 yrs.            23<sup>rd</sup> – Piper L. 1 year            29<sup>th</sup> – Rebekah O. 5 yrs.            30<sup>th</sup> – Baylee W. 1 year</p> <p><b><u>LETHBRIDGE</u></b></p> <p>2<sup>nd</sup> – Drew L. 3 yrs.            9<sup>th</sup> – Jen W. 12 yrs.            14<sup>th</sup> – Gail C. 6 yrs.            15<sup>th</sup> – Tamara K. 7 yrs.</p> <p><b><u>RED DEER</u></b></p> <p>24<sup>th</sup> – Dave N. 16 yrs.</p>	<p><b><u>CALGARY</u></b></p> <p>16<sup>th</sup> – Jessica M. 1 year            22<sup>nd</sup> – Robby S. 2 yrs.            26<sup>th</sup> – Martin C. 9 yrs.</p> <p><b><u>LETHBRIDGE</u></b></p> <p>11<sup>th</sup> – Devra 9 yrs.            12<sup>th</sup> – Corey 12 yrs.            17<sup>th</sup> – Catelyn F. 2 yrs.</p> <p><b><u>RED DEER</u></b></p> <p>24<sup>th</sup> – Mich B. 6 yrs.            25<sup>th</sup> – Marci D. 3yrs.</p>	<p><b><u>CALGARY</u></b></p> <p>2<sup>nd</sup> – Miriam F 1 year            8<sup>th</sup> – Shona B. 11 yrs.            18<sup>th</sup> – Ruth W. 10 yrs.</p> <p><b><u>LETHBRIDGE</u></b></p> <p>5<sup>th</sup> – Skye 14 yrs.            23<sup>rd</sup> – Tammy 8 yrs.</p> <p><b><u>RED DEER</u></b></p> <p>25<sup>th</sup> – Treena B. 12 yrs.</p>

### **Next issue...**

The topics for the next issue of the Newsletter is:  
*"Step 3 - Made a decision to turn our will and our lives  
 over to the care of God as we understood him."*

And

*"Life In Recovery"*

Please download the release form from the website and send a signed copy along with your submission to: <[southernalbertanewsletter@gmail.com](mailto:southernalbertanewsletter@gmail.com)>  
 Or hand over a hard copy to your Group Service Rep who will pass it along to your Newsletter editor at the next Area meeting. 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! Submission deadline is March 1, 2019