



# C.A. SPIRIT

COCAINE ANONYMOUS OF WISCONSIN AREA, INC.

C.A. SPIRIT, ISSUE 26

**JULY 2003**

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## SEVENTH STEP

Humbly asked Him to remove our shortcomings.

When I initially worked this Seven Step with my sponsor I really didn't know how to go about it. We talked a lot about character defects and shortcomings, but at the time I was still warped up on myself.

I knew I needed God in my life. But I was still so self-centered that when I prayed I would still ask and tell Him what I wanted or thought I should have. I also thought that if I just did enough good things to help my family and friends that everything would be okay with my life. But, then fear would set in, as always, about whatever life

situation I was overwhelmed with and I would use again to not feel.



From listening to others and continuing learning and applying Step Seven to my new way of living I grown a lot and apart from self seeking motives. When I just humbly ask Him for help on a daily basis for His

will, not mine, can really I see what Step Seven was truly about.

To have character was something I always laughed at, but today I strive for it. It's not about two cars, or having two TV's. Material things are great to provide for my family and myself today, but that is not my continue work in the program of recovery. It is about doing His will for me and us. I have been given a great gift and just for today I will humbly ask His help.

-Anonymous

## Let Go of Old Ideas

*In all these strivings, so many of them well-intentioned, our crippling handicap had been our lack of humility. We had lacked the perspective to see that character-building and spiritual values had to come first, and that material satisfactions were not the purpose of living.*

-Twelve and Twelve, p.71

C.A. SPIRIT—is always looking for submissions! 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, or e-mail the editor at: xrebellion@wi.rr.com

Submission deadline: 2nd Tuesday of each month—6:30 PM, for the following month's publication.

*Interested in putting together this newsletter? Please attend the Delegate Committee service meeting.*

## TRADITION SEVEN

Every C.A. group ought to be fully self-supporting, declining outside contributions.

C.A. groups are self supporting in order to keep outside influence from corrupting our spiritual aim, 'to carry the C.A. message to the addict who still suffers.'

Have you ever wondered where does the money in the basket go when it is passed and donations are collected?

The treasurer gives a report on the total donations collected and the expenses paid out. If there is money left over, the treasurer keeps a record of it, and is accountable to the group.

Cocaine Anonymous is not affiliated with the hospitals, churches, or halls where our meetings are held; we pay rent and/or make a donation to these institutions for the use of their space.

After all these expenses are paid, it is suggested that your group keep enough of the leftover donations to cover two months worth of expenses. This is called a prudent reserve. A prudent reserve is a "savings" to be used when donations to the basket are scarce. We've found that two months worth of expenses is enough to cover the lean times.

With the 70/30 plan, 70% of your meeting's remaining funds are donated to your District or Area meeting and 30% are donated to the C.A. World Service Office.

*Each group has but one primary purpose - to carry its message to the addict who still suffers. We've found that nothing diverts us from our primary purpose like problems of money, property, and prestige.*

What do the Districts/ Areas do with this money? Your District and/or Area exists to serve you and is responsible to your meeting. Your District and/or Area also has expenses that can include a help-line's telephone bill or answering service and the publishing of meeting schedules. It also purchases literature, coins, and key chains and keeps enough of them on hand for the groups it serves. Districts and Areas must also keep a prudent reserve.

So what does the C.A. World Service Office (CAWSO) do with this money? The CAWSO is responsible for public relations, the distribution and publication of all literature, world

directories, newsletters, world conference material, and meeting starter kits. These are just a few of the many responsibilities of the CAWSO. The CAWSO is there to serve you as well as your Group, District, and Area.

Cocaine Anonymous features limited terms at all levels of service. According to Tradition Two "Our leaders are but trusted servants; they do not govern." Once our term of commitment has expired, we step down and a replacement is elected. Even our Trustees step down after serving for 4 years. There are no leaders in C.A.; we are all trusted servants. Our service boards and committees have been created to help the addict who is still suffering; to give back what we have freely received.

So, the next time your money into the basket, think of all the things that are being accomplished and how YOU are helping the addict who is still suffering.

-Taken from the 7th Tradition Pamphlet

### IT'S IN THE BOOK

#### Ask A Member

*The Big Book of Alcoholics Anonymous is the basic text of Cocaine Anonymous.*

**Q:** Dear Member, I love summer and going to outdoor music festivals, but my sponsor reminds me that there is always a lot of drinking and drugging at these festivals. Is it okay for me now that I have 6 months of clean time in the program to go to a festival or concert with out worry of relapse?

-Anonymous

**A:** Dear Anonymous, Big Book, pp. 101-102; "Usually, we do not avoid a place where there is drinking—if we have a legitimate reason for being there. That includes bars, night clubs, dances, receptions, weddings, even plain ordinary parties." "You will note that we made an important qualification. Therefore, ask yourself, 'Have I any good social, business, or personal reason for going to this place? Or am I expecting to steal a little vicarious pleasure from the atmosphere?' Then go or stay away, whichever seems better. But be sure you are on solid spiritual ground before you start and that your motive in going is thoroughly good. Do not think of what you will get out of the occasion. Think of what you can bring to it. But if you are shaky, you better work with another alcoholic (addict) instead!"

*Send your questions to: It's In The Book, Ask A Member, c/o C.A. SPIRIT, mail to C.A.W.A. Central Office or e-mail to the editor at: xrebellion@wi.rr.com*

# C.A. CAMPOUT II

July 18, 19, 20, 2003



## Lazy Days Campground

1475 Lakeview Road  
West Bend, WI 53090

Campfire Meetings,  
Recreational Activities,  
Fun and Fellowship.



Special Events Committee needs help with  
set-up, clean-up, firewood detail,  
registration table, and meeting coordinator.

Registration & Money due ASAP

\$8.00 p/person p/night.

\$5.00 /person under 18.

Contact: Cathy L. 414-430-0881

C.A.W.A. Special Events

## High on H & I

I was at an H & I panel a while back. I remember it was pretty crowded. It was a typical panel meeting. Both the H & I panel members and clients shared about the First Step. You could see in some of the people the message of hope they had picked up by the look in their eyes, at least at that moment. Others were still, in one form or another, detoxing and in some pain. Some good things were shared and heard.

But what was most memorable about this H & I panel meeting was when the meeting was over and I was walking down the hall to exit, I heard a voice yelling, "wait, wait." As I turned around, I saw this very tall man who had been at the panel meeting running down the hall. He ran up to me, gave me a hug and pleaded with me to pray for him. You see, he was about 6 ft, 7 in. tall, but could not have weighed more than 80 lbs! When I reached to hugged him back I thought to myself, 'God, there is nothing here.' I could have push my hand right through him.

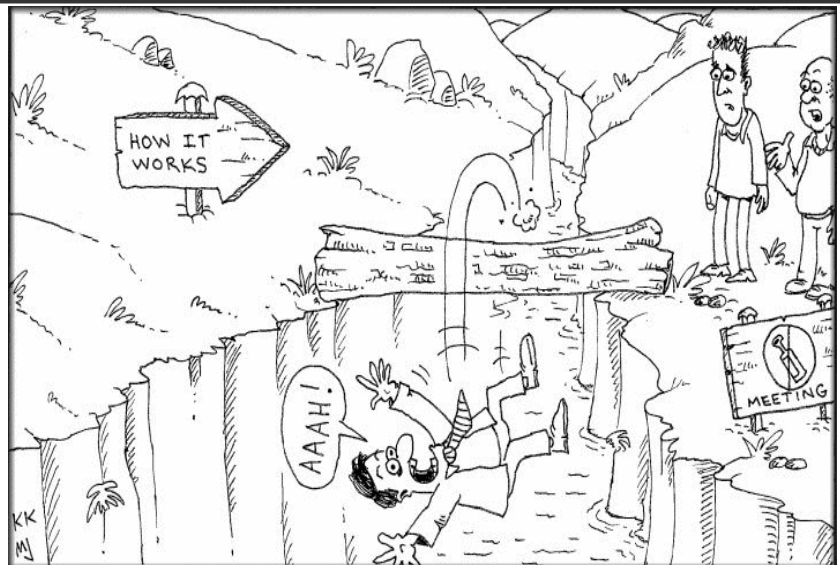
I remembered what my sponsor had once told me. That sometimes the disease wins. I have not seen this man since that day, but I do remember him and pray for him and all like him.

*Carry the message to the addict who still suffers.  
Make a commitment to help the H & I Committee.*

## Humor Corner




*Have some a good recovery humor?  
Send it in!*



"Oops...somebody didn't thoroughly follow our path!"

C.A. SPIRIT, is a monthly publication of Cocaine Anonymous of Wisconsin Area. It is intended solely for information to the members 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. C.A. SPIRIT 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 either Cocaine Anonymous or C.A. SPIRIT. 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. C.A.W.A., 3060 N. 68th Street, Milwaukee, WI 53210, C.A. World Service Office web page: [www.ca.org](http://www.ca.org)

# JULY 2003

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
<i>Be part of the solution, not the problem</i>						
6	7	8	9	10	11	12
13	14	15	16	17	18	19
					CA Campout Weekend	
20	21	22	23	24	25	26
27	28	29	30	31		
<i>Nothing is so bad, getting high won't make it worse</i>						

All 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.*

## July Sobriety/Clean-Time Birthdays

Gladys C.	July 4th	1 year
Gloria Z.	July 5th	5 years
Phyllis D.	July 6th	1 year
Moe J.	July 13	2 years
Paul B.	July 19	8 years
Luis R.	July 24	14 years
Joel W.	July 27	7 years

*Congratulations!*

*Keep Coming Back*

Bring the body  
and the mind  
will follow.

C.A.W.A Help Line:  
(414) 445-LIFE (5433)

World Service web site:  
[www.ca.org](http://www.ca.org)

Wisconsin Area web site:  
<http://my.execpc.com/~cocaine/>

July 14th	7:00 PM	Public Information Committee / 2nd Monday
July 15th	6:30 PM	Delegate Committee / 2nd Tuesday
July 20th	5:00 PM	MW Regional Convention Committee / 3rd Sunday
July 15th	6:00 PM	Finance Committee / 3rd Tuesday
July 15th	6:00 PM	Special Events Committee / 3rd Tuesday
July 15th	7:00 PM	Area Service Committee / 3rd Tuesday
July 27th	12:00 PM	Hospitals & Institutions Committee / Last Sunday
Unity Committee / call Billy B. 414-771-8860		
Structures & Bylaws / call Peter J. 414-769-9550		

## Message Board

**C.A. Campout II, July 18, 19, 20, 2003**, Lazy Days Campground, 1475 Lakeview Road West Bend, WI 53090, Special Events Committee needs help coordinating campout, Registration & Money due ASAP, Contact: Cathy L. 414-430-0881.

**Annual C.A.W.A. Anniversary Picnic**, August, details to come, look for flyer.

**8th Annual C.A. of Wisconsin Area Convention "Let Go", February 2004**, Planning committee meets at Central Office, 2nd Sunday at 5:00 PM. Looking for Art work for this year's theme: "Let Go", is due at the July planning meeting. Service commitments and help is still needed. All members are encouraged to be of service. Contact Chair: Gregg B. 414-899-8031.

**15th C.A. Midwest Regional Convention Planning Committee, "The Power of One Day", Oct. 31st-Nov. 2nd, 2003**, Olympia Resort & Conference Center, 1350, Royale Mile Rd., Oconomowoc, WI, 53066, 800-558-9573, CA room rate (Double) \$95.00. Contact Tony D. (414-332-4249) or Michael K. (414-545-0372) Convention Co-Chair, 262-853-6730. Your service is needed on all subcommittees. MW Regional Convention Planning Committee meet: 3rd Sunday every month. 5:00 PM.

**20th Cocaine Anonymous World Service Convention, "Spotlight on Recovery", May 27th-31st, 2004**, Hilton Los Angeles/Universal City, 555 Universal Hollywood Drive, Universal City, CA, 91608, (818-506-2500), \$149.00 King or Double Bed, Please ask for the CAWS 2004 room rate when making your reservations. Additional \$35.00 room fee for more than two guest, except for persons 18 or under. Contact Ralph W.-Outreach Chair at: [ralphawhite@yahoo.com](mailto:ralphawhite@yahoo.com) or the CAWS 2004 web site for more information: [www.caws2004.org](http://www.caws2004.org)

**-Give a message of HOPE to the newcomer. Submit your sobriety/clean time anniversary to our Area newsletter's 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: [xrebellion@wi.rr.com](mailto:xrebellion@wi.rr.com)