
Nebraska Area Newsletter



"WE'RE HERE AND WE'RE FREE"

Issue 4, Volume 10

Recovery in the Heartland

July 12, 2008

STANDING COMMITTEES OF COCAINE ANONYMOUS

P I Committee - Chair Terry J.
(1st Tuesday of every Month 8/5- 9/2)
6pm Twelve Step House
7306 Grant St.

Area GSR Meeting - Chair Becky L.
(2nd Sat. of every Month 8/9- 9/13)
6pm Twelve Step House
7306 Grant St.

Area Convention Committee 2008
Chair- John S.
(2nd Tuesday of every Month 8/12- 9/9)
6pm Twelve Step House
7306 Grant St.

Unity Committee – Chair Orlando J.
(3rd Tuesday of every Month 7/15- 8/16)
6pm Twelve Step House
7306 Grant St.

H&I Committee – Chair Arrick
(4th Tuesday of every Month 7/22- 8/26)
6pm Twelve Step House
7306 Grant St.

Midwest Regional Committee
Chair- Doug W.
(4th Tuesday of every month 7/22-8/26)
7pm Twelve Step House
7306 Grant St.

Help Line – Chair Ray M.
(5th Tuesday – 7/29)

Meeting of the Month

July

SOLID AS A ROCK- Mt. Moriah Church 2602 N 24th Street, Sunday 7:00 p.m. Featuring Step Study on Step 7 July 20th

August

EARLY START-GOCA Building 2406 Fowler Ave., Monday 6:00 p.m. Featuring Step Study on Step 8 August 18th

September

MONDAY NIGHT MIRACLES- Immanuel Lutheran Church-Basement 2725 N 60th Ave, Monday, 7:00 p.m. Featuring Step Study on Step 9 September 15th

STEP SEVEN

“Humbly asked Him to remove our shortcomings.”

Indeed, the attainment of greater humility is the foundation principle of each of A.A.'s Twelve Steps. For without some degree of humility, no alcoholic (*or addict*) can stay sober at all.

The Seventh Step is where we make the change in our attitude, which permits us, with humility as our guide, to move out from ourselves toward others and toward God. The whole emphasis of Step Seven is on humility. It is really saying to us that we now ought to be willing to try humility in seeking the removal of our other shortcomings just as we did when we admitted that we were powerless over alcohol, and came to believe that a Power greater than ourselves could restore us to sanity. If that degree of humility could enable us to find the grace by which such a deadly obsession could be banished, then there must be hope of the same result respecting any other problem we could possibly have.

When ready, we say something like this: "My Creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character, which stands in the way of my usefulness to you and my fellows. Grant me strength, as I go out from here, to do your bidding. Amen."

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STEP EIGHT

“Made a list of all persons we had harmed, and became willing to make amends to them all.”

Every A.A. has found that he can make little headway in this new adventure of living until he first backtracks and really makes an accurate and unsparing survey of the human wreckage he has left in his wake.

But the prospect of actually visiting or even writing the people concerned now overwhelmed us, especially when we remembered in what poor favor we stood with most of them. There were cases, too, where we had damaged others who were still happily unaware of being hurt.

Why, we cried, shouldn't bygones be bygones? Why do we have to think of these people at all? These were some of the ways in which fear conspired with pride to hinder our making a list of *all* the people we had harmed.

Whenever our pencil falters, we can fortify and cheer ourselves by remembering what A.A. experience in this Step has meant to others. It is the beginning of the end of isolation from our fellows and from God.



CA MEETING CALENDAR

SUNDAY

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

KEEPING IT REAL
7:30 p.m.
2015 S. 16TH St., Lincoln
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

SOLUTION SEEKERS
7:00 p.m.
United Church of Christ
1302 F 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.
12-Step House-Front Room
7306 Grant St, Omaha
Open Meeting - No Smoking

In the spirit of Tradition 6: "We are not allied with any sect denomination, politics, organization or institution."

DID YOU KNOW SERVICE WORK IS YOUR INSURANCE POLICY AGAINST RELAPSE!

YOU WOULDN'T BUY A NEW CAR AND NOT INSURE IT WOULD YOU?

YOU WOULD NOT BUY A HOME AND NOT BUY INSURANCE FROM PERIL OR LOSS WOULD YOU?

WHY ARE YOU LETTING THE MOST VALUABLE GIFT IN YOUR LIFE GO UNPROTECTED?

DO IT!

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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FOR SALE

HOPE, FAITH AND COURAGE II
THESE ARE FULL OF INTERESTING
STORIES, THAT ARE TOLD IN A
GENERAL WAY, OF WHAT WE
WERE LIKE, WHAT HAPPENED
AND WHAT WE ARE LIKE NOW.
CONTACT YOUR GSR THEY WILL
HOOK YOU UP FOR ONLY \$15.00



C.A. HELP LINE
402-978-8881
Website
www.canebraska.org

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 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.

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On-line @ <http://www.canebraska.org>

CA STORIES

OUR STORIES ARE TOLD IN A GENERAL WAY, WHAT WE WERE LIKE, WHAT HAPPENED AND WHAT WE ARE LIKE NOW

Stay Grateful

I've come to realize that when I practice an attitude of gratitude, finding a positive, out of the negative occurrences in my life, is possible. I'm able to overcome the desire, or even contemplate picking up a drink or a drug. I pray consistently, and when feelings arise that I'm uncomfortable with -- I talk to my sponsor, to my network and get to a meeting if need be. A year and a half ago, October 1st, I would not have been able to express myself this way. I've learned so much by listening to the ones that have come before me (the winners that is). I arrived here in Omaha, which I call home until I get further instructions from my higher power, whom I choose to call God.

I have progressed such that some close friends can see the change. Believe me, I was a pretty mixed up individual, at least today I have an idea of the direction I'd like to go. I still need a lot of repairing and adjusting, which perhaps will take a lifetime, but I don't mind. My recovery is so sincere; I don't find it difficult to say, "To Thine own Self be True" anymore. I'm doing what's in front of me to maintain quality sobriety. I feel I'm at least doing the very best I'm capable of in each twenty-four hours. I am working towards a more purposeful life. I've also learned I don't have to be perfect, "progress not perfection." A defect of character of mine is assuming that I could be perfect. Knowing today I don't have to be perfect in order for people to accept me for who I am. Still changing slow but sure. In the past I never thought I needed to change; I thought I needed to change clothes, shoes, hats, etc... The materialism has lessened and I've accepted the fact that I need to change me and only me.

Because of God's guidance and my obedience I didn't make that trip back to hell as I call it (Tampa FL.) Where I know today I would not be where I am. Having had the opportunity to receive long-term treatment that I'd never received before. My first go was at an Omaha recovery center, where I was humble enough to stay. I leveled my pride because that is how much I wanted recovery. I took the suggestion of my sponsor and stayed, which proved to be well worth all my efforts. I stuck it out with God's help. Being there was a stepping-stone to my recovery. Last but not least, I was accepted at a transitional housing program where I've truly had time to grow. Learning to live life on life's terms.

I have completed my story; there is success. I'm ready to move on into a life on my own, raising my two children. I've built a new life here in Omaha with lots of support. I'm glad I stuck it out. Today I can say I am a miracle just working and waiting for the rewards of sobriety. Being of maximum service to God and others, I want service to become a part of my daily life.

- Sheretta

Gratitude and Service

During my year stay in treatment and time in the rooms of Cocaine Anonymous, I always heard people talk about being grateful for their sobriety. I too felt deep gratification for the gift that was given to me. I often felt that verbalizing it just wasn't enough in itself. Early on in recovery, I understood that carrying the message was one way to give back and I did. I had the opportunity to facilitate a Big Book study at a treatment center for more than a year, but somehow that just didn't seem to be enough. My sponsor suggested to participate in service committees as it would further my recovery. I joined one committee and in time more committees. I guarantee you! I get great joy being part of a team that put together a successful event or function. It was also shared with me through sponsorship that gratitude and service was more than just committees and pouring coffee in the rooms of CA. Gratitude is a word of action and not just a feeling. To truly experience gratitude is to always be of service to my fellow man. The only measurable way to show God my appreciation and gratitude is by how I am treating His people. By me serving you, I am serving Him. It is a great pleasure having the opportunity to be of service to all of God's people that I encounter on a daily basis. It comes down to "practicing these principles in all of my affairs" when I do this my God takes care of all my needs. With each passing year it was suggested that I add something else to maintain my recovery. What a novel idea! Come up with new ways to be of service. God bless see you in service.

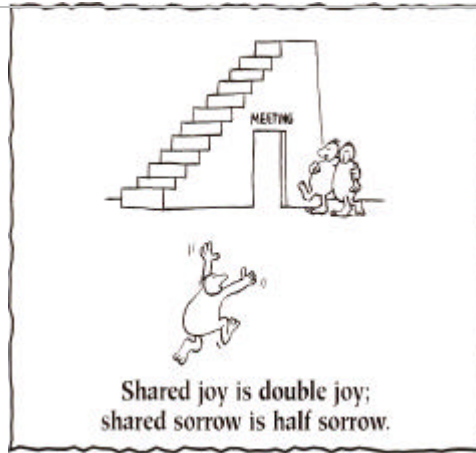
Terry J.

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 toolbox, 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.

Find your serenity

Q R T Z Y B A C C C Q T X W V A
 E U K L D E C N A T P E C C A E
 W P P B W G L U M Y X T R M S F
 P I H S W O L L E F B U E Q R I
 X M E H Y A R E T X Z N G K Z F
 K X M C Z C H T O T D D A J Y P
 U L V Z H Y H P A S Q Y E C T H
 T I K S S A N I T Y O W U O L N
 H T O L E R A N C E I M X R I X
 X S O E U Q R M V C C K E I M E
 Q B B H C P B C R W H D C U U M
 A Q G B P U U E H B F A I T H Z
 T C I M Y J B U D D P R N V O N
 J E B J P O W C V B Q A P G W O
 Q L J W S U R R E N D E R P E V
 J Q P H X A O C E X O M P V O Z

FELLOWSHIP	AMENDS	SANITY
TOLERANCE	PSYCHIC CHANGE	HUMILITY
BIG BOOK	ACCEPTANCE	SOBER
FAITH	CAME TO	
SURRENDER		

**GOD GRANT ME THE
 SERENITY TO ACCEPT THE
 THINGS I CANNOT CHANGE.
 THE COURAGE TO CHANGE
 THE THINGS I CAN AND
 THE WISDOM TO KNOW THE
 DIFFERENCE**



The Lincoln Corner

Lincoln has done a great job! The first meeting has grown so much that the fellowship had to find a different location, not once but twice in order to accommodate the large fellowship. Lincoln has also added a second meeting. **CONGRATULATIONS !**

GOD

GOOD ORDERLY DIRECTION