# Nebraska Area



## Newsletter

Issue 1, Volume 3.

Recovery in the Heartland

Jan. 11, 2002

## **Standing Committees**

#### P I Committee Chair - Willie A.

(1<sup>st</sup> Tuesday of every Month 2/4) 6pm Twelve Step House 7306 Grant St.

## Area GSR Meeting - Chair John W.

(2<sup>nd</sup> Sat. of every Month 2/8) 6pm Twelve Step House 7306 Grant St.

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

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

(3<sup>rd</sup> Tuesday of every Month 1/21) 6pm Twelve Step House 7306 Grant St.

## H&I Committee Chair - Dan W.

(4<sup>th</sup> Tuesday of every Month 1/28) 6pm Twelve Step House 7306 Grant St.

## **Meeting of the Month**

Jan.

It's the Real Thing 12 Step House - Bsmnt.. 7306 Grant St. 7:30pm Tuesday Feb.

H.O.W. Stephens Center 2723 Q. St. 7:30pm Wednesday

## **Upcoming Local Events:**

CA of Nebraska 15 <sup>th</sup> Anniversary Dinner	<u>CA Birindays</u> Nov	
CA OF Nebraska 15 Anniversary Dinner		
Mister C's Steak House	Eddie H.	<b>10</b> yrs.
5319 North 30 <sup>th</sup> Street	Dec.	
Sat. January 18, 2003	Kenny F.	6 mo
Tickets \$22.00	<b>Jeff</b>	6 mo.
Dinner 6:30 Raffle and speakers to follow	<b>Eric</b>	9 mo.
Diffict 0.50 Karrie and speakers to follow	Ron. P	9 mo.
	Latayna H.	18 mo.
	Lany H.	18 mo.
	Greg B.	3 yrs.
If you've celebrated a birthday and you have not been recognized	Alice C.	5 yrs.
then contact your GSR Welcome to all newcomers – Don't leave 5 minutes before the miracle happens.	Bryan R.	6 yrs.

#### TRADITION ELEVEN

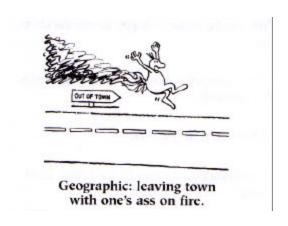
"Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films."

Public relations are important to C.A. Good public relations save lives. We seek publicity for C.A. principles, not C.A. members. The press has cooperated. Personal anonymity at the public level is the cornerstone of our public relations policy. Eleventh Tradition is a constant reminder that personal ambition has no place in C.A. Each member becomes an active guardian of our Fellowship.

## The Lighter Side of CA

It's the twelve steps, not the twelve standstills.

Today is the tomorrow you worried about yesterday.



#### C. A. Wisdom

It says: "here are the steps we *took*, "not *suggested*, not *understood*.

Poverty never stops an alcoholic or addict from drinking or using. It may stop them from buying shoes for the kids, but it won't stop their habit.

Thinking about what you'll say before you share, or what you should have said after you share means you missed the meeting.



## I'M AN ADDICT

I'm truly grateful today when I think about being an addict. I must thank my Higher Power, whom I call God, as well as sponsorship and the strong fellowship of C.A., and the 12 step principles.

I had been beaten down many years before I truly made an honest effort to seek help. I understand today just how deadly my pride and fear can rule me. They both wouldn't allow me to ask for help even though I was long over due for the needed assistance that I found in the 12 steps of recovery.

The Big Book directed me to a power greater than myself it opened me up to take a honest look at the inside of myself, a place I had not gone before completely.

I must admit I felt much pain in discovering just who I was for real and not what I pretended to be for so long, strange as it seem. I found relief in every discovery I made of myself. As I understand it today its just another phase of my development as I journey to know myself. Fear no longer robs me, and today I've some leveling of my pride.

As a direct result of applying the 12-steps in my life today, I know peace is far greater than any lump sum of money one could possibly give me. I'm easy in my skin today, and yet I know that there is still plenty of work yet to be done with me. I'm not perfect, and it's not about that for this addict, it's about learning to live life on life's terms and not mine. It's about looking those ugly character defects in the face and working to delete them from my personality and life. On my own I can't do this but with my Higher Power (God) I can. I know through my own attempts that self can't overcome self.

Today I know where the power is and I continue to stay plugged into it. Though work and self sacrifice fro others and being committed to my recovery. I'll remain joyous, happy and free.

So I say if you're new in this process stay around to see your life transform to a better you. Remember it works when you work it. I must work to keep what I have attained. Peace and power I choose today.

Respectfully Submitted.
Orlando

## Check Out the New CA of Nebraska Website at:

# http://www.canebraska.org

## CA MEETING SCHEDULE

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 □
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-Upsits 7306 Grant St Omaha, Ne □
WEDNESDAY 7:00 p.m. NS	LADIES NIGHT OUT	4406 Grand Ave Omaha, Ne □	SATURDAY 8:00 p.m. NS	SATURDAY NIGHT SOLUTIONS	Immanuel Behavior Services 72 <sup>nd</sup> & Redick Omaha, Ne □
WEDNESDAY 7:30 p.m. NS	H. O. W.	Stephens Center 2723 Q St. Omahu, Ne []		OPEN-D CLOSED	1 <del></del>
		Comment (46.0)		NS - NON SMOVING	

Women's meeting

Big Book Study held at Kelly's North Bowl 10:00 am on Saturday's 8701 N. 30th