
Nebraska Area Newsletter



“WE’RE HERE AND WE’RE FREE”

Issue 2, Volume 9

Recovery in the Heartland

March 14, 2009

STANDING COMMITTEES OF COCAINE ANONYMOUS

<p>P I Committee - Chair Terry J. (1st Tuesday of every Month 4/7- 5/5) 6pm Twelve Step House 7306 Grant St.</p> <p>Area GSR Meeting - Chair Becky L. (2nd Sat. of every Month 4/11- 5/19) 6pm Twelve Step House 7306 Grant St.</p> <p>Midwest Regional Committee Chair- Doug W. (2nd Tuesday of every month 4/14- 5/12) 6pm Twelve Step House 7306 Grant St.</p> <p>Unity Committee – Chair Orlando J. (3rd Tuesday of every Month 3/17- 4/21) 6pm Twelve Step House 7306 Grant St.</p>	<p>H&I Committee – Chair Arrick (4th Tuesday of every Month 3/24- 4/28) 6pm Twelve Step House 7306 Grant St.</p> <p>Help Line – Chair Ray M. (5th Tuesday – 3/31) 6pm Twelve Step House 7306 Grant St.</p> <p>Archive Committee- Chair Vondra D (5th Tuesday – 3/31) 7pm Twelve Step House 7306 Grant St.</p>
--	---

Meeting of the Month

March

SOLUTION SEEKERS- 1302 F Street Lincoln, NE Friday 7:00 p.m. United Church of Christ

Featuring Step Study on Step 3 March 20th 2009

April

DROP THE ROCK- 701 S 75th Street Friday 9:00 p.m. RECOVERY ZONE

Featuring Step Study on Step 4 April 17th 2009



CA Birthdays...

GOD Willing...

JANUARY

Chris J.	9 mos.
Billy L.	18 mos.
Dj Casey	18 mos.
Harry H.	1 yr.
Bobby M.	3 yrs.
Doug W.	6 yrs.
Mike R.	8 yrs.
Arlo R.	9 yrs.
Pamela G.	9 yrs.
Todd G.	10 yrs.
Lori D.	12 yrs.
Tanya A.	20 yrs.
Ms. Troy	30 yrs.

FEBRUARY

Tony A.	1 yr.
Tim	2 yrs.
Terry L.	2 yrs.
Bryce R.	2 yrs.
Doug R.	4 yrs.
Brigette	10 yrs.
Cathy C.	11 yrs.
David L.	17 yrs.
Brian M.	21 yrs.

March

Gary B.	6 mos.
William N.	6 mos.
Mathew B.	9 mos.
Eugene C.	18 mos.
Michelle	4 yrs
Debbie W.	5 yrs
Arrick A.	7 yrs
Matt A.	7 yrs
Dave	12 yrs

April

Jake W.	2 year
Myron T.	2 years
Larry D.	4 years
Jennifer R.	6 years
Felicia	7 years
Diane A.	8 years
Loretta C.	20 years
Steve K.	21 years
John C.	22 years



CA needs volunteers to join the Midwest Regional Convention Committee. This is a huge event that draws CA members from a 5 state region. There is a lot of strategic planning and implementation of the plan. In order for this to be a successful event requires several individuals participating. If you are new to CA and don't really know how to offer yourself to service this is a perfect avenue to demonstrate exactly what your capable of delivering. Call Doug W or attend the committee meeting.



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

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.

TRADITION THREE

"The only requirement for C.A. membership is a desire to stop using cocaine and all other mind altering substances."

This tradition is packed with meaning. C.A. is really saying to every serious user, "You are a C.A. member if you say so. You can declare yourself in; nobody can keep you out. No matter whom you are, no matter how low you've gone, no matter how grave your emotional complications—even your crimes—we still can't deny you C.A. We don't want to keep you out. We aren't a bit afraid you'll harm us, never mind how twisted or violent you may be. We just want to be sure that you get the same great chance for sobriety that we've had. So you're a C.A. member the minute you declare yourself."

TRADITION FOUR

"Each group should be autonomous except in matters affecting other groups or C.A. as a whole."

Autonomous: adj – a: Having the right or power of self-government.

Autonomy is a ten-dollar word but in relation to us, it means very simply that every group can manage it's affairs exactly as it pleases, except when C.A. as a whole is threatened. In charting this enormous expanse of freedom, we found it necessary to post only two storm signals: A group ought not do anything which would greatly injure C.A. as a whole, nor ought it affiliate itself with anything or anybody else. Sobriety had to be its sole objective. In all other respects there was perfect freedom of will and action.

Every group has the right to be wrong.

"The AA Big Book, AA 12 Steps and 12 Traditions, are used with permission."

2009 Midwest Regional Convention

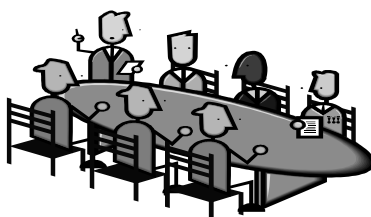
**OMAHA, NEBRASKA
October 2 – 4 2009**



**Double Tree Hotel
1616 Dodge Street
Omaha, Nebraska
Registrations available
Call Terry J at 812-7013**



**HOPE, FAITH AND
COURAGE II CONTACT
YOUR GSR THEY WILL
HOOK YOU UP FOR ONLY
\$15.00**



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

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

THURSDAY

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

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



The CA 22nd Annual Dinner was a hit. Thank you for all the members who helped put on this wonderful dinner. The speakers once again were excellent and a special thank you goes to you and your experience, strength and hope.

Stories Needed Contest
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 story@aksarben.net

If your Story is featured the Grand Prize is a HOPE, FAITH and Courage Volume 2 book

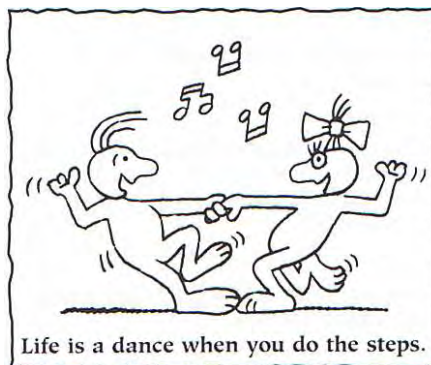
The CA Helpline
Available, 24 hours a day 7 Days per week. There is always help on the other end of the line!
402-978-8881
<http://www.canebraska.org>

The Lighter Side of CA

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

A mistake is evidence that someone tried to do something.

Quit thinking.
 (It's what got you here)



The Lighter Side is Property of CA Nebraska ©

C. A. Wisdom

Carry the message, not the mess.

Don't look down on another person, unless you're leaning over to help them up.

People start slipping when they take other people's inventory instead of their own.

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. All Cartoons contained herein are property of CA Nebraska. 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. In the spirit of Tradition 6: "We are not allied with any sect denomination, politics, organization or institution". 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. This Newsletter and previous issues are Available. On-line @ <http://www.canebraska.org>

Old Timers Corner

To Be or Not To Be... That is the Question

Have you ever wondered at the shortage of sponsors in C.A.? Could it be a lack of qualified sponsors? Or is it a matter of the willingness? That is the question that addicts can only answer for themselves. So, I appeal to all qualified sponsors and potential sponsors; please let us not forget the Newcomers, sometimes referred to as the most important people in the rooms. Although the Newcomer is important, they are no more important than you or I. We need each other to grow.

What can I do? Glad you asked that. Let it be known at the meetings you attend that you are available for sponsorship. Encourage those in your network who are ready, but not yet willing. Be an example that sponsorship works and share about it in the meetings.

Not ready yet? Do not fret. Being a good sponsor starts with being a good sponsee. Remain teachable and reachable. Do your work well and one day at a time you will become ready to work with others.

- Harry T.

Home Group

If you find the definition for home in the Webster Dictionary, it reads 'the social unit formed by a family living together'. In twelve-step work we may define home group as, 'the social unit formed by men and women meeting once a week and recovering together'.

One of the first things that my sponsor required of me early in recovery was to find a 'home group'. He also directed me to attend his home group so that we would have that one time a week to see each other and have a consistent point of contact. The 'home group' then becomes that one place where you are accountable every week, no matter what other changes may occur in your busy schedule.

A 'home' can also be defined as 'a place that is safe, supportive, and friendly'. This is where we see the same people week after week and form those relationships that are essential to freedom from drugs and alcohol, and lead to

A new life. It is also the place where newcomers see our commitment, get to know us and find individuals they can trust for sponsorship.

The 'home group' should be the cornerstone of our recovery. It is the place where you feel the most comfortable and you feel certain of principled living. Remember that not only do you need a 'home group' – but your 'home group' needs your time and service too.

If you do not have a home group, begin the search this week. Remember 'home' is where 'the heart is'.

Rich A.

CA STORIES

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

A New Beginning

In some cultures the month of March signifies springtime and new beginnings. In my recovery step 3 meant just that. It meant taking a step into unknown territory for me. Taking a risk in something when I wasn't completely sure of the end result. Not being a risk taker, this was not an easy thing to do. When I came into the fellowship of Cocaine Anonymous I was pretty sure God would not work for me. I had lived a life that wiped away my ability to have faith in anything or anybody. I had gone to the source so many times before for Him to get me out of this or that with the promise of never doing it again. Only to fail utterly. So in my mind I had used strike three for the last out in the ninth inning. Cocaine Anonymous gave me hope in something I could believe in. Here there was evidence of a power working in the lives of cast-offs who were just like me. Here I was told that it didn't matter what I believed in the past because it didn't work for me

anyway. All I had to do was believe that there was something greater than me controlling things. Not knowing how to turn my will and my life over to God, my sponsor offered me an easy solution. He said just do what I do. Not think what I think or say what I say but do what I do. So the process of taking the 3rd step began with me being willing to accept direction from another man. Something I had never done before. A new beginning!!! This was made easier by the way this man lives his life. I wanted desperately to have the joy and peacefulness that I saw in him. Having faith in the evidence that I saw in the rooms and seeing it daily in the life of my sponsor was enough to start this journey. Making a commitment to work the rest of the steps would take care of the rest. Each one was designed to get me one step closer to a power I would come to know as God. How powerful my new beginning was. If you be newer than me I encourage you to take the risk.

Believe the vision. It is a journey you will not want to miss. May God bless you and keep you until then.

Terry J.

LINCOLN, NEBRASKA COCAINE ANONYMOUS HAPPENINGS



Lincoln CA Meetings

Sunday

KEEPING IT REAL

7:30 p.m.
2015 South 16th Street Lincoln
Open Meeting- No Smoking

Friday

SOLUTION SEEKERS

7:00 p.m.
United Church of Christ
1302 F Street, Lincoln
Open Meeting - No Smoking

"C.A. GONE WILD SPRING BREAK JAM" -MORE WILL BE REVEALED-

**MARCH 28TH FROM 6PM- 11PM
POT LUCK, SPEAKER, DJ DANCE**

RAFFLE 50/50, PRIZES

**1302 F STREET
LINCOLN, NE**

CONTACT CHARLENE FOR MORE INFO 402-805-2341

"FRIDAY GAME NIGHT" EVERY 3RD FRIDAY (FOLLOWING MEETING)

**8:30-10:30PM
STARTING MARCH 21ST
1302 F STREET
LINCOLN, NE**

CONTACT REMIS FOR MORE INFO 402-601-3962

ATTENTION OMAHA C.A. WOMEN LINCOLN WOMENS C.A. NEEDS SPONSOR SUPPORT PLEASE!!!!



What is the First Thing?

To the newcomer who wonders, what is the first thing he or she must do to achieve sobriety? We say that you have already done the first thing:

You have admitted to yourself, and now to others, that you need help by the very act of coming to a meeting or seeking information about the C.A. program.

You are also, at this very moment, doing the next thing to stay straight:

You are not taking the next hit.

Ours is a one-day-at-a-time program. We suggest that you not dwell on wanting to stay sober for the rest of your life, or for a year, or even a week. Once you have decided you want to quit, let tomorrow take care of itself. Just for today, you don't have to use. But sometimes it is too much for us to project even one whole day drug-free. That's okay. Just for the next ten minutes, you don't have to use. It's okay to want it, but you don't have to use it, just for ten minutes. After ten minutes, see where you are. You can repeat this simple process as often as necessary, using whatever span of time feels comfortable. Just for today, you don't have to use!

In the C.A. Fellowship, you are among recovering cocaine abusers who are living without drugs. Make use of us! Take phone numbers. Between meetings, you may not be able to avoid contact with drugs and druggies. Some of us had no sober friends at all when we first came in. You have sober friends now! When you begin to feel squirrely, don't wait. Give one of us a call; and don't be surprised if one of us calls you when we need help!

It may surprise you that we discourage the use of any mind-altering substances, including alcohol and marijuana. It is the common experience of addicts in this and other programs that any drug use leads to relapse or substitute addiction. If you're addicted to another substance, you'd better take care of it. If you're not, then you don't need it, so why mess with it? We urge you to heed this sound advice drawn from the bitter experience of other addicts. Is it likely you're different?

We thought we were happiest with our cocaine, but we were not. In C.A., we learn to live a new way of life. We say that it is a spiritual but not a religious program—our spiritual values are accessible to the atheist as well as to the devout theist.

We who are grateful recovering cocaine addicts ask you to listen closely to our stories. That is the main thing—listens! We know where you're coming from, because we've been there ourselves. Yet we are now living drug-free, not only that, but living happily; many of us, happier (than we have ever been before). Few of us would trade all our years of addiction for the last six months or year of living the C.A. program of sobriety.

No one says that it is easy to arrest addiction. We had to give up old ways of thinking and behaving. We had to be willing to change. But we are doing it, gratefully, one day at a time.

Approved Literature. Cocaine Anonymous World Services, Inc. Copyright 2003.