



Issue 6, Volume 7

Recovery in the Heartland

November 9, 2007

Standing Committees

PI Committee -- Chair Terry J.

(1st Tuesday of every Month 11/6 – 12/4)
6pm Twelve Step House
7306 Grant St.

Area GSR Meeting -- Chair Greg B.

(2nd Sat. of every Month 11/9 – 12/8)
6pm Twelve Step House
7306 Grant St.

State Convention Committee 2008

John S. – Charnette W.

(2nd Tuesday of every Month 11/13 – 12/11)
6pm Twelve Step House
7306 Grant St.

Unity Committee – Orlando J.

(3rd Tuesday of every Month 11/20 – 12/18)
6pm Twelve Step House
7306 Grant St.

H&I Committee – Chair Joe N.

(4th Tuesday of every Month 11/27 – 12/25)
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

November

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

Featuring Step Study on Step 12 November 15th

December

This Is How We Do It – Mt. Nebo Church - Friday 7:00pm

Featuring Step Study on Step 1 December 21st

January

It's About Time – Stephens Center 2723 Q St. – Friday 7:00pm

Featuring Step Study on Step 2 January 18th

2009 Mid-West Regional Convention

....WOW....

The Nebraska Area Chapter of Cocaine Anonymous has been accepted to host the 2009 Mid-West Regional Convention. That includes 13 states and 2 providences from Canada

More to be revealed...

Thanks CA Fellowship

We want to give a special shout out to all our members
for coming out and supporting all our events
and making them a success

CA Annual Women's Christmas Ornament Party

Where: At Lori S. house 7309 N. 107th Ave

When: December 8th 2007

Time: 2:00pm-5:00pm

Contact Info: Lori S. 572-9067

Becky L. 334-1142

Lisa Q. 510-0362

Frances 392-8998

Please come and fellowship with other women in the program. This is an excellent opportunity to get to know other ladies in the fellowship.

Bring an ornament and a side dish, but if you can't don't let that stop you from coming and enjoying a special holiday event with us.

Ornament Exchange

Begins promptly at 2:45pm

Drinking from My Saucer

*I've never made a fortune
And it's probably to late now
But I don't worry about that much
I'm happy any how*

*O, Remember times when things went wrong
My faith wore thin
But all at once the dark clouds broke
And the sun peeped through again*

*As Long as I go along life's way
I'm reaping better than I sowed
I'm drinking from my saucer
Cause my cup has overflowed*

*So Lord help me not to gripe about
The tough rows that I've hoed
I'm drinking from my saucer
Cause my cup has overflowed*

*Haven't got a lot of riches
And sometimes the going get tough
But I've got loving ones around me
And that makes me rich enough*

*If God give me strength and courage
When the way grows steep and rough
I'll not ask for other blessings
I'm already blessed enough*

*I thank God for His blessings
And the mercies He's bestowed
I'm drinking from my saucer
Cause my cup has overflowed*

*And may I never be too busy
To help others bear their loads
Then I'll keep drinking from my saucer
Cause my cup has overflowed*

STEP THREE

“Made a decision to turn our will and our lives over to the care of God as we understood Him.”

Practicing Step Three is like the opening of a door which to all appearances is still closed and locked. All we need is a key, and the decision to swing the door open. There is only one key, and it is called willingness. Once unlocked by willingness, the door opens almost of itself, and looking through it, we shall see a pathway beside which is an inscription. It reads "This is the way to a faith that works."

Like all the remaining Steps, Step Three calls for affirmative action, for it is only by action that we can cut away the self-will which has always blocked the entry of God -- or, if you like, a Higher Power -- into our lives. Faith, to be sure, is necessary, but faith alone can avail nothing. We can have faith, yet keep God out of our lives. Therefore our problem now becomes just how and by what specific means shall we be able to let Him in? Step Three represents our first attempt to do this. In fact, the effectiveness of the whole C.A. program will rest upon how well and earnestly we have tried to come to "a decision to turn our will and our lives over to the care of God as we understood Him."

*Excerpt from :
Twelve Steps and Twelve Traditions, Step Three*

CA BIRTHDAYS

September

Jasmine	6 mo.
Ray H.	1 yr.
Ryan	1 yr.
Vonda D.	3 yrs.
Charnette F.	5 yrs.
Kenny F.	5 yrs.
Lori S.	5 yrs.
Brad W.	6 yrs.
Fraces F.	6 yrs.
Joe N.	6 yrs.
Shree	7 yrs.
Nicole	9 yrs.
Sharetta L.	14 yrs.
Rich A.	21 yrs.

October

Rich B.	5 yrs.
Rolo C.	6 yrs.
Shawn J.	6 yrs.
Becky L.	6 yrs.
Willie A.	11 yrs.
Lance J.	21 yrs.
Mike D.	21 yrs.
Mollie D.	21 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.

Clean Dirty Living

The big book is full of warnings about our sex conduct as it relates to one another in the rooms. There are two Sins the book talks about one is being a stumbling block in someone's recovery. The other is being a stumbling block in our own recovery.

Let's take a look at each of them by themselves: The first obvious one is keeping someone else from achieving the spiritual experience. The book said that addict hopes and Maintenance depends on a spiritual experience. As some of us has been given the gift of recovery, and for me to take that gift and use it in a very selfish was is every thing my Higher Power is against. For me to use it to hurt others who have not had the opportunity to discover who they are through the process of recovery can be very dangerous to my spiritual relationship with my Higher Power.

One of the warnings the process gives us is on page 70 of the big book. If we are sorry for what we have done, and have the "Honest Desire" to let God take us to better things, we believe we will be forgiven and will have learned our lesson.

If we are not sorry, and our conduct continues to harm others. We are quite sure to drink. We are not theorizing these are the facts out of our experience.

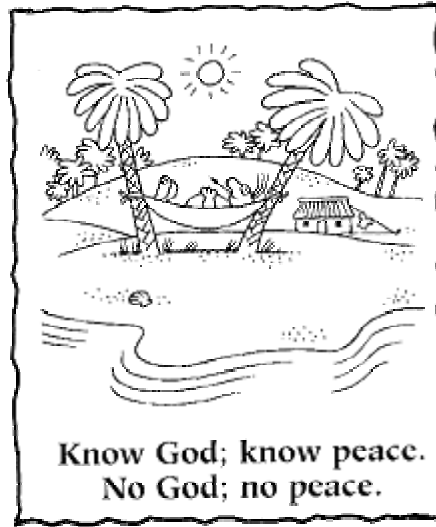
Willie A.

The Lighter Side of CA

Happiness is.....
Opening the refrigerator door and seeing your sponsor's face on the side of a milk carton.

Big Book suggestion:
Read the **black** parts.

Sometimes I think my mind honestly believes it can kill me and get away with it.



C. A. Wisdom

A winner makes commitments; a loser makes promises.

God never asks about our ability or our inability, just our availability.

I know that God knows what's best for me because I am living a life I never wanted any part of, I'm a person I never would have wanted to know, and I'm happier then I've ever been.

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

** Closed Meeting (Addicts Only) All locations: Omaha, Nebraska unless otherwise noted