



I can't, **We can**



A Publication of San Fernando Valley Cocaine Anonymous, including the Antelope Valley District

January/February 2009

Happy New Year!

Just a thought...

We spend January 1 walking through our lives, room by room, drawing up a list of work to be done, cracks to be patched. Maybe this year, to balance the list, we ought to walk through the rooms of our lives... not looking for flaws, but for potential. ~Ellen Goodman

New Area & District Boards Elected

Introducing your new 2009 SFVCA Trusted Servants...

Board of Directors

Chair: Sam R. - Vice Chair: John W. - District Chair: Steven F.
Treasurer: Lauri T. - Director At Large: Rikki M. - Recording Secretary:
OPEN (Please see next page - we need to fill this position!)

Standing Committee Chairs

Unity: *Tamela H.*
Structure & Bylaws: *Jesse G.*
Special Events: *Susan T.*
Public Information: *Paul W.*
Newsletter: *Susan B.*
Internet: *Lee R.*
Hotline: *Eleanor L.*
Finance: *Bob E.*
Directories: *Teri K.*
Chips & Literature: *Brad H.*
Advisory: *Eric R.*
Central Office Archives: *Amir Y.*
LA Representative: *Lionel J.*
H&I Representative: *Louie S.*

World Service Delegates

Steven F.
Lisa B.
Susan B.

Alternates:

Kevin C.
Lionel J.

District Board

Chair: Steven F.
Vice Chair: Robert M.
Treasurer: CeCe G.
Secretary: Stacey P.

***You can be of service, too!
Turn the page to find out how...***

Service Positions Available!

SFVCA Board of Directors Seeks a Recording Secretary

The Recording Secretary is a member of the Board of Directors and is responsible for taking the minutes at the monthly Area Service Committee Meeting and Board Meeting. Internet access, knowledge of Microsoft Word, Roberts Rules of Order, and good language skills are helpful. Candidate should have eighteen months of sobriety and six months of prior Area service. Email info@sfvca.org if interested.

Hey! Does your meeting have a GSR? If not, WHY not?

The General Service Representative (aka GSR) is the trusted voice for every C.A. meeting. The GSR attends a monthly Area Service Committee (ASC) meeting, which is held the second Monday of each month. The meeting starts at 7:30 and ends around 9 PM. If it is your 1st meeting as a new GSR, there is an orientation at 7 PM, which will be very helpful for you to attend. It is important to be at the meeting when it starts and stay until it is over. Refreshments are served!

At the meeting you will receive a monthly GSR Report, be able to purchase books, chips and literature for your meeting, as well as pick up event fliers and other information that C.A. members need to know about. This is also where meeting donations to the Area and H&I contributions are turned in and accounted for. **You are the voice on issues concerning the fellowship. If you cannot attend, send your alternate!**

As a GSR, you represent the voting power of your meeting and carry the group conscience of that meeting at the Area level, helping to make the decisions that help the addict who still suffers. Ideally, the GSR commitment should not be given to a newcomer, because it is from the ranks of those who serve as GSRs that all other "trusted servant" commitments at the Area and World Service levels are chosen.

The GSR commitment is VERY IMPORTANT, as you can see. But above all, it's YOUR meeting and it's YOUR vote. Make that vote count...Be a part of your fellowship!

Speakers Wanted for Noon Meeting!

The TGIF Friday noon meeting at the Spirit of Studio 12 in North Hollywood is looking for speakers. Call Jim at (818) 481-7411. TGIF is a 1-hour meeting.

New Conference Approved C.A. Reading!

WHO IS A C.A. MEMBER?

While the name "Cocaine Anonymous" may sound drug-specific, we wish to assure you that our program is not. Many of our members did a lot of cocaine; others used only a little, and some never even tried coke. We have members who drank only on occasion, those who casually referred to themselves as drunks, and others who were full-blown alcoholics. Lots of us used a wide variety of mind-altering substances, calling ourselves stoners, tweakers, junkies or just plain dope fiends. Whether we focused on a specific substance or used whatever we could get our hands on, we had one thing in common: eventually we all reached a point where we could not stop.

According to C.A.'s Third Tradition, the only requirement for membership is a desire to stop using cocaine and all other mind-altering substances. ***Whatever you may have been using, if it led you to this meeting, you're probably in the right place.*** 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.

It can be tempting to focus on our differences rather than our similarities, but this can blind us to potential sources of support in our recovery. As we hear other members' stories, the most important question to ask ourselves is not, "Would I have partied with these people?" but rather, "Do these people have a solution that can help me stay sober?" We encourage you to stick around and listen with an open mind.

With its all-inclusive Third Tradition and First Step, Cocaine Anonymous welcomes anyone with a drug or alcohol problem and offers a solution. C.A.'s Twelve Steps are not drug-specific, and Cocaine Anonymous is not a drug-specific Fellowship. It doesn't matter to us if you drank or what type of drugs you used; if you have a desire to stop, you are welcome here!



SFVCA Meeting News

Trudgin' in Recovery

Thursdays at 7 PM
15649 Chase Street, North Hills

The C.A. Meeting

Thursdays at 7 PM
2630 Pownsgate Road,
Westlake Village

Can You Help a Sista Out

Every 3rd Wednesday at 7:30
44627 Date Street, Lancaster

Gone but not forgotten... The **Easier Softer Way** (Monday in Canoga Park) and **One is Too Many** (Wednesday in N. Hollywood) meetings have gone dark.



PO Box 18156 • Encino, CA 91416

24/7 Hotline 818-760-8402

www.sfvca.org

I can't, We can is a bi monthly publication published by Cocaine Anonymous of San Fernando Valley. It is intended solely to provide information for the fellowship of Cocaine Anonymous. 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, 3740 Overland Ave., Suite C, Los Angeles, CA 90034. 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.

February Thoughts

'If you've ever wished for someone to love...look in the mirror.' – Anonymous



"We are not held back by the love we didn't receive in the past, but by the love we're not extending in the present."
– Marianne Williamson



25th Annual C.A. World Service Convention



**21-25 May 2009
Denver, Colorado**

Early Registration Ends 2/1/09

<http://www.cawsconvention.org>