

# The KANSAS CITY PIPELINE

KANSAS CITY DISTRICT OF COCAINE ANONYMOUS  
 DISTRICT NEWSLETTER  
 VOLUME VII, Fall 2005

**UNITY PURPOSE:**

*To enhance communication and outreach among diverse elements within the fellowship of Cocaine Anonymous in the interest of carrying the message to the addict who still suffers and promote unity.*

**From the Editor's Desk:**



This section is dedicated to those behind the scenes who help make this pipeline a success. Thanks to the GSR's of each group (Marcella, Lisa, Angela, Donna, Mitch, Alicia) who supply the information about what is going on at their groups. Rod is always sending in the lighter side of recovery in submitting his glum lots. Ellen is always a wealth of knowledge in the addendums and announcements. Thanks to the members who are pick at random to "step this way." Thanks to all the readers who take time to support this effort by reading the Pipeline, thanks to our Regional Trustee Tony D for screening the paper for tradition corrections and thanks to the Area Webmaster Dan, who links the paper to the website. A big hearty thanks to all of you who motivate and encourage me to continue to have the enthusiasm to be of service in this small way. May God, "as you understand Him" continue to bless you.

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**Overheard at meetings:**

"The best thing that happened to me was that I went to jail".

*"If I don't actively participate in my recover, like go to meetings, call my sponsor, read the literature, I will get high again."*

*"I could come up with money to buy crack quicker than I could to buy a loaf of bread"*

*"I know I must have been returned to sanity, because when I look at people drinking and drugging, that looks crazy to me now."*

**Step This Way...**



**Step two: Came to believe that a power greater than ourselves could restore us to sanity.**  
 Alicia H (Minn. Ave.)

"After admitting my powerlessness over drugs and alcohol and the monstrous unmanageability, I need some power. In the beginning, the group of CA was my higher power. I got strength from attending meetings, listening to members share their strength experience and hope. They encouraged me to keep coming back and I did. Later on I found out that each attendance at a meeting was some insurance of my sobriety. Being out on the streets was a power greater than myself, dictating what I was going to do and crack cocaine was my master, which meant I was a slave to all mind altering substances. Now that I am home in CA with my people I need a driving force here. That force is my Higher Power whom I choose to call God. I have a relationship with Him, so when the group is not there to help, I call on Him. When I was relieved of the merciless obsession I was transformed by the information in the Big Book of Alcoholic Anonymous. I needed to believe that the program works not just for you, but for me also. There was a member that asked me in my first 90 days to just believe that she believed I could stay clean one day at a time and I did believe. That has been six years ago. Notice I didn't say sober because that came after some time. I keep praying for an open mind so I may come to believe in a power greater than myself. I pray for humility and the continued opportunity to increase my faith. I don't want to be crazy any more."

**IMPORTANT NEWS**  
 Area Meeting Nov. 20th, Columbia Missouri

Minn Ave celebrates 12 Years on 10-22-05

*World Service Convention May 2007 Kansas City MO-  
 Westin Crown Center Hotel walk-thru Jan 14, 2006*

**Got News?? Winter issue due January 2006**

**There is a marathon at Minn Ave Group November 24th from 7:00AM until 8:30 PM. Food Fellowship and marathon**

<p><i>New CA meeting Saturdays at 4:30 at <b>Deer Run Apts Clubhouse</b> in Grandview, MO</i></p> <p><i>Free At Last has added a Wed evening meeting at 5:00 PM (they have redecorated and have a special room for kids)</i></p>	<p><b>meetings.</b></p> <p><b>Working With Other has added a Saturday meeting from 1:00 -2:00PM, my badd! make that 1:00-2:30 PM ☺</b></p> <p><b>Help keep this Pipeline moving</b></p>	
<p><b>Who has recovered??</b></p> <p><u>Working With Others</u>  <b>Marcella C-9 yrs, Darlene-1yr  JoAnn-1 year, Paula D-10 yrs  Jose-12 yrs, (still) Johnny-12 yrs</b></p> <p><u>Free At Last</u>  <b>Ellie R-2 yrs, Dennis W., 4 yrs,  Michelle E-2 yrs, Janette W.- 4 yrs,  Mark W.-, 4 yrs, Steve D-, 1 Yr., Pete  O- 1 yr, Donna J-, 4 yrs, Todd L-. 6  yrs, Jeff M -9 yrs Jack G-1 yr</b></p> <p><u>Courage To Change</u>  <b>Lisa W-5 yrs, Carmen 5 yrs, Kim C. 5  yrs</b></p> <p><u>Minn Ave</u>  <b>Mike G, 19-yrs, Barbara S- 6 yrs</b></p> <p><u>We Do Recover</u>  <b>Jeffrey L- 4 yrs, Brenda W-2 yrs</b></p> <p><u>Keepin It Honest</u>  <b>Dee D, 6yrs</b></p> <p><u>Nrthlnd</u>  <b>Dan , 1-yr, Debra, 4-yrs</b></p> <p><b>A Big Shout Out to Free  At Last!!!!</b></p>	<p><b>The Glum Lot by Rod D (Nrthlnd)</b>  ☺</p> <p>A fable...the fly in the barn</p> <p>There was a fly buzzing around a barn one day when he fell on a pile of fresh cow manure. Due to the fact that it had been hours since his last meal, he flew down and began to eat. He ate and ate and ate. Finally, he decided he had eaten enough and tried to fly away. He had eaten too much though, and could not get off the ground.</p> <p>As he looked around wondering what to do now, he spotted a pitchfork leaning up against the wall. He climbed to the top of the handle and jumped off, thinking that once he got airborne, he would be able to take flight. Unfortunately, he was wrong and dropped like a rock, splatting when he hit the floor. Dead.</p> <p>The moral to the story is:  Never fly off the handle when you know you're full of manure.</p> <p>Two oldtimers and a newcomer were stranded on an island. After several months, one of them found a lantern on the beach, polished it clean, and out popped a genie. "In return for my freedom, I will grant each of you one wish", announced the genie. The first old timer said, "I have a loving wife at home, my relationships with my children have been healed, and I have four beautiful grandchildren. I surely do miss them. I wish I were back home again." Poof. His wish was granted. The second old timer said, "I miss my family too. And before we were stranded, I had a wonderful career and a beautiful home. I wish to go home too". Poof. His wish was granted. The newcomer said, "My wife left me, my children hate me, I lost my house and job. I have nothing to go back home to. The only friends I had in the whole world were my two buddies here on the island, and they're gone. I sure do wish they were here now."</p>	<p>Life On Life's Terms- Rich S.  Nrtlnd Grp</p> <p>I am lying in bed reviewing in my mind just how I will approach the job interview tomorrow...the lights are low, my eyes are closed tightly. I see myself walking into Human Resources Manager, my right hand reaches forth confidently to grasp hers, firmly but not painfully so. This I carefully planned. I open my mouth to speak, a dangerous thing for an addict to do on any day-and out spill the words, "hi, I'm Rich and I am a cocaine addict.." so much for my plans!. Maybe there is a wrong time for this admission of powerlessness, but this admission has become the basis of my recovery. First an oft repeated phrase at meetings and during morning and evening meditation, more recently an deeply ingrained part of my thinking. Through the honest admission of powerlessness, my belief that a higher power can and will remove my active addiction if I work for it and a willingness to turn my will and life over to the HP of my understanding my life is slowly changing. I have begun to experience a power not my own, brighter, purer, wiser, greater. I am beginning to see myself from a different perspective which is the basis of humility. I have become aware of my motives, and review my behavior at a deeper level. Life itself has not changed that much. My reaction to life HAS changed. Bills continue to arrive at their usual rate, I still cannot dance, darned ole people irritate me as much as ever. Power has begun to chip away at my character defects. Resentments are dealt with, anger is managed, fear is reduced. I find myself more able to deal with life on life's terms-without smoking crack.</p>