



Issue 3, Volume 7

Recovery in the Heartland

May 12, 2007

Standing Committees

P I Committee -- Chair John S.

(1st Tuesday of every Month 5/1 – 7/1)

6pm Twelve Step House

7306 Grant St.

Area GSR Meeting -- Chair Greg B.

(2nd Sat. of every Month 5/12 – 7/14)

6pm Twelve Step House

7306 Grant St.

State Convention Committee 2008

John S. – Charnette W.

(2nd Tuesday of every Month 5/8 – 7/10)

6pm Twelve Step House

7306 Grant St.

Unity Committee -- Chair Kim M.

(3rd Tuesday of every Month 5/15 – 7/17)

6pm Twelve Step House

7306 Grant St.

H&I Committee – Chair Joe N.

(4th Tuesday of every Month 5/29 – 7/24)

6pm Twelve Step House

7306 Grant St.

Help Line – Chair Diallo M.

C.A. HELP LINE

402-978-8881

Website

www.canebraska.org

Meeting of the Month

May

Early Start – GOCA Building – Monday 6:00pm

Featuring Step Study on Step 5 May 21st

June

Freshly Grounded– 2725 No. 60th Ave Immanuel Lutheran Church – Monday 7:00pm

Featuring Step Study on Step 6 June 18th

July

R U Willing – 701 So. 75th Recovery Zone – Monday 8:30pm

Featuring Step Study on Step 7 July 16th



Recovery in the Heartland

23rd Annual

C.A. World Service Convention

**Don't miss your chance this may be the closest
this event comes to us**

2nd Annual

DodgeBall

Tournament

Meeting, Raffles Board Games Etc. Food, Fun & Fellowship June 23rd 2007

Stay Grateful

I've come to realize that when I practice an attitude of gratitude, finding a positive out of the negative occurrences in my life are possible. I'm able to overcome the desire, or even contemplate picking up a drink or a drug. I pray consistently; and when feelings arise that I'm uncomfortable with -- I talk to my sponsor, my network, and get to a meeting if need be. A year and a half ago, October first, I would not have been able to express myself that way. I've learned so much by listening to the ones that have come before me (the winners that is). Since I arrived here in Omaha, I call home for now, and until I get further instructions form my higher power to whom I choose to call God.

I have progressed such that some close friends could see the change. Believe me, I was a pretty mixed up individual, at least today I have an idea of the direction I'd like to go. I still need a lot of repairing and adjusting, which perhaps will take a lifetime, but I don't mind. My recovery is so sincere; I don't find it difficult to say "To Thine own Self be True" anymore. I'm doing what's in front of me to maintain quality sobriety. I feel I'm at least doing the very best I'm capable of in each twenty-four hours. I am working towards a more purposeful life. I've also learned I don't have to be perfect, "progress not perfection." A defect of character of mine is assuming that I could be perfect. Knowing today I don't have to be perfect in order for people to accept me for who I am. Still changing slow but sure. In the past I never thought I needed to change; I thought I needed to change clothes, shoes, hats, etc... The materialism has lessened and I've accepted the fact that I need to change me and only me.

Because of Gods guidance and my obedience I didn't make that trip back to hell as I call it (Tampa Fl.) where I know today I would not be where I am. Having had the opportunity to receive long-term treatment that I'd never received before. First go at the Stephen Center, I found I was humble enough to say in. I let my pride down because that is how much I wanted recovery. I took the suggestion from my sponsor and stayed, which proved to be well worth all my efforts. I stuck it out with Gods help. Being there was a stepping-stone to my recovery. Last but not least, I was accepted at New Creations Transitional Housing where I've truly had time to grow. Learning to live life on life's terms.

I have completed my story; there is success. I'm ready to move on into a life on my own, raising my two children. Being at New Creations was quite rewarding; the treatment and after care I receive has shown me humility in a whole new light. I've built a new life here in Omaha with lots of support. I'm glad I stuck it out. Today I can say I am a Miracle just working and waiting the rewards of sobriety. Being of maximum service to God and others, I want serving to become a part of my daily life. **Thanks for Listening. Thanks again God for everything, especially the fellowship of CA**
SHEREATA

STEP ONE

"We admitted we were powerless over cocaine—that our lives had become unmanageable."

Who cares to admit complete defeat? Admission of powerlessness is the first step in liberation. We know that little good can come to any addict who joins C.A. unless he has first accepted his devastating weakness and all its consequences. Under the lash of addiction, we are driven to C.A. and there we discover the fatal nature of our situation. Then, and only then, do we become as open-minded to conviction and as willing to listen as the dying can be.

CA BIRTHDAYS

March

Jenae	6 mo
Frank L.	6 mo.
Wendy Mc.	6 mo.
Steve G.	9 mo.
David D.	9 mo.
Marlon B.	1 yr.
Eddie Y.	1 yr.
Ray H.	1 yr.
Michelle	2 yrs.
Debbie W.	3 yrs.
Arrick A.	5 yrs.
Matt A.	5 yrs.
Dave	10 yrs.
Todd A.	18 mo.

April

Moses	6 mo.
Connie M.	9 mo.
Jeanette A.	9 mo.
Arlema H.	1 yr.
Joe K.	3 yrs.
Jennifer R	4 yrs
Brian B.	4 yrs.
Ed Z.	4 yrs.
Lisa Q.	4 yrs.
Michelle	4 yrs.
Mike S.	6 yrs.
Steve A.	11 yrs.
Harry C.	17 yrs.
Robert N.Y.	17 yrs.
Steve K.	19 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.

Home Group

If you find the definition for home in the *Webster Dictionary*, it reads 'the social unit formed by a family living together'. In *twelve-step work* we may define home group as, 'the social unit formed by men and women meeting once a week and recovering together'.

One of the first things that my sponsor required of me early in recovery was to find a 'home group'. He also directed me to attend his home group so that we would have that one time a week to see each other and have a consistent point of contact. The 'home group' then becomes that one place where you are accountable every week, no matter what other changes may occur in your busy schedule.

A 'home' can also be defined as 'a place that is safe, supportive, and friendly'. This is where we see the same people week after week and form those relationships that are essential to freedom from drugs and alcohol, and lead to

a new life. It is also the place where newcomers see our commitment, get to know us and find individuals they can trust for sponsorship.

The 'home group' should be the cornerstone of our recovery. It is the place where you feel the most comfortable and you feel certain of principled living. Remember that not only do you need a 'home group' – but your 'home group' needs your time and service too.

If you do not have a home group, begin the search this week. Remember 'home' is where 'the heart is'.

Rich A.

The Lighter Side of
CA

God Loves You....
And I'm trying.

I stopped drinking and using.
But not pissing people off.

Of all the things I've lost,
I miss my mind the most.



C. A. Wisdom

The only thing you can
control in your life, is your
attitude.

I wanted to be famous and
God made me anonymous.

The difference between
feeling grateful and being
grateful is action.

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