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# Nebraska Area Newsletter



“WE’RE HERE AND WE’RE FREE”

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Issue 2, Volume 8

Recovery in the Heartland

March 8, 2008

## STANDING COMMITTEES OF COCAINE ANONYMOUS

<p><b>P I Committee - Chair Terry J.</b> (1<sup>st</sup> Tuesday of every Month 4/1- 5/6) 6pm Twelve Step House 7306 Grant St.</p> <p><b>Area GSR Meeting - Chair Becky L.</b> (2<sup>nd</sup> Sat. of every Month 4/12- 5/10) 6pm Twelve Step House 7306 Grant St.</p> <p><b>State Convention Committee 2008</b> <b>Chair- John S.</b> (2<sup>nd</sup> Tuesday of every Month 3/11- 4/8) 6pm Twelve Step House 7306 Grant St.</p> <p><b>Unity Committee – Orlando J.</b> (3<sup>rd</sup> Tuesday of every Month 3/18- 4/15) 6pm Twelve Step House 7306 Grant St.</p>	<p><b>H&amp;I Committee – Chair Arrick</b> (4<sup>th</sup> Tuesday of every Month 3/25- 4/22) 6pm Twelve Step House 7306 Grant St.</p> <p><b>Help Line – Chair</b> (5<sup>th</sup> Tuesday – 4/29)</p>
	<p><b>C.A. HELP LINE</b> <b>402-978-8881</b> <b>Website</b> <b><a href="http://www.canebraska.org">www.canebraska.org</a></b></p>

### Meeting of the Month

#### March

**Solution Seekers – 1911 R Street Lincoln – Friday 7:00pm**  
**Featuring Step Study on Step 3 March 21<sup>st</sup>**

#### April

**Just Us Women – 12 Step House 7306 Grant – Saturday 10:00 am**  
**Featuring Step Study on Step 4 April 19<sup>th</sup>**

#### May

**Boys To Men – Dorothy B’s 3042 Fowler – Saturday 10:00 am**  
**Featuring Step Study on Step 5 May 19<sup>th</sup>**

## Faith in a Higher Power

Cocaine Anonymous introduced us to a Power greater than ourselves that could manage our problem. That doesn't necessarily mean we have to turn our will and our lives over to the care of the God that we heard of in the past. It can mean trusting a Power of our own understanding. This is the beginning of our Higher Power, God, as we understand Him. Some of us adopt, or come back to, a traditional God. Others see our Higher Power as some kind of force. Some define it as the force of the group, while others don't define it at all.

At first, it is sufficient for God, as you understand Him, to be the power that the group obviously has to help to get rid of the obsession to use.

No one comes into Cocaine Anonymous to find God. We come to these rooms to get rid of a terrifying drug habit. Look around in a meeting. People who came as a last resort surround you. We came into these rooms emotionally, financially and spiritually bankrupt. We have experienced all sorts of tragedies as a result of cocaine, drugs and/or alcohol. We have lived many of the same horrors you have, yet today we are happy. We are free from the misery, terror, and pain of drug addiction.

As long as you are willing, your belief will grow. You will learn through your own experience and the experiences of others how a Higher Power can help you with your cocaine problem... If you are having trouble with talking about God, remember:

- Be open-minded
- CA is a spiritual program, not a religious one
- All you have to do is to be willing to believe
- Your Higher Power can be the group as a whole
- You start with belief, your experience will come

*Don't leave before the miracle happens! (Excerpted from the CA Pamphlet "A Higher Power")*

### STEP THREE

**"Made a decision to turn our will and our lives over to the care of God as we understood him."**

In Step Three we turned our will and our lives over to the care of God, as we understood him. For the time being, we who were atheist or agnostic discovered that our own group, or CA as a whole, would suffice as a higher power.

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

### STEP FOUR

**"Made a searching and fearless moral inventory of ourselves."**

Beginning with Step Four, we commenced to search out the things in ourselves which had brought is to physical, moral, and spiritual bankruptcy. We made a searching and fearless inventory.

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## UPCOMING CA EVENTS

**WE WILL PROVE THAT RECOVERY IS NOT STUPID, BORING AND GLUM! CHECK IT OUT FOR YOURSELF!  
WE STILL KNOW HOW TO PARTY!**

### CELEBRATE AROUND THE WORLD

**MARCH 15<sup>TH</sup> 2008**

**DOORS OPEN AT 5:00 PM  
PANEL DISCUSSION AT 6:00  
PM**

**FOOD, FUN AND FELLOWSHIP  
DJ AND DANCE**

**12 STEP HOUSE AT  
7306 GRANT STREET**

**COSTS \$ 2.00 PER PLATE**

### 2008 NEBRASKA AREA CONVENTION

**"A DESIGN FOR LIVING"**

**SEPTEMBER 26<sup>TH</sup>- 28<sup>TH</sup>**

**DOUBLE TREE HOTEL  
1616 DODGE STREET  
OMAHA, NE 68102  
402-346-7600**

**LORI S. REGISTRATION CHAIR:  
402-572-9067**

**WILLIE A. HOTEL LIAISON:  
402- 689-1722**

### 24th Annual C.A. World Service Convention

**"To Practice These  
Principles"**

**MAY 22<sup>ND</sup>- 26<sup>TH</sup> 2008**

**Salt Lake City, Utah**

**Terry M., Convention  
Chair 801-706-3580**

Our stories are told in a general way. What happened, what we were like, and what we are like now.

## REALTOR ON THE ROCKS

I had been in and out of treatment centers and several 12-step programs since 1982. I was a functioning addict/alcoholic, meaning I worked, paid my bills, put on a good show for the family, neighbors and friends. I attended church and coached baseball and football. I was a good person and highly regarded by my peer group. When I partied, I partied like a rock star. I was a top producer in the real estate business allowing me to go the distance financially. I would not stop using until I passed out from sleep deprivation. Out of sheer luck, I did very well at managing to stay out of domestic issues for period.

I was introduced to Crack in 2003, and I have to tell you, I loved this drug and the thrill of the chase to get it, have it, and use it. Crack helped me escape the harsh reality of life. Crack was all I cared about. In fact, when I cooked my first rock, it was a warped right of passage scenario. I was as proud of that accomplishment as I was having my first child, getting married, and graduating from school. Nothing mattered more to me. I would obsess about Crack all the time, morning or night it did not matter. I can remember re-rocking some Crack in my garage and a woman who lived in my gated lake community had heard me. She came up to the window and I heard her say to her friends, "Oh great this is our neighborhood Realtor getting high!" Can you believe this! My God what has the world gone to?" I had officially made it to the jumping off point. My wife had left me and my high school aged son had taken up safe haven at one of his friends. He knew everything was falling apart. I couldn't live with Crack and I couldn't live without it.

Having gone to treatment several times and attending many 12 step meetings, I knew that I had a problem. I could not stop using Crack. I would go four days without Crack, white knuckling it. Next, I would find my vehicle going into auto pilot mode to get Crack, just minutes after swearing off of Crack once again. I could not fix my addiction by myself. Several forms of fear drove me and nothing in life mattered anymore. I am very fortunate that God was watching out for me. When I wanted to end the game of life, a good friend called. The strange thing here was that I had intervened and helped him recover from alcohol 7 years earlier, as he was a real bad drunk. He said he would be right over, knowing I was at the end. I didn't leave. He talked to me and knew what was going on. He detected the loneliness and despair. He took me to the Hospital and told the nurse in ER, I was suicidal, as they couldn't turn me away someone in that condition. I visited with one of the mental health professionals, and he knew in a short while what the real deal was. He sent me to a detox center which allowed me to detox and make arrangements for treatment. I went to treatment and did well until the last week. I was asked to leave, as I was a bit of a rebel and was not complying with the rules of the treatment center. I went back home and I continued with my program, going to meetings and calling my sponsor. I did well for 18 months and I thought my system was cleaned out, that I could get high and somehow manage it this time. I was sold on the fact that I would not get as bad as I did before. I did ok the first week but between the 2<sup>nd</sup> and 4<sup>th</sup> week I had progressed past the state I was in when I admitted defeat 19 months prior. I was doing more drugs and more varieties of drugs. Having a brief moment of clarity and being honest with myself, I knew I could not manage the drug use and that it was managing me again! I had to concede to my innermost self that I was an addict and could not manage my drug using. The idea that I could use like normal recreational users was gone. I had to surrender.

As I write my story tonight, I am celebrating 3 years of continued sobriety and I am heavily involved with service work. My old sponsor, bless his heart, used to tell me, "if you're not moving forward your moving back cause there is no idle for this disease. Do as much service work as you can!" I am helping others achieve the same freedom now, freedom from the horrible disease of addiction. I am so happy and serene. I often tell people that I paid big money to feel as good as I do today! The members of CA told me to keep coming back and don't leave before the miracle happens. I thought this was a crock. I was convinced the damage I had done to my family, friends, career, and to myself was irrevocable. The truth is my relationship with everyone is far better that I ever imagined. I am a good husband, son, brother, and friend. My professional life is better than ever. It is all due to the awesome life skills I am acquiring through going to CA meetings, reading the Big Book, praying, meditating and sponsorship. I am a free man and my life is truly beautiful!

Doug R.

## Death At the Front Door

One cold morning in January, I was getting ready for work. I had gone outside to warm up my car. Upon my arrival back into the apartment, a former roommate who had accused me of being with his girlfriend, whom I never met, greeted me. I told him that I never met the woman. He insisted that I did. The conversation was going nowhere fast, so I decided to leave for work. I got in my car, shut the door, and heard a bullet ricochet off of the pavement that was meant for me.

This was an opportunity for me to apply the principals of the program. Having a good understanding of steps 1, 2, and 3 helped a lot. When it came to step 4, I didn't do as well as my will was filled with rage from within. I realized this fact after talking with my sponsor. He said that step 4 says, "We realized that the people who wronged us are spiritually sick", though we did not like their symptoms or the way they disturbed us. They too like us were sick. We asked God to help us show them the same tolerance, pity, and patience that we would grant a sick friend. Because of selfishness and ill thinking I was unable to remember that we must avoid retaliation and arguments. I was also at fault. I know without sponsorship and a higher power the outcome would have been much worse.

Ray M.

## Area Gratitude Board

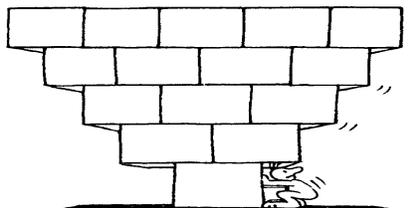
*I AM SO GRATEFUL THAT I CAN DEAL WITH LIFE ON LIFES TERMS. THINGS THAT USED TO Baffle ME AND MAKE ME ESCAPE THE PAIN ARE NOW DEALT WITH THROUGH SPONSORSHIP AND MY HIGHER POWER. THEY DIDN'T TEACH ME THIS STUFF IN COLLEGE. (MOSES)*

*I AM SO GRATEFUL THAT MY FAMILY WHO ONCE RAN FROM ME NOW INVITES ME INTO THEIR LIVES FREELY. (EUGENE C.)*

*I AM SO FILLED WITH GRATITUDE BECAUSE I HAVE SPONSEE'S WHO ARE GROWING IN THE PROGRAM. IT IS TRULY SPIRITUALLY UPLIFTING TO SEE A LIFE OF DOOM AND GLOOM TURN INTO A SHOOTING STAR OF SPIRITUALITY. (MIKE)*

*I AM GRATEFUL AS A NEW COMER THAT YOU ALL UNDERSTAND ME. YOU ACCEPT ME. YOU LOVE ME. (JON R.)*

Submit you gratitude list to your GSR and we will post them to the newsletter.



"IT WAS MY POOR JUDGEMENT THAT BROUGHT ME HERE IN THE FIRST PLACE"



## CA Birthdays...

### January

DJ Casey	6 months
Mike R.	7 years
Arlo R.	8 years
Pamela G.	8 years
Todd G.	9 years
Lori D.	11 years
Miss Troy	29 years

### February

Charlene	6 months
Monica E.	18 months
Doug R.	3 years
Bridgette	9 years
Cathy C.	10 years
David L.	16 years
Brian M.	20 years

## GOD Willing...

### March

Eugene C.	6 months
Michelle	3 years
Debbie W.	4 years
Arrick A.	6 years
Matt A.	6 years
Dave	11 years

### April

Derek P.	9 months
Jake W.	1 year
Myron T.	1 year
Larry D.	3 years
Jennifer R.	5 years
Felicia	6 years
Diane A.	7 years
Loretta C.	19 years
Steve K.	20 years
John C.	21 years

## The Lighter Side of CA

Big book suggestion: read the black parts.

The twelve steps are like wrenches in a toolbox – they'll fit any nut that walks in the door.

Sometimes you might want to share your "brilliant idea" with friends before you take action. Remember, your best thinking got you here in the first place.



## C. A. Wisdom

Your task is not to seek for love, but merely to seek and find all of the barriers within yourself that you have built against it. It is not necessary to seek for what is true, but it is necessary to seek for what is false.

Be more concerned with what God thinks about you than what people think about you.

To forgive is to set a prisoner free, and to discover that the prisoner is you.

**"You're just not serious about your program."**

WELCOME NEW COMERS! YOU ARE THE MOST IMPORTANT PERSON HERE!  
DON'T LEAVE BEFORE THE MIRACLE HAPPENS!



# CA MEETING CALENDAR

## SUNDAY

### SOLID AS A ROCK

7:00 p.m.  
Mt. Moriah Church  
2602 N. 24th St., Omaha  
Open Meeting - No Smoking

## MONDAY

### EARLY START

6:00 p.m.  
GOCA Building  
2406 Fowler Ave., Omaha  
Open Meeting - No Smoking

### MONDAY NIGHT MIRACLES

7:00 p.m.  
2725 No 60th Ave, Omaha  
Immanuel Lutheran Church -lower entrance  
Closed Meeting (Addicts Only) - No Smoking

### R U WILLING

8:30 p.m.  
Recovery Zone  
701 So. 75th St., Omaha  
Open Meeting - No Smoking

## TUESDAY

### IT'S THE REAL THING

7:30 p.m.  
12 Step House - Downstairs  
7306 Grant St., Omaha  
Open Meeting - No Smoking

## WEDNESDAY

### H.O.W.

7:00 p.m.  
Assumption Catholic Church  
2215 U St.  
Open Meeting - No Smoking

## THURSDAY

### BRING IT ON

7:00 p.m.  
New Bethel Church  
1710 No. 25th (25th and Decatur)  
Open Meeting - No Smoking

### SCOOTER'S WINNERS GROUP

8:30 p.m.  
12 Step House - Upstairs  
7306 Grant St., Omaha  
Open Meeting - No Smoking

## FRIDAY

### THIS IS HOW WE DO IT

7:00 p.m.  
Mt. Nebo Church  
5501 No. 50th St., Omaha  
Open Meeting - No Smoking

### IT'S ABOUT TIME

7:00 p.m.  
Stephens Center  
2723 Q. St., Omaha  
Open Meeting - No Smoking

### FRESHLY GROUNDED

7:00 p.m.  
Immanuel Lutheran Church - Back  
104 Galvin Rd. North - Bellevue  
Open Meeting - No Smoking

### SOLUTION SEEKERS

7:00 p.m.  
1911 R Street., Lincoln  
Open Meeting - No Smoking

### DROP THE ROCK

9:00 p.m.  
Recovery Zone  
701 So. 75th St., Omaha  
Open Meeting - No Smoking

## SATURDAY

### JUST US WOMEN

10:00 a.m.  
12 Step House - Upstairs  
7306 Grant St., Omaha - (women only)  
Open Meeting - No Smoking

### BOYS TO MEN

11:00 a.m.  
Dorothy B's Recovery House  
3042 Fowler Ave., Omaha - (men only)  
Open Meeting - No Smoking

### INTO ACTION

7:30 p.m.  
Sienna/Francis House  
1702 Nicholas St., Omaha  
Open Meeting - No Smoking

### SATURDAY NIGHT SOLUTIONS

8:00 p.m.  
Immanuel Behavior Services  
72nd & Sorenson Parkway, Omaha  
Open Meeting - No Smoking

## Insane Thinking

WHEN WE STARTED USING WE HAD TO HAVE SOMEONE SHOW US HOW TO USE. WE TOOK THEIR WORD TO BE THE GOSPEL. WE USED THEIR TECHNIQUES BECAUSE THEY WORKED TO GET AN EFFECTIVE HIGH! WE NEVER VIEWED THIS AS SPONSORSHIP, BUT THIS IS EXACTLY WHAT IT WAS. WHILE NEW TO RECOVERY WE FOUGHT THIS SPONSORSHIP CONCEPT. WE HAD THE ALL OF THE SOLUTIONS AND DIDN'T NEED ANYONE TO SHOW US HOW.

## Committee Notes

**Public Information:** Would like to hear any ideas, feedback and criticism regarding getting our message out to the public. We would welcome any volunteers to serve on this committee.

**Hospitals & Institutions:** Needs speakers and committee members to donate their time and talent. This is a captive audience craving recovery. Contact Arrick

**State Convention:** Ideas are needed as well as committee members it takes a lot to put these events on and there is no better way to insure sobriety then donating your time and talents.

**Unity:** This committee is the party planner committee. If you have ideas or enhancements to existing functions that you feel will benefit and unify our membership your time and talent would be appreciated.

**CA SOBRIETY BIRTHDAYS: WRITE THEM HERE!**

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"You're fired, Jack. The lab results just came back, and you tested positive for Coke."



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: [info@CA.org](mailto:info@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](http://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.

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