



# I can't, **We can**



A Publication of San Fernando Valley Cocaine Anonymous

September 14, 2009

24/7 Hotline 818-760-8402

www.sfvca.org

You've got to give it away to keep it!

## SFVCA H&I

invites you to participate in your recovery.

### Panel Speakers Wanted

Got 90 Days? You can speak on a panel.

H&I meets the first Monday of every month.

### New Speaker Orientation at 7 PM

Business meeting starts at 7:30

Next H&I Meeting is Monday, October 9

4390 Colfax Avenue @ Moorpark in the building  
in back of the church parking lot



## Happy Birthday to...

- Bob E. – July 5 - 3 yrs
- Melanie M. – July 14 – 21 yrs
- Lauri T. – July 15 - 14 yrs
- Jessica N. – July 18 - 3 yrs
- Paul S. – July 25 – 13 yrs
- Liezel M. – August 15 – 3 years
- Sheila – August 15 – 4 years
- Susan B. – August 16 – 14 years
- Carleen D. – September 2 – 12 years

## THEY/ME

by Aaron A.

They push and I budge till it snuffs out my soul  
They fill me with rage till I lose all control

They rent space in my head but they don't pay the bill  
My heart wants to help, but my mind wants to kill

I stuff it inside like a Thanksgiving turkey  
But it's chewing me up like a piece of beef jerky

They rob me, they hate me they don't understand  
They tell me in whispers that I am not a man

They attack me and keep me but somehow I see  
That the "They" that I'm seeing is no one but me.



## THE MIRROR

by Aaron A.

I look in the mirror and I hate what I see  
I keep thinking it's you, but it's obviously me.

My mind is a prison, how can I break free?  
I beg for release, only I have the key.

I open my eyes but I still can not see.  
I'm confused and alone, what is happening to me?

I can preach, I can teach, but I can't walk the line.  
I say I'm OK and I'm doing just fine

But inside I'm a wreck and I can't figure why  
I'm so full of destruction and just want to die.

No one understands me, but that can't be true  
'Cause I still see the mirror when I look at you.



san fernando  
**valley**  
cocaine anonymous

PO Box 18156 • Encino, CA 91416  
**24/7 Hotline 818-760-8402**  
[www.sfvca.org](http://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](mailto: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](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.

# C.A. FYI

## Per the CAWS Conference 2009

- If every C.A. member donated \$6.45 a year to the World Service Office, the WSO could provide the services it desires to help the addict who still suffers around the world!
- The Antelope Valley District is now part of the West Inland Empire Area of Cocaine Anonymous
- The following disclaimer is to be used on all event fliers:  
*In the spirit of the Sixth Tradition, C.A. is not allied with any sect, denomination, organization or institution.*
- Until further notice, the reading *How It Works* is to be removed from all C.A. H&I panel meeting formats. Please use the C.A. reading *We Can Recover*.

***More Conference News to come!***

## NOTABLE QUOTES

Everybody thinks of changing humanity and nobody thinks of changing himself. – Leo T.

There are risks and costs to a program of action. But they are far less than the long-range risks and costs of comfortable inaction. ~  
John K.