

SEPTEMBER
OCTOBER
2005

C.A. Spirit

COCAINE ANONYMOUS OF WISCONSIN AREA, INC.

414.445-LIFE (5433) CAWISCONSIN.ORG

BI-MONTHLY NEWSLETTER ISSUE 5

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

Forgiveness

Well for me forgiveness wasn't something I had instilled in me. It seemed that I was always mad and resentful at someone for things that they did to me or for some thing I didn't get or wanted to happen.

I came from a very large family. Although, I always felt not being part of, I knew I was loved and cared for. But something was always missing. Today I know what the Big Book talks of when it says; "God has not delivered us the good things of life which we specified, as a greedy child makes an impossible list for Santa Claus."

I was just never truly happy with what I got and blamed others. I always held on to resentment towards others and never forgave. I had become very vengeful and would not let go. Maybe its okay for others, but not for this alcoholic/addict.

In working through resentments and learning to forgive comes a great sense of freedom. Today I can share from my own experiences

that this true. I had been in a meeting with someone who had hurt me many years ago and amazingly none of those vengeful feelings were there. The feeling of true forgiveness that I felt is how I know this program works.



I also wanted to say a little about forgiving myself for the things I did to others and myself. I have to always look at my part too. I could not keep on dwelling on what I did in the past. If I do, I am not enjoying today. Today is a present, it is what God made for me. Thanks for letting me share.

-Frank M.
(A Vision For You)



*The soul would have no
rainbow if the eyes had no tears.*



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*...thoroughly
follow
our
path...*

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,

I shared at a meeting that I really didn't hurt anyone but myself and all I need to do is not use. There was somebody that's been clean for awhile; she just smiled. She said we are like tornados ripping through the lives of those around. What did she mean?

The alcoholic is like a tornado roaring his way through the lives of others. Hearts are broken. Sweet relationships are dead. Affections have been uprooted. Selfish and inconsiderate habits have kept the home in turmoil. We feel a man is unthinking when he says that sobriety is enough. He is like the farmer who came up out of his cyclone cellar to find his house ruined. To his wife, he remarked, "Don't see anything the matter here, Ma. Ain't it grand the wind stopped blowin'?"

- Alcoholics Anonymous Big Book p. 82

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*.



Green Lake Convention Center
W2511 State Rd 23
Green Lake, WI 54941

Cost: \$90.00 Registration due in full by
September 15, 2005

For more information contact:

Retreat Committee

C.A. Fall Re-

Theme "Keeping It



Dig in, newcomer. They feed us well here in drug rehab. After I'm done here, I'm checking into a weight loss program.



*Please bring a dish
to pass.*

C.A. of Wisconsin Area Anniversary Picnic

September 18, 2005
12 noon – until?

South Shore Park Milwaukee
Areas 1 & 2

To help out at the picnic:
Sally J. 414-875-6715

Special Events Committee

17th Annual Cocaine Anonymous Midwest Regional Convention "To The Newcomer"

October 28, 29, & 30, 2005

Holiday Inn
5513 Milan Road
Sandusky, Ohio 44870
419-626-6671

Convention Room Rate \$62.00
Contact: Debbie D. 330-374-3777
www.caohio.org

*See Ann M. for \$2 Opportunity Drawing Tickets for
Convention Registration Package, including Hotel Room,
and fundraiser bumper stickers. 414-315-0287*

C.A. Ohio Area MWRC Committee



Upcoming Area or Group Events...

Unity Committee: A Day of Love & Service, Saturday November 26, 2005

Area Pre-Convention Fundraisers... TBA

Step Nine: Made direct amends to such people wherever possible, except when to do so would injure them or others.

I just recently worked through the 12 Steps again with my sponsor. It still amazes me to see how my perspective changes as long as I am open to change.

I was able to complete a much more fearless and thorough 4th Step inventory. I was able to really look at *my* part.

This has given me a clearer understanding of *my* character defects and shortcomings. I also have made an amended list of persons I had harmed. I truly have become willing to make these amends.

At one time I thought that the 9th Step was all about saying that I am sorry. It is so much more. For me, it really is about being accountable. No longer could I justify, rationalize or minimize the things that I had done to others. No longer could I hide behind the mask of, "I'm an addict."

I had held on to one resentment in particular for the first twelve years of my

recovery. I finally was able to look at my part, I put this person on my list and then I put it into God's hands.

The opportunity presented itself and I was able to make this amends. I was able to honestly go to this person and verbalize what my wrongs had been within the relationship. I then asked him what I could do to repair the damage that I had done. What a gift!!



One other fallacy that I held onto was the "others" part. I thought that I was supposed to be number one on the list. Self-centeredness has always been my

most prevalent character defect even before I knew there was such a thing. However I have learned it wasn't about me anymore. I am no longer on my list.

I have learned that I do all of these things so that I can be of maximum service to God and others. When I am living in the sunlight of the Spirit, I can better do His will. Very simply, when I live in self I block the light; thus blocking God.

There has been so much freedom since I have been able to make many of the amends that are on my list.

- Ann M.
(Sunday Night Strength)

For the readiness to take the full consequences of our past acts, and to take responsibility for the well-being of others at the same time, is the very spirit of Step Nine.

- Twelve Steps and Twelve Traditions p.87

Step Ten: Continued to take personal inventory and when we were wrong promptly admitted it.

At first working my 10th Step was difficult. When I completed my 4th Step I was able to identify my character defects. I knew that I needed to be able to acknowledge and deal with them on a daily basis.

It was not always a pretty picture when I looked at myself. I simply had to try to look at each day and ask myself what I could have done or how I could handle things better.

I find that by working the 10th Step, it

keeps me focused on all of the Steps. I believe that it was my self-will and character defects that have haunted me in the past. Being a strong willed person I now place my dependence on my Higher Power.

I continue to make amends wherever or to whomever I need to, one day at a time. I am a much happier person for it today.

- Kathy H.
(A Vision For You)



I look at the 10th Step as a maintenance step. I am responsible for my words and actions. Because of this I am responsible for correcting them if I need to.

This has nothing to do with anyone else. I have to know where I went wrong and hopefully I won't repeat it. I am accountable to people around me especially my wife and mother. How I behave affects them and I need to continue to re-

mind myself of this.

Today when I step out of line I can for the most part put my pride and ego to the side and admit I was wrong. This might not be enough for them but at least I can recognize my part.

By doing a 10th Step daily I can gauge my progress in recovery. Am I practicing the principles in all my affairs? It will be my actions and words that get me in trou-

ble if I let them.

Doing a 10th Step daily is 4th Step prevention. I look to my Higher Power to guide me through the process. Finally at the end of the day I can look at the positives also. This gives me hope and faith for tomorrow.

- Tom S.
(First Things First)

C.A. SPIRIT, is a bi-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 unity, service, and recovery 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 the C.A. SPIRIT. The editors reserve the right to edit any submissions for clarity and in keeping 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 to: C.A. World Service Office, 3740 Overland Ave., Suite C, Los Angeles, CA 90034. C.A. World Service Office web page: www.ca.org

SEPTEMBER 2005

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
Isolation is a darkroom for developing negatives						
4	5	6	7	8	9	10
11	12	13	14	15	16	17
CAWAC Meeting						
18	19	20	21	22	23	24
Area Picnic	ASC Meeting					
25	26	27	28	29	30	
Live - Laugh - Love						

OCTOBER 2005

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
When all else fails, follow directions						
2	3	4	5	6	7	8
9	10	11	12	13	14	15
CAWAC Meeting						
16	17	18	19	20	21	22
ASC Meeting						
23	24	25	26	27	28	29
30	31					
A man not willing to look at his past - - has no future.						

September & October Sobriety Clean Time Birthdays

Lynn G. 9/11/02 3 years
 Marie M. 9/15/04 1 year
 Jane C. 9/21/98 7 years
 Mark D. 9/27/99 6 years



Rick D. 10/11/94 11 years
 Diane W. 10/12/97 8 years
 Bill S. 10/15/88 17 years
 Jim R. 10/15/97 8 years
 Tracy C. 10/19/01 4 years

Area Service

5:00 PM Area Convention Committee / 2nd Sunday
 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
 6:00 PM H & I Committee / 3rd Tuesday
 Central Office, Phil R. 414-916-3922

Public Information Committee, 6:00 PM, 2nd Monday
 Milwaukee Psychiatric Hospital Cafeteria, 1220 W. Dewey Ave. Wauwatosa, WI 53226
 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