
Nebraska Area Newsletter

Issue 6, Volume 4

Recovery in the Heartland

November 13, 2004

Standing Committees

P I Committee -- Chair Mike R.

(1st Tuesday of every Month 12/7 – 1/4)
6pm Twelve Step House
7306 Grant St.

Area GSR Meeting -- Chair Frances S.

(2nd Sat. of every Month 12/11 – 1/8)
6pm Twelve Step House
7306 Grant St.

State Convention Committee 2006

Chair Harry C.

(2nd Tuesday of every Month - TBA)
6pm Twelve Step House
7306 Grant St.

Unity Committee -- Chair Larry H.

(3rd Tuesday of every Month 11/16 – 12/21)
6pm Twelve Step House
7306 Grant St.

H&I Committee -- Chair Lori S.

(4th Tuesday of every Month 11/23 – 12/28)
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

November

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

Featuring Step Study on Step 11 November 21st

December

Early Start – GOCA Building 2406 Fowler Ave. – Monday 6:00pm

Featuring Step Study on Step 12 December 20th

January

Monday Night Miracles – 3805 Leavenworth – Monday 7:00 pm

Featuring Step Study on Step 1 January 17th

Show Your Support

The 'R U Willing' CA meeting at 8:30 Monday nights in the newly opened club, **Recovery Zone** is in bad need of support. Please make some time to come out and show your support. The club is located just north of Pacific Street at 701 S. 75th St.

STEP TEN

“Continued to take personal inventory and when we were wrong promptly admitted it”

As we work the first nine Steps, we prepare ourselves for the adventure of a new life. But when we approach Step Ten we commence to put our A.A. way of living to practical use, day by day, in fair weather or foul. Then comes the acid test: can we stay sober, keep in emotional balance, and live to good purpose under all conditions?

A continuous look at our assets and liabilities, and a real desire to learn and grow by this means, are necessities for us. We alcoholics have learned this the hard way. More experienced people, of course, in all times and places have practiced unsparing self-survey and criticism. For the wise have always known that no one can make much of his life until self-searching becomes a regular habit, until he is able to admit and accept what he finds, and until he patiently and persistently tries to correct what is wrong.

This is not an overnight matter. It should continue for our lifetime. Continue to watch for selfishness, dishonesty, resentment and fear. When these crop up, we ask God at once to remove them. We discuss them with someone immediately and make amends quickly if we have harmed someone. Then we resolutely turn our thoughts to someone we can help. Love and tolerance of others is our code.

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

C.A. Police

I am sure you may be wondering what I mean when I say “CA Police”. Well, let me tell you. By the way, this is just one addict’s opinion and interpretation. Throughout my journey in this fellowship I have been exposed to what I believe to be individuals who make it there “right” and “authority” to police Cocaine Anonymous. Here’s how the “CA Police” operate. They attend meetings throughout our fellowship. They analyze and judge how an addict shares, what meetings they attend and the regularity of that attendance. If you do not have an “accurate message of recovery” and you do not attend specific meetings, you are not working the “program”. Just how do the “Police” reach this conclusion? You have to understand that they are well versed on the Big Book, 12 Steps, Service work and they are in “fit spiritual condition”. According to them, if an addict shares in a meeting and they are not “on point and transmitting an accurate message,” the “Police” have the right to “arrest”, (take their inventory) and denounce their sincerity and fitness to serve and share in Cocaine Anonymous in certain capacities. Oh yes, if you happen to be one of the individuals who is not “working a program” you can make coffee, pick up cigarette butts, greet addicts and maybe provide transportation to people to and from meetings. However, when it comes to chairing meetings, holding chairmanships, speaking in institutions or sharing your story, you have to step back.

Don’t get me wrong any type of service is **BENEFICIAL TO ANY INDIVIDUAL ADDICT**, but when it comes to positions, which require more representation, or more out front, you had better have your program together as well as be connected to the “Elder Statesmen”. I had one “Elder Statesmen” tell me that even though the suggestion that I made was relative, (it was in regard to another issue) the fellowship would listen to him more because he had more sobriety than me. He did state that it was wrong however, that is just the way things are. You may think that I am being fictitious however; I am simply trying to get a point across. I must remember that the Third Tradition says that “The only requirement for membership is a desire to stop using” and the Second Tradition, which states that, ... our leaders are but trusted servants they do not govern”.

I believe that each and every addict that is so blessed to have made to Cocaine Anonymous has a story to tell, or a message for some addict who is still suffering. It is not for me to say that your message has no “depth or weight” simply because I personally cannot relate to you. The Big Book tells me we need to concentrate on “similarities instead of differences”. The bottom line is this, our disease of addiction has manifested itself in us in many different ways and we took different roads to get here but thank God that we made it. Our “primary purpose is to carry the message to the addicts who still suffer”. How are we expected to do that if we are busy taking inventories, analyzing, policing and antagonizing one another? Unfortunately, I too have been guilty of being a “CA Policeman”, however, I have been truly “beaten into a state of reasonableness” and I cannot afford to count you in or out of this fellowship. I am here today because you took a moment of silence followed by the serenity prayer because I was still suffering. I do not take my recovery for granted today. Remember, “we are people whom ordinarily who wouldn’t mix”, but none of us are ordinary, right?

- “But A Trusted Servant”.

CA Birthdays

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.

GOD Willing...

November

Trish H.	9 mo.
Michael D.	3 yrs.
Robert	6 yrs.
Alice C.	7 yrs.
Bryan R.	8 yrs.
Eddie H.	12 yrs.
Kim J.	17 yrs.

December

Randall	2 yrs.
Greg B.	5 yrs.
Linnette K.	5 yrs.
Rose B.	12 yrs.
Fred	16 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@canbraska.org.

Coming Soon...

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...

December - Women's Ornament Exchange

The Annual Ornament Exchange will be held at 4531 Laurel Ave. on December 5th from 2pm-5pm

Come and enjoy food and fellowship with Ladies In Recovery this Holiday season.

Feel free to bring a dish. Some refreshments will be provided.

For questions on or directions to the days festivities, contact:
LATAUNYA H. 934-0727

January - Anniversary Dinner

The C.A. Nebraska 18th Anniversary Dinner will be held January 22nd 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

Jeopardy was created by an addict. Who else would start out with all the answers and no questions?

How many addicts does it take to change a light bulb?

One, He holds up the bulb and the whole world revolves around him.



C. A. Wisdom

If you want to change who you are, change what you do.

If you make yourself available, you'll get what you need when you need it.

The Big Book is like a cookbook – you can read it all day long and starve. You have to take the action.

Lincoln Meeting Caravan

If you are interested in helping support the Wednesday night Lincoln meeting of CA, there will be a caravan headed there **every** 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