

The KANSAS CITY PIPELINE

KANSAS CITY DISTRICT OF COCAINE ANONYMOUS
DISTRICT NEWSLETTER
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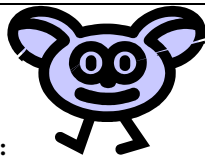
UNITY PURPOSE:

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

This is the 3rd Anniversary of this quarterly newsletter and the majority of people that reads it really appreciate it. Our hope is to keep it moving. As a new year come into view, reflection time rolls around. I like to pause and ponder over the past year if I have lived life to the fullest as outlined in our program of recovery or did I scoot along the edge content to be sober or did jump over into the stream of to help make things happen? The first part last year was thrilling as we prepared to host the world. I must say that after the world left, it took a part of me with it and some of the sparks that were hot at the beginning of the year began to fizzle. Seems like when the world left, there was an emptiness left, like okay, what next? Where is the newcomer? Where are the old-timers? What's my primary purpose? Have schisms separated us? As we all have learned, the past is gone forever. The present is here and the future has to be planned for, or we perish. I believe that I will get on board and make this year as invigorating and as exciting as if I was preparing for the world again. How about you?



Overheard at meetings:

"I had a spiritual upheaval in that I am not taking a blast one day at a time"

"I have 40 days clean. I am so tired of getting high and all the craziness."

"Keep coming back."

"Lack of power-that was our dilemma. We had to find a power by which we could live"



Step This Way:

The Twelve-Step program is not a human-powered program Our Higher Power is the source of our power and our growth. Therefore, daily contact with our Higher Power is all-important. Our journey begins with our acknowledgment of powerlessness. We learn through pain that we cannot control our lives or the lives of others. Under our own management, our lives have failed, not prospered. In Step One, we admit this understanding. In Step Two we begin to exercise faith. We simply believe that a power greater than ourselves can restore us to sanity. In Step Three, we come to a place of decision, not action. We decide to turn our will and our lives over to the care of God as we understand Him. This decision will, by itself, create a new serenity in our lives and it will prepare us for the introspective action of Step Four. Step Four ask us to make a searching and fearless moral inventory of ourselves. In this step, God helps us search our hearts and lives for those defects, shortcomings and failures that have marked our lives until this time. Step Five requires confession. We admit to God, to ourselves and another human being the exact nature of our wrongs we listed in Step Four. Willingness is a state of mind and heart, and we must arrive at this place. Step Six acknowledges this. Humility, as practiced in Step Seven, is also a state of mind and heart. But more, it is the spirit that controls the rest of our journey. Step Eight provides for a time of reflection. Like Step Six, it gives us time to recognize and collect our willingness to move on. However, in this step we must make a list of the persons we have harmed. Step Nine calls for action. It calls for courage. It allows us to make a significant break from our past behavior as we go out to make amends. Step Ten is the first of the maintenance steps. This step begins to teach us a way of life that will keep us from falling back into past mistakes of old habit patterns. It encourages us to examine ourselves daily. Step Eleven is another maintenance step It keeps us in touch with our Higher power through prayer and meditation. Step Twelve acknowledges that the Twelve step program is indeed a journey. This step provides a spiritual awakening as we share this program with others and demonstrate the principles in our everyday living.

Paraphrased from "Meditations For The Twelve Steps-A Spiritual Journey"

News to Use

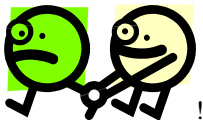
*Unity Workshop in Columbia January 19th & 20th
24th Annual World Service Convention Salt Lake
City, UT*

*24th World Service Convention May 22-26th Salt Lake
City, UT*

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

**WVO celebrates 15 years in June-Stay tuned for
details**

The Glum Lot



Q: What's the difference between a
drug dealer and a prostitute ...

A: ... A prostitute can wash her
crack and sell it again.



Q. What does a
codependent have in common with God?
A. They both have a plan for your life.

Traditions Corner

Tradition Two

*“For our group purpose there is but one
ultimate authority - a loving God as He may
express Himself through our group conscience.
Our leaders are but trusted servants; they do not
govern.”*

It amazed me to find out that there were no “big
shots” in charge in CA, no president, just people who
were elected to serve. Most volunteered, sometimes
there was more than one candidate for a position, and
sometimes not. The World Service Manual offered
guidelines as to who should qualify for positions, but
just as often as not, we exercised the autonomy
allowed by Tradition Four, and waived requirements
if necessary to fill positions. Many times newcomers
were trusted with what seemed to be a big job, and

Got News?? Spring issue April 2008

Help keep this Pipeline moving

Who has recovered??



Working With Others
Ellen U-12 yrs

Courage To Change

- Minn Ave**
- Mike G, 20-yrs
- Norm S-5 yrs
- Keith-9 yrs
- Alicia G-9 years
- Nate G -9 yrs
- Ron R-5 yrs
- Janice E-5 yrs
- Deitra-7 yrs

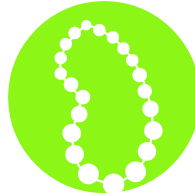
CTC

- ROC**
- Martha W. 2 years
- Dave C. 1 year
- Charles T. 1 year

Free At Last
Chris J-6yrs

Nrthlnd
Deborah M -7 years

Shhhhhhhh



Submitted to the World for Meditation Book

Step 2 Came to believe that a power greater than
ourselves could restore us to sanity.

Step one left me not knowing what to do. I did
not have the ability to make any kind of sane
decisions or judgments about my life. Being
insane kept me from seeing that my life had
become unmanageable. No matter how much I

Trad, cont

for many, this was the first time in years they had been trusted with anything. The older members were there to support and ‘sponsor’ in new members not only to step work but service work as well, and to offer guidance when needed.

This did a number of things: it allowed new people to see how things were done, and to step in and pick up the baton as if in a relay. The analogy of a relay team presents a couple of ideals here: that there is someone to pass the baton TO (newcomer) and that there is someone who is doing the PASSING of the baton (old-timer). If either of these team members is absent, the team (group) suffers. It also implies the spirit of rotation, that the baton should be passed on and members need not to hold onto a position for too long.

The principle behind the first tradition is ‘Unity’, and the principle behind tradition two is ‘Direction’. Just as when we are new to recovery and it is suggested that we as individuals need the direction of a Higher Power in our lives, the group finds out that it too needs a Higher Power in order to survive. If the group members are not practicing the principles of recovery a group may become sick as well. The number of members does not necessarily equate to a group’s health just as number of years of sobriety does not necessarily equate to an individual member having quality sobriety. Either can be suffering spiritually at any given time, no matter what the numbers say.

So who runs the group? A loving God as He may express Himself in our group conscience. I always thought it interesting that few adjectives are used to describe God in the Big Book. I believe the authors realized that using too many descriptive terms could inadvertently exclude someone the opportunity to recover, and they did not want to exclude anyone.

Some of the questions from CA’s Traditions Group Inventory are as follows:

Am I supportive of my group’s trusted servants? Do I trust the group process, including group conscience, sharing, decisions, voting, elections, etc.? Am I willing to do CA service work? Do I accept responsibility for my 12-step work and my CA commitments? Do I ever perform service work anonymously?

Shhhh, cont

had tried to manage my life or to make my situation better, it always failed. That is why I had to come to believe in a power greater than myself to restore me to sanity.

This step ought to have been an easy step to take. All I needed was some hope and that hope came through someone who had not used drugs in 90 days. From then on I only had to relax, stop fighting and work the steps and then a power greater than myself restored me one day at a time.

Thought for today

Today I will relax and take it easy. Whenever there is turmoil going on in my head I will command myself to be still and to be quiet.

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 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. 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.