



Issue 2, Volume 7

Recovery in the Heartland

March 10, 2007

## Standing Committees

### **P I Committee -- Chair John S.**

(1<sup>st</sup> Tuesday of every Month 4/3 – 5/1)  
6pm Twelve Step House  
7306 Grant St.

### **Area GSR Meeting -- Chair Greg B.**

(2<sup>nd</sup> Sat. of every Month 4/14 – 5/12)  
6pm Twelve Step House  
7306 Grant St.

### **State Convention Committee 2008**

#### **John S. – Charnette W.**

(2<sup>nd</sup> Tuesday of every Month 3/13 – 4/10)  
6pm Twelve Step House  
7306 Grant St.

### **Unity Committee -- Chair Kim M.**

(3<sup>rd</sup> Tuesday of every Month 3/20 – 4/17)  
6pm Twelve Step House  
7306 Grant St.

### **H&I Committee – Chair Joe N.**

(4<sup>th</sup> Tuesday of every Month 3/27 – 4/24)  
6pm Twelve Step House  
7306 Grant St.

### **Help Line – Chair Diallo M.**

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

# **402-978-8881**

Website

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

## Meeting of the Month

### **March**

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

Featuring Step Study on Step 3 March 17<sup>th</sup>

### **April**

***Solid As A Rock*** – Mt. Moriah Church – Sunday 7:00pm

Featuring Step Study on Step 4 April 15<sup>th</sup>

### **May**

***Early Start*** – GOCA Building – Monday 6:00pm

Featuring Step Study on Step 5 May 21<sup>st</sup>

## **Celebrate Around The World**



CATW 2007 will be held March 17<sup>th</sup> 2007 at the 12 Step House. There will be raffles, prizes, dance, food, fun and fellowship.

**6:00-7:00 Speakers**

**7:00-10:00 Games, Raffles, Dance.**

## TRADITION TWELVE

**“Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.”**

Spiritual substance of anonymity is sacrifice. Because C.A.’s Twelve Traditions repeatedly ask us to give up personal desires for the common good, we realize that the sacrificial spirit – well symbolized by anonymity – is the foundation for them all. It is C.A.’s proved willingness to make these sacrifices that gives people their high confidence in our future.

### ***Resentments***

I resent you for what you have done to me.  
I resent me for what I have done to me.

My resentments have caused a hate within my soul.  
It is weighing so heavy it starting to take its toll.  
So how do I get rid of the dead weight?  
That is causing me not to see straight.  
For I have been blind by hate and guilt.  
For this is what my resentments have built.

When someone hurts me I want to lash out.  
But for fear I bury it deep within.  
There is where the seed begins.  
And the tree starts to grow in and around.  
Before long the roots are holding me down.

There is a way to block these chains.  
There is a way to unlock its hold.  
There is a way to break free of its binds.  
And not live forever blind.

First to forgive however hard it must be.  
Then to realize we all fall short it's plain to see.  
To treat each other the way we want to be treated.  
To pray for the one who hurt us.  
Is the only way to ever love that soul?

So my journey begins with a new lease on life.  
I no longer have to live in that strife.  
As the pain and anger comes as I know it will.  
I release it before it grabs hold and tries to bury me still.

I no longer resent you for what you have done.  
I no longer resent me for what I had become.  
And was what you did all that bad.  
For me to carry it around and look so sad.

Today I choose love over hate.  
Today I choose life over death.

- Anonymous

### **Faith in a Higher Power**

Cocaine Anonymous introduced us to a Power greater than ourselves that could manage our problem. That doesn't necessarily mean we have to turn our will and our lives over to the care of the God that we heard of in the past. It can mean trusting a Power of our own understanding. This is the beginning of our Higher Power, God, as we understand Him. Some of us adopt, or come back to, a traditional God. Others see our Higher Power as some kind of force. Some define it as the force of the group, while others don't define it at all.

At first, it is sufficient for God, as you understand Him, to be the power that the group obviously has to help to get rid of the obsession to use.

No one comes into Cocaine Anonymous to find God. We come to these rooms to get rid of a terrifying drug habit. Look around in a meeting. You're surrounded by people who came as a last resort. We came into these rooms emotionally, financially and spiritually bankrupt. We have experienced all sorts of tragedies as a result of cocaine, drugs and/or alcohol. We have lived many of the same horrors you have, yet today we are happy. We are free from the misery, terror, and pain of drug addiction.

As long as you are willing, your belief will grow. You will learn through your own experience and the experiences of others how a Higher Power can help you with your cocaine problem... If you are having trouble with talking about God, remember:

- Be open-minded
- CA is a spiritual program, not a religious one
- All you have to do is to be willing to believe
- Your Higher Power can be the group as a whole
- You start with belief, your experience will come

*Don't leave before the miracle happens!*  
(Excerpted from the CA Pamphlet "A Higher Power")

## **CA BIRTHDAYS**

### **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.
Cathy C.	9 yrs.
David L.	15 yrs.
Brian M.	19 yrs.

## **GOD WILLING...**

### **March**

Michelle	2 yr.
Debbie W.	3 yrs.
Arrick A.	5 yrs.
Matt A.	5 yrs.
Dave	10 yrs.

### **April**

Jennifer R.	4 yrs.
Felicia	5 yrs.
Diane A.	6 yrs.
Loretta C.	18 yrs.
Steve K.	19 yrs.
John C.	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.**

## **Attraction**

I came to this Fellowship not knowing who I was, where I was going or how I was going to get there.

The first thing that attracted me about this Fellowship was that you all seemed to have a handle on your addiction and seemed to be okay with who you were. I didn't have a clue on how I was going to live with or without my using. The first clear-cut direction I was given was to NOT pick up, no matter what, even if my butt fell off! That was a tough job in itself, but I took a risk and trusted Cocaine Anonymous.

As I began to learn about my disease, the second thing I was told was 'Help others and get into service work.' So I began to chair meetings. I started to feel that I had something to offer. That was an experience in itself as well. I began to fellowship with others. I started doing what I had seen others who came before me do, and that is... Getting into Service Work. So I went to the area meeting, which is where Cocaine Anonymous conducts its business. I was attracted to the way all those addicts were dedicated to Cocaine Anonymous as a whole and seem to be having fun at it. So at about 10 months clean I became a GSR, which is a person who is a representative of a meeting and takes information back to the Group from the Area meetings. That was where I learned the language of Cocaine Anonymous and how to apply the Traditions. I got that understanding, not only from my Sponsor, but also from the men and women who came before me.

I was also attracted to the events that take place in the Fellowship of Cocaine Anonymous. Events such as the Conventions, Picnics, Celebrate Around The World and so many others that cocaine addicts were putting together so that I, the newcomer, could feel a part of as well as learning how to have fun without the use of chemicals.

There are so many things that continue to make Cocaine Anonymous attractive to me, even after a few 24 hours. I understand, as our literature states, that service work is the cornerstone of my recovery. So I take that to mean that I have to continue giving away what I have found, the attraction to Cocaine Anonymous.

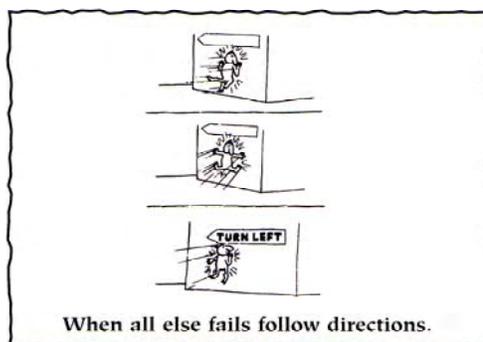
So if you be newer than me, don't leave five minutes before the miracle happens.  
- Willie A.

## The Lighter Side of CA

My sponsor told me they don't lock you up for being crazy, only for acting crazy.

When you look in the mirror, you are looking at the problem, but remember, you are also looking at the solution.

The truth will set you free but first it may piss you off.



## C. A. Wisdom

We usually condemn in others what we dislike in ourselves.

I am a seeker of external solutions to internal problems.

The only thing we can take with us when we leave this world is what we gave away.

### **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	- 7:00	pm	New Bethel Church 1710 No. 25 <sup>th</sup> 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	- 7:00	pm	New Bethel Church 1710 No. 25 <sup>th</sup> St.
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