
Nebraska Area Newsletter

Issue 1, Volume 4

Recovery in the Heartland

January 10, 2004

Standing Committees

P I Committee -- Chair Mike R.

(1st Tuesday of every Month 2/3 - 3/2)
6pm Twelve Step House
7306 Grant St.

Area GSR Meeting -- Chair John W.

(2nd Sat. of every Month 2/14 - 3/13)
6pm Twelve Step House
7306 Grant St.

State Convention Committee 2004

Chairperson Harry

(2nd Tuesday of every Month 1/13 - 2/10)
6pm Twelve Step House
7306 Grant St.

Unity Committee -- Chair Larry H.

(3rd Tuesday of every Month 1/20 - 2/17)
6pm Twelve Step House
7306 Grant St.

H&I Committee -- Chair Lori S.

(4th Tuesday of every Month 1/27 - 2/24)
6pm Twelve Step House
7306 Grant St.

C.A. HELP LINE

402-978-8881

Website - www.canebraska.org

Meeting of the Month

January

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

Featuring Step Study on Step 1 Jan. 20th

February

It's The Real Thing - 12 Step House-Basement 7:30 Tues.

Featuring Step Study on Step 2 Feb. 17th

March

H.O.W - Stephens Center 2723 Q St. - 7:30 Wed.

Featuring Step Study on Step 3 Mar. 17th

C.A. of Nebraska Anniversary Dinner

The 17th Annual C.A. of Nebraska Anniversary Dinner will be held at Mister C's Steak House, 5319 No. 30th St. (30th & Fort), at 6:00 pm on Saturday, January 24th 2004
Tickets are \$23.00 from any GSR or Unity Committee member.

Women's Big Book Study Change

The 'Just Us Women' meeting of CA has a new meeting place. They are now located at the 12 Step House - 7306 Grant St. - Upstairs Front at 10:00 a.m. on Saturdays. This is a Non-Smoking Meeting. Come join us on the Road to Recovery. For any questions, please call Frances @ 392-8998 or Alice @ 455-7901

STEP FIVE

“Admitted to God, to ourselves, and to another human being the exact nature of our wrongs .”

All of AA's Twelve Steps ask us to go contrary to our natural desires... they all deflate our egos. When it comes to ego deflation, few steps are harder to take than Five. But scarcely any Step is more necessary to longtime sobriety and peace of mind than this one.

If we skip this vital step we may not overcome drinking. Time after time newcomers have tried to keep to themselves certain facts about their lives. Trying to avoid this humbling experience, they have turned to easier methods. Almost invariably they got drunk. Having persevered with the rest of the program, they wondered why they fell. We think the reason is that they never completed their housecleaning. They took inventory alright, but hung on to some of the worst items in stock. They only *thought* they had lost their egoism and fear; they only *thought* they had humbled themselves. But they had not learned enough of humility, fearlessness and honesty, in the sense we find it necessary, until they told someone else *all* their life story.

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

Good Ordery Direction!

A few twenty-four hours ago, along with being two thousand miles away from home was the beginning of the end for me. Instead of using the tools that were given me on my road to recovery twelve years prior, I allowed myself to take control of my life again. Well the rest is history, same as everyone else, my story isn't any different, however it took place in another country. Bottom is bottom! However, the madness began with just a drink instead of a meeting or calling my sponsor whom I dismissed one year prior. I had a situation not a problem; however the choices I made created a big problem, which could have resulted in death. Therefore, God had to step into my life and carry me along the way.

Stuck in the insanity that drink led to a long road of three years of madness. Yes, the drink led to weed, the weed led to coke, the coke led to crack instantly. That's right, where I left off twelve years prior is where I started, just like is says in the Big Book, however the seed of recovery was also planted twelve years ago. After almost losing my right hand in an accident, along with being told I was going to be disabled the rest of my life it was time to get some help. Coming back to the United States to start my life all over again, along with seeing the best hand specialist in the United States I was given another chance. Stuck on stupid I didn't take advantage of this opportunity again, especially since I had gotten my hand under control with therapy, four surgeries and plenty of Demerol. Being dishonest again by not telling the doctor I was an addict, led me into more secrets and continued insanity. The guilt was killing me to a certain extent, especially after coming down and looking at my family. After a lot of rationalization, paranoia, sickness, a dysfunctional relationship, it was time to go to treatment along with a geographical move. Determined to get back on track I went into treatment, however stayed in the dysfunctional relationship because I was codependent as hell. I thought I could help them when I should have kept the focus on me; unfortunately, I was convinced that it was ok to make a little money while in recovery as long as I didn't use. How long do you think that lasted? That's right, not long at all before I was back using again, however still determined I knew I needed to get out of this relationship making another geographical move. However, I had it all figured out. I needed to be closer to my family before entering treatment. So I made that move back home with a lot of support positive and negative. Holding on to some of those secrets still continued the madness. Yet still not hopeless, just helpless in my mind, along with stubborn, I was basically refusing to let go absolutely.

Finally the moment of truth came, however the paranoia was still there it just didn't matter it came. Of course another treatment center came into play along with another geographical move, but that was ok. As long as I was on the path it was truly ok especially since I didn't have any problem getting on the path anyway. Staying on the path was my problem, along with surrendering the control to someone other than myself, that one is God and I have found him now!

Where I am today with that God of my understanding? He is still driving for me one day at a time. We attend 4-5 meetings weekly, talk to my sponsor on a regular basis, stay in the steps, along with prayer and meditation. He gives me enough light to take the next step. God has truly given me Good Orderly Direction. Those promises have come true.

Just another addict

CA Birthdays

November

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

December

Jerome F.	6 mo.
Leann	9 mo.
Tennesha S.	9 mo.
Greg B.	4 yrs.
Linnette K.	4 yrs.
Steve S.	7 yrs.
Rose B.	11 yrs.
Fred	14 yrs.

GOD Willing...

January

Brenda F.	6 mo.
Horace	6 mo.
Katie M.	6 mo.
Scott S.	18 mo.
Vonda D.	18 mo.
Mike R.	3 yrs.
Arlo R.	4 yrs.
Todd G.	5 yrs.
Lori D.	7 yrs.

February

Vickie	5 yrs.
Bridgett	5 yrs.
Cathy C.	6 yrs.
Dave L.	12 yrs.

March

Dwayne	5 yrs.
Priscilla	5 yrs.
Dave	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.

Congrats to New Area Chairs

Help Line - Latonya H.

Chips & Literature - John C.

Hospitals & Institutions - Lori S.

Good By Past

(A Poem by Frank J.)

You picked me up whenever I fell
If you told me a secret, you knew I wouldn't tell
Always by my side, you never let me down
And if I need picked up, you'd lift me high off the ground
You were my only friend, made sure I trusted you
You made me feel and think, you were the best that I could do
And when I needed your friendship, you played me for the fool
You were never my real friend, you were just the Devil's tool
You made a big mistake, letting my true desire burn
You had you chance to take me, Now Devil and Addiction, It's my turn
And now that I'm clear minded, and know what you're about
There's no doubt in my mind, that you, I can live without
So move onto your next victim, cause God and Love is my true cure
I fell but now I'm rising again, and my heart and mind are pure
So if you try to come at me, It'll be a waste of time
Drugs, Violence and Evil, are no longer friends of mine.

The Lighter Side of CA

If you don't want to get hit by a train, don't hang out on the tracks.

The Twelve Steps are like wrenches in a tool box, They'll fit any nut that walks in the door.

All my life I wanted to be someone; now I wish I had been more specific.



C. A. Wisdom

We make a living by what we get. We make a Life by what we give.

Reality is whatever it is, the way it is.

If you're looking for an easier, softer way... there are no directions.

Speakers Needed for H&I Meetings

If you are interested in speaking at one of the Hospitals and Institutions meetings of CA, Contact the H&I Chair, Lori S. at hicomm@canebaska.org



Read It At Your Leisure

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

C A MEETINGS

SUN - 7 pm	Mt. Moriah Church 2602 N. 24 th 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 th St.
FRI - 7 pm	Stephens Center 2723 Q St.
SAT - 10 am	12 Step House Upstairs 7306 Grant St. (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