
Nebraska Area Newsletter

Issue 2, Volume 5

Recovery in the Heartland

March 12, 2005

Standing Committee

P I Committee -- Chair Greg B.

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

Area GSR Meeting -- Chair Frances S.

(2nd Sat. of every Month 2/12 – 3/12)
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 Diane A.

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

H&I Committee -- Chair John W.

(4th 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

Meeting of the Month

March

Steps to Victory – 12 Step House Upstairs – Tuesday Noon

Featuring Step Study on Step 3 March 1st

April

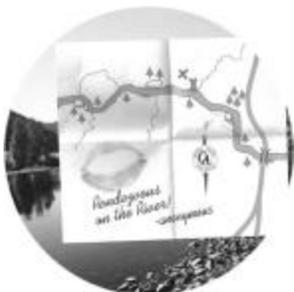
It's the Real Thing – 12 Step House Downstairs – Tuesday 7:30pm

Featuring Step Study on Step 4 April 19th

May

H.O.W. – Stephens Center – Wednesday 7:00pm

Featuring Step Study on Step 5 May 18th



Celebrate Around the World

Celebrate Around the World is where CA groups all around the world get together and celebrate unity during the same period of March each year. Come join us at the Unity Club on March 19th. There will be a meeting at 7pm followed by a dance and fish fry. This is a great way to meet others in the fellowship and to take part in your own recovery.

STEP TWELVE

“Having had a spiritual awakening as the result of these steps, we tried to carry this message to addicts, and to practice these principles in all our affairs.”

“Our Twelfth Step says that as a result of practicing all the Steps, we have found something called a spiritual awakening. When a man or a woman has a spiritual awakening, the most important meaning of it is that he has now become able to do, feel, and believe that which he could not do before on his unaided strength and resources alone. He has been granted a gift, which amounts to a new state of consciousness and being. What he has received is a free gift, and yet usually, at least in some small part, he has made himself ready to receive it.

Practical experience shows that nothing will so much ensure immunity from drinking as intensive work with other alcoholics. It works when other activities fail. This is our *twelfth suggestion*: Carry this message to other alcoholics!

What about the practice of these principles in *all* our affairs? Can we love the whole pattern of living as eagerly as we do the small segment of it we discover when we try to help other alcoholics achieve sobriety? Can we bring the same spirit of love and tolerance into our sometimes-deranged family lives that we bring to our A.A. group? Can we have the same kind of confidence and faith in these people who have been infected and sometimes crippled by our own illness that we have in our sponsors? Can we actually carry the A.A. spirit into our daily work?

Furthermore, how shall we come to turns with seeming failure or success? Can we now accept and adjust to either without despair or pride? Can we accept poverty, sickness, loneliness, and bereavement with courage and serenity? Can we steadfastly content ourselves with the humbler, yet sometimes more durable, satisfactions when the brighter, more glittering achievements are denied us?

The A.A. answer to these questions about living is ‘Yes, all of these things are possible.’ We know this because we see monotony, pain, and even calamity turned to good use by those who keep on trying to practice A.A.’s Twelve Steps.”

So... Keep Coming Back! – It Works!

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

Time

Life is short,
Time is long.
You don't realize what you've got
Until it's gone.

Be happy with what you've got,
Because it could all slip away.
Just be glad you've made it,
Through another day.

I can promise you that tomorrow,
The sun is gonna shine.
But remember all we can do,
Is take it One Day at a Time.
- Russell C.

CA Birthdays

January

Dwayne C.	6 mo.
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

Vickie	6 yrs.
Cathy C.	7 yrs.
Dave L.	13 yrs.
Brian M.	17 yrs.

GOD Willing...

March

Deb W.	1 yr.
Arrick A.	3 yrs.
Matt A.	3 yrs.
Dave	8 yrs.

April

Felicia	3 yrs.
Kent A.	18 mos.
Thomas N.	18 mos.
Loretta C.	16 yrs.
Steve K.	17 yrs.
John C.	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.

Steps 1-2-3 of Cocaine Anonymous

1. We admitted we were powerless over cocaine and all other mind-altering substances – that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God, as we understood Him.

Traditions 1-2-3 of Cocaine Anonymous

1. Our common welfare should come first, personal recovery depends upon C.A. unity.
2. For our group purpose there is but one ultimate authority – a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants, they do not govern.
3. The only requirement for membership is a desire to stop using cocaine and all other mind-altering substances.

Concepts 1-2-3

1. The final responsibility and the ultimate authority to C.A. World Services should always reside in the collective conscience of our whole Fellowship.
2. The C.A. Groups delegate to the World Service Conference the complete authority for the active maintenance of our world services and thereby make the Conference – excepting for any change in the Twelve Traditions – the actual voice and the effective conscience for our whole Fellowship.
3. As a traditional means of creating and maintaining a clearly defined working relation between the Groups the Conference, the World Service Board of Trustees and its service corporation, staffs and committees, and of thus insuring their effective leadership, it is here suggested that we endow each of these elements of World Service with a traditional "Right of Decision."

Stories Needed

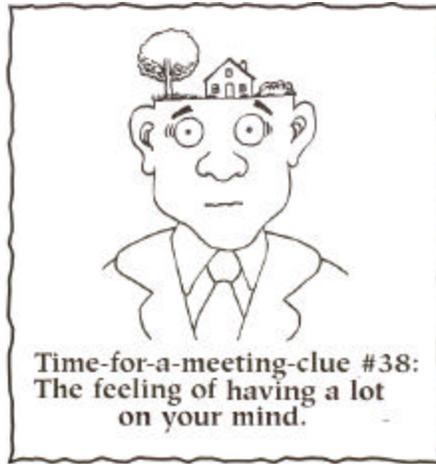
This is a call going out to all members of CA Nebraska. Your stories are needed to help newcomers and those old-timers alike. So don't be selfish, write up your story of Hope, Faith and Courage and submit it to any GSR or email it to webmaster@canebraska.org.

The Lighter Side of CA

H.O.P.E. – Happy Our Program
Exists

S.P.O.N.S.O.R. – Sober Person
Offering Newcomers
Suggestions On Recovery

Wherever you go, There you are.



C. A. Wisdom

You are heading towards a
slip when you remember the
good times more than the
bad.

Do not give up. It is often the
last key of the bunch that
opens the door.

We together can do what I
alone cannot.

Show Your Support

The '**R U Willing**' 8:30 Monday and '**Freshly Grounded**' 7:00 Friday meetings are in need of support. Please make some time to come out and show your support. '**R U Willing**' meets at the Recovery Zone, located just north of Pacific Street at 701 S. 75th St. '**Freshly Grounded**' meets at Immanuel Lutheran Church, 104 Galvin Rd. North in Bellevue.

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. 24th St.
MON - 6:00 pm GOCA Bldg. 2406 Fowler Ave
MON - 7:00 pm 3805 Leavenworth **
MON - 8:30 pm Recovery Zone 701 So. 75th 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. 50th 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. 24th 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 72nd & Redick
** Closed Meeting (Addicts Only) *** Smoking Permitted

All locations: Omaha, Nebraska