



SPIRITUAL LINES

Southern Alberta Area Newsletter



JAN- MARCH, 2020

Southernalbertanewsletter@gmail.com

"In the spirit of Tradition 6 C.A. is not allied with any sect, denomination, organization or institution."



PG.3 ...And all other
mind-altering substances...

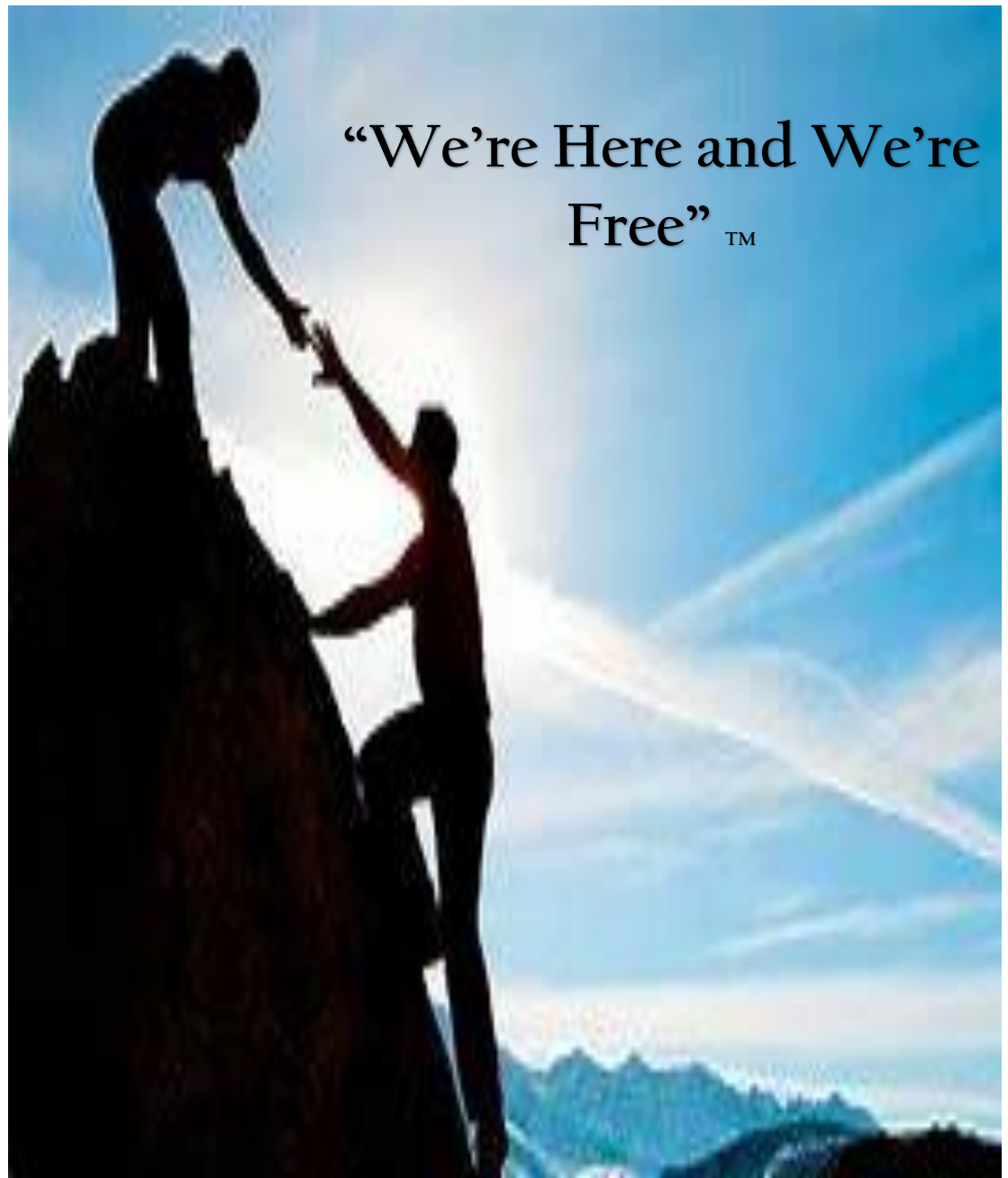
PG.4 The Prayer Corner, Step 3
word search

PG.5 Personal stories: My
journey into C.A.- Amanda (Calgary,
AB), Traditions Inventory: Unity

PG.6 Personal Stories: My step
1, 2, 3, Experience- Brenda
(Calgary, AB), Recovery Crossword

PG.7 Delegates Corner: Robby
(Calgary, AB)

PG.8 Meeting information,
Conventions, Events



“We’re Here and We’re
Free”™

I Can't, God Can, I Better Let Him

My step 1,2,3 experience...

“Well let me tell you, that day changed my life forever. I was watching a step 3 video in group, Then IT happened. Suddenly like I was hit with a ton of bricks, I had a spiritual experience and those first three steps suddenly became everything on which I would stand a free woman. I suddenly understood I was the maker of my own misery, I understood that I was an addict and I understood I could not do this by myself. Prior to that day, I could not even admit I was an addict. I remember running out of the movie room, Scared, Shaking and crying. I was so overwhelmed and needed to talk to someone about what had just happened to me, I told the staff on duty that day what I had just experienced. “I am an addict!” I yelled, “This was all me, it’s not my family’s fault, it’s not my husband’s fault, not my kids, IT’S ME!”

(Continue Reading the full story on Pg.8)

... And All Other Mind-Altering Substances



Cocaine Anonymous World Services, Inc.
P.O. Box 492000
Los Angeles, CA 90049-8000
(310) 559-5833 FAX (310) 559-2554
www.ca.org

"...And All Other Mind-Altering Substances"

"Our bodies and minds don't know the difference between drugs used for legitimate reasons and drugs used for recreational pleasure. It's a sound practice to enlist the support of all our physicians and/or mental health care professionals in continuing the path to recovery..."

Many people come to Cocaine Anonymous thinking one of two things: "I rarely (or never) even used cocaine. I don't think I belong here," or "What exactly does the 'and all other mind-altering substances' part mean? I came to Cocaine Anonymous because cocaine had become a problem in my life."

Those of us who have been C.A. members for a while have heard questions and statements like this before; perhaps the words were even our own. Over time, virtually every single one of us has realized that our real problem is not cocaine or any specific drug, it is the disease of addiction.

Some of us never even used cocaine. Some of us used a variety of drugs, and for others it was combining cocaine with alcohol and/or other drugs that got us into trouble and made our lives miserable. Many of us rode drug roller coasters; there were drugs to come down with, drugs to go up with, and drugs to mellow out with.

During those times we attempted to regain control we found that any substitution or new combination inevitably created the same result. It was hard to stop and easy to get started. Experience after experience revealed that substitution was no cure. If our bodies were not absolutely free of drugs and alcohol, the obsession to use more of something was always lurking."

STEP ONE: "We admitted we were powerless over cocaine and all other mind-altering substances- that our lives had become unmanageable."

TRADITION THREE: "The only requirement for C.A. membership is a desire to stop using cocaine and all other mind-altering substances."

Big Book Trivia:

1. What do we carry every day according to Bill W.?
2. We should be armed with...?
3. When was the first letter in the "Doctor's Opinion" written?
4. What did Bill.W label us?

Look for the answers in the next issue!



Prayer Corner

“The wording was, of course quite optional so long as we expressed the idea, voicing it without reservation.”

-Big Book of Alcoholics Anonymous (pg.63)

Higher Power, I offer myself to you. Build with me and do with me as you see best. Relieve me of the character defects that block me from you, for I am not helpful to you or my fellows when stuck in self. Please take away my difficulties so I can share with others what you have done for me. Allow me to be helpful to others with your power, love and this new way of life. May I do what you know is best for me always!

-Sammy (Calgary, AB)

Step 3

O R F I N P D R E W O P J R Q C V C Y N
 A B A N D O N A S M N Z H N G M S P U D
 P Y Q A D V I S E R F R X A V R H K G E
 C A Y T I P Y T E G O L A P I C N I R P
 E U N D E R S T A N D I N G K S X E C K
 O Q V G W O K V B C L D K T U E K V J T
 M V L I E P B F U Y O K R X E L M N Q V
 H I C K S U F L E M L V D I F F J O Y W
 Z R E H E L Y E P I O M O C H E E I B Y
 Z T N G T S A S E H V F V R H O E S Q S
 E U T K D I K F C R E Y O L P M E U P S
 S O E N W O N Y O I N V A R I A B L Y E
 R U R O B N Q N N Z C T O F M D X E N N
 O S E I K O Q F T R B B G I O G S D V T
 M Q D S W I H O R D G V I G O R O U S I
 E E N I I T I D I R E C T O R I S D T W
 R S E C I C Z H B D Z D P F B T G N M K
 W I S E A A H D U S F L J X Z W B K T H
 S J S D D B D I T E A F B L N Q N E K P
 Z L Q J K M Z R E Q R B W J C H G S R H

DECISION	VIGOROUS	ACTION
EMPLOYER	DIRECTOR	ADVISER
UNDERSTANDING	POWER	LOVE
PRINCIPAL	CONTRIBUTE	PROVOCATION
INVARIABLY	ABANDON	WITNESS
DELUSION	SELF	CENTEREDNESS
SELF	PROPULSION	VIRTUOUS
PITY	REMORSE	

I offered myself to God
 He embraced me with arms wide open,
 He's building me up with his will,
 No more bondage and now I'm hoping,
 That he continues to take away these
 difficulties,
 Give me victory as I stand here bare,
 With all of these witnesses,
 Give me power, Love life, I now care.
 May I do thy will always,
 To the world I'll never hide.
 You're my teacher,
 Counsellor in principles,
 Open honest till I die.

My Journey to Cocaine Anonymous...

-Amanda (Calgary, AB)

I've struggled from 7 to 13, in and out of moms and foster care, and I've been in and out of active addiction, prostitution and dangerous relationships since I was 13. I had a boy when I was 15 and put him and myself through hell and back and almost killed myself more than once. I have twin boys that I gave up for adoption when I was 23. Me and my son have pretty much grown up together. My addiction took me to using needles and pushing everyone that mattered away, including him when he was 18. I felt hopeless and didn't want to live and was to chicken shit to kill myself. Considering all the negative in my life, my son is my best friend, and has sponged all the positive I did actually keep in our life through the years. He has a good heart and is good to others. He reminds me that the struggles in our life have made us who we are today and the man he is reminds me that I have kept strong when I thought I was weak, that I have reached out when I thought I held us back, that no matter what I did do something so very right. I raised a good boy and taught him how to be all he can be. This I owe to creator who, no matter what has always been there for me, and I know that now thanks to the fellowship of CA and the 12 steps. On November 24th, 2018 I hitchhiked to Calgary and put myself in detox. I had gotten into treatment, I was kicked out fighting with other girls Christmas eve. I was full of a whole lot of shame and guilt, but I also was holding onto a lot of self-pity and blame, I learned to justify the crap out of my actions through the years. I didn't have things easy, but I wasn't being honest with myself and didn't want to give up the control that I have tried to hold on to for so long. But I didn't give up, I took a cab back to Detox. I didn't come here for nothing, death was what would happen if I didn't get better. I was accepted at another treatment center Jan 3rd, 2019 and finished March 5th, 2019. I have been to other treatment centers through the years and finished, but something was different this time. I was lost when I got there. I needed healing and good people who understand and listened. I started attending CA and I found my home, I found love and fellowship,. I found belonging and understanding, I found a new way to live full of HOPE, FAITH and COURAGE. They are all recovering addicts. They all have something to offer and they all want what is best for each other. I was shown a spiritual way of living and how to work on a connection with creator. I feel free and strong in my recovery. Free from the bondage of my past and strength to move forward because of the faith I now have in my Creator. The Spiritual Awakening I have had, has given me a whole new life and a new sense of self. I have a good heart and I'm good to people. I'm not afraid to reach out when I need to and I have let go of the things that have always held me back. No longer do I feel the shame and guilt of the many mistakes I have made in my life and the sincerity of my new way of living has been recognized by the people I have hurt. Through much prayer and through the Twelve Steps, there was no fear when making amends to those people. I'm honestly making the changes in my life to prove just that and most of all the self-compassion has given me the ability to love fearlessly. I am active in the recovery community daily. I have service positions through C.A. that make me feel like I am making a difference by giving back to those who gave so freely to me. I have a sponsor and I work the 12 steps that saved my life. I work with other women and I have the opportunity to see the 12 step save others. I am forever grateful for the opportunities I have now, The promises do come true. I work my program to the best of my ability and thank creator for every day. I am just a little over 1 year clean and sober.

“Tradition One: Our common welfare should come first; personal recovery depends upon C.A. unity.”

- 1. Am I in my group a healing, mending, integrating person, or am I divisive? What about gossip and taking other members' inventories?*
- 2. Am I a peacemaker? Or do I, with pious precludes such as “just for the sake of discussion,” plunge into argument?*
- 3. Am I gentle with those who rub me the wrong way, or am I abrasive?*
- 4. Do I make competitive C.A. remarks, such as comparing one group with another or contrasting C.A. in one place with C.A. in another?*
- 5. Do I put down some C.A. activities as if I were superior for not participating in this or that aspect of C.A.?*
- 6. Am I informed about C.A. as a whole? Do I support, in every way I can, C.A. as a whole, or just the parts I understand and approve of?*
- 7. Am I as considerate of C.A. members as I want them to be of me?*
- 8. Do I spout platitudes about love while indulging in and secretly justifying behavior that bristles with hostility?*
- 9. Do I go to enough C.A. meetings or read enough C.A. literature to really keep in touch?*
- 10. Do I share with C.A. all of me, the bad and the good, accepting as well as giving the help of fellowship?*

My Step 1,2,3 Experience...

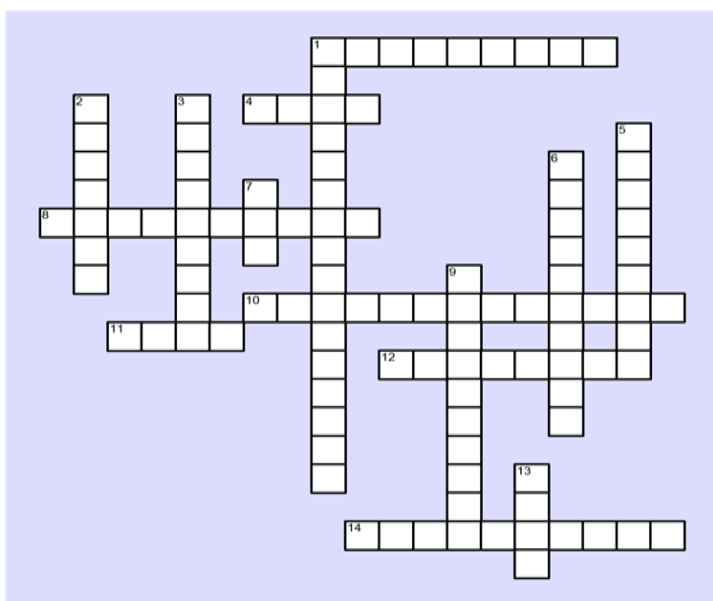
-Brenda (Calgary, AB)

My recovery journey began in July 2018 when I was admitted into the Psych ward at the Hospital for attempting suicide. I was admitted by a psychiatrist for 60 days. From the hospital I went door to door to a treatment facility. It was here that I was first introduced to the 12 steps of recovery, the Big Book, and the Fellowship of Cocaine Anonymous. When I saw the 12 steps on the wall, I wanted nothing to do with it. My mind snapped shut. I read the first 3 steps and said to myself: (Step 1) "Why on earth would I admit that I was powerless over cocaine and all other mind-altering substances? What are they talking about? Unmanageable?! I was OK! I walked into treatment with the clothes on my back and a small suitcase. (Step 2) "Came to believe that a power greater than myself could restore me to sanity." Yeah right, are they kidding me, who are they calling insane! (Step 3) "Made a decision to turn my will and my life over to the care of God as I understood him." What God?! I begged him for months to let me go, "Just please take me." I would beg. Every morning, I woke up. So why on earth would I turn anything over to him when he would not take me from this unjust misery?

My intention was to stay in treatment for a couple weeks, get the family and the system off my back with the reservation that someday I could drink and use again. A Few weeks in to treatment and through the work of my first two steps with my sponsor, and listening quietly in my group, something was starting to change. I was starting to feel hope. Well let me tell you, that day changed my life forever. I was watching a step 3 video in group, Then IT happened. Suddenly like I was hit with a ton of bricks, I had a spiritual experience and those first three steps suddenly became everything on which I would stand a free woman. I suddenly understood I was the maker of my own misery, I understood that I was an addict and I understood I could not do this by myself. Prior to that day, I could not even admit I was an addict. I remember running out of the movie room, Scared, Shaking and crying. I was so overwhelmed and needed to talk to someone about what had just happened to me, I told the staff on duty that day what I had just experienced. "I am an addict!" I yelled, "This was all me, it's not my family's fault, it's not my husband's fault, not my kids, IT'S ME!"

I was ready to take Step 3. I went to our ceremony room to do my step 3 prayer. I was ready to turn my will and life over to the care of God. My counsellor and two of the treatment staff members sat with me in the ceremonial room that day. I was crying, one of the staff members was reading the step 3 prayer out loud. The energy in the room that day was powerful, it's an energy I have come to rely on today. I walked out of that room a free spirit, I was not scared to be an addict anymore. Weight I had carried for many years was lifted off my shoulders that day. I suddenly found myself whistling down the hallway, noticing the beauty in the smallest things around me. That little devil on my shoulder was gone, I could hear only the angel on my other shoulder telling me to keep going! It was great. That day was the hardest, yet best day of my life. I finally got Honest, I opened my mind and was willing to let God do the work (HOW). This is how I understand it all to work. Today I am over 15 months sober, after years and years of using, drinking and blaming everyone else. Today, I am connected to a God of my understanding and I am so thankful for those 3 steps. They guided me through a very dark time in my life and transformed me into a very different version of me. Today I can say with no hesitation that "Yes! I am a recovered addict and a very grateful member of Cocaine Anonymous.

Email your submission to: southernalbertanewsletter@gmail.com



across:

- 1: The Doctor
- 4: Founder Number 3
- 8: are to the group what the 12 steps are to the individual
- 10: Third Right that is protected by the 12 Concepts of Service
- 11: He poured his whiskey into
- 12: The second Legacy
- 14: Selfless concern of the well-being of others

down:

- 1: This was the root of our troubles
- 2: when we ___ at night
- 3: program
- 5: We continued to take personal
- 6: The number one offender
- 7: The original number of steps
- 9: Cathedral
- 13: Bill.W's Wife

The Delegates Corner:



What does it mean to be a World Service Delegate?

-Robby (Southern Alberta 2017-2021)

For a long time, I wore 2 masks in my life, I struggled with understanding anonymity. As a professional I thought being open about who I am may impact the future in my career, although in my addiction I did a tremendous amount of damage already. I was unwilling to let anyone outside of the fellowship truly know who I was. Over time people started to approach me and ask what I had done to stop as they had been struggling in their lives and wanted to get away from it for a "time". Slowly the people I had shared my honest experience in recovery with, shared that information with others struggling and family members looking for help. People who I had least expected, started to reach out. I found there was no hiding the fact I was in recovery. People noticed the changes in me and my reactions and outlook on life, I was taking on so much service, had found a family and new recovery friends. I used to be a staple on the bar stool or in the nightclub or the after party, but life had become much different for me.

I was approached to do interviews and be a part of public events and I turned those opportunities down, I just wasn't ready. I started to talk to people in my life and my Higher power about the direction I should go. As the opportunities kept showing up, I was able to see how my struggle with anonymity was so like the isolation and shame of being in my addiction, my mind was made up, I no longer wanted to hide anymore. Thankfully by this point in my recovery I had attended a handful of workshops and before you know it, I had been elected a world service delegate which had offered me a lot of hands on experience and lots of support.

When I arrived at world conference for the first time every part of me wanted to join the Public information or Hospitals and Institutions world committees. Both seemed to be on the front lines. God had other plans, I ended up on the Information Technologies committee. Not knowing that the committee has a lot to do with Public Information. Our focus is emerging technology and how to support the fellowship with anything that is existing or up and coming. Europe has been on top of these new and exciting avenues and it has been wonderful working alongside them. We are diligently working on getting a template for websites out to the entire fellowship and the first test site will be the Swedish website. This is a way for Areas to easily make a new website or to update existing ones to reach the masses. We have been working on our "Meeting finder plug-in" for the sites as well. In this new technology era, new and old members will no longer have to manually type in addresses over and over to find the closest meeting, it will happen automatically. Eventually we have high hopes to get a beta version of an app to conference next year so that you will have everything you need right in the palm of your hand. That cellphone that has become such a vital part of our lives, we are hoping to have meeting formats, readings in a click. Access to pamphlets, where to find meetings and a sobriety calculator. Posters, P.S.A.'s and access to the world service manual as well as other documents to support the fellowship. The opportunities are endless, and with a committee full of eager members we are well on our way, although we could use any and all that would like to help. I am amazed with how fast our fellowship is growing and with new and eager members come amazing ideas to help us grow. I have been told time and time again that I cannot break Cocaine Anonymous, but in learning as much as I can about our Traditions, Concepts and Principals; I can share what I learn with others to be as careful as possible. I always reach out to members with more experience than me, because I never have to do this alone again. I hope to help as many people as I can with the new time I have been given by this amazing fellowship. Come talk to me if you're interested in getting involved in C.A. at the world level!

For local meetings in your district visit www.ca-ab.org and click the meetings tab! Did you know?... The Southern Alberta Area of Cocaine Anonymous has meetings in Drumheller, Red Deer, Airdrie, Calgary, High River, Claresholm, Lethbridge and Medicine hat!

1 800 762 3700

Area Information Line

Did you like the personal stories and prayer corner? Do you have a submission? What about a suggestion?

To submit your story in this newsletter please send your submission to the email address below.

(Please note: All submissions will be sent to our regional trustee for review. Minor changes pertaining to following our traditions or grammatical errors will be made with prior consent to those who wrote the story. No submission will be printed without a signed release of approval from the writer.)

Do you want to see your milestone Birthday posted in the newsletter? Please contact the committee responsible for editing this newsletter at

southernalbertanewsletter@gmail.com

Conventions:

- **P.N.R.C. (Pacific North Regional Convention) "Big Fat Spiritual Lines"**

April 23-26th 2020

5940 Blackfoot Trail S.E. Calgary, AB

For more information: pnrc2020@gmail.com

- **S.A.B.A. 2020 Annual Convention**

November 6th, 7th, 8th 2020

5940 Blackfoot Trail S.E. Calgary, AB

For more information: sabaconvention@gmail.com

Events:

- **Ice breaker Games (Sunlight of the Spirit)**

223 12 Ave S.W. Calgary, AB

7:30-8:00 PM Every Friday

- **C.A. Big Book Study (Open to the fellowship)**

1231 34 Ave N.E. Calgary, AB

1:30-3:30 PM Every Sunday

Bring your own big book and highlighter

- **Service Workshop (There Is a Solution)**

10690 Elbow Drive S.W.

4th Saturday of Every month

7:00Pm

- **Unity Diversity Dinner**

February 1st, 2020

134 Scarboro Ave S.W. Calgary, AB

3:00 PM – 7:00 PM

- **Calgary District Concepts Inventory**

February 9th, 2020

134 Scarboro Ave S.W. Calgary, AB

11:00 AM- 3:00 PM

Pizza Lunch Provided

- **S.A.B.A. Convention Planning Committee Meeting**

134 Scarboro Ave SW

Sunday, March 01st 5:30-7:00 PM