



Issue 1, Volume 8

Recovery in the Heartland

January 12, 2008

Standing Committees

PI Committee -- Chair Terry J.

(1st Tuesday of every Month 1/1 – 2/5)
6pm Twelve Step House
7306 Grant St.

Area GSR Meeting -- Chair Becky L.

(2nd Sat. of every Month 1/12 – 2/9)
6pm Twelve Step House
7306 Grant St.

State Convention Committee 2008

John S. – Charnette W.

(2nd Tuesday of every Month 1/8 – 2/12)
6pm Twelve Step House
7306 Grant St.

Unity Committee – Orlando J.

(3rd Tuesday of every Month 1/15 – 2/19)
6pm Twelve Step House
7306 Grant St.

H&I Committee – Chair Joe N.

(4th Tuesday of every Month 1/22 – 2/26)
6pm Twelve Step House
7306 Grant St.

Help Line – Chair

(5th Tuesday – 1/29)

C.A. HELP LINE

402-978-8881

Website

www.canebraska.org

Meeting of the Month

January

Freshly Grounded – Immanuel Church 104 Galvin Rd. North Bellvue

Friday 7:00pm

Featuring Step Study on Step 1 January 18th

February

Drop The Rock – Recovery Zone 701 So.75th St. - Friday 9:00pm

Featuring Step Study on Step 2 February 15th

March

Solution Seekers – 139 S. 28th St. Lincoln – Friday 7:00pm

Featuring Step Study on Step 3 March 21st

21st Annual Anniversary Dinner

Where: Cascio's Steakhouse 1620 South Street

When: January 19th, 2008

Fellowship: 5:00pm – 6:00pm

Dinner: 6:00pm - 7:00pm

Speakers: 8:00pm

2008 Convention Theme

CA – A Design for Living

Pamela G – Won the Free Registration contest for the theme

We are still looking for a logo for the theme...

My God

(Good Orderly Direction)

One of my most spiritual awakenings was becoming independent. That happened by becoming dependant on a greater power. I gained more independence than I had ever had in my life. Today I can easily define my Higher Power. I know my Higher Power. I call him God. I can depend on my Higher Power at all times. He walked with me through sickness; unemployment and even death of loved ones. He's with me when you can't be, he's with me through thick and thin, do or die, and at 2:22 in the morning he's there.

My God has blessed me more than I can speak or write about. So each and every day I must at least tell Him thank you. He deserves more, but sometimes I fall short. So if I can't payback C.A. for saving my life, how can I pay back God who has done so much more? Well pouring coffee is a good start....

Harry T.

"The AA Big Book, AA 12 Steps and 12 Traditions, and the book Hope Faith and Courage are used with permission."

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 open-minded to conviction and as willing to listen as the dying can be.

"The AA Big Book, AA 12 Steps and 12 Traditions, and the book Hope Faith and Courage are used with permission."

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 exist 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 its Twelve Steps are but mere 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 debating society and quit bothering yourself 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 relate ourselves to Him.

"The AA Big Book, AA 12 Steps and 12 Traditions, and the book Hope Faith and Courage are used with permission."

CA BIRTHDAYS

November

Lynette B.	6 mos.
Terry L.	9 mos.
Michelle	9mos.
Grant R.	1 yr.
Ray M.	1 yr.
Brent	1 yr.
Ruby W.	1 yr.
Bryant C.	1 yrs.
Robert H.	9 yrs
Bryan R.	11 yrs.
Eddie H.	15 yrs.

December

Shawn J.	6 mos.
Kat	6 mos.
Jasmine	9 mos.
Heather	9 mos.
Shane	9 mos.
Jenny A	1 yr.
Dave D.	18 mos.
Terry J.	2 yrs.
Doug W.	5 yrs.
Robert B.	6 yrs.
Greg B.	8 yrs.
Linnette K.	8 yrs.
Alice C.	10 yrs.
Rose B.	15 yrs.

GOD WILLING...

January

Dj Casey	6 mos.
Mike R.	7 yrs.
Arlo R.	8 yrs.
Pamela G.	8 yrs.
Todd G.	9 yrs.
Lori D.	11 yrs.
Ms. Troy	29 yrs.

February

Doug R.	2 yrs.
Brigette	9yrs.
Cathy C.	10 yrs.
David L.	16 yrs.
Brian M.	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.**

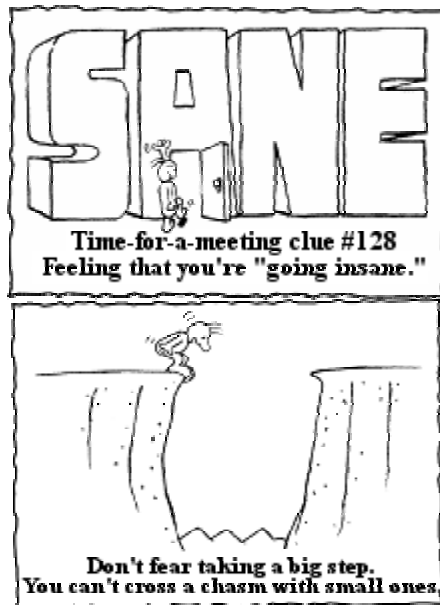
The Lighter Side of CA

I came to this program to save my ass and found it was attached to my soul.

I was the type of person who would eat and drink everything you had in your medicine cabinet.

If you can't get what you want, learn to want what you get.

Sponsor saying #86:
Who's not doing it your way today



C. A. Wisdom

If your life worked so well, what are you doing here?

Some things have to be believed to be seen.

Thank God for all the drinks and drugs I've ever had, because it took them all to get me here.

There is absolutely no pain in change or growth.
The Pain is in the resistance to the change or growth.

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

The Nebraska Area Newsletter is a bi-monthly publication published by Cocaine Anonymous of Nebraska Area Chapter of Cocaine Anonymous. It is intended solely to provide information for the fellowship of Cocaine Anonymous. We hope to communicate the experience, strength, and hope of C.A. members reflecting recovery, unity, and service, within the bounds of friendliness and good taste. This Newsletter presents experiences and opinions of Cocaine Anonymous members. Those opinions expressed herein are of the individual contributors and are not to be attributed nor taken as an endorsement by Cocaine Anonymous, Cocaine Anonymous World Services, Cocaine Anonymous World Service Office, Inc., Cocaine Anonymous of Nebraska Area Chapter of Cocaine Anonymous or Nebraska Area Newsletter. The editors reserve the right to edit any submissions in adherence to the Twelve Traditions of Cocaine Anonymous. If you would like to know more about Cocaine Anonymous, the Twelve Steps and the Twelve Traditions please write and ask for C.A. World Service Conference approved literature at CAWSO, 3740 Overland Ave., Suite C, Los Angeles, CA 90034. E-Mail to: caswo@CA.org or by Fax to: (310) 559- 2554, Contact CA by phone at (310) 559-5833. Also note that the C.A. World Service Office web page is: www.ca.org. Please also note this publication and all its contents are copyrighted by Cocaine Anonymous of Nebraska Area Chapter of Cocaine anonymous. Any unauthorized duplication or publication is prohibited.