



Standing Committees

P I Committee -- Chair Mike R.

(1st Tuesday of every Month 10/7 - 11/4)

6pm Twelve Step House

7306 Grant St.

Area GSR Meeting -- Chair John W.

(2nd Sat. of every Month 10/11 - 11/8)

6pm Twelve Step House

7306 Grant St.

State Convention Committee 2004

Chairperson Willie A.

(2nd Tuesday of every Month 10-14 - 11/11)

6pm Twelve Step House

7306 Grant St.

Unity Committee -- Chair Larry H.

(3rd Tuesday of every Month 9/16 - 9/21)

6pm Twelve Step House

7306 Grant St.

H&I Committee -- Chair Rich A.

(4th Tuesday of every Month 9/23 - 9/28)

6pm Twelve Step House

7306 Grant St.

C.A. HELP LINE

402-978-8881

Meeting of the Month

September

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

Featuring Step Study on Step 9 Sept. 20th

October

Solid as a Rock Mt. Moriah Church 2602 N. 24th St. 7:00 pm Sun.

Featuring Step Study on Step 10 October 19th

November

Early Start GOCA - 2406 Fowler Ave. 6:00 pm Mon.

Featuring Step Study on Step 11 Sept. 17th

New Open H&I Meeting

Lincoln, Nebraska: Independence Center

Bryan- Lincoln General Hospital West - Classroom 1

Saturday, 6:00 pm.

***Open to treatment center and outside recovery people who wish to stop using all mind altering substances.**

Meeting Birthdays

Thank You to **Wednesday H.O.W.** for 10 years and

Sunday Solid As A Rock for 14 years of carrying the message of recovery.

STEP THREE

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

Practicing Step Three is like the opening of a door which to all appearances is still closed and locked. All we need is a key, and the decision to swing the door open. There is only one key, and it is called willingness. Once unlocked by willingness, the door opens almost of itself, and looking through it, we shall see a pathway beside which is an inscription. It reads "This is the way to a faith that works."

Like all the remaining Steps, Step Three calls for affirmative action, for it is only by action that we can cut away the self-will which has always blocked the entry of God -- or, if you like, a Higher Power -- into our lives. Faith, to be sure, is necessary, but faith alone can avail nothing. We can have faith, yet keep God out of our lives. Therefore our problem now becomes just how and by what specific means shall we be able to let Him in? Step Three represents our first attempt to do this. In fact, the effectiveness of the whole C.A. program will rest upon how well and earnestly we have tried to come to "a decision to turn our will and our lives over to the care of God *as we understood Him.*"

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

HALLOWEEN PARTY

The 2004 State Convention Committee is sponsoring a Halloween Party and Dance at the Unity Club - 4923 S. 24th St., tentatively scheduled for October 18th.

As always there will be Food, Fun & Fellowship, along with Raffles and a
Best Costume Contest.

The \$5.00 cost goes towards the 2004 State Convention Fund

2004 STATE CONVENTION THEME SUBMISSIONS

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.

LAST CALL

October 31, 2003 is the last chance for storybook submissions for Hope, Faith & Courage Volume II. Tell your story of recovery in Cocaine Anonymous, what it was like; what happened; what it's like now. Approx. 5 typed pages (double spaced) , No Poetry.

Submissions will also be accepted on Audio Tape.

Mail your manuscript or Audio Tape to:
**CAWSO - 3740 Overland Ave. Suite C
Los Angeles, CA 90034**

P.S.A.'s WORK!

Recently a call was received by a Helpline volunteer. The caller stated that he was currently riding a Omaha MAT bus, feeling hopeless not knowing where to turn for help. He raised his eyes and saw the answer. There in front of him was a sign that said,

"Cocaine Anonymous - We're Here and We're Free"

He dialed the number on the P.S.A. and was put in touch with the Helpline.
Proof that the Public Service Announcements of Cocaine Anonymous DO work!

Powerless ...

It was 1977. I was laying in a church fountain all hurting and dope sick, looking up at some kind of statue, pleading for Help. I didn't know how or if I would ever be able to get out of the mess I was in. That 'beast' had me. A week later I ended up in the San Diego County Jail for sales of cocaine!

23 years later, all that pain and desperation I had long ago experienced, never entered my mind when I did that first line.

My electricity, shut off for over a week in the middle of winter with a 20 below wind-chill. My kids lay cold in their beds, hearing their daddy outside the bedroom door, geeking for crumbs on the floor all night long. I could only think of getting that next hit. Nothing else mattered, nothing.

Powerlessness ... I was trapped in my own insanity ... again!

With every hit I would take, that voice in my head, would say "This is evil" ... "You're killing yourself" ... "Is this how you want your children to see you die?" ... and still I would light that pipe. Hoping that my heart would just burst, ending it once and for all.

I will never ever forget that night ...

I didn't have to be told that I was powerless over cocaine, one hit and I would be off and running again. Just how could I stop myself from taking that first hit? That was my problem.

How was I to live without drugs? I sure didn't know. I was introduced to C.A., Cocaine Anonymous, while I was in treatment. They talked about the Twelve Steps. Those first couple of days of this journey, were a bit shaky. I was introduced to the Big Book of Alcoholics Anonymous at these meetings. This book saved my life!!!

I have been attending C.A. meetings ever since. I can relate to these people. They truly understand what I was going through. It was suggested that I work the Twelve Steps.

I found a Power Greater than myself in the rooms of Cocaine Anonymous. Living, 'One Day At A Time', is so much easier to say than to do. But some how I have managed to stack a few of them in a row. I now have peace like I have never known before.

As written in A Vision For You..."Abandon yourself to God as you understand God. Admit your faults to Him and to your fellows. Clear away the wreckage of your past. Give freely of what you find and join us. We shall be with you in the Fellowship of the Spirit, and you will surely meet some of us as you trudge the Road of Happy Destiny."

Phil P. Des Moines, Iowa.

CA Birthdays

July

Patrick M.	6 mo.
Vonda D.	1 yr.
Jessica B.	1 yr.
Donna F.	1 yr.
Daniel H.	1 yr.
Scott S.	1 yr.
Kathleen R.	1 yr.
Mark P.	14 yrs.
Randy H.	16 yrs.

August

Kent A.	6 mo.
Wes S.	6 mo.
Curtis	6 mo.
Amanda L.	9 mo.
Leslie V.	1 yr.
John W.	4 yrs.
Orlando J.	4 yrs.
John S.	4 yrs.
Dan W.	12 yrs.
Jodie M.	12 yrs.

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.

ONE IS NOT ENOUGH!

Back in 1982

When CA was new

It took a dollar in the basket

To keep us out of the casket

Now we're in 2003

And nothing is free

Why don't you try something new

Put in an extra buck or two

This don't need no conversation

Please give the basket a big donation

So now that you have your life on track

Do the right thing and give more back!

	1982	2002
Loaf of Bread	\$.69	\$1.39
Coffee	\$2.09 lb	\$7.99 lb
Car Oil	\$.89 qt	\$1.39 qt
Lincoln Town Car	\$13,491	\$46,470

The Lighter Side of CA

Happiness is.....
Opening the refrigerator door and
seeing your sponsor's face on the
side of a milk carton.

Big Book suggestion:
Read the **black** parts.

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



C. A. Wisdom

A winner makes commitments;
a loser makes promises.

God never asks about our
ability or our inability, just our
availability.

I know that God knows what's
best for me because I am living
a life I never wanted any part
of, I'm a person I never would
have wanted to know, and I'm
happier then I've ever been.

"For if an addict failed to perfect and enlarge his spiritual life through work and self-sacrifice for others, he could not have survived the certain trials and low spots ahead."

- Bill W.

There are plenty of opportunities for service work by showing up any
Tuesday Night at 6:00 pm at the Twelve Step House, 7306 Grant St.
and serving on one of the Standing Committees.

Continue to Support your C.A. Fellowship Functions

The State Convention Committee and Unity Committee would like to thank those who have
come out in support the C.A. of Nebraska fund raising efforts.

And to those that have not.... We encourage you to come out and see what fun you can have
when taking part in your own recovery.

Remember... We need not be consigned to being stupid, boring and glum.

On-line @ <http://www.canebraska.org>

C A MEETINGS

SUN - 7 pm	Mt. Moriah Church 2602 N. 24 th 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 th St.
FRI - 7 pm	Stephens Center 2723 Q St.
SAT - 10 am	Kelly's North Bowl 8701 N. 30 th (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 nd & Redick

** Closed Meeting (Addicts Only) *** Smoking Permitted

All locations: Omaha, Nebraska