

MARCH
APRIL
2005

C.A. Spirit

COCAINE ANONYMOUS OF WISCONSIN AREA, INC.

414.445-LIFE (5433) CAWISCONSIN.ORG

BI-MONTHLY NEWSLETTER ISSUE 2

RARELY HAVE WE SEEN A PERSON FAIL WHO HAS THOROUGHLY FOLLOWED OUR PATH

Faith...

When I first came into recovery I was full of fear. How were my bills, my rent, and so on, going to get paid? More importantly, I was living in fear of using again or the fear of how I was going to live without using. It was just as insane.

Everyday I struggled with fear. Then one day at a meeting I heard about faith. I had many questions, "What was this faith that they were talking about?" "How could I find it?" Could it be attainable for me? I began to learn that I had to live one day at a time and not worry so much.

When I placed a lot of my focus on my fears and on my future, I wasn't facing the things that I needed to accomplish today. I found by seeking daily what God wants in my life, I renew the strength in Him to resist my compulsive behaviors. I can then freely live life to its fullest.

I had to let go and let God, get out of His way so He

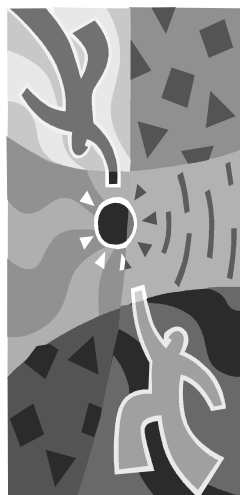
could begin to work in my life. From that experience I was able to acquire faith.

As a newcomer by working the first three steps everyday is how I found the willingness to continue the Step work and my growth in recovery. As I continue to work with my sponsor and on the 12 Steps my faith is growing.



I have more faith today than ever before. "God did do for me what I could never have done alone." That's faith in action.

- Debbie S.



*Faith has to work
twenty-four hours a
day in and through
us, or we perish*

Alcoholics Anonymous, p. 16.



Inside this issue:

Faith Submitted by Debbie S.	1
Dear Addict	2
Spring Retreat	2
Celebrate Around the World Event	2
Illinois Area Unity Convention <i>Sober and Alive in 2005</i>	2
21st CAWS Convention 2005, Memphis, TN <i>Rendezvous On The River</i>	2
Upcoming C.A. Events	2
Step Three Submitted by Lori C.	3
Step Four Submitted by Ken W.	3
Sobriety Birthdays	4
Area Service Calendar	4

To Thine
Own Self
Be True

We are always looking for submissions from members. If you have ideas, poems, stories, recovery humor or any special group related information that you would like to see in this publication, please send to: C.A. SPIRIT, c/o C..A.W.A. Central Office, 3060 N. 68th Street, Milwaukee, WI 53210

C.A. Spirit Editor: Ann M. phone: 414-315-0287 e-mail: angeldance@wi.rr.com

Dear Addict,

Dear Addict,

No intimate relationships for the first year! Someone recently stated this at a C.A. meeting. I cannot find this suggestion in any of our fellowship's approved literature. What does our literature actually say about sex or intimate relationships?

Anonymous,

"We do not want to be the arbiter of anyone's sex conduct", "We asked God to mold our ideals and help us live up to them. We remembered always that our sex powers were God-given and therefore good, neither to be used lightly or selfishly nor to be despised and loathed". (Big Book p 69). "The perspective partners need to be solid A.A.'s (C.A.'s) and long enough acquainted to know that their compatibility at spiritual, mental, and emotional levels is a fact and not wishful thinking" (12 Steps & 12 Traditions p119).

The books of Alcoholics Anonymous, Twelve Steps and Twelve Traditions, Hope, Faith & Courage and C.A.

C.A. of Wisconsin Area Spring Retreat

"Getting and Staying Humble"

April 8 -10, 2005

Contacts :

Jim R. 262-370-5637

Jane C. 414-486-1189

Larry H. 262-786-5797

\$95.00 due ASAP - limited spots



Illinois Area Unity Convention

"Sober and Alive in 2005"

March 4, 5, 6, 2005

Ramada Plaza Hotel

6600 N. Mannheim Road

Rosemont, IL (847-827-5131)

Room rate \$82 p/night

Early Registration is

before January 21, 2005.

Contacts: Convention Chair: Tim A. 630-759-4597

Registration Chair: Sandy P. 224-305-0133

www.illinoisca.org

Celebrate Around the World

Saturday March 19, 2005

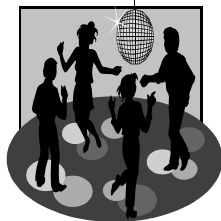
Serenity Club 3677 E. Pulaski Ave. Cudahy, WI 53110

Unity Panel Meeting 7:30 pm

Dance to follow:

Adults \$6.00

H&I / Kids \$3.00



Bake Sale

To donate items contact:

Diane W. 414-915-8913

Ann M. 414-315-0287



- Auction
- 50/50/Drawing
- Serenity Afghan Drawing



21st Annual World Service Convention

May 26- 30, 2005

Memphis Marriott Hotel

250 N. Main Street

Memphis, Tennessee 38103

901-527-7300 or 888-557-8740

CAWS Registration Chair: Rickey J. 901-569-4572

registration@cawsconvention.org

Upcoming Events...

SNS Open Speak'n, Eat'n, Dance'n, Meet'n.

Unity: A Day of Love & Service

Step Three: Made a decision to turn our will and our lives over to the care of God as we understood Him.

I have learned since coming into recovery that I have a disease based on my self-centered will. When I do my will instead of living in alliance with God's will I pave a path of self-destruction.

The door to recovery that I had so pride fully kept closed is beginning to open. I am learning that I need the "key of willingness" and that it is a part of my spiritual tool kit.

Initially when I came into recovery I was unable to understand what people were saying or what I was reading in the literature.

Since I have been working with a sponsor and implementing the Twelve Step into my life to the best of my ability I have found a faith in a Higher Power; something began to click. I have a better understanding of the 3rd Step.

My Creator has entered into my life in such a way that is truly miraculous.

I am truly grateful to my Higher Power for the 12 Steps and for my CA family. Today I talk to God by prayer and listen by meditation and the answers begin to come. I have finally found a creative outlet to funnel my spirituality.



I hope that when you read this you can remember that things did not click for me right away. If your clicker seems a bit slower remember that you are exactly where your H.P. needs you to be.

-Lori C.

More sobriety brought about by the admission of alcoholism (addiction) and by attendance at a few meetings is very good indeed, but it is bound to be a far cry from permanent sobriety and a contented, useful life. That is just where the remaining Steps of A.A. (C.A.) program come in.

To make this increasingly possible is the purpose of A.A.'s (C.A.'s) Twelve Steps, and Step Three opens the door."

-Twelve Steps and Twelve Traditions, p.39-40

Step Four: Made a searching and fearless inventory of ourselves.

When I got to the 4th Step I had difficulty applying the instructions offered in the Alcoholics Anonymous Big Book and 12 Steps and 12 Traditions.

For later inventories the methods suggested in the AA literature would be essential but I couldn't start there.

I didn't understand that – I simply felt stuck. I needed something more simple and direct.

My sponsor understood and offered me a questionnaire to fill out. That helped because I could answer each question and made progress. These were not the questions in the AA literature. These were more specific. They were simple and direct like "Have I stolen from someone? Describe the circumstances."

Today if I were having trouble start-

ing my inventory based on the Alcoholics Anonymous Big Book and 12 Steps and 12 Traditions, I would do what I did then. I would talk with my sponsor. If my sponsor is unable to help me get started I would keep listening at meetings and asking others how they did their 4th Step. Eventually someone will



have used a method or have a suggestion that will work for me.

I am grateful there is no right method to do the 4th Step beyond being as thorough and honest as possible at the time. If I had believed there were some kind of rules I might not have been able to proceed to the best of my ability.

-Anonymous.

Therefore, thoroughness ought to be the watchword when taking inventory. In this connection, it is wise to write out our questions and answers. It will be an aid to clear thinking and honest appraisal. It will be the first *tangible* evidence of our complete willingness to move forward.

-Twelve Steps and Twelve Traditions, p.54

MARCH 2005

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
Step by Step, day by day				Illinois Unity Convention Weekend		
6	7	8	9	10	11	12
13	14	15	16	17	18	19
ASC Meeting			Celebrate Around The World Event			
20	21	22	23	24	25	26
27	28	29	30	31		
If I don't change, my sobriety date will.						

APRIL 2005

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
Laughter is medicine for the sober spirit.						
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
ASC Meeting						
24	25	26	27	28	29	30
The most wasted day is that in which we have not laughed.						

March & April**Sobriety Clean Time Birthdays**

Sharon S.	3/02/1991	14 years	Todd R.	3/10/2003	2 years	Kathy J.	4/02/1997	8 years
Shawn D.	3/03/1998	7 years	Tom H.	3/17/1991	14 years	Laurie B.	4/04/2002	3 years
Jan S.	3/04/2002	3 years	Robert D.	3/19/1996	9 years	Phil R.	4/05/2003	2 years
Jill E.	3/06/1992	13 years	Masud K.	3/28/2002	3 years	Billy B.	4/07/2002	3 years
Mike K.	3/09/1987	18 years	Merrill K.	3/28/2002	3 years			
Audrey W.	3/07/2001	4 years						

Area Service

5:00 PM	Area Convention Committee / 2nd Sunday
7:00 PM	Public Information Committee / 2nd Monday
6:00 PM	Delegate Committee / 2nd Wednesday
5:00 PM	Unity Committee / 3rd Tuesday
6:00 PM	G.S.R. Orientation Meeting / 3rd Tuesday
6:00 PM	Special Events Committee / 3rd Tuesday
6:00 PM	Treasurer Committee / 3rd Tuesday
6:00 PM	Finance Committee / 3rd Tuesday
6:30 PM	Internet Committee / 3rd Tuesday
7:00 PM	Area Service Committee Meeting / 3rd Tuesday
12:00 PM	H & I Committee / Last Sunday
6:30 PM	Structures & Bylaws Committee / 4th Tues.

Retreat Committee / Jane C. 414-364-1196, Central Office / Phil R. 414-916-3922
 Vice Chair-Parliamentarian Position Open
 Alternate Delegate Position Open



Service Committee Meetings are held at:
 C.A.W.A. Central Office
 3060 N. 68th Street,
 Milwaukee, WI 53210



All C.A. members are
WELCOME and
 encouraged to attend.

-Give a message of HOPE to the newcomer. Submit your sobriety/clean time anniversary to our Area's newsletter calendar-
 Write to: C.A. SPIRIT, c/o C.A.W.A. Central Office, 3060 N. 68th Street, Milwaukee, WI 53210 or e-mail the editor: angeldance@wi.rr.com