



Issue 4, Volume 7

Recovery in the Heartland

July 14, 2007

Standing Committees

P I Committee -- Chair John S.

(1st Tuesday of every Month 7/3 – 8/7)

6pm Twelve Step House

7306 Grant St.

Area GSR Meeting -- Chair Greg B.

(2nd Sat. of every Month 7/14 – 8/11)

6pm Twelve Step House

7306 Grant St.

State Convention Committee 2008

John S. – Charnette W.

(2nd Tuesday of every Month 7/10 – 8/14)

6pm Twelve Step House

7306 Grant St.

Unity Committee -- Chair Kim M.

(3rd Tuesday of every Month 7/17 – 8/21)

6pm Twelve Step House

7306 Grant St.

H&I Committee – Chair Joe N.

(4th Tuesday of every Month 7/24 – 8/28)

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

July

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

Featuring Step Study on Step 7 July 21st

August

It's The Real Thing – 7306 Grant St. - Tuesday 7:30pm

Featuring Step Study on Step 8 August 21st

September

Steps to Victory – 7306 Grant St. – Tuesday 12:00pm (noon)

Featuring Step Study on Step 9 September 18th

Upcoming Events

Annual C A Picnic - Date Time & Location to be announced.

Annual Ice Cream Social - Date Time & Location to be announced.

Annual Fish Fry - Date Time & Location to be announced.

Food, Fun and Fellowship the CA way

The Promises

If we are painstaking about this phase of our development we will be amazed before we are ½ way through. Painstaking is to be diligent, meticulous and a continuing effort to strive to reach the next phase of my life. If I am in a phase that means I have started something, it doesn't matter which phase of recovery I am in. What matters is that I stay in recovery not just sober. Being sober is one thing, but being sober because I want to, because substance abuse has brought me to a place where anything is better than where I was, then I am ready to be amazed. It does not say I have to complete all 12 steps or read the whole big book to be amazed. I read it and it reminds me of the 3rd tradition the only requirement is a desire to stop using. God can and has worked on my behalf from the very first day, because my mind was starting to clear up so that I could think more soundly.

We are going to know a new freedom and a new happiness. From the very 1st day of recovery I had freedom because I broke the chains of addiction around my soul, but I could put them back on if I wanted to, I had the freedom to choose. When I was under the influence I lost my freedom to choose. A new happiness, I sometime get that confused with people and things which may make me happy for a spell, but that is not true happiness. I believe happiness comes when I surrender my will and my life to the care of God. Again God never forces his will upon me he gives me the freedom to choose to surrender every day.

We will not regret the past nor wish to shut the door on it. If I regret the past then I must regret my present as well, because my past is what broke me, it is what made me realize that my life had become unmanageable. I am just now learning some of the reasons my life was unmanageable. The substances that I was using, they were just a byproduct of who I really was. So if I shut the door on it, and choose not to remember from which I came, then I am doomed to repeat history all over again, except the next time there may not be anything to remember afterwards.

We will comprehend the word serenity and we will know peace. No matter how far down the scale we have gone, we will see how our experience can benefit others. Comprehend, to understand, to grasp fully, so surprising as to have been thought impossible. God is the only one who can grant us serenity I searched about every physical pleasure known to man for serenity and I only found it in the spirit of God. Know Peace.....to experience the harmonious relationships with my friends, family and God, to have peace of mind about the direction that my life is currently taking. No matter what bottom I hit I thought it was a low as I could go, but every time I try to do it my way the bottom seems to go deeper and deeper. So I must remain in God and recovery because, there is someone out there who needs to see my example of how having God and recovery in my life has made a difference so they can have hope too.

That feeling of uselessness and self-pity will disappear. This is a phase that I go back and forth into. It doesn't have to be that way. I continue to choose to let people and circumstances affect my overall well being. I believe that this is where acceptance comes in. That if I would learn to accept myself for who I am who God says that I am those feelings will disappear.

We will lose interest in selfish things and gain interest in our fellows. Self-seeking will slip away. The day I quit using substances was the beginning of losing interest in selfish things, because I decided that I was going to share my life with the people that loved and cared about me and stop hiding from them because of my addiction. I believe there are many stages to these two statements that apply to my life. There are trust issues, survival issues and faith issues that must be dealt with. I already struggle being a people pleaser so gaining interest in my fellows is easy, but it is all for the wrong reasons. I think this all boils down to what are my motives for what I do and say.

Our whole attitude and outlook on life will change. Fear of people and economic insecurity will leave us. Attitude...a position that I might take, a conduct I might display. My whole attitude before was that I didn't care about anyone or anything, because of the actions I took. Prior to using a substance I have no excuse except that I have an allergy. Today God has given me another choice. a) I can hoard offences or I can forgive. b) I can ignore my brother's need or I can help him. Fear.....False Evidence Appearing Real. I believe that faith and fear are one in the same they both perform the same function. They are both a belief system. Fear believes that something bad will happen and faith believes that something good will happen. So faith is the key here to what holds me back or releases my promise.

We will intuitively know how to handle situations which used to baffle us. Intuitively..... to perceive through intuition like it's instinctive in your being. I believe this is something that has to be taught to me, but then I only learn from experience, before it becomes a natural response to those situations with which I once could not perceive a way out of, or through.

We will suddenly realize that God is doing for us what we could not do for ourselves. I may go for a while in what I might think is my own strength, but somewhere along the way God surprises me and let's me know that none other than He was the one who did it for me.

Are these extravagant promises? We think not they are being fulfilled among us sometimes quickly sometimes slowly, but they will always materialize if we work for them. No promise of God is Extravagant. They will be fulfilled within me, but only in God's timing and not always the way I think it should be.

All the knowledge and inner workings of these promises will be of no good to me if I never learn how to Love. To Love God, Others & myself.

Anonymous

CA BIRTHDAYS

May

Ray M.	6 mo.
Grant R..	6 mo.
Ruby W.	6 mo.
Fred K.	6 mo.
Kandy	2 yrs.
Joe K.	4 yrs.
Brian B.	5 yrs.
Ed Z.	5 yrs.
Lisa Q.	5 yrs.
Mike S.	7 yrs.
Steve A.	12 yrs.
Harry C.	18 yrs.
Robert N.Y.	18 yrs.

June

Ryan	9 mo.
Andrea	18 mo.
Louis B.	18 mo
Terry J.	18 mo.
Branden	1 yr.
Luke B.	2 yrs.
Sirena	2 yrs.
Emily	3 yrs.
Chris C.	3 yrs.
Lecia W.	3 yrs.
Larry	6 yrs.
LaTaunya	6 yrs.
Brenda S.	17 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.

Reflect on Step One

As I reflect on my addiction I had to get rid of all the old baggage in my life and admit to my innermost self that I was a drug addict. My life had become unmanageable. I choose not to live in the past nor shut the door on it, reminding me of all the pain and chaos in my life, but acknowledge who and what I really was and admitting that I was a drug addict was the hardest part.

I never realized how much pain I had growing up in a large family. I was so depressed as the years went by. My brother-in-law raped me at the age of fourteen. My relations with men ended before they got started. I wasn't capable of a lasting relationship, because drugs came first. I became a mother at the age of sixteen. I tried hard to be a good mother, but my addiction made a not a not so good one.

After my daughter was born, it became too much for me. I started feeling so depressed and hurt. I started using drugs. I started taking pills and cough medicine then onto heroin and cocaine. I began doing the wrong things in order to support my habit. I do not have to do those things today. I realized how unmanageable my life had become.

I am willing to do anything it takes to remain sober. I understand one is too many and a thousand is never enough. I also understand the "we" of this step. There are people just like me sharing their experience strength and hope. I am able to share my experience strength and hope with people in recovery, and admit that being an addict is the most important thing about the first step; it gives me hope for a better future being drug free.

My only regret is that I denied being a drug addict for so long. I believed I wasn't a drug addict and that kept me from using the step as a way of regaining my sanity. I now know I will be a drug addict all my life, but I don't have to pick up. I need to keep coming to my meetings and let the people teach me how to live one day at a time

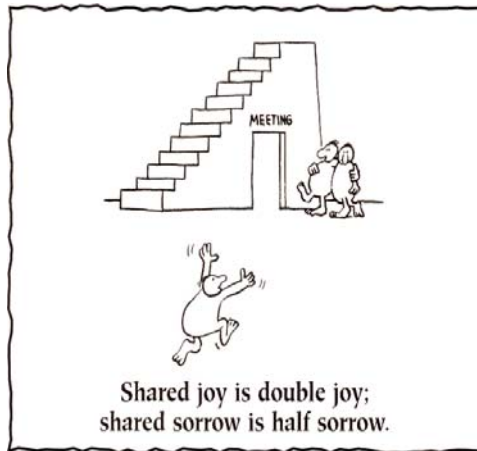
Anonymous

The Lighter Side of CA

If you don't want to get hit by a train, don't hang out on the tracks.

The Twelve Steps are like wrenches in a tool box, They'll fit any nut that walks in the door.

All my life I wanted to be someone; now I wish I had been more specific.



C. A. Wisdom

We make a living by what we get. We make a Life by what we give.

Reality is whatever it is, the way it is.

If you're looking for an easier, softer way... there are no directions.

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	- 7:30	pm	12 Step House Basement 7306 Grant St.
TUE	- 12:00	pm	12 Step House Upstairs 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