
Nebraska Area Newsletter

Issue 2, Volume 4

Recovery in the Heartland

March 13, 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

Chair Harry C.

(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

March

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

Featuring Step Study on Step 3 March 17th

April

Scooters Winners Group - 12 Step House-Upstairs - 8:30 Thurs.

Featuring Step Study on Step 4 April 15th

May

This Is How We Do It - Mt. Nebo Church-5501 No. 50th - 7:00 Fri.

Featuring Step Study on Step 5 May 21st

New Design for C.A. Chips

The C.A. Birthday chips have been redesigned to incorporate both of our slogans: 'Hope Faith Courage' and 'We're Here and We're Free'. Read more about the change in the latest News Gram publication, available at meetings and on the literature page of the website. www.canebraska.org



New Men's Big Book Study

There is a new Men's Big Book Study at the Salvation Army, 25th & Dodge, meeting every Sunday at 7:00 pm. If you are a man and interested in sponsoring men from the Salvation Army, contact Lori S., the Hospitals and Institutions Chair at hicomm@canebraska.org.

STEP SIX

“Were entirely ready to have God remove all these defects of character.”

"This is the Step that separates the men from the boys." Any person capable of enough willingness and honesty to try repeatedly Step Six on all his faults - *without any reservations whatever* - has indeed come a long way spiritually, and is therefore entitled to be called a man who is sincerely trying to grow in the image and likeness of his own Creator. Of course, the often disputed question of whether God can - and will, under certain conditions - remove defects of character will be answered with a prompt affirmative by almost any AA member. To him, this proposition will be no theory at all; it will be just about the largest fact in his life. He will usually offer his proof in a statement like this:

"Sure, I was beaten, absolutely licked. My own willpower just wouldn't work on alcohol. Change of scene, the best efforts of family, friends, doctors, and clergymen got no place with my alcoholism. I simply couldn't stop drinking, and no human being could seem to do the job for me. But when I became willing to clean house and then asked a Higher Power, God as I understood Him, to give me release, my obsession to drink vanished. It was lifted right out of me."

It is plain for everybody to see that each sober AA member has been granted a release from this very obstinate and potentially fatal obsession. So in a very complete and literal way, all AA's have "become entirely ready" to have God remove the mania for alcohol from their lives. And God has proceeded to do exactly that.

Having been granted a perfect release from alcoholism, why the shouldn't we be able to achieve by the same means a perfect release from every other difficulty or defect?

So Step Six - "Were entirely ready to have God remove all these defects of character" - is AA's way of stating the best possible attitude one can take in order to make a beginning on this lifetime job. This does not mean that we expect all our character defects to be lifted out of us as the drive to drink was. A few of them may be, but with most of them we shall have to be content with patient improvement. The key words "entirely ready" underline the fact that we want to aim at the very best we know or can learn.

*Excerpts from :
Twelve Steps and Twelve Traditions, Step Six*

Surrender

By the time I made it into the rooms of Cocaine Anonymous, I was willing to do just about anything to put that crack pipe down. My life was truly on the line. Too many brushes with death and realizing, as I smoked in a hospital bathroom with a IV stuck on my arm, that I had reached my "bottom". I was an addict.

When I attended my first meeting I was stunned. Here were people talking openly about cocaine and they were talking about me. Seeing how happy they were was something I wanted more than anything else in the world.

I listened as they said that they do it 'One Day At A Time'. They told me to get a sponsor and start working the program.

I wasted no time.

Today I don't try to run the show, I surrender that to my higher power. I believe that my higher power, whom I choose to call GOD, has a plan for me. I work with others and go to as many meetings as I can. They keep me grounded and I love the hope they give. I never had any hope while out there in the madness. I am a miracle and I am so grateful. They told me to just 'Keep Coming Back... It Works', but only if I work it, and I do.

Fear, anger and resentments have been changed to love, patience and tolerance for me now, and today I would not change a single thing in my life except that I didn't find this program sooner.

I keep my past "tapes" right by me at all times, they remind me of where this disease can take me. And that if I don't take that first hit, then I don't have to worry about anything. That is the answer for me.

Thank you C.A. and the ones here in the Fellowship who have given me their experience, strength and hope. But most of all, I thank my higher power everyday for giving me just one more 24 hours.

- Lori S.

CA Birthdays

January

Brenda F.	6 mo.
Horace	6 mo.
Katie M.	6 mo.
Rick	1 yr.
Scott S.	18 mo.
Mike R.	3 yrs.
Arlo R.	4 yrs.
Todd G.	5 yrs.
Lori D.	7 yrs.

February

Patrick M.	6 mo.
Doug R.	6 mo.
Lloyd B.	9 mo.
Kevin S.	2 yrs.
Vickie	5 yrs.
Bridgett	5 yrs.
Cathy C.	6 yrs.
Dave L.	12 yrs.
Tonya M.	15 yrs.
Brian M.	16 yrs.

GOD Willing...

March

Mark T.	6 mo.
Matt A.	2 yrs.
Dwayne	5 yrs.
Priscilla	5 yrs.
Dave	7 yrs.

April

Darr C.	6 mo.
Felicia	2 yrs.
Loretta C.	15 yrs.
Steve K.	16 yrs.
John C.	17 yrs.

May

Harry C.	15 yrs.
Robert N.Y.	15 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.

Public Service Announcements

The Public Service Announcements we received from World Services have been distributed to all 7 local television stations in Omaha, and are currently being aired on several. In addition, PSA radio scripts have been sent to all 46 radio stations in the Omaha/Lincoln area. If you see or hear any of the announcements, please let the GSR know at your next meeting. If you would like to view the PSA at your leisure, it is also available on the CANebraska.org website.

So Far From Yesterday

Because of fear, resentment, self-hate, and faithfulness, I made a conscious decision to block out reality. Thus I decided to get involved in a life of drugs. Finding myself surrounded by people who were just like me, who had given up on life. I managed to believe that I was where I belonged. After coming to the realization that I am an addict, I found that suggestions freely given to me through the process of recovery and working with my sponsor and accepting the help of my higher power, whom I choose to call God, something miraculous happened in that bitter life. My weakness has become a great part of the strength I share with other people in our network and fellowship. Today I live one day at a time. Today I know that as I put action behind my willingness and action behind the other positive aspects of this process of recovery and continue to turn, even the smallest matters in my life, over to my higher power that I have hope!! Just for Today!

- Wil S.

The Lighter Side of CA

Overheard in a meeting: "Our
leaders are but twisted servants."

N.U.T.S. - Not Using The Steps

Alcoholics and Addicts - fast
talkers, slow thinkers.

When you turn it over and don't
let go of it, you will be upside
down.



C. A. Wisdom

You can be about as happy
as you decide to be.

The journey of a thousand
miles begins with the first
step.

What you resist.. persists.

F.E.A.R. - Face Everything
And Recover

Lincoln Meeting Caravan

If you are interested in helping support the Wednesday night Lincoln meeting of CA, there will be a caravan headed there each week. Contact the H&I Chair, Lori S. at hicomm@canebaska.org for information.

Hope Faith Courage

Just a reminder that that copies of the CA Story Book are available through your GSR or John C., the Chips & Literature Chair. They are \$15 for hard cover, \$12 for soft cover, and \$17 on cassette. Escape Cocaine Bumper Stickers are also available for 50 cents.

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