

MARCH APRIL 2007 C.A. Spirit

COCAINE ANONYMOUS OF WISCONSIN AREA, INC.

414.445-LIFE (5433) CAWISCONSIN.ORG

BI-MONTHLY NEWSLETTER ISSUE 14

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

Commitment ...

I have always believed addiction to be a nocturnal disease. In the dark stillness perhaps we could hide our sickness, even from God. But eventually things began to stir again and I was immune again. The day passed and I didn't die.

In the program I soon came to understand that we all have good and evil in us. I was told to stop worrying about why things happen and focus on "What I Am." The evil that is inside and outside of me was cunning, baffling, powerful, and patient. I started to quiet my mind and listen. The readings at the beginning of every meeting became intensely important to me. I got a sponsor and did exactly what he told me. I was doing the action he prescribed. I didn't see these things as commitments at first but I view them as such now.

I came to the Third Step with the help of my sponsor. God will take all my prob-

lems, if I let Him! I felt a sense of total relief, until I came to the Fourth Step. My stomach churned but I gathered all the courage I could and committed to finish this step. With guidance from my sponsor, other friends and God I finished that step and found forgiveness.

Most of my commitments happened while I was doing something else. All I really had to do was focus on what my sponsor and other recovering friends told me. I have found real friends here and amazing miracles.

- Anonymous



Paradox:

*We surrender to win;
we give away to keep;
we suffer to get well;
we die to live.*



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G.I.F.T.S.

Getting It From
The Steps.

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,

Sometimes I just find myself not being able to pray. I start feeling bad which makes praying that much harder. I don't like the way this feels, what can I do?

Dear Anonymous,

All of us, without exception, pass through times when we can only pray with the greatest exertion of will. Occasionally we go even further than this. We are seized with a rebellion so sickening that we simply won't pray. When these things happen we should not think too ill of ourselves. We should simply resume prayer as soon as we can, doing what we know to be good for us.

-Twelve Steps and Twelve Traditions, p. 105

The books of Alcoholics Anonymous, Twelve Steps and Twelve Traditions, Hope, Faith & Courage and C.A. Conference approved literature is used to answer inquiries to this section of the C.A. Spirit newsletter - *Dear Addict*.

Opportunities for • GROWTH



Saturday, February 24, 2007

Fundraiser for the CAWS Convention 2007

All-You-Can-Eat Pancake Breakfast Open Meeting

Pass It On Club, 6229 W. Forest Home Ave. Milwaukee
WI 53220 \$8.00 At The Door. 9:00 AM. Contact Ann M.
414-315-0287

Monday, February 26, 2007

"First Things First" Group Annual Open Meeting

Aurora/Milwaukee Psych Hospital, 1220 W. Dewey Ave.
Wauwatosa, WI 53226. 7:30 PM Open Speaker Meeting,
food and fellowship.

March 2-4, 2007

Illinois Unity Area Convention

"Through Change Comes Freedom"

Westin Hotel, 630-773-4000

400 Park Blvd. Itasca, IL 60143

Information: Brian T. 847-323-9214

ROAD TRIP!!

Saturday, March 24, 2007

Celebrate Around The World

Open Speaker Meeting and Dance

Serenity Club, 3677 E. Pulaski Ave. Cudahy, WI 53110
Contact: Ann M. 414-315-0287 or Niki D. 414-489-1793

March 30 - April 1, 2007

CA Spring Retreat "The Tools of Recovery"

Timber-Lee Retreat Center

East Troy, WI 53120

Only \$95 for entire weekend.

Call Gregg B. 414-899-8031 or Dominic G. 414-507-9721

May 24 - 28, 2007

23rd CA World Service Convention

"Recovery in the Heartland"

Westin Crown Center, 1-800-368-7764

One Pershing Road, Kansas City, MO. 64108

For more information: www.ca.org

Outreach Chair: 314-838-1392

ROAD TRIP!!

Recovery & Responsibility

Through 12 Step work I had to get honest with myself and others.

I had to stop running and face my problems and myself.

I had to take inventory to see where I stood.

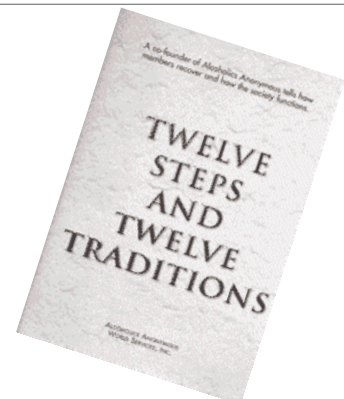
I had to look my part in things.

I had to quit making excuses and stop using and hurting people.

I had to stop thinking of self less and more of how I can help others.

I had to become responsible and committed to my own personal recovery.

- Author Unknown



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

By the time I got to Step Three, in spite of myself, I was already looking to a power outside myself to learn how not to drink and to live each day. That power was the people who were just like me—they knew how not to drink, happily. Out of desperation I did what they told me to do, one day at a time. I began to build days drink-free. I started to taste peace. At first waking up clear-headed and then the peace of facing situations and moving through and *beyond them*, rather than running *from* them.

It wasn't really a question of doing "the God thing." The point wasn't who the power was, just that the power wasn't then or now me. With Step Three, I made a decision to take different actions suggested by those outside myself who had found a serene happy way to live. I still forget from time to time, that I'm not the

power. My sponsor and my recovery friends still on occasion have kindly asked me if I'm trying to play God again. Old habits can die a slow hard death.

Like everything else, "letting go and letting God," takes practice. It's not measured by my *thought* to do things differently, but rather by the *action* I take in any particular situation. Sometimes the action is prayer. Sometimes it's keeping my mouth shut. Sometimes it's picking up the phone to talk with another to remind myself and them that we are not alone. The actions are many and varied, but they're different from what I used to do when I drank.

- Jan S.

Vision For You

More sobriety brought about by the admission of alcoholism (addiction) and the 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 the A.A. (C.A.) program come in. Nothing short of continuous action upon these as a way of life can bring the much-desired result.

-12 Steps and 12 Traditions pp. 39-40



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

To get to Step 4 I had to do Steps 1, 2 and 3. I can't, He can, I will let Him. I was told this is a simple program – by learning to trust God, building a faith, a faith that works. I was now ready to start my fearless, searching moral inventory. They say that fear is a lack of faith so to be fearless I needed a good amount of faith. A faith that I know God has my back. A faith that God will never leave me nor forsake me. A faith that He is the same yesterday, today and forever.

The Big Book says, "resentment is the number one offender. It destroys more alcoholics (addicts)," than anything else so that's where my sponsor had me start. Resentments with whom, how and why. Remembering my inventory was mine and mine alone and did not belong to others. I put the pen to paper and started with the worst things first. I knew the

time was right because it just flowed out. Yes, I did procrastinate a little like most of us.



My sponsor gave me just two rules. First rule; I must write my inventory and not just think it or theorize it. Second rule; is there are no rules. Everything I did is Step 4 material and I just needed to

do it to the best of my ability. Remembering this is a program of progress not perfection. I will tell you that Step 4 was very hard, but well worth the effort. I am only as sick as my secrets. Step 4 helped to start freeing me from my past. I have started to clear the wreckage of my past and it feels good.

What I have learned in C.A. is I either do the work and get well or I don't do the work and I stay sick. They don't call it working a program for nothing. Remember, some of the biggest hurdles are those we plant in our minds.

- Troy T.

Over The Hump Without A Bump

MARCH 2007

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
<i>When I struggle, I sink. When I let go, I float.</i>						
					IL C.A. Unity Convention	
4	5	6	7	8	9	10
Midwest Regional Assembly						
11	12	13	14	15	16	17
CAWAC 2007 Wrap-up Meeting						
18	19	20	21	22	23	24
		ASC Meeting		Celebrate Around The World Event		
25	26	27	28	29	30	31
<i>Honesty isn't an event ... it's a process.</i>						
C.A. Spring Retreat						

APRIL 2007

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
<i>God enters us through our wounds.</i>						
Spring Retreat Ends						
8	9	10	11	12	13	14
15	16	17	18	19	20	21
CAWAC 2008 Start-up Meeting		ASC Meeting				
22	23	24	25	26	27	28
29	30					
<i>We're not living just to be sober; we are living to learn, to serve, and to love.</i>						

March & April Sobriety Clean Time Birthdays

Sharon S. 3/02/1991 16 years
 Jan S. 3/04/2002 5 years
 Jill E. 3/06/1992 15 years
 Mike K. 3/09/1987 20 years
 Audrey W. 3/07/2001 6 years
 Todd R. 3/10/2003 4 years
 Tom H. 3/17/1991 16 years



Robert D. 3/19/1996 11 years
 Kathy J. 4/02/1997 10 years
 Phil R. 4/05/2003 4 years
 Nate W. 4/06/2006 1 year
 Michele S. 4/09/2006 1 year
 Fred F. 4/22/2006 1 year

Area Service

5:00 PM Area Convention Committee / 2nd Sunday
 6:00 PM G.S.R. Orientation Meeting / 3rd Tuesday
 6:00 PM Special Events Committee / 3rd Tuesday
 6:30 PM Internet Committee / 3rd Tuesday
 7:00 PM Area Service Committee Meeting / 3rd Tuesday
 6:00 PM H & I Committee / 3rd Tuesday
 6:00 PM Public Information Committee / 3rd Tuesday
 12:00 PM Structures & By-laws / 3rd Saturday
 OPEN Service Position / Treasurer Committee
 OPEN Service Position / Finance Committee
 OPEN Service Position / Unity Committee
 OPEN Service Positions / 2 Alternate Delegates

* Delegate Committee; Call for meeting time & location.
 Ann M. 414-315-0287 or Niki D. 414-405-5067

See your group's G.S.R. for information regarding Area service opportunities.

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