



Issue 6, Volume 6

Recovery in the Heartland

November 11, 2006

Standing Committees

PI Committee -- Chair John S.

(1st Tuesday of every Month 12/5 – 1/2)
6pm Twelve Step House
7306 Grant St.

Area GSR Meeting -- Chair Greg B.

(2nd Sat. of every Month 12/9 – 1/13)
6pm Twelve Step House
7306 Grant St.

State Convention Committee 2008

Chair Open

(2nd Tuesday of every Month - TBA)
6pm Twelve Step House
7306 Grant St.

Unity Committee -- Chair Anthony S.

(3rd Tuesday of every Month 11/21 – 12/19)
6pm Twelve Step House
7306 Grant St.

H&I Committee – Chair Diane A.

(4th Tuesday of every Month 11/28 – 12/26)
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

November

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

December

This Is How We Do It – Mt. Nebo Church – Friday 7:00pm
Featuring Step Study on Step 12 December 15th

January

Just Us Women – 12 Step House – Saturday 10:00am
Boys To Men – Dorothy B's Recovery House – Saturday 11:00am
Featuring Step Study on Step 1 January 20th

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 TEN

“Cocaine Anonymous has no opinion on outside issues; hence the C.A. name ought never be drawn into public controversy”

In this respect, we do not enter in public controversy, because we know that our Society will perish if it does. We conceive the survival and spread of Cocaine Anonymous to be something of far greater importance than the weight collectively throws back of any other cause. Since recovery from addiction is life itself to us, it is imperative that we preserve in full strength our means of survival.

What C.A. Has Given Me

The fellowship of C.A. has given me a life beyond what I thought I could ever have after being an addict for 28 years. Through this Program, Sponsorship, Fellowship, our literature and most importantly God, life as I knew it as an addict will never be the same.

My Higher Power is a Supernatural, All Knowing and All Powerful spiritual being. In the Big Book, Chapter Four is entitled 'We Agnostics'. I'm glad that's the title. It helped me realize some things about myself. Being a person who was raised in the church and also received some Christian education, I thought I knew all I needed to know about God. Of course I don't have to tell you, I was wrong. The way I lived my life was that of an Agnostic.

I could no longer depend on my childhood years of faith. The Twelve and Twelve talks about that one full of faith still reeking of alcohol, or in my case, still smoking. It wasn't about the quantity of faith, but the quality of faith, which I didn't or couldn't possess. This program taught me to lay aside my prejudice of any kind, and just express a willingness to believe in a Higher Power greater than myself and I would get results. I finally faced the proposition, 'God is everything, or He is nothing.'

I now have some quality in my faith and that's more than I bargained for when I got here. Having a God of my own understanding gives me the power to be sane to the end of the day. Whether that day was so-called good or bad.

My gratitude comes each day I awake because every day past my last hit is a plus.

I've also learned to know the difference between my wants and my needs. My needs, God always provides for, and sometimes my wants.

Being the addict I am, my wants are not always what God would want for me, so I seek his will for me instead of what I want. It's only when I learn to conform my will to Gods' will, can I have the proper use of will power. These things have made me a man today.

Thank you C.A. for saving my life. I asked God to help me and He sent me to Cocaine Anonymous. Then Cocaine Anonymous sent me back to God. I now understand that this is a spiritual program rather than a religious belief.

Spirituality is how I have a true relationship with God and religion is how I choose to worship Him.

All I know is that my Higher Power has done for me what I could not do for myself, and He continues to do it day after day. My God is my rock and my foundation to weather any storm that comes along.

- Arrick A.

CA BIRTHDAYS

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.

GOD WILLING...

November

Mike H.	3 yrs.
Robert H.	8 yrs.
Bryan R.	10 yrs.
Eddie H.	14 yrs.

December

Randall	4 yrs.
Greg B.	7 yrs.
Linnette K.	7 yrs.
Alice C.	9 yrs.
Rose B.	14 yrs.

January

Doug W.	4 yrs.
Mike R.	6 yrs.
Arlo R.	7 yrs.
Pam G.	7 yrs.
Todd G.	8 yrs.
Lori D.	10 yrs.
Ms. Troy	28 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.

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 5:00 pm January 20th.

Contact your GSR for more information on Tickets and Prices.

The Transplant

First I would like to say thanks to the CA groups in Omaha Nebraska for giving me my life back.

In Jan. 2005 I relocated to Omaha. I started attending CA meetings there, and they kept saying 'Keep Coming Back.' The people in the rooms were sharing their stories, and they seemed to be talking directly to me. They were explaining to me everything that had gone on in my life for the last 5 years. Feelings and emotions I had been having had a name, and they were normal for a person like me. (AN ADDICT). I learned that I had to surrender myself totally. I learned that I had to have an open mind, be honest, and willing to work a simple program. I learned that I needed a sponsor, someone with a working knowledge of this program.

I met a lady, who agreed to be my sponsor, and she started working the steps with me. God, my Higher Power, used her to show me so many things I needed to do to have peace with myself. I am so grateful my Higher Power put me in Omaha, surrounded by people who were just like me. They let me know that I did not have to hide anymore; I did not have to be ashamed anymore. All I had to do was let people be who they are, let go and let GOD.

I have returned home to St. Louis and I am not afraid anymore. I am living one day at a time and today I am at peace. When I am not at peace, I know I have to LET GO AND LET GOD. Simple but not easy.

Thanks for being there for an addict like me.

- Yvonne T.

The Lighter Side of CA

Big book suggestion: read the black parts.

The twelve steps are like wrenches in a toolbox – they'll fit any nut that walks in the door.

Sometimes you might want to share your "brilliant idea" with friends before you take action. Remember, your best thinking got you here in the first place.



C. A. Wisdom

Your task is not to seek for love, but merely to seek and find all of the barriers within yourself that you have built against it. It is not necessary to seek for what is true, but it is necessary to seek for what is false.

Be more concerned with what God thinks about you than what people think about you.

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