



Issue 1, Volume 7

Recovery in the Heartland

January 13, 2007

Standing Committees

P I Committee -- Chair John S.

(1st Tuesday of every Month 2/6 – 3/6)
6pm Twelve Step House
7306 Grant St.

Area GSR Meeting -- Chair Greg B.

(2nd Sat. of every Month 2/10 – 3/10)
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 Kim M.

(3rd Tuesday of every Month 1/16 – 2/20)
6pm Twelve Step House
7306 Grant St.

H&I Committee – Chair Diane A.

(4th Tuesday of every Month 1/23 – 2/27)
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

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

February

Into Action – Sienna/Francis House – Saturday 7:30pm

Featuring Step Study on Step 2 February 17th

March

Saturday Night Solutions – Immanuel Hospital – Saturday 8:00pm

Featuring Step Study on Step 3 March 17th

New Meeting

There is a new meeting, '**Bring It On!**', on Thursdays at 7:00pm.
They meet at New Bethel Church, 1710 No. 25th. That's 25th and Decatur.

Celebrate Around The World

CATW 2007 will be held March 17th 2007 at the 12 Step House. There will be raffles, prices, dance, food, fun and fellowship. More will be revealed as time goes.

TRADITION ELEVEN

“Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.”

Public relations are important to C.A. Good public relations save lives. We seek publicity for C.A. principles, not C.A. members. The press has cooperated. Personal anonymity at the public level is the cornerstone of our public relations policy. Eleventh Tradition is a constant reminder that personal ambition has no place in C.A. Each member becomes an active guardian of our Fellowship.

Success in Sobriety – Getting involved... Just wanting to be a winner is not enough. I had to be able to take realistic risks and learn to participate. I can't let the inability to initiate action overcome my goals. I have to reach out for new opportunities to grow. To be involved in total CA matters and traditions, not just with my “home group.” This helps me to avoid tunnel vision and stay away from the committee in my head.

Recovery Word Search:

B R S P R I N C I P L E S H E E H
G B F C T T R C L S V B N T P A K
H P T N V U C E O N E O N O N E R
I R E C O V E R Y U A P H C B G F
G W N C G M K E A Z R T K G F P K
H Z B P K C K B R G P A Q F A C M
E A R F W V G P H K J S G T K M A
R B T W E L V E S T E P S E Q G O
P C J L G J D A Z E W O O K Q B C
O A G L O P B S E R E N I T Y O Z
W E Z I E C W G C K S S O M B B I
E K G B E V O L V R C O E V Y R M
R C X M L Y K O C L P R M O K D F

Find the following Recovery-Related words:

Twelve Steps

Love

Recovery

Courage

Bill W

Principles

Sponsor

Higher Power

Serenity

Dr Bob

Hope

One on One

CA BIRTHDAYS

November

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

December

Leslie V. 3 yrs.
Randall 4 yrs.
Greg B. 7 yrs.
Linnette K. 7 yrs.
Alice C. 9 yrs.
Rose B. 14 yrs.

GOD WILLING...

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.

February

Doug R. 2 yrs.
Bridgett 8 yrs.
Cathy C. 9 yrs.
David L. 15 yrs.
Brian M. 19 yrs.

What is Cocaine?

C is for the **COURAGE** it takes to stay away
O is for how **OFTEN** you'll pay if you play
C is for **CANCELLING** the day
A is for the **APPETITE** that is no longer there
I is for **INSANITY** you'll feel everywhere
N is for **NOTHING** making sense any more
E is for **EMPTINESS** you find in your inner core.

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.

C.A. Awareness

"Jails, Institutions and Death" happened to be of no real importance, especially to a young, teen-aged addict who never experienced legal trouble. Even near-death situations seemed irrelevant. Eventually more legal trials escalated. While in jail, a fellow inmate encouraged me to join the 12 Step Fellowships offered. Self-help was the key because a later sentence would be deferred if I focused on the 12 Steps of Recovery.

After a few 24 hours, I ended up in Drug Court, with several months of sobriety and a job with incentives. This progress from a 'one-day-at-a-time' process gave me a positive outlook on life. As a result of rehab courses in a day-reporting center, I began to feel a sense of spirituality take hold in my unmanageable life.

Things fell into perspective for me. "We came to believe" and "God could and would if he were sought"

- Marcus S.

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.

God loves you and I'm trying.

Welcome to recovery – the largest group of people in the world to go from adolescence to senility without passing through maturity.



C. A. Wisdom

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

Alcohol and drugs are solvents; they will remove everything from your life.

There is no chemical solution to a spiritual problem.

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 60 th 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	- 7:00	pm	New Bethel Church 1710 No. 25 th 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