



# Recovery Pipeline

**Tucson District  
Winter Edition 2010**

**Cocaine Anonymous  
of Arizona  
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## New to the team

Hello everyone, my name is Jon'el M. and I am a cocaine addict. I admit when I first came into Cocaine Anonymous I was a skeptic. I thought I was better than everyone. I thought I was controlling my cocaine use when in fact it was controlling me.

I had a problem in my early 20's but I was dormant for about 5 years after. Then it started again, once or twice every 3 months. Gradually it started increasing, once or twice a month. It wasn't long before it became a weekend ritual. Friday after work until Saturday morning, that's when it usually ran out. I always told myself I was going to save some for the next few days but it never lasted. Sleep all day

Saturday and be hung over Sunday. It only started becoming a problem when I was using in the middle of the work week, or so I thought. The path I was on started unraveling quickly.



**Be thankful for today and enjoy life.**

My performance as a wife, mother and productive member of society had gone by the waste side. Lets not forget to mention my job

performance was practically non-existent. I stopped caring all together. It was decided that I would no longer work at that establishment any longer. Luckily I was willing to receive help and was introduced to a Tuesday night meeting. It was very confusing in the beginning because I didn't want to believe I could not control my cocaine use. I tried for months to stay clean on my own terms. Putting together a few days at a time was a challenge. I would almost make 4 weeks of continued sobriety but would go "celebrate" prior to gaining a 30 day chip.

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## Get Involved In Service Work, Join a Home Group

Need a service commitment? Get involved with a home group and stay active. Service work helps keep your mind focused on what is important, staying clean and sober. A Group is the heart of Cocaine Anonymous and it is vital to the new member. It is equally important to those who have achieved recovery as a

result of the program. Possible Positions include: Chair Person- presides over monthly meetings. Secretary- records, minutes, correspondence. Treasurer- bookkeeping, receives and distributes funds. Greeter- welcomes attendees to the meeting. Banners- displays litera-

ture. Hospitality- making coffee, cleaning up, breakdown or setup of chairs and tables. Group Service Representatives (GSR)- Conducts communication to Group, District and Area. Alternate GSR-assists GSR and assumes responsibilities when necessary.

# Recovery Pipeline

## Calendar of Events

Date	Day	Event	Location	Time
16-Jan-10	Saturday	Better Late than Never Dinner & Dance	Streams in the Desert Church 5360 E. Pima St	6:00pm-12:30a
16-Jan-10	Saturday	2010 AZ Area Convention Committee	Pima Alano—Pool Room 4415 E. Pima St.	10:00am
20-Jan-10	Wednesday	Tucson District	Pima Alano—Pool Room 4415 E. Pima St.	6:30pm
25-Jan-10	Monday	H & I Committee Meeting	Pima Alano—Pool Room 4415 E. Pima St.	6:30pm
13-Feb-10	Saturday	LoveFest	South Mountain Activity Complex 10919 South Central Avenue	11:00am 5:00pm
17-Feb-10	Wednesday	Tucson District	Pima Alano—Pool Room 4415 E. Pima St.	6:30pm
22-Feb-10	Monday	H & I Committee Meeting	Pima Alano—Pool Room 4415 E. Pima St.	6:30pm



### THANKS FOR YOUR SUPPORT

Thank you everyone who contributed and attended the 2009 Cocathon. We had a good turn out and had a lot of fun. Special thanks goes out to Wally G. for organizing this event.



### 2010 AREA CONVENTION

July 2nd, 3rd & 4th 2010

Tempe Mission Palms

Contact Eric @  
ericadecker@azmoves.com

### 2011 WORLD SERVICE

The Arizona Area will be hosting the CA World Service Convention!

Memorial Day Weekend

#### *New Years Resolutions*

1. *Join a Home Group*
2. *Get a Sponsor*
3. *Commit to your program*
4. *Be active in CA.*
5. *Call a friend*
6. *Don't use mind-altering substances*
7. *Be proud of yourself*
8. *Live one day at a time*

# Recovery Pipeline

## New To The Team *Continued from page 1*

About 6 months in the rooms of CA I realized I needed to turn my Will over to the care of God (my higher power) as I understood him. I started working with a sponsor, doing the step work and calling her on a regular basis. I even took a few small service commitments. Once I started going to the CA events and getting involved in the program I started feeling good about

myself again. I have now collected a 6 month chip free of cocaine and I am fortunate to have Cocaine Anonymous in my life. I now attend meetings routinely and am a GSR of my Monday night home group. I enjoy going to the business meetings and being a part of CA. I have a new job and I am starting to rebuild my life from the inside out. I am pleased to be in charge of the Newslet-

Please fill free to contact me if you have any experiences you would like to share with others to help carry the message.

Jonel M.



**My life is based around CA and service work. I have 2 home groups and stay pretty active in CA. I have celebrated a 2 year b-day and service work is how I stay clean and sober. I have received many benefits from the program. I am happily married and I was able to regain custody of my children. I have a great job and am able to provide for my family. Most of all, I just don't use.**

**Richard R.**

Change has considerable psychological impact on the human mind. To the fearful it is threatening because it means that things may get worse. To the hopeful it is encouraging because things may get better. To the confident it is inspiring because the challenge exists to make things better.

King Whitney Jr.

Publitas 2/16/10

# LOVEFEST

 **it's a we thing...**

**A day of unity, music, art and recovery**  
**Saturday February 13th, 2010 11am-5pm**

**LIVE MUSIC**  
**muddy violets** **SPEAKER MEETING-4PM**  
**digital blues** **MARGARET M.**  
**stupid dummy head**  
**chelse and the chipmonks**  
**and more...**

**FOOD, DRINKS, LIVE ART, FUN and games FOR ALL AGES**  
 Hiking, Artwalk, Tye Dye with Burton & Marci, Cakewalk with Katie, Face painting, Flower Halos, Hippie Beads, Valentine Raffle Baskets and Cards, Volleyball, Sack Races, Water Balloon Toss and Much More...

**SOUTH MOUNTAIN PARK ACTIVITY COMPLEX**  
 10919 South Central Avenue

The entrance to the park is off Baseline. Take the first left past the ranger station towards the educational complex, look for the LOVEFEST signs.

This is a Fun Raising Event in support of the CA World Service Convention that is coming to Arizona May 26-30, 2011  
 For more information contact: Terry M. 602-607-9510 or Greg D. 602-570-1204

## Cocaine Anonymous

We are all here for the same reason - our inability to stop using cocaine. The first step towards solving any problem is understanding the problem.

The Problem, as we see it, consists of an obsession of the mind and a compulsion of the body. The obsession is a continued and irresistible thought of cocaine and the next high. Once we have given in to this thought, our bodies take over. Our compulsion consists of an absolute inability to stop using once we begin. Thus, our recovery begins with complete abstinence from cocaine and all other mind-altering substances. This allows us to begin living in the solution.

We wish to assure you that there is a solution and that recovery is possible. It begins with abstinence and continues with practicing the Twelve Steps of recovery one day at a time.

*New Continental Ranch/Reserve  
Meeting of Cocaine Anonymous*

*Saturdays at 4:00pm*

*Marana Urgent Care*

*8333 N. Silverbell Road*

*This is an open 12-Step meeting,*

*based on the Big Book of*

*Alcoholics Anonymous*

*For info call Edy 668-2173*

*I must explain myself whenever I meet a newcomer to make sure that I'm carrying the message with simplicity, humility and generosity.*

"Cocaine Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem, and help others to recover from their addiction. The only requirement for membership is a desire to stop using cocaine and all other mind-altering substances. There are no dues or fees for membership: we are fully self-supporting through our own contributions. We are not allied with any sect, denomination, politics, organization or institution. We do not wish to engage in any controversy and we neither endorse nor oppose any causes. Our primary purpose is to stay free from cocaine and all other mind-altering substances, and to help others achieve the same freedom."

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## Sobriety Birthdays

### January

<i>Jennifer K.</i>	<i>01-01-06</i>
<i>Will A.</i>	<i>01-01-06</i>
<i>Lisa M.</i>	<i>01-20-05</i>
<i>Jena C.</i>	<i>01-26-02</i>
<i>Rodney</i>	<i>01-08-01</i>
<i>Lloyd B.</i>	<i>01-01-01</i>
<i>Eugene B.</i>	<i>01-19-95</i>
<i>Vicki D.</i>	<i>01-13-95</i>
<i>Dan C.</i>	<i>01-26-88</i>
<i>Art Cake</i>	<i>01-08-88</i>

### February

<i>Judy C.</i>	<i>02-02-08</i>
<i>Dale S.</i>	<i>02-02-08</i>
<i>Sean R.</i>	<i>02-18-08</i>
<i>Kim C.</i>	<i>02-11-05</i>
<i>Miguel</i>	<i>02-03-98</i>
<i>Dawn F.</i>	<i>02-09-96</i>
<i>Kelly K.</i>	<i>02-23-95</i>
<i>Mary Jean</i>	<i>02-02-93</i>
<i>Jessie J.</i>	<i>02-03-92</i>
<i>Bonnie G.</i>	<i>02-19-90</i>
<i>Stu Jenks</i>	<i>02-07-85</i>



If you are celebrating an anniversary and you want it noted in the CA. Newsletter, please call or email Jon'el M @ 520 609-0963 or jraina@hotmail.com

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