
Nebraska Area Newsletter



"WE'RE HERE AND WE'RE FREE"

Issue 3, Volume 9

Recovery in the Heartland

May 9, 2009

STANDING COMMITTEES OF COCAINE ANONYMOUS

<p>P I Committee - Chair Terry J. (1st Tuesday of every Month 6/2- 7/7) 6pm Twelve Step House 7306 Grant St.</p> <p>Area GSR Meeting - Chair Becky L. (2nd Sat. of every Month 6/13- 7/11) 6pm Twelve Step House 7306 Grant St.</p> <p>Midwest Regional Committee Chair- Doug W. (2nd Tuesday of every month 6/9- 7/14) 6pm Twelve Step House 7306 Grant St.</p> <p>Unity Committee – Chair Orlando J. (3rd Tuesday of every Month 5/19- 6/16) 6pm Twelve Step House 7306 Grant St.</p>	<p>H&I Committee – Chair Ruby W. (4th Tuesday of every Month 5/26- 6/23) 6pm Twelve Step House 7306 Grant St.</p> <p>Help Line – Chair Roger (5th Tuesday – 3/31) 6pm Twelve Step House 7306 Grant St.</p> <p>Archive Committee- Chair Vonda D (5th Tuesday – 6/3) 7pm Twelve Step House 7306 Grant St.</p>
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Meeting of the Month

May

JUST US WOMEN May 16th 10:00 a.m. 12 Step House - Upstairs
7306 Grant St., Omaha - (women only) Open Meeting - No Smoking

BOYS TO MEN May 16th 12:30 p.m. NCAP Building-Formerly GOCA
2406 Fowler, Omaha - (men only) Open Meeting - No Smoking

June

INTO ACTION June 20th 7:30 p.m. Sienna/Francis House
1702 Nicholas St., Omaha Open Meeting - No Smoking



CA Birthdays...

GOD Willing...

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

Ted B.	6 mos.
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

May

Nita	18 months
Janet	18 months
Lynette	2 years
Kandy	3 years
Joe K.	5 years
Brian B.	6 years
Ed Z.	6 years
Lisa Q.	6 years
Michele	6 years
Mike S.	8 years
Chris S	11 years
Steve A.	13 years
Harry C.	20 years
Robert N.Y.	19 years

June

Tonya D.	3 years
Emily	4 years
Lecia W.	4 years
Larry	7 years
LaTaunya H.	7 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.

TRADITION FIVE

"Each group has but one primary purpose – to carry its message to the addict who still suffers."

"SHOEMAKER, stick to thy last!"... better do one thing supremely well than many badly. That is the central theme of this Tradition. Around it our society gathers in unity. The very life of our Fellowship requires the preservation of this principle.

There is another reason for this singleness of purpose. It is the great paradox of A.A. that we know we can seldom keep the precious gift of sobriety unless we give it away. If a group of doctors possessed a cancer cure, they might be conscience-stricken if they fail their mission through self-seeking. Yet such a failure wouldn't jeopardize their personal survival. For us, if we neglect those who are still sick, there is unremitting danger to our own lives and sanity. Under these compulsions of self-preservation, duty, and love, it is not strange that our Society has concluded that is has but one high mission – to carry the A.A. message to those who don't know there's a way out.

TRADITION SIX

"A C.A. Group ought never endorse, finance, or lend the C.A. name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose."

The moment we saw that we had an answer for alcoholism; it was reasonable (or so it seemed at the time) for us to feel that we might have the answer to a lot of other things. Here were some of the things we dreamed. We'd build a hospital chain of our own. We'd educate the public about alcoholism. We serious thought about rewriting the laws of the land. A.A.'s commenced to thump tables in legislative committee rooms and agitated for legal reform. That made good newspaper copy, but little else. We thought, that our society of Alcoholics Anonymous might prove to be the spearhead of a new spiritual advance! We might transform the world. It stood to reason that if alcoholism could be licked, so could any problem.

Whereupon we tried hospitals – they all bogged down because we cannot put an A.A. group into business. A.A. groups had their fling at education, and when they began to publicly whoop up the merits of this or that brand, people became confused. Did A.A. fix drunks or was it an educational project? We saw we'd soon be mired in politics. Even inside A.A. we found it imperative to remove the A.A. name from clubs and Twelfth Step houses.

These adventure implanted a deep-rooted conviction that in no circumstances could we endorse any related enterprise, no matter how good. Through A.A. experience we have learned that we of Cocaine Anonymous could not be all things to all men, nor should we try.

*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 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>



I am free of the bondage of addiction

FOR MY CHILDREN

I NEVER THOUGHT THAT IT WOULD BE
THIS WAY
I NEVER THOUGHT THAT YOU WOULD
BE;
THE ONE'S TO PAY
THAT'S THE PROBLEM; I NEVER
THOUGHT
ON THAT TERRIBLE DAY
IT HAD HAPPENED BEFORE
I EVEN HEARD YOU SAY
PLEASE MOM, PLEASE
DON'T USE TODAY
THAT DAY WILL FOREVER REMAIN
I CAN'T PROMISE NO RAIN
BUT TODAY IS NEW
I'M SOBER FOR ME AND.....YOU

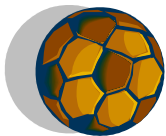
Mom

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
Free Registration to the CA Midwest
Regional Convention**

WE HAVE A WINNER!
Charlene of Lincoln, NE submitted her story and is
now the owner of a brand new shiny Hope, Faith
and Courage II
CONGRATULATIONS!

**3rd ANNUAL
TOURNAMENT
DODGEBALL**



**June 13, 2009
at Elmwood Park.
10:00 start time.
Rain date will be
June 20th.**

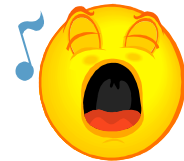
**C.A. Annual
Picnic**

**July 22, 2009
at Elmwood Park
10:00 start time.**



Rain date is July 29th

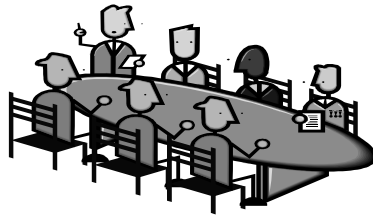
Anonymity



Please remember that when you go
to meetings. What you hear, no
matter how small or how large is
meant to stay at the meeting. It
isn't your duty or responsibility to
be the official public relations guru
for CA.

Please when in doubt shut your
mouth and call your sponsor!

Heloise



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

12:30 p.m.

NCAP Building-Formerly GOCA

2406 Fowler, 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 Lighter Side of CA

Sitting in meetings doesn't make you a member anymore than sitting in a chicken coop makes you a chicken.

God loves you and I'm trying.

Welcome to recovery – the largest group of people in the world to go from adolescence to senility without passing through maturity.



The Lighter Side is Property of CA Nebraska ©

C. A. Wisdom

Having a relationship in early recovery is like pouring Miracle Grow on your character defects.

Alcohol and drugs are solvents; they will remove everything from your life.

There is no chemical solution to a spiritual problem.

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



WHAT IS CA

What is C.A.? It is a fellowship of men and women sharing their experience strength and hope. The fellowship is where I learned to have a relationship with my family. I didn't know that by hanging out with you guys that I would learn unconditional love. I now have a power greater than myself that you guys led me to, that can do anything but fail. I didn't know that I would learn how to love others, it was when men and women showed me love that I was able to love others. I feel the greatest gift I received is the gift of a higher power. I will not try to tell you that you have to work the program like me, or feel the way I do about the program, just do what is in front of you and leave the results up to a loving power that pulls a chronic addict back from the gates of insanity.

Willie A.

Man to Man

Over heard at a C.A. meeting: "I prefer the company of ladies." Many a man including myself has spoken these words. Before I came to the rooms of C.A. The male friends that I had were not very honest or trustworthy, just like myself. With friends like that who needs enemies. The first man that I learned to trust was my sponsor, armed with the principles of the program, I finally had what I needed to be a friend. I bonded with the men in my sponsorship chain and other men in the fellowship. For the first time in my life I had men who I could be honest with, men who would not judge me, men who only wanted the best for me, and were willing to help. Today I have true friends not the fair weather variety. Reaching out to the new man is very important to me. I haven't forgotten what it feels like to be new to new way of life. Let's not forget that this is a slippery of year, reach out to a newcomer. Men helping men, men teaching men, men loving men... what a concept.

One of my favorite meetings is the Saturday Boyz II Men big book study. The meeting goes on for an hour and fifteen minutes, but it seems to go so much faster. I have learned so much about manhood, about being the kind of man that my god would have me to be. So in closing I thank you to the men who came before me and thank you to those behind me for the chance to pass it on.

Harry T.

CA STORIES

Hello Recovery Letter

I am so glad I have found you. I have been looking and searching for you for many years yet I wasn't ready to accept you as part of my life. Something powerful within has greatly changed my life and for this I am grateful. I am curious as to the beginnings I am about to experience with you. With you I know I have so much to look forward to and experience, in life! Finding and accepting you into my life has brought me serenity, peace, and love! I feel safe and loved by you. Nothing can ever take you away from me. I value and respect everything you offer. With you in my life I know there is so much more to life that even yet I gave to learn. I am more determined and willing to change my entire life since I have been introduced to you. You along with the births of my two children are the best things that ever happened in my life and for this I thank you and love you. You'll never turn away from me even in my darkest gloomy days. Regardless of good or bad I know you always there.

Thank you and I love you,

Crystalynn

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

**"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!!!!**

Good Orderly Direction!

A few twenty-four hours ago, along with being two thousand miles away from home was the beginning of the end for me. Instead of using the tools that were given me on my road to recovery twelve years prior, I allowed myself to take control of my life again. Well the rest is history, same as everyone else, my story isn't any different, however it took place in another country. Bottom is bottom! However, the madness began with just a drink instead of a meeting or calling my sponsor whom I dismissed one year prior. I had a situation not a problem; however the choices I made created a big problem, which could have resulted in death. Therefore, God had to step into my life and carry me along the way.

Stuck in the insanity that drink led to a long road of three years of madness. Yes, the drink led to weed, the weed led to coke, the coke led to crack instantly. That's right, where I left off twelve years prior is where I started, just like it says in the Big Book, however the seed of recovery was also planted twelve years ago. After almost losing my right hand in an accident, along with being told I was going to be disabled the rest of my life it was time to get some help. Coming back to the United States to start my life all over again, along with seeing the best hand specialist in the United States I was given another chance. Stuck on stupid I didn't take advantage of this opportunity again, especially since I had gotten my hand under control with therapy, four surgeries and plenty of Demerol. Being dishonest again by not telling the doctor I was an addict, led me into more secrets and continued insanity. The guilt was killing me to a certain extent, especially after coming down and looking at my family. After a lot of rationalization, paranoia, sickness, a dysfunctional relationship, it was time to go to treatment along with a geographical move. Determined to get back on track I went into treatment, however stayed in the dysfunctional relationship because I was codependent as hell. I thought I could help them when I should have kept the focus on me; unfortunately, I was convinced that it was ok to make a little money while in recovery as long as I didn't use. How long do you think that lasted? That's right, not long at all before I was back using again, however still determined I knew I needed to get out of this relationship making another geographical move. However, I had it all figured out. I needed to be closer to my family before entering treatment. So I made that move back home with a lot of support positive and negative. Holding on to some of those secrets still continued the madness. Yet still not hopeless, just helpless in my mind, along with stubborn, I was basically refusing to let go absolutely.

Finally the moment of truth came, however the paranoia was still there it just didn't matter it came. Of course another treatment center came into play along with another geographical move, but that was ok. As long as I was on the path it was truly ok especially since I didn't have any problem getting on the path anyway. Staying on the path was my problem, along with surrendering the control to someone other than myself, that one is God and I have found him now!

Where I am today with that God of my understanding? He is still driving for me one day at a time. We attend 4-5 meetings weekly, talk to my sponsor on a regular basis, stay in the steps, along with prayer and meditation. He gives me enough light to take the next step. God has truly given me Good Orderly Direction. Those promises have come true.

Just another addict