



Issue 4, Volume 6

Recovery in the Heartland

July 8, 2006

## Standing Committees

### **P I Committee -- Chair Charnette F.**

(1<sup>st</sup> Tuesday of every Month 8/1 – 9/5)  
6pm Twelve Step House  
7306 Grant St.

### **Area GSR Meeting -- Chair Frances S.**

(2<sup>nd</sup> Sat. of every Month 8/12 – 9/9)  
6pm Twelve Step House  
7306 Grant St.

### **State Convention Committee 2006**

#### **Chair Willie A.**

(2<sup>nd</sup> Tuesday of every Month 7/11 – 8/8)  
6pm Twelve Step House  
7306 Grant St.

### **Unity Committee -- Chair Willie A.**

(3<sup>rd</sup> Tuesday of every Month 7/18 – 8/15)  
6pm Twelve Step House  
7306 Grant St.

### **H&I Committee -- Chair Mike H.**

(4<sup>th</sup> Tuesday of every Month 7/25 – 8/22)  
6pm Twelve Step House  
7306 Grant St.

### **Help Line – Chair Katie M.**

## **C.A. HELP LINE**

# **402-978-8881**

Website

[www.canebraska.org](http://www.canebraska.org)

## Meeting of the Month

### **July**

***It's The Real Thing*** – 7306 Grant, 12 Step House – Tuesday 7:30pm

Featuring Step Study on Step 7 July 18<sup>th</sup>

### **August**

***H.O.W.*** – Stephens Center 2723 Q. St. – Wednesday 7:30pm

Featuring Step Study on Step 8 August 16<sup>th</sup>

### **September**

***Scooter's Winners Group*** – 7306 Grant, 12 Step House – Thursday 8:30pm

Featuring Step Study on Step 9 September 21<sup>st</sup>

## **New Meeting**

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

## **Coming in August**

**Annual Fish Fry** – Keep watching and listening for more information.

## TRADITION EIGHT

**“Cocaine Anonymous should remain forever nonprofessional, but our service centers may employ special workers.”**

Cocaine Anonymous will never have a professional class. We have gained some understanding of the ancient words “Freely ye have received, freely give.” We have discovered that at the point of professionalism, money and spirituality do not mix. Almost no recovery from addiction has ever been brought about by the world’s best professionals, whether medical or religious. We do not decry professionalism in other fields, but we accept the sober fact that it does not work for us. Every time we have tried to professionalize our Twelfth Step, the result has been exactly the same: Our single purpose has been defeated.

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

## One Long Day & Night

First off I’d like to say, that it’s by the Grace of God my Higher Power that I’m able to share my experience, strength and hope with you today. If it weren’t for His Grace, I wouldn’t be here to share.

I can still remember my last bout with cocaine. Oh, by the way, my name is John S. and I am and always will be a Cocaine Addict. However I’m grateful to say that I’ve been clean for a few 24 hours. My last bout occurred August 21, some years ago. I remember telling my boss, who also happened to be a good friend from high school, that I’d be in to work over-time, because I needed cash. I can recall how subtle the urge was before my car ended up in front of the dope man’s house at 9:00 in the morning. How long and fast the day and night went after I got started doing what I do. Paid Friday morning, broke Friday night. About that time, you know the horsemen were beating down. I called my boss and told him, once again, that I can’t make it in. But this time there was a difference; I was humble enough to tell him the truth. I needed help. I have a cocaine problem. Yes, a moment of clarity. Or it could have been that I was blitzed and couldn’t think of a lie. All I know is; That and a couple of other things that happened that one long day and night, ran me back in the C.A. rooms. But of course I had to stop by Detox again first, and even that was different because I went for myself.

It was only after I returned to the rooms that I knew how much I wanted sobriety. I’ve always needed it, but I wanted it now. So now I attend meetings regularly. I do the service work. I take suggestions. I got a sponsor. I do just what the book says. I trust God, clean house, and help others. And it seems that by doing so, my life has gotten better. See I no longer just read the 12 Steps... I live the 12 Steps. Today the Principles aren’t just words, they’re my actions.

Just think, out of all the times I went in and out of the doors of C.A., that one long day and night was exactly what I needed to want what I have now. I’ll tell you... that was not even the worse time I had out there. But by God’s Grace, it was the last day... I pray. All I ever wanted was to be Happy, Joyous and Free, to find some Peace and Serenity. I finally got it, and I found it in the rooms of Cocaine Anonymous. Miracles DO happen. Thank You,

I’m the Cocaine Addict named John S.

## **CA BIRTHDAYS**

### **May**

Luke	9 mos.
Denise C.	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**

Andrea	6 mos.
John B.	6 mos.
Louis B.	6 mos.
Dwayne B.	9 mos.
Todd	9 mos.
Emily	2 yrs.
Lecia W.	2 yrs.
Larry	5 yrs.
LaTaunya H.	5 yrs.

## **GOD WILLING...**

### **July**

Chris C.	2 yrs.
Danielle	3 yrs.
Katie M.	3 yrs.
Scott S.	4 yrs.
Cheryl H.	5 yrs.
Robert H.	5 yrs.
Mark P.	17 yrs.
Randy H.	19 yrs.

### **August**

Kent	3 yrs.
Jodie S.	4 yrs.
John W.	7 yrs.
Earl B.	12 yrs.
Roc	14 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 29<sup>th</sup>, 30<sup>th</sup> and October 1<sup>st</sup> at the Double Tree Hotel on 16<sup>th</sup> 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](http://www.canebraska.org).

## **C.A. Unity Day Picnic 2006**

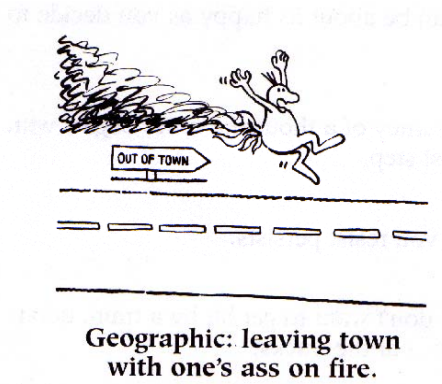
The annual Unity Day Picnic will be held July 29<sup>th</sup>, with a rain date of August 5<sup>th</sup>, at Elmwood Park in Omaha Nebraska. (Use the 69<sup>th</sup> and Pacific St. entrance) There will be a picnic, games, raffles and an all-around good time for all. Bring your family and friends and learn what unity is all about. For those of you who have never been to the Unity Day Picnic, you are highly encouraged to go. This is where you learn about the Fellowship of C.A. and see how much fun recovery can be. Be sure to bring your Frisbees, Sunscreen and an attitude of gratitude. Flyers available from your GSR and the events page of the website.

## The Lighter Side of CA

If you don't want to get hit by a train, don't hang out on the tracks.

The Twelve Steps are like wrenches in a toolbox, They'll fit any nut that walks in the door.

All my life I wanted to be someone; now I wish I had been more specific.



## C. A. Wisdom

We make a living by what we get. We make a Life by what we give.

Reality is whatever it is, the way it is.

If you're looking for an easier, softer way... there are no directions.

### **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](mailto:webmaster@canebraska.org).

## **C A MEETINGS**

SUN	- 7:00	pm	Mt. Moriah Church 2602 N. 24 <sup>th</sup> 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 <sup>th</sup> 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 <sup>th</sup> 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 <sup>nd</sup> & Redick

\*\* Closed Meeting (Addicts Only)

All locations: Omaha, Nebraska unless otherwise noted