



# CLEAN IN COLORADO

Winter 2008-2009

www.cacolorado.org



## Getting Out Of The Way

I asked God if it was his intent, that man should be alone. He said "My Son, that's not my intent, I did not create you to be so". So I said to God insistently "I want someone of my own". And God replied "This I know, but companions must be grown. It takes time and care and nurturing, and yours is not quite done". Impatiently I said to God "you must not love me, leaving me here alone. What kind of loving God does that?" I cried and shook my fist. God said "patience my child, you know that this is just not so". I screamed at God "I want mine!" and he asked me then "are you sure?" I said to God "I must insist, it is my right!" and he said "you'll have your wish".

So then I got the love I thought I could not live without. We were never apart the two of us, happy and free in love. But neither of us was quite ready and our flaws began to show. We struggled and argued and suffered together; we just couldn't quit. Because we each one believed it was destiny, that God had willed it so. We tore at the fabric of our spirit, hearts breaking again and again. Finally our despair was almost complete, each of us but a shell. And I became convinced that God truly hated me; this must be Hell. I asked him why the pain and suffering, why was I alone again. Had he not given me what I had wanted for so long; was it all just a lie? (Continued on p.2)

## STEP 1: Admitted That I Am Powerless Over Cocaine, That My Life Has Become Unmanageable.

So help me God??? I have used this term countless times in my life. Where I am today is because of after asking for help, I rarely accepted help from anyone for a couple of reasons. First to me it was a sign of weakness or failure. After all were we not taught growing up, to become a man, take care of business?

The second reason was that asking for help and accepting it was a sign of immaturity and that I failed the first two primary lessons in life and that I would have to become vulnerable. To become vulnerable meant that I had to expose a weakness, and somewhere in my life I was taught or learned that it was dangerous to expose any weakness.

Today I look at life differently because of my exposure and commitment to Cocaine Anonymous. I am learning that the first step is exactly all about doing just that, becoming humble, admitting that, "I am powerless over cocaine and that my life has become unmanageable".

As I look back on my life I have made countless decisions, some with forethought but most with little or lack of much thought at all. So in (my self-wisdom) I developed what I call crisis management in dealing with problems and issues in life mostly because of the later. In my workplace it became an asset to be able to solve problems and I liked being known and rewarded for this ability.

Using this standard of society as my yardstick of success, society and I both viewed me as a young man, one of good character with the sky is the limit future. Parts of this self-portrait were good for my ego so I approached life from an optimistic viewpoint.

What I couldn't understand was why this gift of crisis management didn't work in other areas of my life. Along with my stubbornness of (doing it myself), I developed this cunningness to mask over or just not deal with issues in my personal life, because that required one to seek help which for me, was to tarnish this self image of success. After all, I reasoned, that's (Continued on p.4)

## Untitled

Since I first came to CA, I have become accustomed to many things in the real world which I had no real comprehensive understanding of before finding recovery. For instance, I had no meaningful relationships with society, my family or a higher power. My friends had either given up on me or I couldn't stand the way they looked at me anymore so I turned away from them. I had no real skills for communication and I had never held a "normal" job. In fact until I had about 18 months sober I'd never even had an e-mail address and my phone number if any was always changing because of my paranoia. These were some of the things that I obsessed about in morbid reflection every time I tried to get sober and they lasted more then a few months into the recovery I have now.

When I was asked to write something on this topic for the newsletter, I found myself reflecting on some of these old thought patterns. Oddly enough I had just been deep cleaning my apartment (another concept adapted in recovery) during which I came across an old journal. I opened the journal to the first page, and inside I found an entry from 2004 when I first came to CA. The entry was venomously describing the half measures of my program at the time and how I was going to 2-3 meetings a week, followed on the next page by a broken up attempt at a poem which reads:

This prison in my head it rapes my soul of everything  
It tastes like death and it looks like pain in my eyes  
Trying to heal what is real and what is not  
Trying not to feel what is trapped in my thought

How dark it is before the dawn.

As the entries in the journal became ever more resentful and self-pitying, so did my spirit regress until finally I got loaded again hoping only to find some temporary relief from my own head. But I didn't find that relief; instead I found more misery in the grips of the physical allergy which would allow me no real control or any ability to stop using. There were 6 pages in a row where I started writing a letter of apology to my father, but I would write a few lines and start over. Never able to make a clear enough thought while I injected more cocaine, I became ever more increasingly depressed as the days and nights passed by. All the while I continued going to meetings, wishing that the pain would end. I had seen a small glimmer of hope in the eyes of the fellowship

(Continued on p.5)

*(Getting Out Of The Way, continued from p.1)*

And God said to me in that wee small voice, full of tenderness and care "My Son, I loved you and wanted you to be happy, that was the plan.

I crafted your companion with the utmost care; to be your one true love. But you demanded I deliver her before she was done; before YOU were done. Against my better judgment, I let you have your wish; I gave you what you insisted you had a right to, Your love withered and died because it wasn't ripe. I will not deny you happiness and love nor will I deny you a mate. But you must learn to let me be to do my work in my own time and place".

Today I try to stay out of the way and let things happen in his time. I don't always know what's good or bad for me nor expect I ever will. Each day is an exercise in trust and faith; some a little easier than others. I do know that Gods plan is better than mine; he can see it all. And I try to surrender to his will, though I don't know what it is; Just to do the next right thing that's in front of me to do. Now the goal is to become more whole, mind, body and spirit. To finally fill the God sized hole inside, And to have a relationship with my own best friend: me.

Steve B.

**Life's rewards are available in every moment. However, like a raffle, you must be present to win.**

*Unknown*

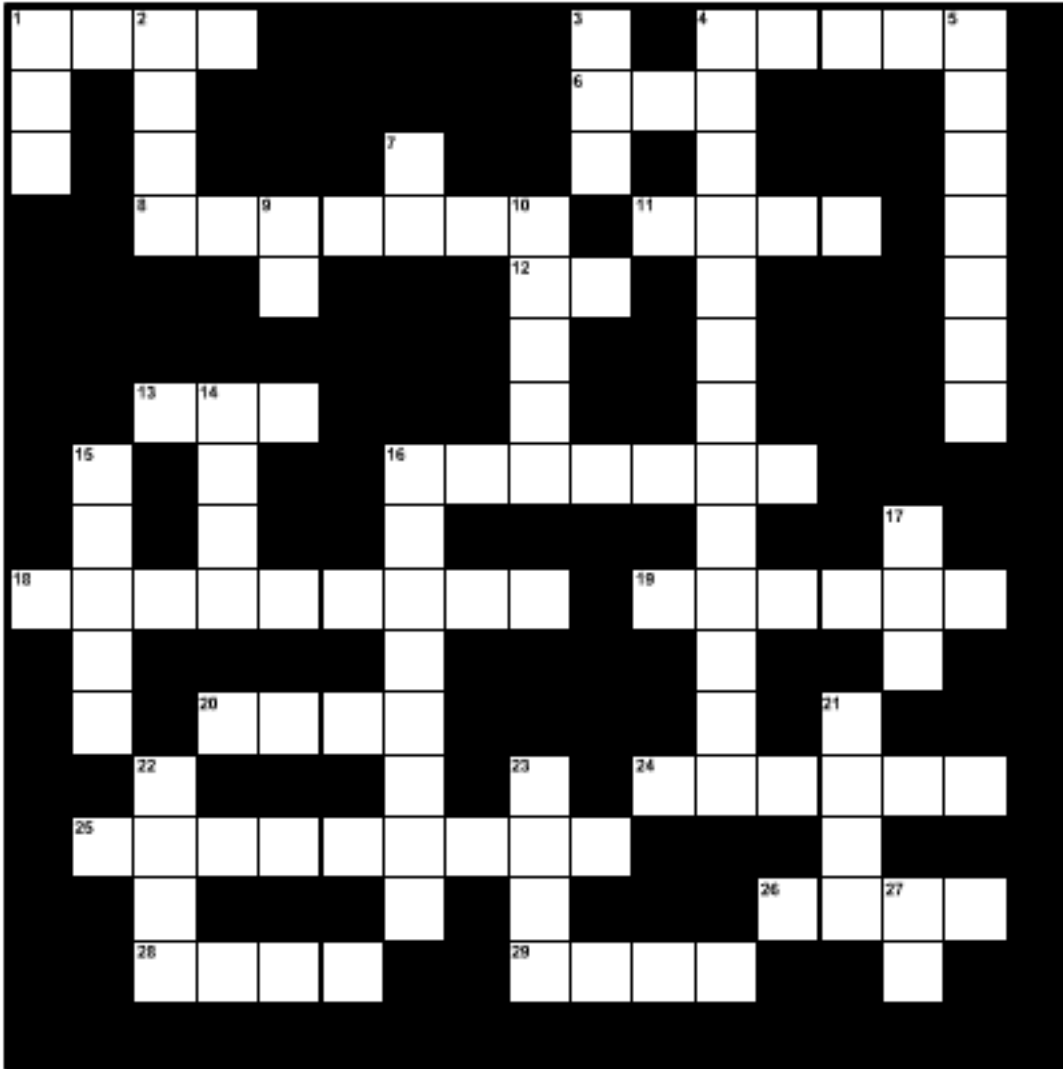
### **Editorial Note:**

Additional articles from the previous quarter's topic (Darkest Before The Dawn) have been included in this issue. There were not enough articles on the theme of "Keeping It Simple."

We apologize that the newsletter does not include a list of sobriety birthdays this quarter. We will try to have an updated list for the next issue.

We would like to remind the fellowship that articles do not need to follow the quarterly theme. The theme is merely presented to generate ideas. The Newsletter Committee is also asking for support and involvement. Please consider how you can be of service to this committee. Join us and bring your ideas and enthusiasm.

# ALAN D'S CORNER

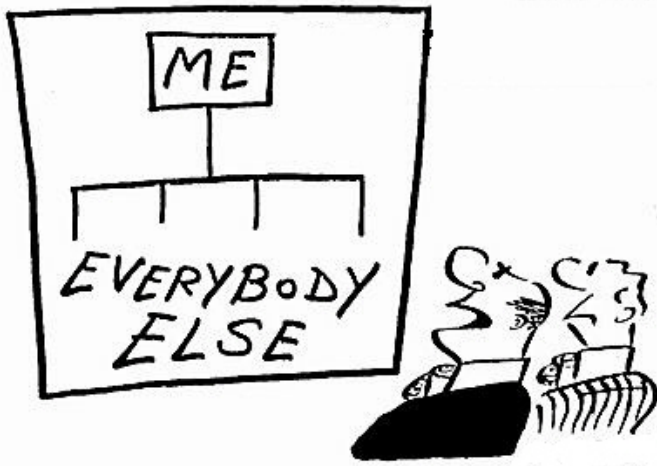


## ACROSS

1. We were building an \_\_\_\_
4. our \_\_\_\_ did not work
6. your \_\_\_\_ conception
8. what we must not rest on
11. the man who is still \_\_\_\_
12. we were burned \_\_\_\_
13. \_\_\_\_ their life story
16. \_\_\_\_ meditation
18. love and \_\_\_\_
19. not an overnight \_\_\_\_ matter
20. take one/don't take one
24. Dr. \_\_\_\_
25. a queer sense of fun
26. my \_\_\_\_ is out to kill me
28. \_\_\_\_ does it
29. the \_\_\_\_ of our troubles

## DOWN

1. the lengths we go to
2. Dr. \_\_\_\_ Jung
3. job or no \_\_\_\_
4. willingness as being \_\_\_\_
5. where had we been \_\_\_\_
7. this is a \_\_\_\_ program
9. the great fact for \_\_\_\_
10. keep it simple \_\_\_\_ (hint on acronym page)
14. infinite power and \_\_\_\_
15. spiritual \_\_\_\_
16. we have no \_\_\_\_ on God
17. for reasons \_\_\_\_ obscure
21. Mr. \_\_\_\_
22. \_\_\_\_ a decision
23. thousand forms of \_\_\_\_
27. no \_\_\_\_ to grind



"I like to keep things simple."

## Darkness

A definition of dark is "The absence or elimination of light". Another appropriate definition is "The lack of or absence of information or insight". I would also like to give some definition into "light", which is exactly the opposite of dark, which I'm sure you know.

"Light", I think further, is having perspective; the ability to "see" and I do not mean specifically in the physical sense as with my eyes but, of course, in spiritual terms.

The Big Book talks about the "Dark world of the Alcoholic". It is that period as an alcoholic/addict that I found myself surrounded by a bleak outlook on life. I had lost all confidence in myself because my vain attempts to quit using had all failed; that God was surely pissed off at me by now; that no decent person would want to be in, or want me in their company. So, with that state of mind I surrendered to "Queen" Cocaine (The big book says that "Alcohol is King", so the Queen must be Cocaine) and I was basically waiting for the end, which I was certain would come at the hands of someone I had wronged. And frankly, I was ready! How dark it is when I am willing to go against the strongest of human instinct; self-preservation! It's described sometimes as "Fight or Flight", but either way, the idea is to stay alive! I was powerless to fight or flee from Cocaine. Being in a position when I can "see" no relief on the horizon or no way out of my present predicament is when I experience the "dark" in a way few can understand.

Paradoxically, when things are at their darkest is when I find myself most able to try new things.

(Continued on p. 5)

(Step 1, continued from p.1)

what I am known for, that's what I get paid for, and I can't do that!

Consequently I have a string of broken marriages and eight children that were raised without a father, (one of many sad stories in my life), that is becoming the norm in society of which I have contributed more than my share. At some point in life I needed to be open and honest first and foremost with myself, that life can be full of mistakes, some of which I cannot fix. Getting involved with cocaine was not only a mistake of my own doing, it grew into an addiction.

The Serenity Prayer has been a very powerful tool for me that gives my life a new perspective and opens the door to seeing things from another point of view, as I mentioned which has been a stumbling block in my life for years.

*"God, grant me the serenity to accept the things I cannot change, to change the things I can, and the wisdom to know the difference."*

Because of two major bouts in my life with cocaine, I have come to terms with the fact that cocaine addicts such as myself must surrender to the truth and fact that, we (I)am powerless over cocaine and my life has become unmanageable. This in itself is not just a problem in life; cocaine for me is an addiction. There is a significant difference. Most problems have solutions, there is only one answer for my cocaine addiction, it is abstinence.

My participation and commitment in Cocaine Anonymous has afforded me with new hope by understanding that Cocaine addiction has rendered my life "powerless, that my life has become unmanageable" but that recovery can be achieved through commitment, hard work and a new relationship with my higher power, one day at a time.

Joseph M.

**It's like driving a car at night...  
You never see further than your  
headlights, but you can make the  
whole trip that way.**

*E.L. Doctorow*

(Untitled, continued from p.2)

and I wanted what they had so badly, but I knew it would never happen for me.

By August of the following year, I felt that I couldn't go on any more. I made a decision to take my own life and I wrote a goodbye in the journal. Those pages have been torn out, but not until after narrowly escaping death on the last day that I used cocaine on August 21, 2005. When I woke up in the hospital, terrified and upset with God and myself, I turned my thoughts to the program of CA. I surrendered to the idea that if I would give myself 100% to the 12 steps that maybe it might save my life and I had nothing to lose. On August 24<sup>th</sup> at 10:30pm I wrote this entry that I have left un-edited. It is the final entry which I have not seen in probably two years.

*I sit alone in my head, while the others around me live their lives. Whispering softly to myself "it's ok you are alive." I feel safe behind these walls, but I'm afraid in my own skin. Always underestimating fear, until fear gets the best of me.*

*It's dark here in this place. This prison I've built in my mind. But occasionally the light flickers through a tight little shutter. Just one quick blinding jolt in my eyes.*

*Why can't I just be a normal human being? Why was I given this allergy to the things I love so much in my life? Why do I have to be me?*

*I feel really depressed a lot of the time right now.*

It pains me even now to think of the darkness I felt that day. The loneliness and regret were overwhelming. Yet it was exactly where I had to be to become willing to work the program. And in doing the work outlined in the book, which another addict was patient enough to walk me through, I found the answer I had been looking for all along. But it took a lot of patience, willingness and labor to bond myself with the life of service offered to me. I wasn't able to find it by hanging around the fellowship like I had originally wished for back in 2004, but the fellowship was able to show me how they took action. From this action, today I have a life beyond anything I ever could have imagined.

Recently I went on vacation with some friends in recovery. I had a 7 year old girl ask me if there was such a thing as ghosts. She looked at me while I told

her there was nothing to be afraid of and assured her that I would protect her if she were to get frightened. She hugged me and smiling at me she said "Thank you! You are the first person to help me feel ok and now I know I don't have to be afraid!" That is an experience that I wouldn't have wanted to miss. Brought from the gutter where I was terrified inside my own skin, CA and the power I found here can reassure a child that they in fact are ok. Thank you CA. Thanks for showing me how to not be so afraid! Thank you for my life!

Anonymous

(Darkness, continued from p.4)

Unfortunately (or fortunately, depending on perspective), it is not until my behaviors are at their darkest that I have become willing to seek instruction or information to shed "light" on my problems. So, in full context, the "Darkest before the Dawn" for me is the period in which I can see no way out; no "light" at the end of the tunnel. "Dawn" speaks of a new day. A new beginning. It means a way in which I can identify the problem for what it is, but more importantly, can see a solution and some "hope". Dawn is synonymous with "light", and in this case, I am talking about "enlightenment". I won't change until I become willing. After all, if it's still "light" out, why change.

I have found that the worst possible thing that could have happened to me has turned out to be the best possible thing that could have happened to me! Having found the 12 Steps and the Fellowship of Cocaine Anonymous, It never has to be as dark as before.

LaDon K.



**Spirituality is not "thinking about God" while washing the dishes, spirituality is just washing the dishes.**

Jack Kornfield

**AA** = Absolute Abstinence  
**AA** = Altered Attitudes  
**AA** = Altruistic Action  
**AA** = Attitude Adjustment  
**ABC** = Acceptance, Belief, Change  
**ABC** = Ashtrays, Broom, Coffee  
**ABC** = Ashtrays, Broom, Chairs  
**ACTION** = Any Change Toward Improving One's Nature  
**AGAINS**=After Grandiose And Insane Neurotic Stupidity  
**ALCOHOLICS** = A Life Centered On Helping Others Live In Complete Sobriety  
**BAR** = Beware! Alcohol! Run!  
**BAR** = Beware! Alcoholic Ruin  
**BIG BOOK** = Believing In God Beats Our Old Knowledge  
**CA**= Continuous Awakening  
**CA**= Continuous Action  
**CA**= Complete Abstinence  
**DEAD** = Drinking Ends All Dreams  
**DENIAL** = Don't Even Notice I Am Lying  
**DETACH** = Don't Even Think About Changing Him/Her  
**DUES** = Desperately Using Everything but Sobriety  
**EGO** = Edging God Out  
**FAILURE** = Fearful, Arrogant, Insecure, Lonely, Uncertain, Resentful, Empty  
**FAITH** = Fear Ain't In This House  
**FEAR** = Few Ever Arrive Rejoicing  
**FEAR** = Failure Expected And Received

**FEAR** = False Evidence Appearing Real  
**FEAR** = Fear Expressed Allows Relief  
**FEAR** = Feelings Every Alcoholic Rejects  
**FEAR** = Fighting Ego Against Reality  
**FEAR** = Forget Everything and Run  
**FEAR** = F\*\*k Everything and Run!  
**FEAR** = Face Everything and Recover!  
**FEAR** = Frantic Efforts to Appear Recovered  
**FINE** = Feeling Insecure, Numb and Empty  
**FINE** = Frantic, Insane, Nuts and Egotistical  
**FINE** = Freaked out, Insecure, Neurotic and Emotional  
**FINE** = Frustrated, Insecure, Neurotic and Emotional  
**GIFT** = God Is Forever There  
**GOD** = Good Orderly Direction  
**GOD** = Group of Drunks  
**GUT** = God's Undeniable Truths  
**HALT** = Honestly, Actively, Lovingly Tolerant  
**HALT** = Hope, Acceptance, Love and Tolerance  
**HALT** = Hungry, Angry, Lonely, Tired  
**HALT** = Horny, Arrogant, Lazy and Tragic  
**HALTS** = Hungry, Angry, Lonely, Tired and Stupid  
**HELP** = His/Her Ever Loving Presence  
**HELP** = Hope, Encouragement, Love and Patience  
**HOPE** = Happy Our Program Exists  
**HOPE** = Having Organized Priorities

Everyday  
**HOPE** = Hearing Other Peoples' Experience  
**HOPE** = Hang On! Peace Exists...  
**HOW** = Honest, Open-minded and Willing  
**ISM** = I, Self, Me  
**ISM** = Incredibly Short Memory  
**ISM** = I Sabotage Myself  
**KISS** = Keep It Simple, Stupid  
**KISS** = Keep It Simple, Sugar  
**KISS** = Keeping It Simple, Spiritually  
**NUTS** = Not Using The Steps  
**OUR** = Openly Using Recovery  
**PACE** = Positive Attitudes Change Everything  
**PAID** = Pitiful And Incomprehensible Demoralization  
**PROGRAM** = People Relying on God Relaying a Message  
**RELATIONSHIP** = Real Exciting Love Affair Turns Into Outrageous Nightmare, Sobriety Hangs In Peril  
**RID** = Restless, Irritable and Discontented  
**SLIP** = Sobriety Loses Its Priority  
**SOBER** = Son Of a Bitch, Everything's Real  
**SPONSOR** = Sober Person Offering Newcomers Suggestions On Recovery  
**STEPS** = Solutions To Every Problem in Sobriety  
**STOP** = Sicker Than Other People  
**TIME** = This I Must Earn  
**YET** = You're Eligible Too

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### Submission Info

The newsletter committee is not presenting a theme next quarter.

We invite submissions on any recovery-oriented topic.

Please submit your stories, artwork, poetry, quotes or other contributions to [newsletter@cacolorado.org](mailto:newsletter@cacolorado.org)

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#### CA Events

**CA**  
**WORLD**  
**CONVENTION**  
**MAY 2009!!**

Find out how you can  
be of service.

#### Committee Mtg Dates

**Unity Committee**  
 2<sup>nd</sup> Wednesday of the month

**H&I Committee**  
 3<sup>rd</sup> Saturday of the month

**PIP Committee**  
 2<sup>nd</sup> Saturday of the month

#### Newsletter Credits

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