

# The KANSAS CITY PIPELINE

KANSAS CITY DISTRICT OF COCAINE ANONYMOUS  
DISTRICT NEWSLETTER  
VOLUME XVIII Summer 2008

## UNITY PURPOSE:

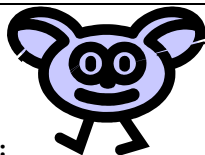
To enhance communication and outreach among diverse elements within the fellowship of Cocaine Anonymous in the interest of carrying the message to the addict who still suffers and promote unity.

### From The Editor



After some few years of being sober, the disease of addiction seems to become more real. I am grateful to my HP for saving me for His Divine purpose: to help another individual. As time goes by, the self centeredness that once ruled my being slowly begins to disappear and it just slips away. The promises do hold true when they state that “self seeking will slip away.” And it slips away so smoothly and in such a magnificent manner that is mind blowing. Have you ever gotten high by helping someone else? Not by that self serving motive, but by the sincere desire to help. As the text states: it’s “an experience that you must not miss.(BB pg 89)

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Overheard at meetings: “CA can live without me, but I can’t live without CA”

“Don’t ask someone to be your temporary sponsor, unless you want to stay temporarily sober ”

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### News to Use

*World Service Convention May 22<sup>nd</sup>-26th  
Salt Lake City, UT*

*Area Meeting: Jul 20 Columbia MO*

*District Picnic August 23 Swope ark Shelter #10*

*Midwest Regional Convention Oct 10-12, 2008 St.  
Louis MO*

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### Step This Way:



**Step Two: Came to believe in a Power greater than ourselves that could restore us to sanity.**

Traditionally, when some of us talk about “coming to believe”, we refer to it as a *process*. I can’t say that my process was much different than others’, but I can say that it was wholly my own.

My childhood was not filled with church related activities or Bible School. My family, which consisted of my mother, my brother, and I, lived a non-religious life, secular to the core. The only time God was considered was in our ritual bedtime prayer, “Now I lay me down to sleep...” The prayer became more abstract and iconic as years passed.

The next time that God entered the picture was twenty years later, in my crack smoking days. “Please God, if you get me out of here I will never smoke crack again,” I prayed one New Year’s Eve in Kansas City, Kansas as guns were being fired into the air around me. My experience now is that God can do all things, but I guess I needed some more time out there before I was ready to let Him.

I have known all along that the fundamental idea of God was deep down inside of me. It just amazes me how I could have lived so long ignoring Him! I knew the difference between right and wrong, but for me it took the miracle of crack addiction and recovery to accept it.

At first, I was only able to display a “willingness”. That was all it took for me to commence my relationship with Him. Secondly, I had to understand that my conception of a Higher Power didn’t have to be like anyone else’s. Finally, I had to come to believe that my Higher Power could *restore me to sanity*.

I presumed that the part about sanity was going to be difficult. My body was in shambles; my mental health was a mess... but, I trusted that once I straightened out spiritually, I would straighten out physically and mentally as well.

God has worked miracles in my life. I have been able to graduate from college and become a productive member of society. I have gotten involved in lasting relationships with my sponsor and many members of the fellowship. While continuing with the steps, My Higher Power, the Fellowship, and I have created a way of life that works. It really does!

=Angela I.

## The Glum Lot



This married couple is sitting in a fine restaurant when the wife looks over at a nearby table and sees a man in a drunken stupor. The husband Jim (a dry alcoholic) says "I notice you've been watching that man for some time now. Do you know him?" "Yes" she replies. "He's my ex-husband who has been drinking like that since I left him seven years ago." "That's remarkable" Jim replies. "I wouldn't think anybody could celebrate that long." Services for Jim will be held on Saturday at Forever Green Mortuary.

Moral: Practicing the twelve steps can do more than keep you sober. They might keep you out of the grave a little longer.

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A man left work one Friday afternoon. But instead of going home, he stayed out the entire weekend smoking crack and spent his entire paycheck. When he finally appeared at home, Sunday night, he was confronted by his very angry wife and was barraged for nearly two hours with a tirade for his actions. Finally his wife stopped the nagging and simply said to him, "How would you like it if you didn't see me for two or three days?" To which the husband replied: "That would be fine with me." Monday went by and he didn't see his wife. Tuesday went by and he didn't see his wife. Wednesday came and went with the same results. Finally on Thursday the swelling went down just enough where he could see her a little out of the corner of his left eye.

## Convention News



What do Illinois, Indiana, Kentucky, Manitoba Canada, Michigan, Minnesota, Missouri, Nebraska, Western Pennsylvania/Ohio, Wisconsin, Iowa, North Dakota, South Dakota, West Virginia and Kansas City, Kansas have in common? That's right, they are all part of the Midwest Region of Cocaine Anonymous! Which leads up to the topic of this...the 2008 Midwest Regional Convention, hosted by the Greater Missouri Area of CA, being held in St. Louis this year, October 10-12 at the beautiful

## Who has recovered??



### Working With Others

Pearl B 14 years

Emily C 10 years

### Keepin It Honest

Stephanie 2years

### ROC

Jennifer (JT) 1 year

### Nrthlnd

Juan OR. 2 years July 11, 2008

Rod DO. 13 years July 18, 2008

Jail BE. 20 years July 20, 2008

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## Got News?? Fall October 2008

### Help keep this Pipeline moving Get Involved.

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Traditions Corner:

#### Traditon Four

*Each group should be autonomous except in matters affecting other groups or C.A. as a whole.*

The first thing I needed to be clear on is what constitutes a 'group'? Just like a member is a member when they say they are, basically so is a group, although there are some conditions that need to be met. The following is an excerpt from the 2008 WSM:

#### **DEFINITION OF A COCAINE ANONYMOUS "GROUP"**

A meeting is when two or more people gather together to share their experience, strength and hope with each other. A meeting may call itself a C.A. Group when:

1. The only requirement for membership is a desire to stop using cocaine and all other mind altering substances.
2. It is fully self-supporting.
3. Its primary purpose is to help addicts recover through the Twelve Steps of C.A.
4. It has no outside affiliations.
5. It has no opinion on outside issues.
6. Its public relations policy is based on attraction rather than promotion.

Convention, con't....

Westport Sheraton Hotel. Last year it was hosted by Illinois and next year will be in Nebraska, but this year is a home event, and you don't want to miss it! If you have never been to a convention, here is a great opportunity for you! Only 225 miles from here to St. Louis, not far at all, go together and take a sponsee or two, why don'tcha? Nothing like a ROAD TRIP...and this one isn't TOO long! ☺The weekend promises to be a fun-filled, recovery-filled weekend with addicts from all over, coast to coast, coming to St. Louis. There will be marathon meetings, entertainment, and dynamite speakers. Take the opportunity at the banquet to put on your gala garb if you like, or come as you are. There will be recovery items for auction, and speaker tapes and CD's available to purchase. There will be a number of workshops which you may find helpful in your day-to-day walk, come check them out! You can reserve your room today at the hotel by calling 314-878-1500. The room rate for us is \$89.00/night, please be sure to mention CA of Greater Missouri in order to receive the special rate. Save on registration by taking advantage of the early package being offered through September 8. Just \$70 will get you registration, admittance to workshops, Saturday night entertainment, Saturday night banquet, and Sunday morning brunch. That is one of the best deals going ANYWHERE!! (That is a total savings of \$22 if you were to pay for everything at the door. It also helps in the planning of the convention if you are pre-registered ~ it gives the committee an idea of the numbers to plan for.) If you don't want to do the full package, and you only want to do basic registration, listen up...did you see the price on that? \$10!! With that being said, we look forward to seeing EVERYONE at the convention!

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*The Kansas City Pipeline is a quarterly publication published by Cocaine Anonymous of Kansas City District. 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 Kansas City District of CA or The Kansas City Pipeline. 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](mailto: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](http://www.ca.org). Please also note this publication and all its contents are copyrighted by Cocaine Anonymous of District of Kansas City. Any unauthorized duplication or publication is prohibited.*

Traditions, con't.....

With that said, there are just about as many type of groups as there are individuals! I have found just like members have their own nuances and personalities, so do groups. That is part of the beauty of Cocaine Anonymous: we are not just cookie cutter groups and if you come across a group that doesn't necessarily appeal to you, you don't have to discount the whole fellowship, but you are free to seek out another group that may be more to your liking! Another option is, especially if there is a need for it and it's not just spouting from a resentment, to grab another addict and start a new group! There are plenty of parts of our area that still do not have CA and there is plenty of opportunity to reach the still suffering addict!

But that is leaning toward the next tradition; let me stick with tradition four. The fourth step asks us to take a searching and fearless moral inventory of ourselves and this tradition asks the group to inventory its own actions, to see where decisions made and action taken may be affecting CA as a whole. That does require a willingness of the group to look at itself but not to just be thinking of themselves: we need to look outside and see how our actions are affecting others.

We also have the option of turning to others for guidance. One of the purposes of the District is to serve the groups and the members, and you are free to bring group concerns to the District. Another option is the Area, and also we have the benefit of the knowledge of World Service delegates, who also have access to delegates in other areas, who have quite often had experience with the same issues in their areas. Just like we as individuals can benefit from other individual's experience strength and hope, we can benefit from other groups experience strength and hope. And also available, is our Regional Trustee. They meet with the other trustees regularly via conference calls and regularly scheduled meetings and have access to wealth of information. If your group is making a decision which you think may affect CA as a whole, and you really like it, consider the fact that maybe it is something that could be beneficial to the entire Fellowship. Again, that is where your delegate can assist you. The World Service Conference is taking place right before Labor Day, and if you have an idea that you would like to see presented to the entire Fellowship, contact your delegate on how to submit a Referral to Conference. If on the other hand you change your mind and think well maybe it's not just a great idea, then it might be a great time to institute Rule #62:

"Don't take yourself too damn seriously"

☺

In love and service, Ellen U

## Step 3

### *Made a decision to turn our will and our lives over to the care of God as we understood Him.*

Decisions, Decisions, Decisions....

What should I wear today...that green dress or the red top with the white pants?

What do I want to eat for dinner...chicken or beef or nothing at all?

Do I want to drink and get high today...or not? Do I want to experience Peace of Mind or do I want to experience Conflict? Lately, I have been asking myself the last question. And although it is a question, it is also a decision that I have to make. My experiences with making decisions were not easy for me.

Unfortunately, I had formed a habit of making my life really difficult. And when I couldn't decide what to do, I could and would find a way to escape – thus the easier, softer way. "...always in collision with something or somebody" – that's what the Big Book says and usually the "somebody" was me attached with a good motive or bright idea, and it didn't matter if I was being selfish or not. I was always the victim and it was always somebody else's fault. Well, that's one result of me not making decisions and allowing other people to make them for me. And it's also called giving people control over me and when things didn't work out like I thought they should or hoped they would, it was their fault. And me being the addict that I am, of course I would let them know that it was their fault, especially when I started to "behave differently". Sometimes, I wondered why no one wanted to be bothered with me and why sometimes I didn't want to be bothered with me either. I never looked at my character as being selfish and self-centered. I didn't know that not being accountable for me was being very selfish.

"How dare you treat me like a child?", "How dare you try to leave me?", "It ain't over until I say it's over!", "I'm grown and you don't tell me what to do!!!!", "Don't you know who I am?" Who do you think you are? Of course this is not what I really said; this is the mild and clean version. I would ask these questions, make some of the craziest statements and act a complete nut when I was in some type of denial or emotional down-spiral. And that usually happened when I was on some different-other-type-of-stuff; when I thought that no one loved me or wanted me...even God. As a child, I had the privilege to meet God through my grandmother, and I learned to pray, read the bible and go to church; and then faith came and I believed in God. But what's sad is I didn't know that as an adult, I could use that same child-like faith to believe that God loved me and I was still the apple of His eye.

But for the Grace and tender-loving Mercy of God Almighty and the Fellowship of Cocaine Anonymous, I've come to understand that making a decision doesn't have to be hard. I also found out that turning my life and will over to God's care didn't have to be hard either. I was having such difficulty in making decisions because I didn't want to be responsible for the outcome. I had forgotten all that I had been taught that the outcome was not up to me because that's God's job; and He don't need my help. You've heard it said time and time again, "...plan, but don't plan the outcome." I was also having difficulty in understanding God and that's because I wasn't standing under God and that's because I was trying to be God. Ok, you can say it and today, I agree – WE THINK NOT!! I realize today that I have to stand under God, first, in order to understand what God is saying to me, through me and for me. I needed to know that God's will is God's word, and God's word is God's way. God is in total control of everything – not me. That's the jest of what I truly need to understand. In other words, when I step from the umbrella of God's care, which is His love, I put myself in a position to be hurt and attacked or vice versa. I also give the adversary the opportunity to mess with me and my mind and I give my infamous "committee" permission to mess with me too. When I step from the umbrella of God's care, I am then operating out of fear and running on self. When in actuality, all I need to do and should do is pause, ask for quiet, and in the stillness simply say:

*"God, grant me the serenity to accept the things I cannot change, courage to change the things I can, and the wisdom to know the difference. Living one day at a time, enjoying one moment at a time, accepting hardships as the pathway to peace; taking as He did this sinful world as it is and not as I would have it; trusting that He will make all things right, if I surrender to His will; that I may be reasonably happy in this life and supremely happy with Him forever in the next. Amen." (Anonymous)*

And when I do that, I am operating in faith, relying on God and not running at all. And to answer that last question, just for today, I have decided to experience Peace of Mind. I hope and pray that you will decide to do the same – "Thy will, not mine, be done." (pg 41)

Angela S.

D.O.S. 07-07-1999

