



I can't, **We can**



A Publication of San Fernando Valley Cocaine Anonymous  
(including the Antelope Valley District and Bakersfield)

July 13, 2009

24/7 Hotline 818-760-8402

[www.sfvca.org](http://www.sfvca.org)

5th Annual  
**Pacific South Regional**



# UNITY DAY

September 12, 2009

**Be of service as we  
host our C.A. Region!**

Needed for event:

- 5 - 10X10 Canopies
- 3 - 10 Gallon Igloo  
Beverage Dispensers
- 3 - Gas Grills
- 4 - 6' Folding Tables
- 1 - Small PA for Speaker

Please call Susan @ 818.509.1539 or  
email [PSRUnityDay09@aol.com](mailto:PSRUnityDay09@aol.com)

**EVENT T-SHIRTS AVAILABLE  
NOW!**

Men's T - Tan Sizes M - XXXL  
Tank Top - White Sizes L - XXL  
Ladies' T - White Sizes S - XXXL

# \$10

**Look for representatives at your  
meeting!**

**SFV Elects *New* Delegate and  
Alternates!**

**Congratulations to...**

**World Service Delegate - Lionel J.  
& Alternate Delegates:**

- Jesse G.
- Kurt J.
- Sam R.
- Paul S.

**2 Area Service Positions Open!**

**SFV is seeking a Special Events Chair and  
Public Information Chair - Minimum  
sober time of 9 months is required - If  
interested please attend the SFV Board  
meeting on Monday, July 27 @ 7:30.**

See [www.sfvca.org](http://www.sfvca.org) for more info!

*Join us at*

## Sisters in Sobriety

**Friday Night  
8 - 9:30 PM**

**6006 Laurel Canyon @ Oxnard Street**



*The only woman's meeting in the Valley!*

## Save the Date!



**26<sup>th</sup> Annual  
C.A. World Service Convention  
Milwaukee, Wisconsin  
May 27 - 31, 2010**

## Had a recent C.A. Birthday? Celebrate in the newsletter!



### *Happy Birthday to...*

**Karen T. - 1 year - 6/9  
Erin G. - 9 years - 6/7  
Johnny B. - 15 years - 5/2**  
Email [News@sfvca.org](mailto:News@sfvca.org) or  
tell your GSR

*I can't, We can* is published at least bi-monthly 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](http://www.ca.org), 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](mailto:info@ca.org) or by Fax to: (310) 559-2554, Contact C.A. by phone at (310) 559-5833. Also note that the C.A. World Service Office web page is: [www.ca.org](http://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.

## NOTABLE QUOTES

"Begin growing from where you are – not from where others think you ought to be by now." Steven L.

"Each time we re-read a book we get more out of it because we put more into it. A different person is reading it, and therefore it is a different book" Murial C.

"If we're growing, we're always going to be out of our comfort zone." John M.

To forgive is to set a prisoner free and discover the prisoner was YOU. Anonymous

"Everything that irritates us about others can lead us to an understanding of ourselves." Carl J.

The value of all service lies in the spirit in which you serve and not in the importance or magnitude of the service. Charles F.