



Issue 5, Volume 6

Recovery in the Heartland

September 9, 2006

Standing Committees

PI Committee -- Chair John S.

(1st Tuesday of every Month 10/3 – 11/7)
6pm Twelve Step House
7306 Grant St.

Area GSR Meeting -- Chair Greg B.

(2nd Sat. of every Month 10/14 – 11/11)
6pm Twelve Step House
7306 Grant St.

State Convention Committee 2006

Chair Willie A.

(2nd Tuesday of every Month 9/12)
6pm Twelve Step House
7306 Grant St.

Unity Committee -- Chair Anthony S.

(3rd Tuesday of every Month 9/19 – 10/17)
6pm Twelve Step House
7306 Grant St.

H&I Committee – Chair Diane A.

(4th Tuesday of every Month 9/26 – 10/24)
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

September

Scooter's Winners Group – 7306 Grant, 12 Step House – Thursday 8:30pm
Featuring Step Study on Step 9 September 21st

October

It's About Time – Stephens Center 2723 Q. St. – Friday 7:00pm
Featuring Step Study on Step 10 October 20th

November

Freshly Grounded – Immanuel Lutheran, Bellevue– Friday 7:00pm
Featuring Step Study on Step 11 November 18th

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.

Meeting Move

Wednesday H.O.W. meeting has moved to 2215 U St. at the Assumption Catholic Church and now meets at 7:00pm.

TRADITION NINE

“C.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.”

When Tradition Nine was first written, it said, “Cocaine Anonymous needs the least possible organization.” In years since then, we have changed our minds about that. Today, we are able to say with assurance that Cocaine Anonymous—C.A. as a whole—should never be organized at all. Then, in seeming contradiction, we proceed to create special service boards and committees which in themselves are organized...It is clear now that we ought never to name boards to govern us, but it is usually clear that we shall always need to authorize workers to serve us. It is the difference between the spirit of vested authority and the spirit of service, two concepts that are sometimes poles apart...C.A. has to function, but at the same time it must avoid those dangers of great wealth, prestige, and entrenched power which necessarily tempt other societies. Though Tradition Nine at first sight seems to deal with a purely practical matter, in its actual operation it discloses a society without organization, animated only by the spirit of service---a true fellowship.

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

Our Convention

Our State Convention is coming upon us real soon, and I for one am looking forward to it. I never want to forget what my first experience at a State Convention was like. It was here in Nebraska in 1997 when I was somewhat still in the Newcomer period, my first year of Recovery. I had just gotten a car back and I was happy that it resembled a can-opener. I had to climb in through the passenger side to drive. Most mechanics told me that it was a death trap, but they just didn't understand. Walking to meetings, catching the bus and depending on others for rides had gotten pretty old. I had just returned to from the dead. When I had a nice car I had taken those material gifts for granted, so just having a car of any kind, even a can-opener, was like a Cadillac to me.

I remember how I was anticipating that Convention, not knowing what to expect. Needless to say, the can-opener broke down halfway there and it was raining Cats-and-Dogs. There just so happened to be a tow truck near by but I was more worried about getting to the Convention than the car.

When I arrived at the front door I was greeted with a lot of Love. They gave me a nametag with my name and the C.A. logo on it. I just stared at that nametag. For some reason I felt that the whole Convention was just for me. I met one guy who had hitchhiked from Oklahoma just to come to the Convention; that blew me away as well. I sat in on a Marathon Meeting that was so much more powerful than the regular meeting I was attending. I also remember meeting and taking pictures with a group of addicts from Michigan. I hung out with them and the whole time we were together they gave me Hope for my Recovery. What a Spiritual Experience!

As I looked around the Convention, I noticed that there weren't any conventioners running the show, but a bunch of Cocaine Addicts like myself running and conducting everything from selling the memorabilia, setting up for the speakers, ordering the meals and setting the tone for the Convention. That experience was enough to make me want to stick around a little longer. It gave me some insight to the behind-the-scenes goings on. Let's put it this way; it's kind of like making sausage, it may look like a mess but the end product was very good.

It always amazes me when I think about how my Higher Power could put so many addicts together without any of them killing each other. There MUST be a God.

- Willie A.

CA BIRTHDAYS

July

Bobby M.	6 mos.
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

Amy M.	6 mos.
Rod B.	6 mos.
Donniel S.	1 yr.
Denise C.	1 yr.
Doug R.	18 mos.
Kent A.	3 yrs.
Jodie S.	4 yrs.
John S.	7 yrs.
John W.	7 yrs.
Orlando J.	7 yrs.
John Wh.	9 yrs.
Earl B.	12 yrs.
Roc	14 yrs.
Dan W.	15 yrs.
Jodie M.	15 yrs.

GOD WILLING...

September

Eddie Y.	6 mos.
Ray H.	6 mos.
Jacqueline F.	18 mos.
Vonda D.	2 yr.
Charnette F.	4 yrs.
Kenny F.	4 yrs.
Lori S.	4 yrs.
Brad W.	5 yrs.
Frances F.	5 yrs.
Joe N.	5 yrs.
Shree	6 yrs.
Nicole	8 yrs.
Sherretta L.	13 yrs.
Rich A.	20 yrs.

October

Artena H.	18 mos.
Rich B.	4 yrs.
Rolo C.	5 yrs.
Shawn J.	5 yrs.
Becky L.	6 yrs.
Willie A.	10 yrs.
Lance J.	20 yrs.
Mike D.	20 yrs.
Mollie D.	20 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.

Contact Greg B. for rooms @ \$89/night.

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

C.A. of Nebraska Anniversary Dinner

The 20th 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.

The Lighter Side of CA

Sitting in meetings doesn't make you a member anymore than sitting in a chicken coop makes you a chicken.

Having a relationship in early recovery is like pouring Miracle Grow on your character defects.

I wanted to be famous and God made me anonymous.



C. A. Wisdom

The problem is alcoholism, not alcoholwasism

People have the right to not recover.

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*

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	- 7:00	pm	Assumption Catholic Church 2215 U 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