
Nebraska Area Newsletter

Issue 6, Volume 5

Recovery in the Heartland

November 12, 2005

Standing Committee

P I Committee -- Chair Charnette F.

(1st Tuesday of every Month 12/6 – 1/3)
6pm Twelve Step House
7306 Grant St.

Area GSR Meeting -- Chair Frances S.

(2nd Sat. of every Month 12/10 – 1/14)
6pm Twelve Step House
7306 Grant St.

State Convention Committee 2006

Chair Willie A.

(2nd Tuesday of every Month 12/13 – 1/10)
6pm Twelve Step House
7306 Grant St.

Unity Committee -- Chair Willie A.

(3rd Tuesday of every Month 11/15 – 12/20)
6pm Twelve Step House
7306 Grant St.

H&I Committee -- Chair John W.

(4th Tuesday of every Month 11/22 – 12/27)
6pm Twelve Step House
7306 Grant St.

Help Line – Chair Lisa Q.

C.A. HELP LINE

402-978-8881

Website

www.canebraska.org

Meeting of the Month

November

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

Featuring Step Study on Step 11 November 19th

December

End of the Line – 12 Step House – Downstairs - Saturday 7:30pm

Featuring Step Study on Step 12 December 17th

January

Saturday Night Solutions – Immanuel Behavior Services – Saturday 8:00pm

Featuring Step Study on Step 1 January 21st

C.A. of Nebraska Anniversary Dinner

The 19th Annual C.A. of Nebraska Anniversary Dinner will be held at Mister C's Steak House, 5319 No. 30th St. (30th & Fort), at 6:00 pm in January.

The exact date will be announced soon.

Contact your GSR for more information on Tickets and Prices.

TRADITION FOUR

**“Each group should be autonomous
except in matters affecting other groups or C.A. as a whole.”**

Autonomous: adj – a: Having the right or power of self-government.

Autonomy is a ten-dollar word but in relation to us, it means very simply that every group can manage it's affairs exactly as it pleases, except when C.A. as a whole is threatened. In charting this enormous expanse of freedom, we found it necessary to post only two storm signals: A group ought not do anything which would greatly injure C.A. as a whole, nor ought it affiliate itself with anything or anybody else. Sobriety had to be its sole objective. In all other respects there was perfect freedom of will and action.

Every group has the right to be wrong.

*Excerpts from:
Webster's Collegiate Dictionary, Tenth Edition
Twelve Steps and Twelve Traditions, Tradition Four*

Old Timers Corner

To Be or Not To Be... That is the Question

Have you ever wondered at the shortage of sponsors in C.A.? Could it be a lack of qualified sponsors? Or is it a matter of the willingness? That is the question that addicts can only answer for themselves. So, I appeal to all qualified sponsors and potential sponsors; please let us not forget the Newcomers, sometimes referred to as the most important people in the rooms. Although the Newcomer is important, they are no more important than you or I. We need each other to grow.

What can I do? Glad you asked that. Let it be known at the meetings you attend that you are available for sponsorship. Encourage those in your network who are ready, but not yet willing. Be an example that sponsorship works and share about it in the meetings.

Not ready yet? Do not fret. Being a good sponsor starts with being a good sponsee. Remain teachable and reachable. Do your work well and one day at a time you will become ready to work with others.

- Harry T.

Area Elections

C.A. Nebraska will be holding Area Elections at the GSR meeting on December 10th 2005. The positions being filled are: Area Chair, Area Secretary, Area Treasurer, Chips & Literature Chair, Hospitals & Institutions Chair, Help Line Chair. Talk to your sponsor about this great opportunity for service work. The GSR meeting will be held at the 12 Step House in the basement at 6:00pm.

CA BIRTHDAYS

September

Vonda D.	1 yr.
Charnette F.	3 yrs.
Kenny F.	3 yrs.
Lori S.	3 yrs.
Brad W.	4 yrs.
Frances S.	4 yrs.
Frank W.	4 yrs.
Joe N.	4 yrs.
Shree	5 yrs.
Nicole	7 yrs.
Sherretta L.	12 yrs.
Rich A.	19 yrs.

October

Butch W.	6 mo.
Marlin	6 mo.
Shanon	6 mo.
Sharif J.	6 mo.
Thomas N.	2 yrs.
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.

GOD WILLING...

November

Mike H.	2 yrs.
Robert H.	7 yrs.
Alice C.	8 yrs.
Bryan R.	9 yrs.
Eddie H.	13 yrs.

December

Randall	3 yrs.
Greg B.	6 yrs.
Linnette K.	6 yrs.
Rose B.	13 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.

World Services Conference Report

This year Rich A. and John W. attended the Cocaine Anonymous World Service Conference in Los Angeles as Delegates for CA of Nebraska. The event was attended by delegates from all over the world, and was held from August 30 through September 4. Rich sat on the Hospitals and Institutions Committee and John sat on the Structure and Bylaws Committee.

This convention is where the business of Cocaine Anonymous takes place. Listed below are some of the important announcements and outcomes of this year's convention:

- During the period of June 04 and June 05 – World Services was able to operate with a positive net income of \$6,135, which breaks the trend of operating in years past at a loss. In addition there is an approximate prudent reserve of \$25,000.
- South Africa was accepted as a new area. They currently have six meetings and are serving two institutions.
- It was agreed that Europe will become a distinct region within itself beginning in 2006. It had been part of the US Atlantic Region.
- Major efforts are now taking place in Europe to translate CA Literature into German, Italian, French and Spanish.
- Major initiatives are in place regarding literature and promotion of CA to stress, "All mind altering substances", this is in an effort to make welcome meth addicts and others whose primary drug may not have been cocaine.
- A new brochure is being considered and designed to be inclusive of the Gay and Lesbian Community. This will be presented for vote at the 2006 convention.
- There are currently more than 3,000 meetings of Cocaine Anonymous in the world every week.

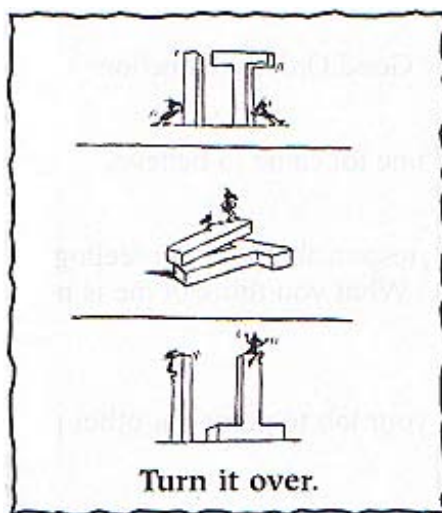
The Lighter Side of CA

If you stay humble, you will not
stumble.

To belittle is to be little.

Don't wait for your ship to come
in – swim out to meet it.

Pain is part of the program while
suffering is optional.



C. A. Wisdom

The biggest problem in the
world could have been easily
solved when it was small.

What a different world this
would be if people would
magnify their blessings the
way they do their troubles.

The largest room in the
world is the room for
improvement.

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*

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.

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	2725 No 60th Ave – Immanuel Lutheran Church**
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