
Nebraska Area Newsletter



“WE’RE HERE AND WE’RE FREE”

Issue 2, Volume 9

Recovery in the Heartland

May 10, 2008

STANDING COMMITTEES OF COCAINE ANONYMOUS

<p>P I Committee - Chair Terry J. (1st Tuesday of every Month 6/3- 7/1) 6pm Twelve Step House 7306 Grant St.</p> <p>Area GSR Meeting - Chair Becky L. (2nd Sat. of every Month 6/14- 7/12) 6pm Twelve Step House 7306 Grant St.</p> <p>State Convention Committee 2008 Chair- John S. (2nd Tuesday of every Month 5/13- 6/10) 6pm Twelve Step House 7306 Grant St.</p> <p>Unity Committee – Orlando J. (3rd Tuesday of every Month 5/20- 6/17) 6pm Twelve Step House 7306 Grant St.</p>	<p>H&I Committee – Chair Arrick (4th Tuesday of every Month 5/27- 6/24) 6pm Twelve Step House 7306 Grant St.</p> <p>Help Line – Chair (5th Tuesday – 7/29)</p>
	<p>C.A. HELP LINE 402-978-8881 Website www.canebraska.org</p>

Meeting of the Month

May

Boys To Men – Dorothy B’s 3042 Fowler – Saturday 10:00 am
Featuring Step Study on Step 5 May 17th

June

INTO ACTION-Sienna/Francis House 1702 Nicholas St., Saturday 7:30 pm
Featuring Step Study on Step 6 June 21st

July

SATURDAY NIGHT SOLUTIONS- Immanuel Behavior Services
72nd & Sorenson Parkway 8:00 p.m.
Featuring Step Study on Step 7 July 19th

STEP FIVE

**“Admitted to God, to ourselves, and to another human being
The exact nature of our wrongs.”**

All of AA's Twelve Steps ask us to go contrary to our natural desires... they all deflate our egos. When it comes to ego deflation, few steps are harder to take than Five. But scarcely any Step is more necessary to longtime sobriety and peace of mind than this one.

If we skip this vital step we may not overcome drinking. Time after time newcomers have tried to keep to themselves certain facts about their lives. Trying to avoid this humbling experience, they have turned to easier methods. Almost invariably the got drunk. Having persevered with the rest of the program, they wondered why they fell. We think the reason is that they never completed their housecleaning. They took inventory all right, but hung on to some of the worst items in stock. They only *thought* they had lost their egoism and fear; they only *thought* they had humbled themselves. But they had not learned enough of humility, fearlessness and honesty, in the sense we find it necessary, until they told someone else *their entire* life story.

STEP SIX

“Were entirely ready to have God remove all these defects of character.”

"This is the Step that separates the men from the boys." Any person capable of enough willingness and honesty to try repeatedly Step Six on all his faults - *without any reservations whatever* - has indeed come a long way spiritually, and is therefore entitled to be called a man who is sincerely trying to grow in the image and likeness of his own Creator. Of course, almost any AA member will answer the often-disputed question of whether God can - and will, under certain conditions - remove defects of character with a prompt affirmative. To him, this proposition will be no theory at all; it will be just about the largest fact in his life. He will usually offer his proof in a statement like this:

"Sure, I was beaten, absolutely licked. My own willpower just wouldn't work on alcohol. Change of scene, the best efforts of family, friends, doctors, and clergymen got no place with my alcoholism. I simply couldn't stop drinking, and no human being could seem to do the job for me. But when I became willing to clean house and then asked a Higher Power, God, as I understood Him, to give me release, my obsession to drink vanished. It was lifted right out of me."

It is plain for everybody to see that each sober AA member has been granted a release from this very obstinate and potentially fatal obsession. So in a very complete and literal way, all AA's have "become entirely ready" to have God remove the mania for alcohol from their lives. And God has proceeded to do exactly that.

Having been granted a perfect release from alcoholism, why they shouldn't we be able to achieve by the same means a perfect release from every other difficulty or defect?

So Step Six - "Were entirely ready to have God remove all these defects of character" - is AA's way of stating the best possible attitude one can take in order to make a beginning on this lifetime job. This does not mean that we expect all our character defects to be lifted out of us as the drive to drink was. A few of them may be, but with most of them we shall have to be content with patient improvement. The key words "entirely ready" underline the fact that we want to aim at the very best we know or can learn.

2008 Unity Picnic

Saturday, May 17th Meeting at 10 am
Picnic to follow-Bring the Whole Family

FOOD

Brats, Hot Dogs, Rib's, Potato Salad and
Baked Beans

FUN

Balloon Toss, Volleyball, 3-legged race,
Raffles and 50/50

*The Surgeon General has determined that this picnic is a great way to prevent relapse. It offers an opportunity to get wild and crazy in recovery, but yet allows for recall the next day.

2008 NEBRASKA AREA CONVENTION

“A DESIGN FOR LIVING”

SEPTEMBER 26TH- 28TH

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 22ND- 26TH 2008

Salt Lake City, Utah

Terry M., Convention
Chair 801-706-3580



CA Birthdays...

March

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

April

DJ Casey	9 months
Thomas N.	6 months
Josh	6 months
Dante	6 months
Stephanie B.	6 months
Edward N.	1 year
Myron T.	1 year
Wilton	1 year
Larry M.	1 year

Felicia	6 years
Diane A.	7 years
Loretta C.	19 years
Steve K.	20 years
John C.	21 years

GOD Willing...

May

Nita	6 months
Janet	6 months
Ray M.	18 months
Nate G.	18 months
Lynette	1 year
Kandy	2 years
Joe K.	4 years
Brian B.	5 years
Ed Z.	5 years
Lisa Q.	5 years
Michele	5 years
Mike S.	7 years
Chris S	10 years
Steve A.	12 years
Harry C.	19 years
Robert N.Y.	18 years

June

Tonya D.	2 years
Emily	3 years
Lecia W.	3 years
Larry	6 years
LaTaunya H.	6 years

The Lighter Side of CA

Most people wish to serve God -
but only in an advisory capacity.

Try the program for 90 days. If
not satisfied we will be glad to
refund your misery.

Who resigned and made you
general manager of the
universe?



C. A. Wisdom

When everything else fails,
working with others will save
the day.

God plus one is always a
majority.

Keep your recovery first to
make it last.

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

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.
12-Step House-Front Room
7306 Grant St, Omaha
Open Meeting - No Smoking

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!

Temporary Location Change

SATURDAY NIGHT SOLUTIONS

8:00 p.m.
12-Step House-Front Room
7306 Grant St, Omaha
Open Meeting - No Smoking



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.

This Newsletter and previous issues are Available

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

CA STORIES

“Lonely No More”

Have you ever been lonely? Well, I've been there and done that, and I didn't like it. When I came into the program, they told me to change my playgrounds and playmates. After taking that suggestion, I found myself lonely because fear of people was stopping me from reaching out to you in the program. Thank God you all loved me until I could love myself. You taught me that in order to make a friend I had to be a friend. You said to stick with the winners, and as I began to grow in the program, things started changing.

Some of you started backing away and avoiding me. I talked it over with my sponsor and he told me that was perfectly normal. He told me that people who didn't really want what this program has to offer, and those who still wanted to engage in the old insanity, would not want to be in my company. That left me with the winners who were always happy to see me. What a relief!

I've also learned another important lesson in all of this. What I have learned is that there are always the newcomers. We need to take time for them during and after the meetings, just like you in the program did for me. We must encourage them and exhibit much love and tolerance for them, as others did for me and the rest of us.

See ya at the next meeting,



Harry T.

Area Gratitude Board:

I am indebted to CA as it has taught me to live life on life's terms. I am able to handle things that used to baffle me hence am able to sustain the acid test in my recovery. In the past when it wasn't going my way, I would escape the responsibility and pain by using drugs, alcohol or anything my sick mind and spirit would deem fun. Mike C.

I am so grateful for the people who have helped me when I couldn't help myself. I am glad they showed me how to get spiritually fit. I am starting to give back what I received. Rick

I am so glad that we are not a glum lot. Steve

Using Drugs used to be all I wanted or cared about. Since adopting the 12 spiritual proposals of the program my life is better than I ever imagined. I am so grateful for everyone in CA that has 12 stepped me into becoming a productive member of society. Orlando M.

I am in total gratitude for my life is so different today. Just over 1000 days ago I was a mess. I did not have anything. I was a lost soul and now WOW!!! I never would have imagined this in all my years. True Happiness!!!! Without chemicals! - Phil B.

What Is A Sponsor?

A sponsor is a clean and sober addict who shares with you how they maintain their sobriety by working the Twelve Steps. The sponsor's primary tools are his or her experience, strength and hope. There are no specific rules, but a sponsor should probably be sober for a year or more and be enjoying his or her new life as a result of the Twelve Steps. A sponsor was once a newcomer too, and has used the C.A. program to deal with problems similar to those the newcomer is now facing.

Sharing the lessons of what he or she has learned staying sober is what a sponsor is all about. On a one-to-one basis, a sponsor can share his or her experience, strength and hope in living a happy, joyous and free life.

Sponsors are not professional counselors and are not certified to offer legal, psychiatric or medical advice. Nor is a sponsor someone upon whom we can rely to get us jobs, clothing or food. Sponsors have been down the rocky road before and often can suggest where you can obtain the professional help you might need. Do not hesitate to call your sponsor. It may be hard at first to pick up the phone — we do not find it easy to ask for help. But remember, a sponsor has been there and knows how you feel.

Finding A Sponsor

Some of the ways we have gotten to know people and found a sponsor are:

- Listening to the feelings being shared at meetings.
- Asking members of the fellowship for their phone numbers, then actually calling and talking to them.
- Going to coffee after meetings with other sober addicts.
- Sharing at meetings.
- Asking others to recommend someone as a sponsor.

When choosing a sponsor, remember that this does not have to be a life-long relationship. Many of us have had different sponsors at different times in our sobriety. Others have had the same sponsor since early sobriety. The point is that YOU must take the initiative and reach out.

A Discussion of Sponsorship

In C.A., experience has shown that it's best for men to sponsor men and women to sponsor women. This custom promotes quick understanding and reduces the likelihood of emotional distractions, which might take the newcomer's mind off the purpose of Cocaine Anonymous.

At times, we may feel uncomfortable with what our sponsor suggests. But remember sponsors have traveled the road before and are sharing their experience with us to help us through difficult times.

Which sponsor is best for you? No one but you can answer that question. Sponsors may share interests similar to yours, but may also be totally different. It's best to attend meetings and listen to what experienced individuals have to say about living the steps with strength and hope. Again, a sponsor only shares his or her experience, strength and hope. By sharing our difficulties with our sponsor on a one-to-one basis, it makes day-to-day living a lot easier and our struggle less lonely.

Remember, sponsors have lives outside C.A. They have families, jobs and other responsibilities. Although a sponsor will do whatever he or she can to help you maintain your sobriety, there will be times when a sponsor is truly unavailable. So what are we to do? Check listings for the next C.A. meeting, read the steps and literature, contact the local C.A. office, or pull out those telephone numbers of other recovering addicts and call. Keep an active telephone list of recovering addicts with you and above all CALL. Your call will be helping the other person as much as it helps you. Other recovering addicts know what you are experiencing and will sincerely help you through the rough times. But before you can get help, you have to reach out and ask for it. It's there, ready and willing to be shared.

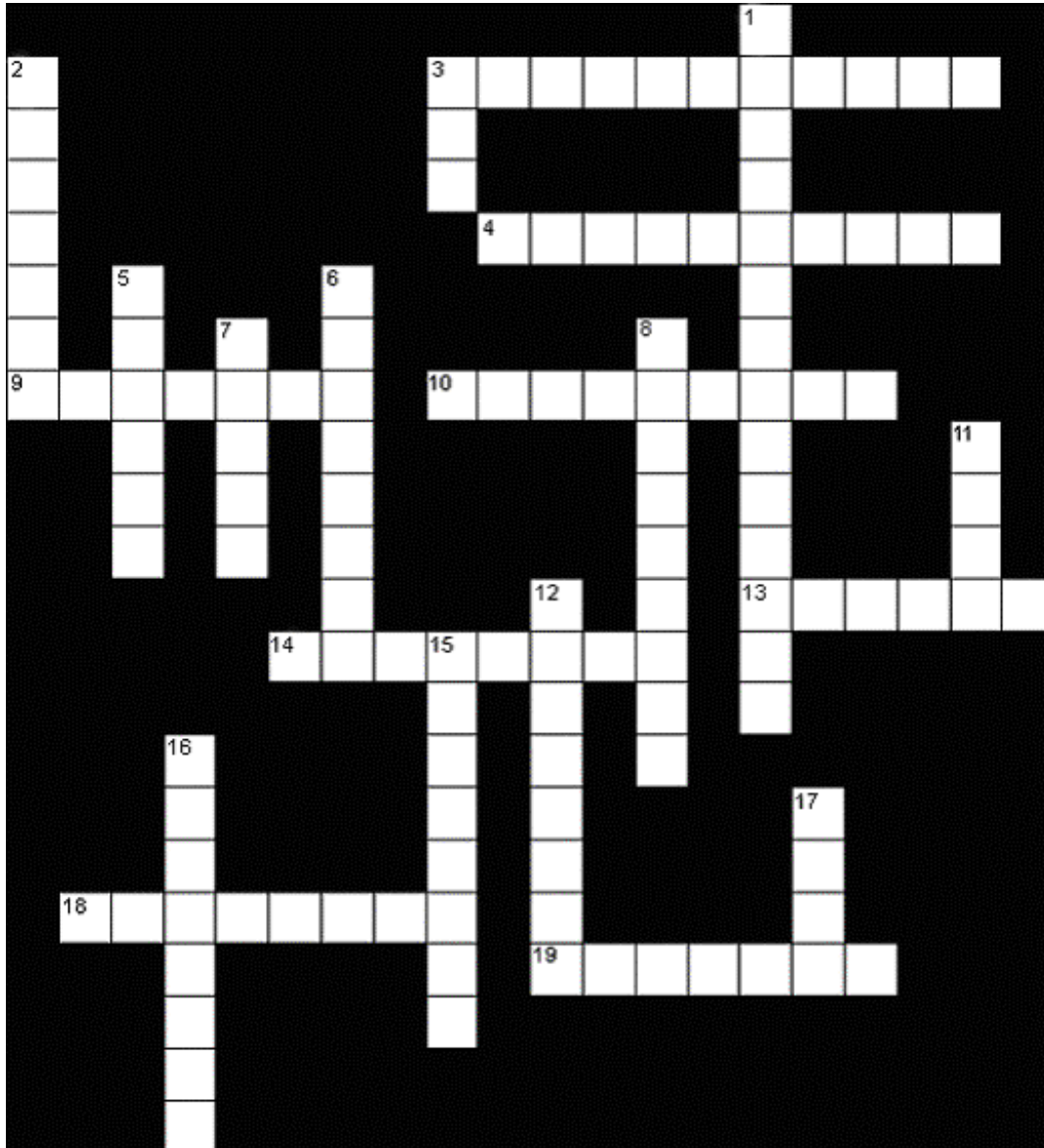
A person may have more than one sponsor. Someone with two or more sponsors has a wider range of experience available to him or her. Others, however, feel that having only one sponsor promotes a more focused approach to the C.A. program.

It is never too late to get a sponsor. Whether you are a newcomer hesitant about "bothering" someone, or a member who has been around for some time trying to go it alone, sponsorship is yours for the asking. We urge you: DO NOT DELAY. We in C.A. want to share what we have learned with other addicts because experience has taught us that we keep what we have by giving it away.

Most members of Cocaine Anonymous owe their sobriety to the fact that someone else took a special interest in them and was willing to share a great gift with them. A C.A. member often finds that getting a good sponsor, talking frankly and listening can make the whole program open up as it never did before.

Drug Abuse Crossword Puzzle

Print this page to do the crossword, then check your answers online at http://www.canebraska.org/newsletters/200805_crossword/



Across

- 3. Many club drugs can cause hyperthermia, a sharp increase in body _____.
- 4. What many people eat on the day after Thanksgiving, or when an addict tries to suddenly stop using a drug (2 words).
- 9. How you act in tense situations, or a system of the body often badly affected by illegal drugs.
- 10. People who abuse these do it by breathing in the gases of various commercial and household products.
- 13. It's a life-giving part of the air we breathe, and something that many drugs reduce the body's supply of.
- 14. Smoking marijuana can cause this, a feeling that people are out to get you.
- 18. It's when the electricity in your house goes off, or what can happen to a person who takes Rohypnol.

- 19. It's official name is MDMA, but most people call this drug _____.

Down

- 1. Caused by certain kinds of drugs, these can be distortions in sights and sounds, like seeing or hearing things that are not real.
- 2. This prescription drug is used to treat ADHD, but can be dangerous when abused.
- 3. It's considered the active ingredient in marijuana.
- 5. Using cocaine can lead to _____ by the police or even cardiac _____.
- 6. A symptom of taking methamphetamine, it means you can't get to sleep.
- 7. It's the reason criminals try to sell drugs to kids.
- 8. It's when the effects of a drug suddenly return days or weeks after a person used the drug.
- 11. It makes two surfaces stick together, and can lead to brain damage if you sniff it.
- 12. A roof can do this under the weight of snow, human veins can do it from heroin injections.
- 15. When people can't stop using a drug no matter how much they want to, they are _____.
- 16. This "club drug" is so strong that there is a risk of losing muscle control even before a user has finished injecting it.
- 17. People who abuse methamphetamine or Ritalin might feel like they have these crawling under their skin.