



Recovery Pipeline of Cocaine Anonymous

London UK and Phoenix AZ link up

Welcome to the UK/Arizona link up meeting of Cocaine Anonymous. That's how the meeting started, as a CA group in London UK and a CA group in Arizona met face to face, or shoulder to shoulder, with over 5000 miles between them.

After a couple of months of test calls, adopting a meeting format and getting members on board we pulled it off, a live video link up meeting of Cocaine Anonymous.

The idea started after talking with Doug G in Arizona about using computers for voice calls and how we'd successfully managed to use the system at CAUK17 to link

with a prison and again at CALA convention where we linked a CA group in Tehran into a main speaker meeting. Within minutes we'd moved into a shared vision of a shared vision!! (think about it). Doug and I are definitely of the same type... positively focused, determined and bloody minded are terms I hope my friend wont mind me using to explain our approach to this project.

So with Doug on one side of the pond and myself on the other we began with a basic idea, we'd link up a group in his locality with a group in mine, then with lots of discussion we ironed out the minor challenges such as time

difference and the date. We'd also both realized we should notify our Regional Trustees of our intentions, which we did, and with a cautious nod from them we notified local members of the

.....Continued on Page 3



"On both sides the screen showed our fellows sitting only 5284 miles away"

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What's happening in your Area

On January 16, 2010 the Area Service Committee, which includes SVI (Sun Valley Intergroup) and Tucson District met in Tucson to discuss some very important topics.

•Area Budget for 2010 has been discussed and thoroughly revised.

•Delegate responsibilities and voting procedures changed; alternate delegate to roll in as delegate.

•Info-line has been reorganized to better suit callers. 1-800-620-3984

•Area Secretary and Vice Chair position nominees to be elected soon.

•SVI (Phoenix District) elections held for 2010 service commitments were determined as follows:

Chair Person: Melissa A.

Co Chair: Andy S.

Internet Liaison: Mike H.

Secretary: Wendy H.



The world got a little smaller today

My Freedom date is October 11, 1985. I mention this because when I was given the gift of a sobriety I received a key-chain (green back then) with *Newcomer* on one side and a coin taped to the other. When I inquired about this coin I was told that it was there for me to make a phone call when I was in trouble and needed help (remember payphones). That was the extent of our technology back then. No cell phones, no web site, the internet in its infancy.

Roll forward 24 years and CA experienced a huge leap in communication with a truly historic event this past Saturday. Over the last 2 decades we have gone from payphones to pagers and then onto cell phones. Email and texting are in vogue. But now something new and refreshing! We successfully initiated the first ever live Audio/Video link of two CA meetings separated by the Atlantic Ocean. Two cultures, two countries, two continents, almost two languages, ONE Disease and ONE Solution!

My dear friend Russell S. of London brought to me a beautiful idea of forming a union between two meetings in Arizona and London. Bridging them together in a live real time link on the internet! One could liken it to a teleconference. I refer to Russell as "My Dear Friend", because that is what he has

become through our experience linking together through the internet. My heartfelt gratitude goes out to Russell for all he is and all he has done to enrich the lives of many men and women around the globe.

Russell was instrumental in linking members of CA in Tehran, Iran with the 2009 CALA convention.

He has also been intimately involved in the *Prison Link* event done at every CAUK convention. This time was different, we were introducing video. We checked with our trustees and assured them that the link is safe and closed from prying eyes. They nervously gave us the thumbs up! They gave us an inch and we shot for a mile (typical addict behavior).

We spent many hours going back and forth trying to fine tune the format and secure dates and times. This was tricky as we were working with a 7 hour time difference.

On February 27th, 2010 at exactly noon Arizona time or as Russell likes to remind me 7pm Gods time, we called London on our Laptop. After a few rings I hear Russell's cheerful voice say 'ello



"My eyes starting to moisten as I realized that I was linking to new brothers and sisters"

Doug! The video burst to life with a room full of smiling addicts stuffed into Russell's Flat. The response in Arizona was cheering, applauding and waving our warmest possible greeting. Our UK brethren responded in kind!

I introduced myself with a short message of our journey to this point and the historic event about to unfold. Russell then said *"Welcome to the UK/Arizona link up meeting*

of Cocaine Anonymous, would you please help me open this meeting with a moment of silence"

As I sat there, witnessing this amazing event, my eyes starting to moisten as I realized that I was linking to new brothers and sisters over 5000 miles away. I am reminded of a plaque over the entrance of an AA club in Middle America: "There are no strangers in Cocaine Anonymous, only friends you haven't met yet". My mind started to wander to the future possibilities of reaching the most remote corners of the Earth. Allowing the suffering Addict to attend a meeting where none exist. **The World just got a little smaller!**

Love and Service,
Doug G. of Arizona

Where do we go now?

We will soon be asking ourselves this question, Where do we go if we have no meetings to attend? Due to low meeting turnouts the following meetings **no longer exist**.

"The Path We're On", **"H.O.W. Women"**, **"Off The Rails"** and **"Not So Unique"**.

If you are unable to attend meetings due to illness or immobility, arrange-

ments can be made to bring a meeting to you by contacting Wally with Brotherly Love.

We are encouraging people to spread the word and support CA meetings. Here are some meetings that are **low in attendance** that may soon be gone. **"Vision For You"**, **"10 O'Clock Rocks"** and **"It's in the Book"**. Meeting schedules are available for everyone.

It is by carrying the message of recovery to others that we keep our own sobriety.



Join us on the Bus of Recovery.

UK and AZ Link up...

Continued from top story

date, time and venue.

At exactly 7pm GMT on 27th February a computer screen in London took an incoming call from Arizona and the cameras kicked in, on both sides the screens showed our fellows sitting only 5284 miles away and smiling faces beaming with the realization that we'd got a live link.

As with a couple of thousand other CA meetings, the meeting started with a moments silence and prayer, then the 'Preamble' read from London and 'We can recover' read from Tempe. We observed Tradition 7 with a conscience that all monies would be passed to CAWS and the 12 Traditions were read.

A speaker from each side had been chosen to share for 10-15 minutes and the opening speaker from Tempe shared beautifully on his experience of the program and how he'd 'found a job' in the

rooms, a lovely service based share. A female member from the UK was next to share for 15 minutes and those familiar nods that come with identification could be seen on screen, the language of the heart was being spoken through a microphone and camera... 'modem to modem'.



"I felt I really was with my fellows in Arizona"

The meeting then opened up for sharing from the floor and we took turns from one group to another

and we got closer still, to the point I felt I really was with my fellows in Arizona.

We closed the meeting with the reading 'Reaching Out' and the 'we' version of the serenity prayer.

As the link was closed a feeling of gratitude and being part of overwhelmed me, this is the fellowship I crave and as we sat together in London, eating and reflecting on what had just taken place, I

realized that the other members were experiencing the same feelings.

As we move forward with the times these meetings will become more common. How long before the Online Area consider video link ups will be down to them, but the concept is now proven to work and we have that experience to share. The opportunity for groups from around the world to attend conventions is now huge, how wonderful that we can invite groups in Russia or Iran, Australia or Hong Kong, Ireland or Canada, to join us at such events.

I'd like to thank the Tempe and London members for their participation. Also the man there who has become a good friend as a result of working with him on this project and that our friendship is the added bonus.

In loving fellowship

Russell S

CAUK

Calendar of Events

Date	Day	Event	Location	Time
21-April-10	Wednesday	Tucson District	Pima Alano—Pool Room 4415 E. Pima St.	6:30pm
26-April-10	Monday	H & I Committee Meeting	Pima Alano—Pool Room 4415 E. Pima St.	6:30pm
30-April-10 02-May-10	Friday-Sunday	Apache Lake Round-Up	Apache Lake Resort and Marina Phoenix AZ	All 3 Days
15-May-10	Saturday	AZ Area Committee Meeting	Jena's Office 180 W. Magee # 134	10:00am
19-May-10	Wednesday	Tucson District	Pima Alano—Pool Room 4415 E. Pima St.	6:30pm
31-May-10	Monday	H & I Committee Meeting	Pima Alano—Pool Room 4415 E. Pima St.	6:30pm
4-June-10 6-June-10	Friday-Sunday	CA Summer Camp Out 2011 WSC Fundraiser	Sharp's Creek Campground Payson, AZ	All 3 days
16-June-10	Wednesday	Tucson District	Pima Alano—Pool Room 4415 E. Pima St.	6:30pm
28-June-10	Monday	H & I Committee Meeting	Pima Alano—Pool Room 4415 E. Pima St.	6:30pm



Cocaine Anonymous

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Info-Line:

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▶ 1-800-620-3984

www.caarizona.com

And even a meeting which is not totally, instantly satisfying, is better than no meeting at all.

"Living Sober, p 81"

March	April	May	June
Mark D C - 3/26/08	Jonel - 4/25/09	Clay P - 5/11/08	Sarah B - 6/13/08
Steve N - 3/3/08	Erin B - 4/22/06	Donna B - 5/15/96	Mary C - 6/1/06
Richey G - 3/21/06	Lisa H - 4/8/05	Emily - 5/15/03	Melissa D - 6/11/05
Daniel - 3/22/04	Mark L - 4/7/05	Travis P - 5/1/03	Dominic B - 6/2/05
Tammy E - 3/20/03	Brenda Mc - 4/27/02	Sandy P - 5/22/02	Spider - 6/24/02
Scott - 3/27/99	Mike S - 4/24/02	Andria - 5/18/01	Brian A - 6/12/98
Rick C - 3/26/91	Michelle B - 4/9/02	Jimmie - 5/25/00	Anne B - 6/24/96
Rick J - 3/7/94	Doe - 4/5/00	Terry E - 5/25/99	Sandy U - 6/07/96
Ron A - 3/28/90	Leslie W - 4/4/97	Andres - 5/7/99	Mitch C - 6/28/94
David S - 3/22/89	Mark C - 4/29/90	Linda S - 5/28/98	Pilar R - 6/23/89
Janet B - 3/12/89		Tammy M - 5/3/95	Scott H - 6/1/86
Alonzo B - 3/15/88		Patti L - 5/19/91	Dr Bob - 6/10/1935
		Karen S - 5/30/89	
		Owen M - 5/8/98	

A special wish to Julie C. for 18 months on 3/1/10

A Place for CA

"Cocaine Anonymous saved my life." I've both heard this and said this many times at CA meetings over the last few years. This fellowship and the 12 steps have certainly changed my life, and though my bottom wasn't as low as some others, my inability to quit after trips to the emergency room has proven to me that my life has been saved.

I was an old school snorter and drinker who began using casually back in the early 80's, before cocaine was considered addictive. (This term was saved for substances that caused real physical withdrawal, like alcohol and heroin.) Over the course of my using career cocaine and alcohol were my drugs of choice. So when after my first 12 step meeting I heard about Cocaine Anonymous, I was willing to give it a try. I don't remember how exactly I found it, but my first meeting was the Wednesday night "Not So Unique" 12 & 12 study. Somewhere in the first 90 days, I realized that I was home.

Since then, I was gently nudged into service work at the District level, where I now hold the position of Public Information & Outreach chair. It's from this perspective that I am now watching the decline in membership and donations, as well as several meetings going dark.

I have been asking myself and my friends in the fellowship what the causes may be. Is it really a decline in cocaine use? It's certainly not the glamour drug it once was, but crack use still seems to be prolific. Is it the growth of sister fellowships whose substances are more prevalent today? If this is the case, I should wish them well on their journey, and hope they've found a home as I did. Is it that treatment centers are not focusing exclusively on 12 step recovery programs any longer, but are offering some of the non-spiritual options also? I have to admit that these options would have appealed to me as a newcomer.

Can our success even be measured in numbers?

I have opinions on these points, but I don't have answers. I am grateful that CA was here for me, and it's my responsibility to do what I can to insure that it's here for the next person who wants it. And in my service position, I have taken on the responsibility to increase awareness that we're here, and that our information is accurate and easily available.

Just as in sponsorship, I can't keep anyone sober but myself, in service I can't insure results for the fellowship, except that I stay sober in trying.

It may be a trend, it may be cyclical, or it may be that we haven't been doing as good of a job as we could have in getting the word out. But one fact remains.

We're still here, and we're still free.

Jeff M.

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