
Nebraska Area Newsletter

Issue 5, Volume 4

Recovery in the Heartland

September 11, 2004

Standing Committees

P I Committee -- Chair Mike R.

(1st Tuesday of every Month 10/5 – 11/2)
6pm Twelve Step House
7306 Grant St.

Area GSR Meeting -- Chair Frances S.

(2nd Sat. of every Month 10/9 – 11/13)
6pm Twelve Step House
7306 Grant St.

State Convention Committee 2004

Chair Harry C.

(2nd Tuesday of every Month 9/14 – 9/21)
6pm Twelve Step House
7306 Grant St.

Unity Committee -- Chair Larry H.

(3rd Tuesday of every Month 9/21 – 10/19)
6pm Twelve Step House
7306 Grant St.

H&I Committee -- Chair Lori S.

(4th Tuesday of every Month 9/28 – 10/26)
6pm Twelve Step House
7306 Grant St.

HelpLine – Chair LaTaunya H.

(5th Tuesday of every Month 11/30 – 3/29)
6pm Twelve Step House
7306 Grant St.

C.A. HELP LINE

402-978-8881

Website

www.canebraska.org

Meeting of the Month

September

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

Featuring Step Study on Step 9 September 18th

October

Saturday Night Solutions – Immanuel Behavior Services

72nd & Redick - Sat. 8:00 pm

Featuring Step Study on Step 10 October 16th

November

Solid As A Rock – Mt. Moriah Church 2602 No. 24th St. – Sunday 7:00 pm

Featuring Step Study on Step 11 November 21st

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. 75th St.

Come out and show your support.

STEP NINE

**“Made direct amends to such people wherever possible,
except when to do so would injure them or others”**

Good judgment, a careful sense of timing, courage, and prudence – these are the qualities we shall need when we take Step Nine. After we have made the list of people we have harmed, have reflected carefully upon each instance, and have tried to possess ourselves of the right attitude in which to proceed, we will see that the making of direct amends divides those we should approach into several classes. There will be those who ought to be dealt with just as soon as we become reasonably confident that we can maintain our sobriety. There will be those to whom we can make only partial restitution, lest complete disclosures do them or others more harm than good. There will be other cases where action ought to be deferred, and still others in which by the very nature of the situation we shall never be able to make direct personal contact at all.

The temptation to skip the more humiliating and dreaded meetings that still remain may be great. We will often manufacture plausible excuses for dodging these issues entirely. Or we may just procrastinate, telling ourselves the time is not yet, when in reality we have already passed up many a fine chance to right a serious wrong. Let's not talk prudence while practicing evasion.

If we are painstaking about this phase of our development, we will be amazed before we are half way through.

For the readiness to take the full consequences of our past acts, and to take responsibility for the well-being of others at the same time, is the very spirit of Step Nine.

*Excerpts from:
Twelve Steps and Twelve Traditions, Step Nine
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 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. Be sure not to miss this opportunity to take part in your own recovery.



The Power of Powerlessness

My name is Duane and I am a crack addict. I have been through 8 treatments and the last one I went to, was in Orient, IA. I often think about powerlessness and what the world perceives it to be. The world looks at the flesh and how to please that particular spirit. Powerlessness is considered weakness in this powerful world. Being in the program only for a short time and living it one hour at a time sometimes, I realize that there is a paradox between weakness and strength. I find that lately when I get on my knees and pray to God in humility, then I feel power from above in my attitudes, behaviors and accomplishments. I often whine about the trouble of the world, i.e. bills, friendships and other things with which the devil tends to occupy our minds. During my most humble times is when I feel the strength of God. Why? Because when I humble myself it puts me in a position to look at myself and to be honest with my self and thus the truth is revealed. Then I can get free because there are no secrets, lies or misgivings. I truly love the Lord and on this "day of rest" I humble myself to get power to sustain me one hour at a time and one day at a time. That power comes from the powerlessness I must accept to be able to give God chance to rule in my life. His way, his time.

- Duane C.

CA Birthdays

July

Amber	6 mo.
Mike B.	9 mo.
Katie M.	1 yr.
Danielle	1 yr.
Scott S.	2 yrs.
Robert	3 yrs.
Mark P.	15 yrs.
Randy H.	17 yrs.

August

Robin D.	6 mo.
Deb W.	6 mo.
Kent A.	1 yr.
Pat M.	1 yr.
Doug R.	1 yr.
Lyle S.	1 yr.
Kenny	2 yrs.
Jodie S.	2 yrs.
John W.	5 yrs.
Orlando J.	5 yrs.
John S.	5 yrs.
Roc	12 yrs.
Dan W.	13 yrs.
Jodie M.	13 yrs.

GOD Willing...

September

Charnetta F.	2 yrs.
Lori S.	2 yrs.
Frances S.	3 yrs.
Brad W.	3 yrs.
Shree	5 yrs.
Nicole	6 yrs.
Sherretta L.	11 yrs.
Rich A.	18 yrs.

October

Rich B.	2 yrs.
Rolo C.	3 yrs.
Shawn J.	3 yrs.
Becky L.	4 yrs.
Willie A.	8 yrs.
Mike D.	18 yrs.
Mollie D.	18 yrs.
Lance J.	18 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.

Stories Needed

This is a call going out to all members of CA Nebraska. Your stories are needed to help newcomers and those old-timers alike. So don't be selfish, write up your story of Hope, Faith and Courage and submit it to any GSR or email it to webmaster@canebbraska.org.

Coming Soon...

October - Halloween Party

Again this year we are planning on having a Halloween Party. So dust off your costumes and ready the masks and make-up.

More details to come as the hour grows near.... Muaawww Ha Ha!!! (evil laugh)

November - Thanksgiving Meeting

Don't forget that just because it's a holiday, doesn't mean that there's no meeting on Thanksgiving. Scooter's Winners Group meets EVERY Thursday, rain or shine, holiday or not, in the front room of the 12 Step house, 7306 grant St. at 8:30. So if you need it, or if you just want to give thanks for what C.A. and your higher power has done for you, show up and let them know. And bring a Newcomer.....

January - Anniversary Dinner

The C.A. Nebraska 16th Anniversary Dinner will be held in January of 2005 at Mister C's Steak House. Preparations are just in the works, but it's sure to be a night of good food, good fun and great fellowship.

The Lighter Side of CA

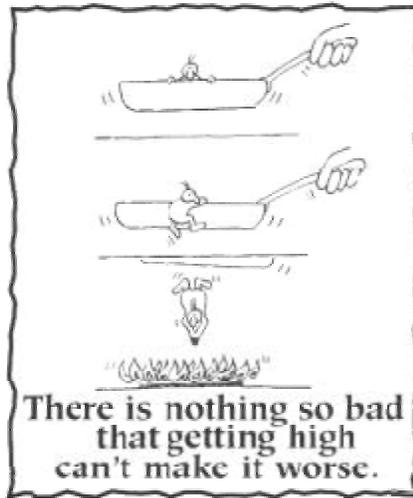
Please do not feel personally,
irrevocably, totally responsible
for everything. That's my job.

Love, God

I've stopped drinking and using,
but not pissing people off.

Of all the things I've lost, I miss
my mind the most.

The elevator is broken; use the
steps.



C. A. Wisdom

You are only as sick as your
secrets.

Drugs and Alcohol are
solvents; they will remove
everything from your life.

If you are not happy today,
what day are you waiting
for?

Big Book suggestion: Read
the black parts.

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 for information.

Read It At Your Leisure

***This Newsletter and previous issues are Available
On-line @ <http://www.canabraska.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	Unity Club 4923 So. 24 th 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