



Issue 5, Volume 7

Recovery in the Heartland

Sept 8, 2007

## Standing Committees

### **P I Committee -- Chair Terry J.**

(1<sup>st</sup> Tuesday of every Month 9/4 – 10/2)

6pm Twelve Step House

7306 Grant St.

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

(2<sup>nd</sup> Sat. of every Month 9/8 – 10/13)

6pm Twelve Step House

7306 Grant St.

### **State Convention Committee 2008**

**John S. – Charnette W.**

(2<sup>nd</sup> Tuesday of every Month 9/11 – 10/9)

6pm Twelve Step House

7306 Grant St.

### **Unity Committee – Orlando J.**

(3<sup>rd</sup> Tuesday of every Month 9/18 – 10/16)

6pm Twelve Step House

7306 Grant St.

### **H&I Committee – Chair Joe N.**

(4<sup>th</sup> Tuesday of every Month 9/25 – 10/23)

6pm Twelve Step House

7306 Grant St.

### **Help Line – Chair Diallo M.**

(5<sup>th</sup> Tuesday -10/30) 6pm Twelve Step House

7306 Grant St.

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

# **402-978-8881**

Website

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

## Meeting of the Month

### **September**

**H.O.W.** – 2215 U. St. Assumption Catholic Church – Wednesday 7:00pm

Featuring Step Study on Step 10 Sept. 19<sup>th</sup>

### **October**

**Bring it On** – 1710 N.25 St. New Bethel Church - Thursday 7:00pm

Featuring Step Study on Step 11 October 18<sup>th</sup>

### **November**

**Scooter's Winner's Group** – 7306 Grant St. Upstairs – Thursday 8:30pm

Featuring Step Study on Step 12 November 15<sup>th</sup>

## Upcoming Events

**Annual Ice Cream Social** – September 22<sup>nd</sup> at the 12 Step House

Basement - 7306 Grant St. 1:00pm – 5:00pm

**Annual Fish Fry** – Date, Time & Location to be announced.

**Food, Fun and Fellowship the CA way**

## *My Name is “Hope”*

First I must say that I'm a very grateful recovering addict.

I truly accept that fact whole-heartedly.

It's said that to thy self be true, and upon that factor with honesty and willingness, I'm at the door of recovery.

I'm convinced that applying the steps and principles set out in the big book of Alcoholics Anonymous, that yes, I can live a more meaningful and productive life. I must do the necessary work to procure the rewards.

In the few twenty-four hours I've been around the program, I've come to learn the most important day of my recovery is “Today”, never mind yesterday and I dare not move ahead into tomorrow.

My gem is living fully today, being that Good Samaritan today, carrying the message found in the pages of the Big Book of Alcoholics Anonymous

I thank my higher power, whom is God, for blessing me to make it into the rooms of recovery.

The fellowships of Cocaine Anonymous. is full of the love and support that I, as an addict, need to get from under the bondage of self and addiction.

To my inner most pit of my very soul, I do truly concede that I'm an addict. I'm not like others when it comes to drugs and substances, accepting that, I instantly gain a power to be in the solution and not wallow in self-pity and the problem.

It was suggested that I get a sponsor, because I really wanted to live. I started to look and listen more intensely toward the winners in the fellowship; it was hard for me to get with telling someone else my mess and to take their suggestions. Because I was and ready to go to any length, I kept on coming back and the good Lord blessed me with a wonderful sponsor who truly had a working knowledge of the program.

I started to discover my self in every face I dared to stare into; they shared things that applied to my pain and plight. I felt very much understood and could share my own experience strengths and hopes.

At last I had been delivered by the grace of God to become the man He (God) intended for me to be.

Perfection – Never!!, but spiritual progress constantly so long as I work for it, and keep coming back to the rooms of the fellowship of Cocaine Anonymous., I Can't, God can, will I let him? Today I do...

Addictively Yours,  
Orlando J.

### **STEP TWO**

#### **“Came to believe that a power greater than ourselves could restore us to sanity.”**

The moment they read step two, most C.A. newcomers are confronted with a dilemma, sometimes a serious one.

How often we have heard them cry out, 'Look what you people have done to us! You have convinced us that we are addicts and that our lives are unmanageable. Having reduced us to a state of absolute helplessness, you now declare that none but a Higher Power can remove our obsession. Some of us *won't* believe in God, others can't, and still others who do believe that God exists have no faith whatever He will perform this miracle. Yes, you've got us over the barrel, all right -- but where do we go from here?'

You won't have to work at it very hard, either. Listen, if you will to these three statements. First, Cocaine Anonymous does not demand you believe anything. All of it's Twelve Steps are but suggestions. Second, to get sober and stay sober, you don't have to swallow all of Step Two right now. ... Third, all you really need is a truly open mind.

Just resign from the debating society and quit bothering your self with such deep question as whether it was the hen or the egg that came first. Again I say, all you need is the open mind.

Therefore Step Two is rallying point for all of us. Whether agnostic, atheist, or former believer, we can stand together on this Step period. True humility and an open mind can lead us to faith, and every C.A. meeting is an assurance that God will restore us to sanity if we rightly relate ourselves to Him.

## **CA BIRTHDAYS**

<b>July</b>		<b>August</b>	
<b>Chris C.</b>	<b>3 yrs.</b>	<b>Terry L.</b>	<b>6 mo.</b>
<b>Katie M.</b>	<b>4 yrs.</b>	<b>Michelle</b>	<b>6 mo.</b>
<b>Scott</b>	<b>5 yrs.</b>	<b>Ray M.</b>	<b>9 mo.</b>
<b>Cheryl H.</b>	<b>6 yrs.</b>	<b>Ruby W.</b>	<b>9 mo.</b>
<b>Robert H.</b>	<b>6 yrs.</b>	<b>Brent</b>	<b>9 mo.</b>
<b>Mark P.</b>	<b>18 yrs.</b>	<b>Connie M.</b>	<b>1 yr.</b>
<b>Randy H.</b>	<b>20 yrs.</b>	<b>Denise C</b>	<b>2 yrs.</b>
		<b>Orlando J</b>	<b>8 yrs.</b>
		<b>John S.</b>	<b>8 yrs.</b>
		<b>Earl</b>	<b>13 yrs.</b>

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. Comes of Age***

Cocaine Anonymous is twenty years old, that's a big deal, a really big deal! I am grateful to be around to celebrate this awesome milestone. I was fortunate to be here for most of the journey. A lot has changed since the early years and I must say for the better. We've grown and now serve a larger and more diverse number of addicts. Instead of waiting days for the next Cocaine Anonymous meeting, we now have to make choices on which meeting we will attend that day.

No longer can people say I don't go to Cocaine Anonymous because there is no sobriety, there is plenty. With the sobriety we have grown in understanding and effectiveness of the process of recovery which make the meetings of a higher quality, because they stay in the solution. Cocaine Anonymous meetings have a flavor that keeps you coming back.

Just as important as solution is fellowship. We have awesome events throughout the year, we're not a glum lot we love to have fun. Cocaine Anonymous is big enough to offer countless opportunities for service. See ya at the next meeting

Harry T.

P.S. Cocaine Anonymous as a whole 25 years old  
Cocaine Anonymous Nebraska is 20 years old

## 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](mailto:webmaster@canebraska.org).

## C A MEETINGS

SUN	- 7:00	pm	<b><u>Solid as a Rock</u></b> - Mt. Moriah Church 2602 N. 24 <sup>th</sup> St.
MON	- 6:00	pm	<b><u>Early Start</u></b> - GOCA Bldg. 2406 Fowler Ave
MON	- 7:00	pm	<b><u>Monday Night Miracles</u></b> - Immanuel Lutheran Church** 2725 No 60th Ave
MON	- 8:30	pm	<b><u>R U Willing</u></b> - Recovery Zone 701 So. 75 <sup>th</sup> St.
TUE	- 7:30	pm	<b><u>It's The Real Thing</u></b> - 12 Step House Basement 7306 Grant St
WED	- 6:00	pm	<b><u>New Creations</u></b> - 4460 Redman ave
WED	- 7:00	pm	<b><u>H.O.W.</u></b> - Assumption Catholic Church 2215 U St.
WED	- 8:00	pm	<b><u>Bryan-Independence Center</u></b> , Lincoln
THU	- 7:00	pm	<b><u>Bring It On</u></b> - New Bethel Church 1710 No. 25 <sup>th</sup> St.
THU	- 8:30	pm	<b><u>Scooter's Winner's Group</u></b> - 12 Step House Upstairs 7306 Grant St.
FRI	- 7:00	pm	<b><u>This Is How We Do It</u></b> - Mt. Nebo Church 5501 No.50 <sup>th</sup> St.
FRI	- 7:00	pm	<b><u>It's About Time</u></b> - Stephens Center 2723 Q St.
FRI	- 7:00	pm	<b><u>Freshly Grounded</u></b> - Immanuel Church 104 Galvin Rd. North, Bellevue
FRI	- 9:00	pm	<b><u>Drop The Rock</u></b> - Recovery Zone 701 So. 75 <sup>th</sup> St.
FRI	- 7:00	pm	<b><u>Solution Seekers</u></b> - 139 S 28 <sup>th</sup> , Lincoln
SAT	- 10:00	am	<b><u>Just Us Women</u></b> - 12 Step House Upstairs 7306 Grant St. (Women Only)
SAT	- 11:00	am	<b><u>Boys To Men</u></b> - Dorothy B's Recovery House 3042 Fowler St. (Men Only)
SAT	- 7:30	pm	<b><u>Into Action</u></b> - Sienna/Francis House 1702 Nicholas St.
SAT	- 8:00	pm	<b><u>Saturday Night Solutions</u></b> - Immanuel Behavior Services 72 <sup>nd</sup> & Redick

\*\* Closed Meeting (Addicts Only)

All locations: Omaha, Nebraska unless otherwise noted