
Nebraska Area Newsletter

Issue 2, Volume 6

Recovery in the Heartland

March 11, 2006

Standing Committee

P I Committee -- Chair Charnette F.

(1st Tuesday of every Month 4/4 – 5/2)
6pm Twelve Step House
7306 Grant St.

Area GSR Meeting -- Chair Frances S.

(2nd Sat. of every Month 4/8 – 5/13)
6pm Twelve Step House
7306 Grant St.

State Convention Committee 2006

Chair Willie A.

(2nd Tuesday of every Month 3/14 – 4/11)
6pm Twelve Step House
7306 Grant St.

Unity Committee -- Chair Willie A.

(3rd Tuesday of every Month 3/21 – 4/18)
6pm Twelve Step House
7306 Grant St.

H&I Committee -- Chair Mike H.

(4th Tuesday of every Month 3/28 – 4/25)
6pm Twelve Step House
7306 Grant St.

Help Line – Chair Katie M.

C.A. HELP LINE

402-978-8881

Website

www.canebraska.org

Meeting of the Month

March

Early Start – GOCA Building – Monday 6:00pm

Featuring Step Study on Step 3 March 20th

April

Monday Night Miracles – 2725 No. 60th Ave. Immanuel Lutheran – Monday 7:00pm

Featuring Step Study on Step 4 April 17th

May

R U Willing – 701 So. 75th Recovery Zone – Monday 8:30pm

Featuring Step Study on Step 5 March 15th

Over 3 Centuries of Sobriety

At the Annual C.A. of Nebraska Anniversary Dinner a Sobriety Countdown was held.

We are proud to say that there were 386 yrs, 2 mo, and 6 days of sobriety in attendance. For you 'One Day at a Time'rs, that's approximately 140, 956 24 hours.

Keep Coming Back. It DOES Work and there's your proof.

TRADITION SIX

“A C.A. Group ought never endorse, finance, or lend the C.A. name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.”

The moment we saw that we had an answer for alcoholism; it was reasonable (or so it seemed at the time) for us to feel that we might have the answer to a lot of other things. Here were some of the things we dreamed. We'd build a hospital chain of our own. We'd educate the public about alcoholism. We serious thought about rewriting the laws of the land. A.A.'s commenced to thump tables in legislative committee rooms and agitated for legal reform. That made good newspaper copy, but little else. We thought, that our society of Alcoholics Anonymous might prove to be the spearhead of a new spiritual advance! We might transform the world. It stood to reason that if alcoholism could be licked, so could any problem.

Whereupon we tried hospitals – they all bogged down because we cannot put an A.A. group into business. A.A. groups had their fling at education, and when they began to publicly whoop up the merits of this or that brand, people became confused. Did A.A. fix drunks or was it an educational project? We saw we'd soon be mired in politics. Even inside A.A. we found it imperative to remove the A.A. name from clubs and Twelfth Step houses.

These adventure implanted a deep-rooted conviction that in no circumstances could we endorse any related enterprise, no matter how good. Through A.A. experience we have learned that we of Cocaine Anonymous could not be all things to all men, nor should we try.

*Excerpts from:
Twelve Steps and Twelve Traditions, Tradition Six*

I Thought I Had Nothing To Give

When I first got clean & sober, I thought I had nothing to give. I had low self-esteem and low self-worth. I knew nothing about helping others unless it entailed money or drugs. All I knew was that my addictions ruled me. I found C.A., got a sponsor, and learned that I DID have something to give. Yes, ME! I can sponsor others like myself, suffering from this disease of addiction. I can give Love, Patience and Tolerance to others. I can give a listening ear. I can do goodness for goodness' sake. As the Promises state, “No matter how far down we have gone, we will see how our experience can benefit others.” Today I have self-esteem. Today I have self-worth. Today I don't think of others as better than me. They may live better on the outside, but today I am truly Happy, Joyous and Free. Finally, and most important to my recovery, I give my Experience, Strength and Hope to others, to newcomers in and out of the rooms, when I give a clear message at meetings; The Twelve Steps work, IF you work them with a sponsor who was a working knowledge of the program.

- Charnette F. – 09/2000

CA BIRTHDAYS

January

Larry	6 mos.
Jim F.	9 mos.
Leslie V.	2 yrs.
Doug W.	3 yrs.
Mike R.	5 yrs.
Arlo R.	6 yrs.
Pam G.	6 yrs.
Todd G.	7 yrs.
Lori D.	9 yrs.
Ms. Troy	27 yrs.

February

Luke	6 mos.
Doug R.	1 yr.
Bridgett	7 yrs.
Cathy C.	8 yrs.
David L.	14 yrs.
Brian M.	18 yrs.

GOD WILLING...

March

Denise T.	6 mos.
Michelle	1 yr.
Debbie W.	2 yrs.
Arrick A.	4 yrs.
Matt A.	4 yrs.
Dave	9 yrs.

April

Jim F.	1 yr.
Jennifer R.	3 yrs.
Felicia	4 yrs.
Diane A.	5 yrs.
Loretta C.	17 yrs.
Steve K.	18 yrs.
John C.	19 yrs.

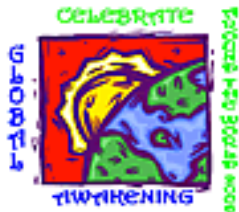
If you've celebrated a birthday and you have not been recognized then contact your GSR
Welcome to all newcomers – Don't leave 5 minutes before the miracle happens.

2006 Nebraska State Convention

The 2006 Convention will be held September 29th, 30th and October 1st at the Double Tree Hotel on 16th and Dodge. So start planning for it now.
 This year's theme will be announced soon.

Step Workshop at Mt. Nebo

The women of C.A. will be hosting a Step Workshop on Friday, March 17th at the 'This Is How We Do IT' meeting starting at 7:00. There will be five speakers with 5 topics. The topics are; Steps 1, 2 & 3, Sponsorship and 'The Doctor's Opinion'. Everyone is welcome to come out and take part.



Celebrate Around The World

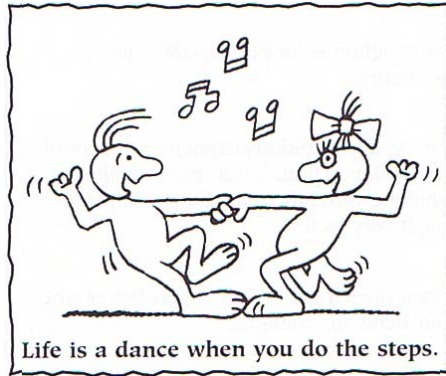
This years CATW Dance will be held on March 18th at the Unity Club. The meeting will start at 7:00 with Potluck and Dance to follow. Remember to bring a dish. Celebrate Around the World is held each year to promote worldwide C.A. unity. So be sure to come out and show some unity. If you're a sponsor, bring your Sponcees and show them what the Fellowship is all about.

The Lighter Side of CA

Sometimes I think my mind
honestly believes it can kill me
and get away with it.

A mistake is evidence that
someone tried to do something.

Quit thinking.
(It's what got you here)



C. A. Wisdom

Carry the message,
not the mess.

Don't look down on another
person, unless you're leaning
over to help them up.

People start slipping when
they take other people's
inventory instead of their
own.

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	- 8:00	pm	Immanuel Behavior Services 72 nd & Redick

** Closed Meeting (Addicts Only)

All locations: Omaha, Nebraska unless otherwise noted