
Nebraska Area Newsletter

Issue 3, Volume 4

Recovery in the Heartland

May 8, 2004

Standing Committees

P I Committee -- Chair Mike R.

(1st Tuesday of every Month 6/1 - 7/6)
6pm Twelve Step House
7306 Grant St.

Area GSR Meeting -- Chair John W.

(2nd Sat. of every Month 6/12 - 7/10)
6pm Twelve Step House
7306 Grant St.

State Convention Committee 2004

Chair Harry C.

(2nd Tuesday of every Month 5/11 - 6/8)
6pm Twelve Step House
7306 Grant St.

Unity Committee -- Chair Larry H.

(3rd Tuesday of every Month 5/18 - 6/15)
6pm Twelve Step House
7306 Grant St.

H&I Committee -- Chair Lori S.

(4th Tuesday of every Month 5/25 - 6/22)
6pm Twelve Step House
7306 Grant St.

C.A. HELP LINE

402-978-8881

Website - www.canebraska.org

Meeting of the Month

May

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

Featuring Step Study on Step 5 May 21st

June

It's About Time - Stephens Center 2723 Q St. - 7:00 Fri.

Featuring Step Study on Step 6 June 18th

July

Just Us Women - 12 Step House 7306 Grant St. - Sat. 10:00 am (Women)

Featuring Step Study on Step 7 July 17th

Boys to Men - Unity Club 4923 So. 24th St. - Sat. 11:00 am (Men)

Featuring Step Study on Step 7 July 17th

Ain't No Stoppin' Us Now

Mark your calendars! The 2004 Nebraska State Convention will be held at the Omaha Marriott-Regency on September 24th - 26th. There will be great speakers, marathon meetings, workshops and lots of fellowship. On Saturday night there will be a dinner, auction and entertainment. Prices and registration forms will be coming soon. Be sure not to miss this opportunity to take part in your own recovery.



STEP SEVEN

“Humbly asked Him to remove our shortcomings.”

Indeed, the attainment of greater humility is the foundation principle of each of A.A.'s Twelve Steps. For without some degree of humility, no alcoholic (*or addict*) can stay sober at all.

The Seventh Step is where we make the change in our attitude which permits us, with humility as our guide, to move out from ourselves toward others and toward God. The whole emphasis of Step Seven is on humility. It is really saying to us that we now ought to be willing to try humility in seeking the removal of our other shortcomings just as we did when we admitted that we were powerless over alcohol, and came to believe that a Power greater than ourselves could restore us to sanity. If that degree of humility could enable us to find the grace by which such a deadly obsession could be banished, then there must be hope of the same result respecting any other problem we could possibly have.

When ready, we say something like this: "My Creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. Grant me strength, as I go out from here, to do your bidding. Amen."

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

Stay Grateful

I've come to realize that when I practice an attitude of gratitude, finding a positive, out of the negative occurrences in my life, is possible. I'm able to overcome the desire, or even contemplate picking up a drink or a drug. I pray consistently, and when feelings arise that I'm uncomfortable with -- I talk to my sponsor, to my network and get to a meeting if need be. A year and a half ago, October 1st, I would not have been able to express myself this way. I've learned so much by listening to the ones that have come before me (the winners that is). I arrived here in Omaha, which I call home until I get further instructions from my higher power, whom I choose to call God.

I have progressed such that some close friends can see the change. Believe me, I was a pretty mixed up individual, at least today I have an idea of the direction I'd like to go. I still need a lot of repairing and adjusting, which perhaps will take a lifetime, but I don't mind. My recovery is so sincere; I don't find it difficult to say "To Thine own Self be True" anymore. I'm doing what's in front of me to maintain quality sobriety. I feel I'm at least doing the very best I'm capable of in each twenty-four hours. I am working towards a more purposeful life. I've also learned I don't have to be perfect, "progress not perfection." A defect of character of mine is assuming that I could be perfect. Knowing today I don't have to be perfect in order for people to accept me for who I am. Still changing slow but sure. In the past I never thought I needed to change; I thought I needed to change clothes, shoes, hats, etc... The materialism has lessened and I've accepted the fact that I need to change me and only me.

Because of God's guidance and my obedience I didn't make that trip back to hell as I call it (Tampa Fl.) where I know today I would not be where I am. Having had the opportunity to receive long-term treatment that I'd never received before. My first go was at an Omaha recovery center, Where I was humble enough to stay. I leveled my pride because that is how much I wanted recovery. I took the suggestion of my sponsor and stayed, which proved to be well worth all my efforts. I stuck it out with God's help. Being there was a stepping-stone to my recovery. Last but not least, I was accepted at a transitional housing program where I've truly had time to grow. Learning to live life on life's terms.

I have completed my story; there is success. I'm ready to move on into a life on my own, raising my two children. I've built a new life here in Omaha with lots of support. I'm glad I stuck it out. Today I can say I am a miracle just working and waiting for the rewards of sobriety. Being of maximum service to God and others, I want service to become a part of my daily life.

Thanks for Listening.

Thanks again God for everything, especially the fellowship of CA

- Shereata

CA Birthdays

March

Mark T.	6 mo.
Amber	9 mo.
Charnetta F.	18 mo.
Darren H.	18 mo.
Linda A.	18 mo.
Lori S.	18 mo.
Arrick A.	2 yrs.
Matt A.	2 yrs.
Dwayne	5 yrs.
Priscilla	5 yrs.
Dave	7 yrs.

April

Darr C.	6 mo.
Kent A.	6 mo.
Thomas N.	6 mo.
Danielle	9 mo.
Rich B.	18 mo.
Felicia	2 yrs.
Loretta C.	15 yrs.
Steve K.	16 yrs.
John C.	17 yrs.

GOD Willing...

May

Doug R.	9 mo.
Joe K.	1 yr.
Ed Z.	2 yrs.
Steve A.	9 yrs.
Harry C.	15 yrs.
Robert N.Y.	15 yrs.

June

Latonya H.	3 yrs.
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July

Scott S.	2 yrs.
Mark P.	15 yrs.
Randy H.	17 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.

World Services Convention

The theme for this years World Services Convention is
Spotlight On Recovery.

The convention will be held in Los Angeles California on May 27th through the 31st. For more information and registration forms, see the CA World Services website at www.ca.org

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. The caravan leaves the 12 Step House, 7306 Grant Street, lower parking lot promptly at 6:30. Come out and help CA grow in Lincoln. Contact the H&I Chair, Lori S. at hicomm@canebaska.org for information.

New CA Meeting

A new CA meeting has started at 8:30 Monday nights in the newly opened club, **Recovery Zone**. The club is located just north of Pacific Street at 701 S. 75th St. Come out and show your support.

The Lighter Side of CA

Most people wish to serve God -
but only in an advisory capacity.

Try the program for 90 days. If
not satisfied we will be glad to
refund your misery.

Who resigned and made you
general manager of the universe?



C. A. Wisdom

When everything else fails,
working with others will
save the day.

God plus one is always a
majority.

Keep your recovery first to
make it last.

Boys To Men Location Change

Due to the closing of New Creations, the Saturday 11:00 am men's meeting will be moving to the Unity Club - 4923 South 24th Street starting June 5th. This move gives CA a much needed presence at the Unity Club.

Annual Unity Day Picnic

The Annual Unity Day Picnic will be held in July this year. As anyone who's been to the picnic can tell you, it's a wonderful experience. So keep your ears open for upcoming announcements as to the exact date.

Read It At Your Leisure

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

C A MEETINGS

SUN	- 7:00 pm	Mt. Moriah Church 2602 N. 24 th St.
MON	- 6:00 pm	GOCA Bldg. 2406 Fowler Ave
MON	- 7:00 pm	3805 Leavenworth **
MON	- 7:30 pm	Recovery Zone 701 So. 75 th St.
TUE	- 12:00 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	- 7:00 pm	Mt. Nebo Church 5501 No. 50 th St.
FRI	- 7:00 pm	Stephens Center 2723 Q St.
SAT	- 10:00 am	12 Step House Upstairs 7306 Grant St. (Women Only)
SAT	- 11:00 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	- 8:00 pm	Immanuel Behavior Services 72 nd & Redick

** Closed Meeting (Addicts Only)

*** Smoking Permitted

All locations: Omaha, Nebraska