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# Nebraska Area Newsletter

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Issue 1, Volume 5

Recovery in the Heartland

January 8, 2005

## Standing Committees

### **P I Committee -- Chair Greg B.**

(1<sup>st</sup> Tuesday of every Month 2/1– 3/1)  
6pm Twelve Step House  
7306 Grant St.

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

(2<sup>nd</sup> Sat. of every Month 2/12 – 3/12)  
6pm Twelve Step House  
7306 Grant St.

### **State Convention Committee 2006**

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

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

### **Unity Committee -- Chair Diane A.**

(3<sup>rd</sup> Tuesday of every Month 1/18 – 2/15)  
6pm Twelve Step House  
7306 Grant St.

### **H&I Committee -- Chair John W.**

(4<sup>th</sup> Tuesday of every Month 1/25 – 2/22)  
6pm Twelve Step House  
7306 Grant St.

### **HelpLine – Chair Lisa Q.**

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

### **January**

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

Featuring Step Study on Step 1 January 17<sup>th</sup>

### **February**

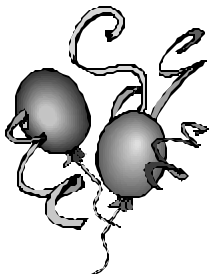
**RU Willing** – Recovery Zone 701 So. 75<sup>th</sup> – Monday 8:30pm

Featuring Step Study on Step 2 February 21<sup>st</sup>

### **March**

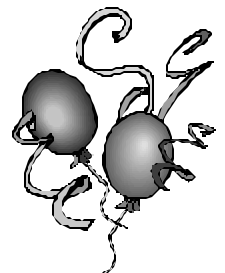
**Steps to Victory** – 12 Step House Upstairs – Tuesday Noon

Featuring Step Study on Step 3 March 1<sup>st</sup>



## **18th Annual C.A. Anniversary Dinner**

The C.A. Nebraska 18<sup>th</sup> Anniversary Dinner will be held January 22<sup>nd</sup> 2005 at Mister C's Steak House. Tickets are \$25, include dinner and 3 speakers, and can be purchased from any GSR or Unity Committee member. Be sure to be there and help us celebrate 18 wonderful years of Recovery in the Heartland.



## STEP ELEVEN

**“Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.”**

Prayer and meditation are our principal means of conscious contact with God. Prayer is the raising of the heart and mind to God – and in this sense it includes meditation. How may we go about it? Our immediate temptation will be to ask for specific solutions to specific problems, and for the ability to help other people as we have already thought they should be helped. In that case, we are asking God to do it *our* way. We ask simply that throughout the day God place in us the best understanding of His will that we can have for that day, and that we be given the grace by which we may carry it out.

On awakening, let us think about the twenty-four hours ahead. We consider our plans for the day. Before we begin, we ask God to direct our thinking, especially asking that it be divorced from self-pity, dishonest or self-seeking motives. In thinking about our day we may face indecision. We may not be able to determine which course to take. Here we ask God for inspiration, and intuitive thought or a decision. We relax and take it easy. We don't struggle. We are often surprised how the right answers come after we have tried this for a while. What used to be the hunch or the occasional inspiration gradually becomes a working part of the mind.

As the day goes on, we can pause where situations must be met and decisions made, and renew the simple request: “Thy will, not mine, be done.”

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

## Just For Today

Just for today I will live through the next 12 hours and not tackle my entire life's problems at once.

Just for today I will improve my mind. I will learn something useful. I will read something that requires effort, thought and concentration.

Just for today I will be agreeable, I will look my best, I will speak in a well-modulated voice, and I will be courteous and considerate.

Just for today I will not find fault with friend, relative or colleague. I will not try to change or improve anyone but myself.

Just for today I will have a program. I might not follow it exactly, but I will have it. I will save myself from two enemies – Hurry and Indecision.

Just for today I will exercise my character in three ways. I will do a good deed and keep it a secret. If anyone finds out, it doesn't count.

Just for today I will do two things I don't want to do, just for the discipline.

Just for today I will be unafraid. Especially will I be unafraid to enjoy what is beautiful and believe that as I give to the world, the world will give to me.

## CA Birthdays

### November

Trish H.	9 mo.
Mike H.	1 yr.
Michael D.	3 yrs.
Robert	6 yrs.
Alice C.	7 yrs.
Bryan R.	8 yrs.
Eddie M.	12 yrs.
Kim J.	17 yrs.

### December

Erin	6 mo.
Randall	2 yrs.
Greg B.	5 yrs.
Linnette K.	5 yrs.
Rose B.	12 yrs.
Fred	16 yrs.

## GOD Willing...

### January

Marci	6 mo.
Rick	1 yr.
George	1 yr.
Katie M.	18 mo.
Mike R.	4 yrs.
Arlo R.	5 yrs.
Todd G.	6 yrs.
Lori D.	8 yrs.

### February

Doug R.	18 mo.
Vickie	6 yrs.
Bridgett	6 yrs.
Cathy C.	7 yrs.
Dave L.	13 yrs.
Tonya M.	16 yrs.
Brian M.	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.**

## Serenity, Boundaries, Options

Reflection: In my first life, there was no such thing as boundaries. There was nothing I would not attempt if I desired. . In everything I endeavored, the extreme was common. I was too (tee-double o) everything! I hurt too much, I sought too much, I was too angry, sad . . .too scared . . .too courageous . . .much, much too judgmental and many times I remember being too right. Those were the times I wound up in jail, hurt or losing someone and/or something I though I loved; or hurt someone for something I loved TOO much . . .in a nutshell, I was too self-serving! After nearly half a century, that life is over! "It is by dying that one awakens to eternal life." (St. Francis) My new life is filled with boundaries, because past experience has taught me that not to have boundaries is foolhardy, dangerous and completely self-destructive. "He who by reanimating the old can gain knowledge of the new is fit to be a teacher," says Confucius. In the process of change, I'm learning that boundaries are what help create a balance in life; laws, rules and morality are the nucleus of boundaries. I've learned as I seek through prayer and meditation to improve my conscious contact with God that knowledge of His will for me will guide me to make the right choices, from the options available to me in my new life. I know today that my serenity is directly related to the options I choose as I face life's boundaries. Today I know what too much of anything can hurt me back through space and time, in a heartbeat into my old life. The last place I want to be!

Prayer – God, I pray that through self-forgetting, I may find that self that you would have me to be, that you help me to clearly see the boundaries that I must respect. And God grant me the courage in my heart to choose the right options daily. Father, grace me with serenity that I may know that I have honored your will for today. Amen!!!

## Stories Needed

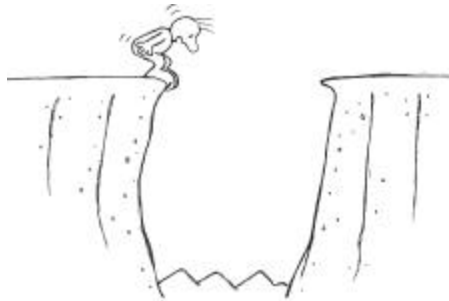
This is a call going out to all members of CA Nebraska. Your stories are needed to help newcomers and those old-timers alike. So don't be selfish, write up your story of Hope, Faith and Courage and submit it to any GSR or email it to [webmaster@canbraska.org](mailto:webmaster@canbraska.org).

## The Lighter Side of CA

B.I.G. B.O.O.K. – Believing In  
God Beats Our Old Knowledge

E.G.O. – Edging God Out

R.E.L.A.T.I.O.N.S.H.I.P.  
Really Exciting Love Affair  
Turns Into Outrageous  
Nightmare Sobriety Hangs In  
Peril.



Don't fear taking a big step  
when one is needed.  
You can't cross a chasm  
in two small jumps.

## C. A. Wisdom

The Twelve Steps give us the  
tools that allow us to be  
exactly who we want to be.

I am not a human being  
having a spiritual experience;  
I am a spiritual being having  
a human experience.

If I'm OK with me, I have no  
need to make you wrong.

## 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. 75<sup>th</sup> St.

## 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](mailto: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 <sup>th</sup> St.
MON	- 6:00 pm	GOCA Bldg. 2406 Fowler Ave
MON	- 7:00 pm	3805 Leavenworth **
MON	- 8:30 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	Unity Club 4923 So. 24 <sup>th</sup> 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