

JANUARY
FEBRUARY
2006

C.A. Spirit

COCAINE ANONYMOUS OF WISCONSIN AREA, INC.
414.445-LIFE (5433) CAWISCONSIN.ORG

BI-MONTHLY NEWSLETTER ISSUE 7

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

Honesty...

Unlike most addicts, honesty is not one of my defects. Honesty has always come natural to me.

I have experiences with honesty such as being too honest as well as being the victim of dishonesty.

I was not the type of addict who manipulated and lied. However, I believe that if I had used cocaine longer than 8 months, I would have had to manipulate and lie to continue to get high.

I believe that honesty is one of the most important things an addict has to practice from the very beginning of their recovery if they really want to recover. I believe it is the "key" to recovery for many addicts. Most addicts lied and manipulated for most of their lives.

When they come into recovery, they don't know how to be honest. It's important to be around other addicts, go to meetings and get a sponsor so that other people can help point out when you're not being honest.



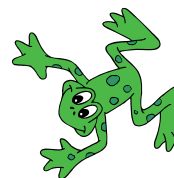
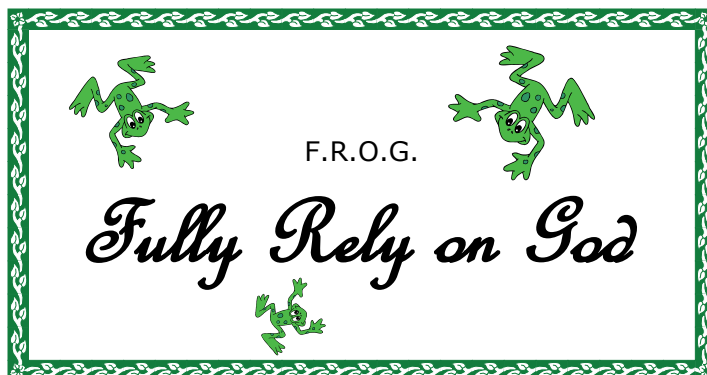
Sometimes we are not being honest with others, and other times we are not being honest with ourselves. We may not recognize these times, and that's why we need others to help us see the "light".

- Lorrie S.
(Uncolas)



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Happy New Year! We hope you have enjoyed the new look of the C.A. Spirit. The Delegate Committee will now be publishing Wisconsin Area's newsletter bi-monthly. But in order to keep it going we need your help with submissions! If you have any ideas or just want to be of service with any part of the newsletter just let us know. If your group or committee is planning an event let us know with plenty of time in order to publish your event in the newsletter.

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. 414-315-0287

Dear Addict,

I'm really struggling with the whole idea of believing in a Higher Power. Someone told me I could use the group but they didn't elaborate about it. I guess I don't see how that can help. Can you explain?

On p. 27 of the Twelve Steps And Twelve Traditions book it states: "You can, if you wish, make A.A. (C.A.) itself your 'higher power.' Here's a large group of people who have solved their alcohol (drug) problem. In this respect they are certainly a power greater than you, who have not even come close to a solution. Surely you can have faith in them. Even this minimum of faith will be enough. You will find many members who have crossed the threshold just this way."

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*.

**Annual Holiday Coke-A-Thon**

December 24—Noon through
December 25— 6 PM

December 31—Noon through
January 1, 2005—6 PM

Holidays can be a little rough at times for many of our members, especially those new to recovery. The Coke-A-Thon is a safe place to gather and share our experience, strength, hope and love with each other.

Central Office

Unity Committee Chair Rick D. 414-350-5146

Celebrate Around the World

"Global Awakening"

March 18, 2006

Speaker Meeting 7:30 pm



Serenity Club

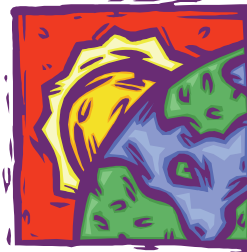
3677 E. Pulaski Ave.
Cudahy, WI 53110

DJ Dance to follow Meeting:

Adults	\$6.00	50/50
H&I /Kids	\$3.00	Auction

More will be revealed!

-Special Events & Delegate Committee



Contact Ann M.
414-315-0287

Come Celebrate...

**The 10th Annual
C.A. of Wisconsin Area Convention**

"A Design for Living"



February 3, 4, 5, 2006

Radisson Milwaukee Hotel Airport
6331 S. 13th Street
Milwaukee, WI 53154

Please Pre-Register to support our Fellowship.
Come and be part of...

The Planning Committee is meeting every
Sunday, 5pm, Central Office in January.

C..A.W.A.C. Registration Co-Chairs:
Jim R. 262-370-5637 Kara B. 414.525.0619

www.cawisconsin.org

Upcoming Events...

Spring Retreat & Special Events

Words of Wisdom from my Sponsor...

How free do you want to be?

Submitted by; Diane W. & Dominic G.

It's only a suggestion; or you could drink or use.

Submitted by; Rick D.

What are your motives? Nothing changes if nothing changes.

Submitted by; Ann M.

God ain't dead. You're not Him, and damn isn't His last name.

Submitted by; Anonymous.

Step One: We admitted we powerless over cocaine and all other mind altering substances—that our lives had become unmanageable.

I have heard it said that the 1st Step is the only step that must be understood and worked perfectly before we can move on to the rest of the 12 Steps. My own experience with the 1st Step proved this to be true.

It seemed I could never move on beyond the 1st Step. For the longest I could not understand the importance of this Step. Therefore, I couldn't achieve significant clean time or prevent myself from returning to old ways of unmanageability, insanity and my inability to handle life on life's terms. Looking back, as a result of my lack of thoroughness in working the 1st Step, I had many failed attempts at staying clean and sober.



Eventually, I woke up! I realized there was no hidden secret. I only needed to do something I never done before. I had to let go of any reservation I might have had. Like, I could use again some day with some kind of control. Then I had to honestly admit to myself the truth; that if I take the first hit, I lose my ability to choose what happens next. That is powerlessness.

- Ron L.
(Coke Busters)

It is truly awful to admit that, glass in hand, we have warped our minds into such an obsession for destructive for destructive drinking that only an act of Providence can remove it from us.

-A.A. Big Book, p.21



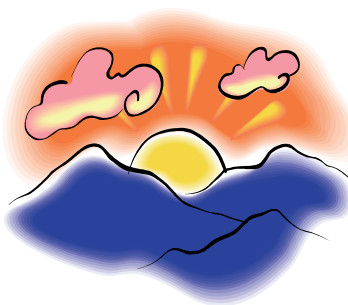
Step Two: Came to believe that a Power greater than ourselves could restore us to sanity.

Having almost died in my addiction I became willing to do is stop using cocaine and other drugs. Coming from a drug rehab experience I knew a little about getting clean and sober. But, looking back I realize that I really knew nothing about staying sober.

When I was about 60 days clean I got together with my sponsor and went over Step 2. I was an agnostic at that time. That is why I am grateful we read from the 12 & 12. In it is a line on page 27, which allowed me to belong. It states; "You can, if you wish, make A.A. (C.A.) itself your higher power."

At 60 days I was attending C.A. meetings daily, and did so for my first year. I had met new friends, addicts like me who did not want use and

were searching and listening for the solution. I began to feel better, at the very least when I was in meetings. So, C.A. meetings had become my daily fix. I could not deny to myself that meetings and the people in them had become a power greater than myself. Believing that there is something very special here I had started to get a little hope that my insanity or obsession with using would some day be lifted for me too.



Today, I have a relationship with God, who is my Higher Power. I attend meetings weekly and I am committed to the fellowship of Cocaine Anonymous for saving my life. It all started in keeping an open mind like my sponsor kept telling me. I had my first spiritual experience in reading, "We Agnostics," in the Big Book. I worked the rest of the Steps into my life. I no longer have an obsession to use. That insanity has been removed along the way. My believe is that you too can be gifted with the hope that I received in Step 2, if you keep an open mind and keep coming back.

-Rick D.
(A Vision For You)

JANUARY 2006

<div>JANUARY 2006</div>						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
It works, really it does						
8	9	10	11	12	13	14
15	16	17	18	19	20	21
ASC Meeting						
22	23	24	25	26	27	28
29	30	31				
The ego seeks the destination; the soul seeks the journey.						

FEBRUARY 2006

<div><i>FEBRUARY 2006</i></div>						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
Area Convention Begins...						
5	6	7	8	9	10	11
12	13	14	15	16	17	18
ASC Meeting						
19	20	21	22	23	24	25
26	27	28				
H O P E = Heart Open; Please Enter						

January & February**Sobriety Clean Time Birthdays**

Joe Z. 1-1-2002 4 years
 Debbie R. 1-2-2000 6 years
 Dale S. 1-10-1993 13 years
 Kevin M. 1-15-2001 5 years
 Sue W. 1-18-1999 7 years
 Frank M. 1-19-1992 14 years
 Randy K. 1-21-1994 12 years



Chuck K. 2-10-1987 19 years
 Larry A. 2-11-2004 2 years
 Alford B. 2-17-2000 6 years
 Dominic G. 2-18-2003 3 years
 Larry H. 2-27-2003 3 years

Area Service

5:00 PM Area Convention Committee / 2nd Sunday
 7:00 PM Public Information Committee / 2nd Monday
 6:30 PM Delegate Committee / 2nd Tuesday
 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
 Structures & By-Laws

Central Office Chair and Public Information Chair
 Special Events Position Open
 Delegate/ 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