



**Standing Committees**

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

(1<sup>st</sup> Tuesday of every Month 12/2 - 1/6)  
6pm Twelve Step House  
7306 Grant St.

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

(2<sup>nd</sup> Sat. of every Month 12/13 - 1/10)  
6pm Twelve Step House  
7306 Grant St.

**State Convention Committee 2004**

**Chairperson Willie A.**

(2<sup>nd</sup> Tuesday of every Month 11/11 - 12/9)  
6pm Twelve Step House  
7306 Grant St.

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

(3<sup>rd</sup> Tuesday of every Month 11/18 - 12/16)  
6pm Twelve Step House  
7306 Grant St.

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

(4<sup>th</sup> Tuesday of every Month 11/25 - 12/23)  
6pm Twelve Step House  
7306 Grant St.

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

**Meeting of the Month**

**November**

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

Featuring Step Study on Step 11 Nov. 17<sup>th</sup>

**December**

**Monday Night Miracles** - 3805 Leavenworth. 7:00 pm Mon.

Featuring Step Study on Step 12 Dec. 15<sup>th</sup>

**January**

**Steps To Victory** - 12 Step House-Upstairs Noon Tues.

Featuring Step Study on Step 1 Jan. 20<sup>th</sup>

**Open H&I Meeting Day/Time Change**

Lincoln, Nebraska: Independence Center

Bryan- Lincoln General Hospital West - Classroom 1

\*\*\* Wednesday, 8:00 pm. \*\*\*

**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.

## STEP FOUR

### “Made a searching and fearless moral inventory of ourselves.”

Creation gave us instincts for a purpose. Without them we wouldn't be complete human beings. If men and women didn't exert themselves to be secure in their persons, made no effort to harvest food or construct shelter, there would be no survival. If they didn't reproduce, the earth wouldn't be populated. If there were no social instinct, if men cared nothing for the society of one another, there would be no society. So these desires -- for sex relation, for material and emotional security, and for companionship -- are perfectly necessary and right, and surely God-given.

Yet these instincts, so necessary for our existence, often exceed their proper functions... Nearly every serious emotional problem can be seen as a case of misdirected instinct. When that happens, our great natural assets, the instincts, have turned into physical and mental liabilities.

We searched out the flaws in our make up which caused or failure. Being convinced that self, manifested in various ways, was what had defeated us.

Step Four is our vigorous and painstaking effort to discover what these liabilities in each of us have been, and are. We want to find exactly how, when, and where our natural desires have warped us. We wish to look squarely at the unhappiness this has caused others and ourselves. By discovering what our emotional deformities are, we can move toward their correction. Without a searching and fearless moral inventory, most of us have found that the faith which really works in daily living is still out of reach.

Therefore thoroughness ought to be the watchword when taking inventory. In this connection, it is wise to write out our questions and answers. It will aid to clear thinking and honest appraisal. It will be the first *tangible* evidence of our complete willingness to move forward.

*Excerpts from :*  
*Twelve Steps and Twelve Traditions, Step Four and the Big Book of Alcoholics Anonymous*

## HALLOWEEN PARTY

The C.A. Halloween Party and Dance to raise money for the 2004 State Convention Committee was a success. Although the crowd was rather small, those who attended had a blast. The winners of the Costume Contest were:

3<sup>rd</sup> Place - Bobby M. as Undercover Brother

2<sup>nd</sup> Place - Michelle J. as Storm

1<sup>st</sup> Place - Mike R. as Puss-N-Boots

More photos are available in the online version of this newsletter on the website.  
[www.canebraska.org](http://www.canebraska.org)



## Ain't No Stoppin' Us Now!

The theme for the 2004 State Convention will be "Ain't No Stoppin' Us Now!". We are now accepting Logo submissions that pertain to the theme, through December 8th 2003. 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).

## C.A. of Nebraska Anniversary Dinner

The 17<sup>th</sup> Annual C.A. of Nebraska Anniversary Dinner will be held at Mister C's Steak House, 5319 No. 30<sup>th</sup> St. (30<sup>th</sup> & Fort), at 6:00 pm on Saturday, January 24<sup>th</sup> 2004.

Contact your GSR for more information on Tickets and Prices.

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## Faith Restored

Before I found the C.A. group, I had no faith, no trust in anyone, anything. I had no faith in myself, and more importantly, I had no faith in my Higher Power-God. I felt sorry for myself about fifty percent of the time, and the other fifty percent of the time, I just hated myself. I was truly a miserable person.

About a year ago-August 6, 2002-to be exact, was a day I will never forget. This is the day when my children were taken out of my home. My four beautiful, wonderful children that I had totally taken for granted! I remember at first feeling that I was being punished for whatever I had done wrong in my life up to that point. In my sick mind, I thought God must hate me so much! He must think I am a terrible person to deserve all of this! When I think about this now, it just amazes me.

I feel about 150% different about everything now. That is due mostly to C.A. and everyone in it, and of course, because of my relationship with God right now. I do believe that God makes things happen for a reason. I believe that my kids got taken away so that my husband and I could get clean, and get our stuff together. I also believe that God puts all of us into the rooms of C.A. to help each other and ourselves. I can not express the gratitude that I feel for Cocaine Anonymous!

I am still trying to get my children back into my home, and it has been a daily struggle. There have been many chaotic and frustrating things that have happened along the way, but I know that no matter how bad things get today, they will never be as bad as they were when I was using. Even my worst day today is still better than my best day back then! I have faith that I will get my kids back. I have faith that I can be the person that I want to be. And the reason I have all of this faith is because I know God will help me through everything.

I have my faith in God back!

Thank you, C.A. for helping me to turn my life around!

*Amanda L.  
Omaha, NE*

## CA Birthdays

### September

David P.	6 mo.
Charnetta F.	1 yr.
Lori S.	1 yr.
Frances S.	2 yrs.
Brad W.	2 yrs.
Joe N.	2 yrs.
Sharee	4 yrs.
Nicole	5 yrs.
Sherretta L.	10 yrs.
Rich A.	17 yrs.

### October

Patrick M.	9 mo.
Rick	9 mo.
Steve	9 mo.
Rich B.	1 yr.
Matt A.	18 mo.
Rolo C.	2 yrs.
Shawn J.	2 yrs.
Becky	3 yrs.
Willie A.	7 yrs.
Lance J.	17 yrs.
Mike D.	17 yrs.
Mollie D.	17 yrs.

## GOD Willing...

### November

Lisa	18 mo.
Michelle	18 mo.
Michael D.	2 yrs.
Robert	5 yrs.
Alice C.	6 yrs.
Bryan R.	7 yrs.
Eddie H.	11 yrs.

### December

Greg B.	4 yrs.
Linnette K.	4 yrs.

### January

Brenda F.	6 mo.
Vonda D.	18 mo.
Mike R.	3 yrs.
Arlo R.	4 yrs.
Lori D.	7 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.**

## The Lighter Side of CA

I came to this program to save my ass and found it was attached to my soul.

I was the type of person who would eat and drink everything you had in your medicine cabinet.

If you can't get what you want, learn to want what you get.

Sponsor saying #86: Who's not doing it your way today?



## C. A. Wisdom

If your life worked so well, what are you doing here?

Some things have to be believed to be seen.

Thank God for all the drinks and drugs I've ever had, because it took them all to get me here.

There is absolutely no pain in change or growth. The Pain is in the resistance to the change or growth.

**"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.

## Read It At Your Leisure

***This Newsletter and previous issues are Available  
On-line @ <http://www.canebraska.org>***

## C A MEETINGS

SUN - 7 pm	Mt. Moriah Church 2602 N. 24 <sup>th</sup> St.
MON - 6 pm	GOCA Bldg. 2406 Fowler Ave
MON - 7 pm	3805 Leavenworth **
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

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

All locations: Omaha, Nebraska