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# Nebraska Area Newsletter

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Issue 4, Volume 4

Recovery in the Heartland

July 10, 2004

## Standing Committees

### **P I Committee -- Chair Mike R.**

(1<sup>st</sup> Tuesday of every Month 8/3 - 9/7)  
6pm Twelve Step House  
7306 Grant St.

### **Area GSR Meeting -- Chair Frances S.**

(2<sup>nd</sup> Sat. of every Month 8/14 - 9/11)  
6pm Twelve Step House  
7306 Grant St.

### **State Convention Committee 2004**

#### **Chair Harry C.**

(2<sup>nd</sup> Tuesday of every Month 7/13 - 8/10)  
6pm Twelve Step House  
7306 Grant St.

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

(3<sup>rd</sup> Tuesday of every Month 7/20 - 8/17)  
6pm Twelve Step House  
7306 Grant St.

### **H&I Committee -- Chair Lori S.**

(4<sup>th</sup> Tuesday of every Month 7/27 - 8/24)  
6pm Twelve Step House  
7306 Grant St.

### **HelpLine -- Chair LaTaunya H.**

(5<sup>th</sup> Tuesday of every Month 8/31 - 11/30)  
6pm Twelve Step House  
7306 Grant St.

## **C.A. HELP LINE**

# **402-978-8881**

Website

[www.canebraska.org](http://www.canebraska.org)

## Meeting of the Month

### **July**

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

Featuring Step Study on Step 7 July 17<sup>th</sup>

***Boys to Men*** - Unity Club 4923 So. 24<sup>th</sup> St. - Sat. 11:00 am (Men)

Featuring Step Study on Step 7 July 17<sup>th</sup>

### **August**

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

Featuring Step Study on Step 8 August 21<sup>st</sup>

### **September**

***End of the Line*** - 12 Step House 7306 Grant St. - Sat. 7:30 pm

Featuring Step Study on Step 9 September 18<sup>th</sup>

## **Out of State - Upcoming Conventions**

**7th Annual Show Me Recovery Convention** – August 13-15 – K.C. Missouri

**16<sup>th</sup> Annual Midwest Regional Convention** – November 5-7 – Troy Michigan

Ask your GSR for more information. More Conventions listed at [www.ca.org](http://www.ca.org)

**STEP EIGHT**  
**“Made a list of all persons we had harmed,  
and became willing to make amends to them all.”**

Every A.A. has found that he can make little headway in this new adventure of living until he first backtracks and really makes an accurate and unsparing survey of the human wreckage he has left in his wake.

But the prospect of actually visiting or even writing the people concerned now overwhelmed us, especially when we remembered in what poor favor we stood with most of them. There were cases, too, where we had damaged others who were still happily unaware of being hurt.

Why, we cried, shouldn't bygones be bygones? Why do we have to think of these people at all? These were some of the ways in which fear conspired with pride to hinder our making a list of *all* the people we had harmed.

Whenever our pencil falters, we can fortify and cheer ourselves by remembering what A.A. experience in this Step has meant to others. It is the beginning of the end of isolation from our fellows and from God.

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

**Ain't No Stoppin' Us Now**

Mark your calendars! The 2004 Nebraska State Convention will be held at the Omaha Marriott-Regency on September 24<sup>th</sup> - 26<sup>th</sup>. 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 are available on the website and from your GSR.** Be sure not to miss this opportunity to take part in your own recovery.



**Butt Prints in the Sand**

One night I had a wondrous dream, One set of footprints there was seen,  
The footprints of my precious Lord, But mine were not along the shore.

But then some stranger prints appeared, and I asked the Lord, "What have we here?"  
Those prints are large and round and neat, "But Lord, they are too big for feet."

"My child," He said in somber tones, "For miles I carried you alone.  
I challenged you to walk in faith, but you refused and made me wait."

"You disobeyed, you would not grow, The walk of faith, you would not know,  
So I got tired, I got fed up, And there I dropped you on your butt."

"Because in life, there comes a time, When one must fight, and one must climb,  
When one must rise and take a stand, Or leave their butt prints in the sand."

## CA Birthdays

May	
Mike H.	6 mo.
Doug R.	9 mo.
Patrick M.	9 mo.
Kent A.	9 mo.
Joe K.	1 yr.
Ed Z.	2 yrs.
Michelle	2 yrs.
Lisa Q.	2 yrs.
Steve A.	9 yrs.
Harry C.	15 yrs.
Robert N.Y.	15 yrs.

  

June	
Leslie V.	6 mo.
Randall	18 mo.
Larry H.	3 yrs.
Latonya H.	3 yrs.
Netta	9 yrs.

## GOD Willing...

July	
Mike B.	9 mo.
Katie M.	1 yr.
Scott S.	2 yrs.
Mark P.	15 yrs.
Randy H.	17 yrs.

  

August	
Kent A.	1 yr.
Jodie S.	2 yrs.
John W.	5 yrs.
Orlando J.	5 yrs.
John S.	5 yrs.
Dan W.	13 yrs.
Jodie M.	13 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.**

## Lincoln Meeting Caravan

If you are interested in helping support the Wednesday night Lincoln meeting of CA, there will be a caravan headed there on the fourth Wednesday of each month. The caravan leaves the 12 Step House, 7306 Grant Street, lower parking lot promptly at 6:30. Speakers are also badly needed. Come out and help CA grow in Lincoln. Contact the H&I Chair, Lori S. at [hicomm@canabraska.org](mailto:hicomm@canabraska.org) for information.

## Show Your Support

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. 75<sup>th</sup> St. Come out and show your support.

**I sought my soul, my soul I could not see;  
I sought my God – but he eluded me;  
I sought my brother, and found all three.**

## The Lighter Side of CA

Many of us fail to recognize "Opportunity" because most of the time it is disguised as hard work.

Using gave me the feeling of a job well done, without having done a thing.

I am an all-or-nothing kind of person. The only thing I've done in moderation is the Steps.



## C. A. Wisdom

Regrets aren't just about what we did, but a lot about what we didn't do.

Some people grumble because the roses have thorns, instead of being grateful that the thorns have roses.

God says "No" a lot but all he is really saying is wait – there is something better for you down the road.

## Unity Day Picnic

The Annual Unity Day Picnic will be held July 24<sup>th</sup> at Elmwood Park this year. As anyone who's been to the picnic can tell you, it's a wonderful experience. The meeting will start at 9:00 a.m. and the picnic will begin at 10:00 a.m. The event will be open to C.A. Members, ALL family members and Friends. There will also be a **Bake Sale**, sponsored by the 'Just Us Women' Big Book Study. All proceeds from the Bake Sale will be used to help bring the Main Speaker to the 2004 Nebraska State Convention. Enter the park at the 67<sup>th</sup> and Pacific entrance.

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 <sup>th</sup> 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 <sup>th</sup> 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 <sup>th</sup> 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 <sup>nd</sup> & Redick

\*\* Closed Meeting (Addicts Only)

\*\*\* Smoking Permitted

All locations: Omaha, Nebraska