# Nebraska Area



## Newsletter

Issue 4, Volume 2

Recovery in the Heartland

July 13, 2002

## **Standing Committees**

#### P I Committee Chair – Willie A.

(1<sup>st</sup> Tuesday of every Month) 6pm Twelve Step House 7306 Grant St.

#### Area GSR Meeting - Chair John W.

(2<sup>nd</sup> Sat. of every Month) 6pm Twelve Step House 7306 Grant St.

This is where the business of CA takes place. Everyone Welcome!!

#### State Convention Committee 2002 Chairperson – Greg B.

(2<sup>nd</sup> Tuesday of every Month) 6pm Twelve Step House 7306 Grant St.

#### **Unity Committee Chair – John S.**

(3<sup>rd</sup> Tuesday of every Month) 6pm Twelve Step House 7306 Grant St.

#### **H&I Committee Chair – Dan W.**

(4<sup>th</sup> Tuesday of every Month) 6pm Twelve Step House 7306 Grant St.

#### Watch For

-NEW CA WEBSITE COMING SOON TO A COMPUTER NEAR YOU!!

-CA ICE CREAM SOCIAL (AUG. 3)

#### **Meeting of the Month**

July

Saturday Night Solutions Immanuel Behavior Services 72<sup>nd</sup> & Redick 8:00pm Saturday

Aug

Scooter's Winners Group 12-Step House 7306 Grant St 8:30pm Thursday

## Upcoming events

Greater Missouri Area CA Convention CA Birthdays Aug. 16, 17, 18, 2002 Kansas City, MO June Kansas City Airport Marriott Frances S. 9mo. For more info. See any area GSR Larry H. *1yr*: Nebraska State Convention LaTaunya H. *1*vr: Oct. 11, 12, 13, 2002 Omaha, NE Tracy C. 3vis. Marriot Regency Hotel (Regency Plaza) Mark P. *13yı*s. For more info. See any are GSR Scott M. **4yıs.** 

#### TRADITION EIGHT

# "Cocaine Anonymous should remain forever nonprofessional, but our service centers may employ special workers."

Cocaine Anonymous will never have a professional class.

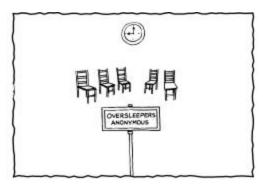
We have gained some understanding of the ancient words "Freely ye have received, freely give." We have discovered that at the point of professionalism, money and spirituality do not mix. Almost no recovery from addiction has ever been brought about by the world's best professionals, whether medical or religious. We do not decry professionalism in other fields, but we accept the sober fact that it does not work for us. Every time we have tried to professionalize our Twelfth Step, the result has been exactly the same: Our single purpose has been defeated.

#### The Lighter Side of CA

I still take people's inventories. I just don't announce them at group level.

I've suffered a great many catastrophes in my life. Most of them never happened.

Sometimes I think my mind honestly believes it can kill me and get away with it.



C. A. Wisdom

I'm still acting the way I want to be, so that one day I will be the way I act.

It took me a long time to realize that when I hate somebody it doesn't hurt them. Only me.

D.E.N.I.A.L. - Don't Even Notice I am Lying.

#### <u>Unit y Day Picnic --- off the</u> Hook

The unity day picnic was a great success. Lots of great food, games, and fellowship took place at Hitchcock Park. The day began with a CA meeting and many friends and families came throughout the day. Congratulations to the winners of the softball game competition was tight!

#### I Sometimes Forget

I sometimes forget that I am not as unique as I once thought. Learning to adapt to any and all situations was the norm when I was actively using. To become one with my inner being in sobriety was a completely different task. While living under the influence of cocaine and other mind- and mood-altering substances, my best reasoning led me to a life of hopeless and unfulfilled desires. My purpose and aim in life was set on destruction of self (and whomever else I could drag along with me).

Life had no meaning before I began to realize that we all have a place in the society we share with all God's creatures. Coming into Cocaine Anonymous I found the relief that my mind, body and soul had been seeking throughout my existence. This Fellowship has taught me how to first like my self in hopes that someday I will learn to love and forgive myself. I am constantly reminded that my tolerance of others begins with my tolerance of self.

To be at peace brings the freedom of not having to decide where I belong. Just knowing that I belong is sufficient today for me and for my Higher Power. For it is by God's grace and mercy that I was saved from these fates, I have no right to allow any type of prejudice, envy or insecurity to prohibit me from carrying the message to those who still suffer. It's more important to help save someone's life than to allow my own perceptions to destroy both our lives.

If the forefathers of our Fellowship did not seek the counsel of a Higher Power to inspire the Steps and Traditions, where would this fellowship be? With peace comes spirituality. It is the spirituality of the Twelve Steps and the Twelve Traditions that govern my life today. We are all bonded by our common problem and our common solution.

By Ray R., New York, NY

### For Those Who Love Cocaine

By Jimmy F.

The first time we were together I believe through an act of fate We were destined to be lovers The kind of love one hates

You gave me a new life And made me feel alive For you I would take a fall For us I would take a dive

But as the years went on And my love for you grew fonder Your euphoric effect on me Wasn't lasting any longer

The more of you I had The more of you I did You were closing up my coffin And nailing down the lid

I tried to run away You were never far behind You chased me through the years And stayed forever on my mind

> You took away my lover As well as my best friend As for you my sweet lady This love affair must end

#### CA MEETING SCHEDULE

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DAY/TIME	GROUP	ADDRESS .	DAY/TIME	GROUP	ADDRESS
SUNDAY 7:00 p.m. NS	SOLID AS A ROCK	Mt. Moriah Church 2602 N. 24 <sup>th</sup> St. Omaha, Ne	THURSDAY 8:30 p.m.	SCOOTERS WINNERS GROUP	12 Step House 7306 Grant St-Upstrs Omaha, Ne
MONDAY 7:00 p.m. NS	MONDAY NIGHT MIRACLES	3805 Leavenworth Omaha, Ne ■	FRIDAY 7:00 p.m. NS	THIS IS HOW WE DO IT	Mt. Nebo Church 5501 No. 50th St. Omaha, Ne++
MONDAY 7:00 p.m. NS	EARLY START	Urban League Bldg 30 <sup>th</sup> & Lake St. Omaha, Ne	FRIDAY 7:00 p.m. NS	IT'S ABOUT TIME	Stephens Center 2723 Q St. Omaha, Ne F.
TUESDAY 12 Noon	STEPS TO VICTORY	12 Step House-Upstrs 7306 Grant St. Omaha, Ne	SATURDAY 11:00 a.m. NS	BOYS TO MEN	New Creations 4460 Redman St Omaha, Ne
TUESDAY 7:30 p.m. NS	IT'S THE REAL THING	12 Step House-Bsmnt 7306 Grant St Omaha, Ne	SATURDAY 7:30 p.m. NS	END OF THE LINE	12 Step House-Upstrs 7306 Grant St Omaha, Ne I
WEDNESDAY 7:00 p.m. NS	LADIES NIGHT OUT	4406 Grand Ave Omaha, Ne i )	SATURDAY 8:00 p.m. NS	SATURDAY NIGHT SOLUTIONS	Immanuel Behavior Services 72 <sup>nd</sup> & Redick Omaha, Ne i
WEDNESDAY 7:30 p.m. NS	H. O. W.	Stephens Center 2723 Q St. Omaha, Ne+1		OPEN-II CLOSED-■  NS - NON SMOKING	