



Issue 3, Volume 6

Recovery in the Heartland

May 13, 2006

Standing Committees

P I Committee -- Chair Charnette F.

(1st Tuesday of every Month 6/6 – 7/4)
6pm Twelve Step House
7306 Grant St.

Area GSR Meeting -- Chair Frances S.

(2nd Sat. of every Month 6/10 – 7/8)
6pm Twelve Step House
7306 Grant St.

State Convention Committee 2006

Chair Willie A.

(2nd Tuesday of every Month 6/13 – 7/11)
6pm Twelve Step House
7306 Grant St.

Unity Committee -- Chair Willie A.

(3rd Tuesday of every Month 5/16 – 6/20)
6pm Twelve Step House
7306 Grant St.

H&I Committee -- Chair Mike H.

(4th Tuesday of every Month 5/23 – 6/27)
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

May

R U Willing – 701 So. 75th Recovery Zone – Monday 8:30pm
Featuring Step Study on Step 5 May 15th

June

Steps To Victory – 7306 Grant, 12 Step House – Tuesday Noon
Featuring Step Study on Step 6 June 6th

July

It's The Real Thing – 7306 Grant, 12 Step House – Tuesday 7:30pm
Featuring Step Study on Step 7 July 18th

Boys to Men Meeting Move

The Saturday, 'Boys To Men' men's meeting of Cocaine Anonymous has changed location. They now meet at 11am, Saturday mornings at Dorothy B's Recovery House, 3042 Fowler. That's the corner of 31st and Fowler.

New Meeting

There is a new meeting, yet to be named, on Thursdays at 7:00pm. They meet at New Bethel Church, 1710 No. 25th. That's 25th and Decatur. Come on out and give your support.

TRADITION SEVEN

“Every C.A. group ought to be fully self-supporting, declining outside contributions.”

Self-supporting addicts? Who ever heard of such a thing? Yet we find that is what we have to be. This principle is telling evidence of the profound change that C.A. has wrought in all of us. Everybody knows that active addicts scream that they have no troubles money can't cure. Always, we have had our hands out. Time out of mind we've been dependent upon somebody, usually money-wise. When a society composed entirely of addicts says it's going to pay its bills, that's really news.

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

Today Was A Good Day

January 15th 2001. That's the day that changed my life. I got into drugs at a very early age. Over the years I used them for many different reasons; to have fun, to relax, to get a rush, to fit in. To feel different than how I felt without them, alone and inadequate. With the drugs I was a leader, well-liked, super cool, afraid of nothing. Without them it was just the opposite. I was an intelligent kid, but I never felt that way. I always felt that I had missed something, that someone, everyone, knew something that I didn't. Others always seemed to know how to handle life's situations. Not me. The drugs helped. When using I could handle what ever you could throw at me, or else I just didn't care.

Through my 27 years of using, I never saw any consequences. Not that there weren't any, I just never saw them. After all, the only person I was hurting was myself, right? That's what I thought. I never noticed the chaos that I caused in others lives. At the brief moments where I did, I would just use more to make it go away.

On January 15th 2001 the consequences caught up with me. Like an Appellation avalanche my life came crashing down around me. I wanted to die. For the first time I not only noticed how far into the mire I had sunk, but also how many others I had dragged down with me. Looking back, it was the best day of my life. That fateful day showed me, without a doubt, that I was an addict. For the next year I bare-knuckled it, I didn't use, but life still sucked. I still had the same anxiety, the same hole in the pit of my stomach that I had always felt. Why? I had quit using; everything should be fine and dandy. Why wasn't it fine and dandy? How was I supposed to deal with all the crap that life spat at me – without using?

Enter Cocaine Anonymous. When I went to my first meeting I found a bunch of guys, sitting around, laughing about things and situations that weren't funny to me in the least. They told me of the horrors that they had faced, the terrible feelings that they had felt... I felt like that. They connected with me in a way that only another addict could. Then they told me; “We have a Solution”.

They began to tell me what C.A. had done for them. How working the Twelve Steps had changed their lives. How getting a sponsor and following his suggestions had led them to a Higher Power that they could understand and trust. They showed me hope. Still I fought it. I had to analyze the program. Figure out just how it worked before I would go any further. It just didn't make sense to me. How could doing things for others have anything to do with fixing me? I didn't get it. They told me to surrender. They told me to quit trying to figure it out and just do it, and that if I did, I would see how. I looked at them and their lives and I saw hope. So I did what they said.

Today I continue to try and do what they suggest and help others, to the best of my ability, and you'll never guess what... It Works!!! I don't know how. I don't know why. But it does. Today I am able to handle situations that used to baffle me, and whenever I think I can't, I call another addict. Today I wake up looking forward to what the day has to offer. Thanks Cocaine Anonymous. Thanks to you... Today was a good day.

- Mike R. 01/15/2001

CA BIRTHDAYS

March

Denise T.	6 mos.
Anthony S.	9 mos.
Michelle	1 yr.
Debbie W.	2 yrs.
Arrick A.	4 yrs.
Matt A.	4 yrs.
John	8 yrs.
Dave	9 yrs.

April

Andrea	6 mos.
Missy	9 mos.
Jim F.	1 yr.
Niki	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.

GOD WILLING...

May

Luke	9 mos.
Kandy	1 yr.
Joe K.	3 yrs.
Brian B.	4 yrs.
Ed Z.	4 yrs.
Lisa Q.	4 yrs.
Michele	4 yrs.
Mike S.	6 yrs.
Steve A.	11 yrs.
Harry C.	17 yrs.
Robert N.Y.	17 yrs.

June

Emily	2 yrs.
Lecia W.	2 yrs.
Larry	5 yrs.
LaTaunya H.	5 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.

Registration forms are available from your GSR, or you can download them from the website – www.canebraska.org.

This year's theme will be '**CA – The Un-Cola. It's The Real Thing**'. The Convention Committee is now accepting submissions for a theme-related logo.

C.A. Nebraska 1st Annual Dodge Ball Tournament

The 1st Annual C.A. Nebraska Dodge Ball Tournament will be held on May 20th 2006, at Elmwood Park with a rain date of May 27th. There will be a meeting at 11:00 with the Tournament and Picnic to follow. Teams must be four-person COED. Sign-up sheets are available from your GSR. Bring a dish and join in the fun.

Ladies Luncheon

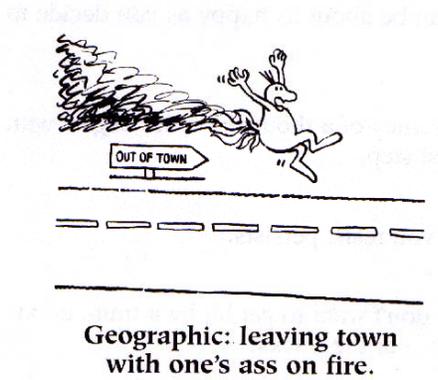
The 4th Annual Ladies Luncheon will be June 17th at the Grover Square Club House, 6801 A Plaza. Meeting will begin at 12:00 with Food, Fun, Fellowship and Raffles to follow. Ladies, please remember to bring a dish if you can.

There will be door prizes for all who attend, along with a 1st, 2nd, and 3rd Grand Prize.

Gentlemen, I've been told that they are actually considering including us....
Next Year.

The Lighter Side of CA

Found in a Canadian Sunday newspaper: A Canadian woman bought what she believed to be cocaine from her drug dealer. When she opened it she found it was only baking powder and reported her drug dealer to the police. They found that it was in fact cocaine after all and arrested her for possession of illegal drugs.



C. A. Wisdom

I'm still acting the way I want to be, so that one day I will be the way I act.

It took me a long time to realize that when I hate somebody it doesn't hurt them. Only me.

We usually condemn in others what we dislike in ourselves.

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	Dorothy B's Recovery House – 3042 Fowler. (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