
Nebraska Area Newsletter

Issue 4, Volume 5

Recovery in the Heartland

July 9, 2005

Standing Committee

P I Committee -- Chair Charnette F.

(1st Tuesday of every Month 8/2 - 9/6)
6pm Twelve Step House
7306 Grant St.

Area GSR Meeting -- Chair Frances S.

(2nd Sat. of every Month 8/13 - 9/10)
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 Willie A.

(3rd Tuesday of every Month 7/12 - 8/16)
6pm Twelve Step House
7306 Grant St.

H&I Committee -- Chair John W.

(4th Tuesday of every Month 7/23 - 8/27)
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

July

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

August

It's About Time – Stephens Center – Friday 7:00pm
Featuring Step Study on Step 8 August 19th

September

Freshly Grounded – Immanuel Lutheran Church – Friday 7:00pm
Featuring Step Study on Step 9 Sept 16th

Upcoming Events

July 16th 2005 – Unity Day Picnic

Elmwood Park – (rain date 23rd)

Meeting – 9am – 10am

Food, Fun, Fellowship – 10pm -????

Family and Friends are Welcome

Games!! Softball!! Refreshments!!

TRADITION TWO

“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.”

In no sense whatever can its members govern or direct the group. They are servants. Theirs is the sometimes-thankless privilege of doing the group’s chores. Headed by the chairman, they look after public relations and arrange meetings. Their treasurer, strictly accountable, takes money from the hat that is passed, banks it, pays the rent and other bills, and makes a regular report at business meetings. The secretary sees that the literature is on the table, looks after the phone-answering service, answers the mail, and sends out notices of meetings. Such are the simple services that enable the group to function. The committee gives no spiritual advice, judges no one’s conduct, and issues no orders. Every one of them may be promptly eliminated at the next election if they try this. And so they make the belated discovery that they are really servants, not senators. These are universal experiences. Thus throughout C.A does the group conscience decree the terms upon which its leaders shall serve.

THE SOLE AUTHORITY IN C.A. IS A LOVING GOD AS HE MAY EXPRESS HIMSELF
IN THE GROUP CONSCIENCE.

Excerpts from:

Twelve Steps and Twelve Traditions, Tradition Two

The Makeover

I grew up believing in God but felt I was different from everybody; not pretty, no father, not normal like other children. My mother was single and worked very hard raising 3 children with the help of her parents. I attended church regularly, was a Confirmed Lutheran, Girl Scout, H.S. graduate, got married to an abusive man, had a child. One year later I was divorced. Started dating another, got married without family approval, had 2 more children. Lived in a somewhat happy atmosphere but was still unsettled, always wanting MY WAY. I divorced my 2nd husband and then decided to un-divorce him, 6 wks later he abused me and I filed for divorce again. I did not know this wasn’t normal. Everyone got divorced if they weren’t happy. Then I moved away from Omaha and continued my spiral down, got married, divorced then got pregnant again

WHY? Because I would turn to alcohol and drugs instead of God. I would silence that voice that told me I wasn’t being too smart by using alcohol and cocaine. Over a 20-year period I became Mother of 4; divorced 3x - Alcoholic, drug addict, bulimic, thief, depressed, suicidal. Turning my back on God and everything? Selfishness, self-centeredness I learned was the root of my problems.

When I used alcohol and cocaine I couldn’t stop, no matter how I tried. When I did eat I would eat so much that I would throw up because I felt I wasn’t skinny enough, I wanted to be perfect. I could not think clearly anymore, all I could think about was my next drink or hit and in the end even that did not satisfy my desire for ‘the something’ I was looking for. I had damaged my brain; my thought patterns were all out of whack. It became a disease like cancer; it is an allergy to alcohol and chemicals. Could not clean, could not cook, could not take care of my children. Could not function as a normal human being and didn’t CARE too. Didn’t care or love anything anymore. Lost my interest in life. DEAD on the inside, I wanted to die and tried to kill myself over and over but it wasn’t working, nothing I did worked. I couldn’t do enough drugs to kill me because my tolerance was so high. April 1, 1995; I had parked my car on the RR tracks because I wanted my ex-husband to believe that a train had hit me. Upon leaving the car something INSIDE (which I believe now to be my Higher Power) reminded me – ‘what about the other people who love you; your Mother, your children, your Grandparents that cared for you watching from Heaven? ‘Do you want them to suffer this mental anguish YOU would be causing?’ Of course the answer was NO. I

panicked, getting back into my car, tried to get the car back off the RR tracks, but it would not go in reverse, so I plummeted forward into the ravine. The car was off the tracks. The next morning I realized that I should get the car out of there, ASAP, before it was discovered by anyone (like the police). I called a towing company. Sitting on the hill watching my car get hauled backwards out of ravine, I remember praying asking God why, WHY I was still alive? Little did I know He had other plans for me. I went on until July 4, 1995 blotting out all the things I had become, scared to let anyone help me. Why should I ask, who am I, I had let everyone else down?

July 5, 1995 I called in sick to work (like I usually did the day after the holiday) and my supervisor called my bluff. I had run this gambit with them before. They said I would lose my job if I did not comply with the EAP (Employee Assistant Program), So I started an outpatient Treatment for Chemical Dependency (again) per their suggestions. I discovered with the help of a lot of friends (angels) that my problems had not only become physical and mental but also spiritual.

With the help of Cocaine Anonymous, I made a decision to turn my will and my life over to the care of God. It was very hard to surrender; I still wanted control. I remember one time when I was in In-Patient treatment that my Pastor called me and I was whining to him “what about my children, I need to be with my children” and he said “Becky, if you take care of yourself, God will take care of your children”. I learned that once I had done this, accepted that my life was unmanageable the way I was living it, accepted my character defects, asked for forgiveness, tried to follow God’s will – all my sins had been removed. The desire to use mind-altering chemicals was removed. I would learn to trust God and pray instead of using drugs and alcohol. I would learn to face my fears knowing God was my support. God did for me what I could not do for myself. He restored me to sanity. EVERYTHING has been restored and more.

I learned humility. I no longer feel like I have to pretend to know everything. I can ask someone for help when I don’t know the answer. I have learned to be responsible. If I cannot do something, I try not to make excuses, but I tell the truth. I have learned that I cannot change anyone but myself and that I need to rely on God to help others. I can help them by praying for them, but even then I do not ask for things. I pray specifically for God’s will to be done. Even when I had to admit I was a newcomer again it was relatively easy because it was the right thing to do. Honest, Open and Willing.

How much did this makeover cost? It was FREE- but I have to give it away to keep it. I try to help God whenever possible – which was part of my deal with him. Besides my full time job and part-time job, and being a full time mom, I attend 2 CA meetings regularly, Area Sec, GSR, Treasurer (one in a homeless shelter, monthly in the Work Release Center for Jails); sponsor other addicts in need, serve on committees for that group, I volunteer and attend church regularly, sing in the Choir, teach Sunday School, am a member of church committees. I give rides whenever needed (how else do you expect God to get His children to practice they can’t drive?). What have I gained besides MY LIFE?? Many Blessings: All 4 of my children are part of my life again, I have seen 3 of them confirmed and graduate from H.S., my niece, my daughter’s and my brother’s weddings, the birth of multiple children in my family; I have maintained my Job for over 10 years now, become a Choir Director (and can see how that has blossomed). I play the piano now (which really amazes me that I can learn something new). I OWN a home now and each day when I back out of the drive I thank God for another day to serve Him. I try to carry an attitude of gratitude in everything I do today

I tell my story because this is the foundation that God has laid for me. I have built up from the pits of my own hell and have built a wonderful life in serving my Higher Power. I turn everything over to God and He helps me match chaos with serenity. 6 words sum it up- Trust God, Clean House (BE Honest), Help Others and God will take care of the rest and DOES!!!

- Becky L.

CA BIRTHDAYS

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.
Larry 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.

GOD WILLING...

July

George A.	18 mo.
Paul H.	18 mo.
Danielle M.	2 yrs.
Katie M.	2 yrs.
Scott S.	3 yrs.
Cheryl H.	4 yrs.
Robert H.	4 yrs.
Mark P.	16 yrs.
Randy H.	18 yrs.

August

Doug W.	2 yrs.
Kent A.	2 yrs.
Lyle S.	2 yrs.
Jodie S.	3 yrs.
John S.	6 yrs.
John W.	6 yrs.
Orlando J.	6 yrs.
Roc	13 yrs.
Dan W.	14 yrs.
Jodie M.	14 yrs.

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.

Giving It Away to Get It & Keep It

My name is Harry T. and I've been in the fellowship of Cocaine Anonymous for a while now. I have been given so much from this simple program that I can't begin to count the ways. What it has done is recreate my life. How do you repay something like that? I don't think we can, but I can be grateful, which, as you know, means action. Our common welfare should come first; personal recovery **DEPENDS** on C.A. unity.

What that says to me is that my very existence depends on the unity of Cocaine Anonymous. What I can bring to the table instead of what I can get was a concept I learned in the rooms of C.A. Through service work and self-sacrifice my recovery has risen to a new level. I am so grateful that I didn't settle for less.

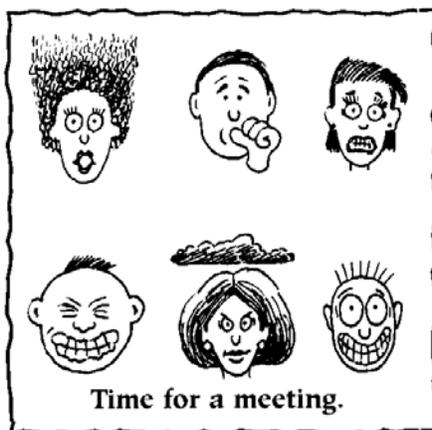
Today I realize that I can't attend every meeting or event; that I can't volunteer for every service position. But I have no excuse for never supporting everything. I do have a duty and responsibility; when an addict reaches out, the hand of C.A. will be there.

- Harry T.

The Lighter Side of CA

If I had known that I was going to live this long, I would have taken better care of myself.

We must learn from the mistakes of others because we won't live long enough to make them all ourselves.



C. A. Wisdom

Uncover, Discover, Discard.

Faith is our greatest gift.
Sharing it with others is our
greatest responsibility.

I am not responsible for your
feelings - just my behavior.
What you think of me is not
my business.

READ IT AT YOUR LEISURE

*This Newsletter and previous issues are Available
On-line @ <http://www.canebraska.org>*

MORE STORIES AVAILABLE

*Visit the website to read more stories from local
members of Cocaine Anonymous*

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.