
Nebraska Area Newsletter

Issue 3, Volume 5

Recovery in the Heartland

May 14, 2005

Standing Committee

P I Committee -- Chair Greg B.

(1st Tuesday of every Month 6/7-7/5)
6pm Twelve Step House
7306 Grant St.

Area GSR Meeting -- Chair Frances S.

(2nd Sat. of every Month 6/11-7/9)
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 5/17-6/21)
6pm Twelve Step House
7306 Grant St.

H&I Committee -- Chair John W.

(4th Tuesday of every Month 5/24-6/28)
6pm Twelve Step House
7306 Grant St.

HelpLine -- Chair Lisa Q.

C.A. HELP LINE

402-978-8881

Website

www.canebraska.org

Meeting of the Month

May

H.O.W. -- Stephens Center -- Wednesday 7:00pm
Featuring Step Study on Step 5 May 18th

June

Scooter's Winners -- 12Step House -- Thursday 8:30pm
Featuring Step Study on Step 6 June 16th

July

This Is How We Do It -- Mt. Nebo -- Friday 7:00pm
Featuring Step Study on Step 7 July 15th

Upcoming Events

Annual Women's Luncheon

June 18th -12pm -- 4pm at Grover Street Club House, 6801 A Plaza
See Flyer for more details

July -- Unity Day Picnic

More details to come...

TRADITION ONE

**“Our common welfare should come first;
Personal recovery depends upon C.A. unity.”**

“No one can survive unless he carries the C.A. Message. The moment a group in CA is formed, another discovery is made. Most individuals CANNOT RECOVER UNLESS THERE IS A GROUP. The realization dawns that each individual is a small part of a greater whole. No personal sacrifice is too great for the *PRESERVATION OF THE FELLOWSHIP*. He learns that the clamor of desires and ambitions within him must be silenced whenever they could damage the group. It becomes apparent that the group must survive or the addict will not.

Excerpts from:

Twelve Steps and Twelve Traditions, Tradition One

Grateful Addict

Hello, I'm a grateful drug addict and alcoholic.

I'm not going to go into the war stories because we all know what the problem was. I'll just let you know that my addiction took me places that I never wanted to go. It also took me places that I never knew existed!

The bad thing is that I was the last person in the world to know I had a problem. My wife tried to tell me and so did my mother, family, policemen, judges and toward the end even my dealers! But of course nobody knew what he or she was talking about.

It took me coming into these rooms to find out that I didn't know as much as I thought. Here people told me that one day I would find a way to live without having to use and would find a way of living to where I would not want to use. I never thought that day would come! It did and I'm grateful!

To me recovery is like the merry-go-round in the park. If I stayed in the center, I could stand up with good balance, feeling safe and protected. But the further off of center I got, the harder and harder it got to hang on. When it got too tough to hang on, I let go and fell off. There was a lot of pain involved! It's the same with recovery. If I stay in the center, I feel safe. But if I quit going to meetings, calling my sponsor, working the steps, etc., I might fall off and I know there would also be a great deal of pain involved.

If I keep doing the things that kept me sober today, I'm confident that my Higher Power will continue to do for me what I was never able to do for myself. If anyone can remain willing to learn and grow, remarkable things will happen. If you want your life to change, do what we have done and hang on for the ride. This program will also take me places I never knew existed!!!

- Just another grateful addict

CA BIRTHDAYS

March

Tammy B.	6 mos.
Josh	6 mos.
Emily	9 mos.
Luke O.	9 mos.
Erin Y.	9 mos.
Deb W.	1 yr.
Doug	18 mo.
LeAnne S.	2 yrs.
Arrick A.	3 yrs.
Matt A.	3 yrs.
Ron P.	3 yrs.
Dave	8 yrs.

April

Thomas N.	18 mos.
Scott G.	18 mos.
Jennifer R.	2 yrs.
Felicia	3 yrs.
Diane A.	4 yrs.
Loretta C.	16 yrs.
Steve K.	17 yrs.
John C.	18 yrs.

GOD WILLING...

May

Joe K.	2 yrs.
Ed Z.	3 yrs.
Lisa Q.	3 yrs.
Michele	3 yrs.
Mike S.	5 yrs.
Steve A.	10 yrs.
Harry C.	16 yrs.
Robert NY	16 yrs.
Dave	18 yrs.

June

Emily	1 yr.
Leslie V.	18 mo.
LaTaunya H.	4 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.

Humility

I am the most humble person in the world.

I never brag or boast.

I am never proud.

I shake my head at those who take pride in themselves.

I scoff at all who are self-centered.

I always keep my accomplishments to myself.

I never try to elevate myself above my peers.

I am the bottom step on the Ladder of Arrogance.

I will win every prize in the Race of Modesty.

I cannot be beaten in the Contest of the Lowly.

I am the gold medal winner in the Olympics of the Meek.

I am like a peasant in a world of kings.

I am like a doormat for everyone to walk over.

Pride is my enemy.

Self-denial is my only friend.

For I am the most humble person in the world.

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.

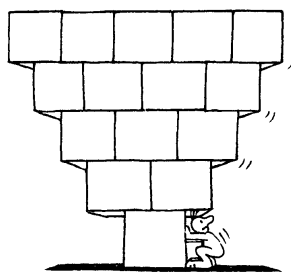
The Lighter Side of CA

Thou shalt not *should* thyself.

People who fly into a rage
always make a bad landing.

A.S.K. – Ass-Saving Kit

Worry is prayer for something
you don't want.



Sometimes you might want to share your
"brilliant idea" with friends before you take
action. Remember, your best thinking got
you here in the first place.

C. A. Wisdom

Please Lord, teach us to
laugh again, but God, don't
let us ever forget that we
cried.

The only thing we can take
with us when we leave this
world is what we gave away.

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.

New 12 Step Resource Website

A new website has been started for collecting links to 12 Step Resources. There you will find websites to help you learn and grow through the 12 Steps. www.itworkz.org

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 th 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 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.
WED	- 8:00	pm	Bryan-Independence Center, Lincoln
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.
FRI	- 7:00	pm	Immanuel Church 104 Galvin Rd. North, Bellevue
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 Basement 7306 Grant St.
SAT	- 8:00	pm	Immanuel Behavior Services 72 nd & Redick

** Closed Meeting (Addicts Only)

*** Smoking Permitted

All locations: Omaha, Nebraska unless otherwise noted.