
Nebraska Area Newsletter

Issue 5, Volume 5

Recovery in the Heartland

September 10, 2005

Standing Committee

P I Committee -- Chair Charnette F.

(1st Tuesday of every Month 10/4 – 11/1)
6pm Twelve Step House
7306 Grant St.

Area GSR Meeting -- Chair Frances S.

(2nd Sat. of every Month 10/8 – 11/12)
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 Willie A.

(3rd Tuesday of every Month 9/20 – 10/18)
6pm Twelve Step House
7306 Grant St.

H&I Committee -- Chair John W.

(4th Tuesday of every Month 9/27 – 10/25)
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

September

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

October

Just Us Women – 12 Step House – Saturday 10:00am

Boys To Men – Unity Club – Saturday 11:00am

Featuring Step Study on Step 10 October 15th

November

Into Action – Sienna/Francis House – Saturday 7:30pm

Featuring Step Study on Step 11 November 19th

Welcome Back Delegates!

Our delegates returned from the World Services Conference in Los Angeles on the 4th and will be giving us an update at the September GSR Meeting. Be sure to ask John W. how he enjoyed his 1st plane trip.

TRADITION THREE

“The only requirement for C.A. membership is a desire to stop using cocaine and all other mind altering substances.”

This tradition is packed with meaning. For C.A. is really saying to every serious user, “You are a C.A. member if you say so. You can declare yourself in; nobody can keep you out. No matter whom you are, no matter how low you’ve gone, no matter how grave your emotional complications—even your crimes—we still can’t deny you C.A. We don’t want to keep you out. We aren’t a bit afraid you’ll harm us, never mind how twisted or violent you may be. We just want to be sure that you get the same great chance for sobriety that we’ve had. So you’re a C.A. member the minute you declare yourself.”

Excerpts from:

Twelve Steps and Twelve Traditions, Tradition Three

Old Timers Corner

Meeting of the Month. What’s That?

When we hear something at every meeting, we assume that everybody knows what it means (wrong). Take the Meeting of the Month for example. I was surprised by the misinformation about it. Maybe that explains the low turn out and lack of participation. The purpose of the Meeting of the Month is Fellowship. It’s objective is to promote unity.

Each month a meeting is chosen and throughout that month CA’s should try to make it to the designated meeting at least once during that month. That gives you four opportunities to make it. So if the Meeting of the Month is on the same night as my regular meeting, I miss my meeting one time. My regular meeting will survive if I’m not there one time. I have to remember that C.A. will be just fine without me. But will I be fine without C.A.? I don’t think so.

So let’s get out of our comfort zone and go to some meetings that we don’t usually attend. Kick with some addicts we don’t usually kick it with, have some fun, and in the process promote unity.

- Harry T.

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.

CA BIRTHDAYS

June	
Lecia	18 mo.
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	
Robert K.	6 mo.
Doug R.	6 mo.
Jerome F.	6 mo.
Marvetta C.	9 mo.
Courtney B.	1 yr.
Dion Q.	1 yr.
Kent A.	2 yrs.
Lyle S.	2 yrs.
Jodie S.	3 yrs.
John S.	6 yrs.
John W.	6 yrs.
Orlando J.	6 yrs.
John Wh.	8 yrs.
Earl B.	11 yrs.
Roc	13 yrs.
Dan W.	14 yrs.
Jodie M.	14 yrs.

GOD WILLING...

September	
Vonda D.	1 yr.
Charnette F.	3 yrs.
Kenny F.	3 yrs.
Lori S.	3 yrs.
Brad W.	4 yrs.
Frances F.	4 yrs.
Joe N.	4 yrs.
Shree	5 yrs.
Nicole	7 yrs.
Sherretta L.	12 yrs.
Rich A.	19 yrs.
October	
Rich B.	3 yrs.
Rolo C.	4 yrs.
Shawn J.	4 yrs.
Becky L.	5 yrs.
Willie A.	9 yrs.
Lance J.	19 yrs.
Mike D.	19 yrs.
Mollie D.	19 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.

The Rebirth (9 years in captivity)

I escaped from slavery on April 29th, 2005. This may sound strange in this day and age, but it's true. I was a slave.

I was owned by a master who went by the name, Crack Cocaine.

I had tried to escape many times before, but it just seemed that I couldn't get away. But now I have found the courage and tools to escape. With the help of the fellowship of Cocaine Anonymous, I now feel free.

But the fight must continue so that I can feel like a man again. The fight must and will continue. For this simple fact: I am a Dope Fiend. I am an addict with a disease that can lead to my recapture. Put back into bondage if I don't follow the few simple rules set before me to succeed. I've come to realize that I need God to be with me on this mission for this Freedom to continue. I compare my addiction to slavery because that's how it made me feel. Useless, worked for free, and owning nothing. I felt less than a man because I couldn't provide for my family. I loved my master more than I loved myself.

So let us not forget who we are underneath the new clothes. We are, and will always be, drug addicts. That's why I call this story 'The Rebirth', because to stay clean and sober, you must be reborn.

And with that, I'll take another 24.

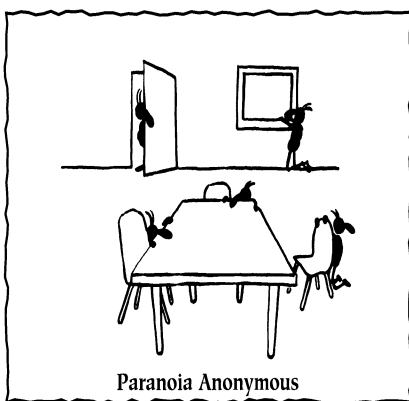
- Butch W.

The Lighter Side of CA

“I used to be a hopeless dope fiend and I am now a dope less hope fiend.”

Big book suggestion: read the black parts.

The twelve steps are like wrenches in a toolbox – they’ll fit any nut that walks in the door.



C. A. Wisdom

First we work the program because we have to. Then we work the program because we are willing to. Finally we work the program because we want to.”

To forgive is to set a prisoner free, and to discover that the prisoner is you.

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.