



I can't, **We can**



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

March 2009

Upcoming Events

For detailed information go to the Events page at www.sfvca.org

March 30

Celebrate Around The World
Drawing for **2** World Service Convention Packages in Denver

2nd Prize Just Added!
2 Registrations to Campvention

April 4

10th Annual Women's Luncheon

May 1-3

21st Annual
CAMPVENTION
Unity Under the Stars
Lake Perris, CA

May 21-25

25th Annual C.A. World Service Convention



Denver, Colorado

World Service Public Information Survey Being Conducted Now

Every two years the World Service Public Information Committee conducts an anonymous survey throughout Cocaine Anonymous.

The statistics gathered in the survey are used to update the PI Fact File and assist the World Service Office in tracking the diversity of our worldwide Fellowship in order to better meet its needs.

Please be of service and take a few moments and complete the survey only once - before, during a break or after a meeting.

If your meeting does not have a GSR, the survey is available to download on the "For the Public" page at www.sfvca.org.

SFVCA to Host Pacific South Regional Unity Day on September 12th

San Fernando Valley is the host Area of the 5th Annual Pacific South Regional Unity Day! The event will be held at Woodley Park on Saturday, September 12. The theme of this year's unity gathering is:



UNITY - Where Service Meets Recovery

PSR Unity Day is a free event put on by the World Service Delegates in our region. The Area will be counting on the support of the SFVCA Fellowship to make this a successful event...Stay Tuned!

Trustee Slate Selected for PSR

The Pacific South Region of Cocaine Anonymous held its annual Regional Assembly on February 21 to select a slate of Trustee candidates from the 10 Areas in our region and conduct other regional business. This year the Assembly was held in CALA and four candidates were ratified for consideration to fill vacancies in the PSR by the Trustee Election Committee later this year.

CONGRATULATIONS to Kathy Jo R. , Yvette H. , Mona I. (from CALA) and Gloria B. (WIECA).

What It's Like to be Clean

by Richard F.

I've been using drugs since I was a kid
When I first bought weed, it was by the lid
Smoking pot made me feel no pain
Eventually my usage turned to cocaine
Started snorting first, then to freebase
I worked so hard for my money to be such a
waste
At this time in my life the fact is unseen;
The simple fact of what it's like to be clean
I stopped using for a good amount of time
Then the urge came back, so I went and got a
dime
Then coke wasn't enough, I had more of a
need
Then I was introduced to the world of speed
This shit pretty much ruined my life
Not only me, but it also took down my wife
So here are the facts, simple & mean –
Now I know what it's like to be clean.



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I can't, We Can is a publication of 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.

The Promises of Relapse

If I could care less about this "phase" or development, I will be lost (or dead) before I am halfway through.

I will renew my obsession with mind altering substances, and sacrifice all true happiness.

I will forget the word serenity and have no peace.

No matter how far down the scale I have already gone, I will fall even lower.

I will resent the past and then repeat it, over and over again.

That feeling of uselessness and self-pity will return, and more.

I will focus on selfish things and hide from my fellows.

Sanity will slip away.

My whole attitude and outlook upon life will change for the worse.

Fear of people, places, things and economic insecurity will consume me.

I will again be baffled by even the most normal of situations.

I will suddenly believe that God will do nothing for me.

Are these extravagant consequences? We think not! They have been fulfilled among us - always quickly, always completely. They will always materialize when we cease to work this program of recovery.

- Anonymous