



Issue 4, Volume 3

Recovery in the Heartland

July 12, 2003

## Standing Committees

### **PI Committee -- Chair Mike R.**

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

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

(2<sup>nd</sup> Sat. of every Month 6/14)  
6pm Twelve Step House  
7306 Grant St.

### **State Convention Committee 2004**

#### **Chairperson Willie A.**

(2<sup>nd</sup> Tuesday of every Month 6/9)  
6pm Twelve Step House  
7306 Grant St.

### **Unity Committee -- Chair Larry H.**

(3<sup>rd</sup> Tuesday of every Month 5/20)  
6pm Twelve Step House  
7306 Grant St.

### **H&I Committee -- Chair Rich A.**

(4<sup>th</sup> Tuesday of every Month 5/26)  
6pm Twelve Step House  
7306 Grant St.

**C.A. HELP LINE**  
**402-978-8881**

## Meeting of the Month

### **July**

***End Of The Line*** 12-Step House-Upstrs. 7306 Grant 7:30 pm Sat.

Featuring Step Study on Step 7 July 19<sup>th</sup>

### **August**

***Saturday Night Solutions*** Immanuel Hospital 72<sup>nd</sup> & Sorenson Blvd. 8:00 pm Sat.

Featuring Step Study on Step 8 August 16<sup>th</sup>

### **September**

***Into Action*** Sienna Francis House 1702 Nicholas St. 7:30 pm Sat.

Featuring Step Study on Step 9 Sept. 20<sup>th</sup>

## **CA Birthdays**

### **May**

Harry C. 14 yrs.  
Robert - N.Y. 14 yrs.  
Loretta C. 14 yrs.  
Steve K. 15 yrs.  
John C. 16 yrs

### **June**

Patrick M. 6 mo.  
Pat P. 6 mo.  
Lori S. 9 mo.  
Charnetta F. 9 mo.  
Kenny F. 1 yr.  
Lannel H. 1 yr.  
Jeff 1 yr.  
Latonya H. 2 yr.

If you've celebrated a birthday and you have not been recognized then contact your GSR  
**Welcome to all newcomers – Don't leave 5 minutes before the miracle happens.**

## **STEP TWO**

**“Came to believe that a power greater than ourselves could restore us to sanity.”**

The moment they read step two, most C.A. newcomers are confronted with a dilemma, sometimes a serious one.

How often we have heard them cry out, 'Look what you people have done to us! You have convinced us that we are addicts and that our lives are unmanageable. Having reduced us to a state of absolute helplessness, you now declare that none but a Higher Power can remove our obsession. Some of us *won't* believe in God, others can't, and still others who do believe that God exists have no faith whatever He will perform this miracle. Yes, you've got us over the barrel, all right -- but where do we go from here?'

You won't have to work at it very hard, either. Listen, if you will to these three statements. First, Cocaine Anonymous does not demand you believe anything. All of it's Twelve Steps are but suggestions. Second, to get sober and stay sober, you don't have to swallow all of Step Two right now. . . . Third, all you really need is a truly open mind.

Just resign from the debating society and quit bothering your self with such deep question as whether it was the hen or the egg that came first. Again I say, all you need is the open mind.

Therefore Step Two is rallying point for all of us. Whether agnostic, atheist, or former believer, we can stand together on this Step period. True humility and an open mind can lead us to faith, and every C.A. meeting is an assurance that God will restore us to sanity if we rightly relate ourselves to Him.

*Excerpt from :  
Twelve Steps and Twelve Traditions, Step Two*

## **Upcoming Events:**

### **CA's Game Day**

July, 19th 2003 at Elmwood Park.

Meeting from 9-10 am. Games start at 10 am.

Potato Sac Jumping, Three legged race, Tug of War, cards, balloon and egg toss, food, fun, and fellowship for the whole family.

The cost will be \$5 per person.

### **Ice Cream Social / Bake Sale**

August 2003 - Date and time to be revealed soon...

### **State Convention 2004 Theme Submission**

Submissions for the 2004 State Convention Theme will be accepted through September 2003, at which time one will be selected and submissions for the logo will be opened.

You may give your entries to any GSR, State Convention Committee member, or submit it on the website at [www.canebraska.org](http://www.canebraska.org).

## The Lighter Side of CA

God Loves You....  
And I'm trying.

I stopped drinking and using.  
But not pissing people off.

Of all the things I've lost,  
I miss my mind the most.



## C. A. Wisdom

The only thing you can  
control in your life, is your  
attitude.

I wanted to be famous and  
God made me anonymous.

The difference between  
feeling grateful and being  
grateful is action.

**Congratulations to the newly elected committee chairs:**

PI Committee - Mike R.  
Structures & Bylaws - Alice C

Unity Committee - Larry H.  
Help-Line - Latonya H.

### 14<sup>th</sup> Annual Unity Day Picnic Success

The 14<sup>th</sup> Annual Unity day picnic was a great success. It all started with an excellent meeting at 9 a.m., followed by lots of food, fun and fellowship with members, members families, and their pets. The day rounded out with the memorabilia and 50/50 raffles.

Thanks to everyone who came for making the day a success.

***On-line @***

***<http://www.canebraska.org>***

## **CA MEETINGS**

SUN - 7 pm Mt. Moriah Church 2602 N. 24<sup>th</sup> St.  
MON - 7 pm 3805 Leavenworth \*\*  
MON - 6 pm GOCA Bldg. 2406 Fowler Ave  
TUE - 12 pm 12 Step House Upstairs 7306 Grant St. \*\*\*  
TUE - 7:30 pm 12 Step House Basement 7306 Grant St.  
WED - 7:30 pm Stephens Center 2723 Q St.  
THU - 8:30 pm 12 Step House Upstairs 7306 Grant St. \*\*\*  
FRI - 7 pm Mt. Nebo Church 5501 No. 50<sup>th</sup> St.  
FRI - 7 pm Stephens Center 2723 Q St.  
SAT - 10 am Kelly's North Bowl 8701 N. 30<sup>th</sup> (Women Only)  
SAT - 11 am New Creations 4460 Redman St. (Men Only)  
SAT - 7:30 pm Sienna/Francis House 1702 Nicholas St.  
SAT - 7:30 pm 12 Step House Upstairs 7306 Grant St.  
SAT - 8 pm Immanuel Behavior Services 72<sup>nd</sup> & Redick  
SAT - 10 pm Unity Club 4923 S. 24<sup>th</sup> St. \*\*\*

\*\* Closed Meeting (Addicts Only)

\*\*\* Smoking Permitted

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All Locations Omaha Nebraska