

SEPTEMBER  
OCTOBER  
2007

# C.A. Spirit

COCAINE ANONYMOUS OF WISCONSIN AREA, INC.

414.445-LIFE (5433) CAWISCONSIN.ORG

BI-MONTHLY NEWSLETTER ISSUE 17

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

## *“A Selfish Program,” I Think Not!*

Early on in working through the Steps I learned that my self-centeredness was the root of my problems. Before coming in recovery I always thought of my self first, whether I knew it or not. I never did anything for anyone unless there was some kind of a reward in it for me. Even when I really knew I did wrong and I would start to feel bad (guilt) then I would quickly turn the tables and blame outward. Time and time again, my drinking and drugging had to come first. It had become more important than family, my job, and the few friends I had left. Basically anything or anyone who was in the way.

Every now and then, I hear someone share in a meeting that this is a selfish program. Well, it's not. In the Big Book on page 62, it says that we

must be rid of this selfishness, or it will kill us.

In my beginning I ended up going to meetings everyday in my first year and started to work Steps with a sponsor. That is not selfishness. I was taking care of my sobriety by getting a good foundation on recovery. My family didn't understand it in the beginning. They do now.

As I know it today, I needed the 12 Steps to change me so that I can begin to think of myself less so that I can be of usefulness to others. It's part of the process, otherwise I am not done using.

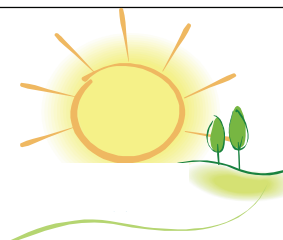
- Rick D.  
Sunday Night Strength



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Truth is to  
inner  
peace what  
sunshine is to a garden.



*What Have  
You Done  
For C.A.  
Lately?*

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

*Dear Addict,*

Dear Addict,

I've always felt like I didn't belong not even in my family. So now I'm in recovery I go to meetings regularly and I still feel the same way. Will this ever change?

Anonymous

Dear Anonymous,

Life will take on new meaning. To watch people recover, to see them help others, to watch loneliness vanish, to see a fellowship grow up about you, to have a host of friends -- this is an experience you must not miss. We know you will not want to miss it.

*Alcoholics Anonymous Big Book, p. 89*

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

*If you have difficulty understanding or questions regarding our literature, please ask for help from your Sponsor, or another member of Cocaine Anonymous.*

Opportunities for  
**GROWTH**



## Calendar of Upcoming Cocaine Anonymous Events

**Saturday September 22, 2007**

**Pre-Convention Fundraiser Meeting & DJ Dance:  
Hawaiian Theme**

Serenity Club, 3610 E. Pulaski Ave. Cudahy, WI 53110  
7PM. \$6.00/\$3.00. Support our 2007 Area Convention.  
To be of service please contact...  
12th Annual CAWAC Entertainment/Fundraising Chair,  
Rick A. 414-364-4601.

**Friday, Saturday, & Sunday September 28, 29 & 30  
2007 CAWA Fall Retreat, "Recovery Permits Miracles"**

Green Lake Conference Center, Green Lake, WI 54941.  
\$95.00 Workshops, Fellowship, Bonfire Meeting. To be of  
service contact... CAWA Retreat Chair, Dominic G. 414-  
507-9721

### Upcoming events .....

C.A. of Wisconsin Annual Picnic  
70's Jam Meeting & DJ Dance  
Midwest Regional Convention - Itasca, Illinois  
Fundraisers for the 2008 C.A.W.A. Convention

**Look for flyers at C.A. meetings for more information.**

I would like to thank the C.A. of Wisconsin Area fellowship for allowing me to be of service as a Delegate and the C.A. Spirit editor for the past 4 years. It truly has been a wonderful opportunity to give back what has been so freely given to me.

I will always remember my first World Service Conference and the nervousness of walking up to the microphone for the first time afraid I'd either trip or forget my name and the awe of seeing other countries becoming Areas of Cocaine Anonymous. Just being able to see first hand what goes on the WSC, the diligent work that is done and to actually participate in has been a gift.

Another positive aspect of being a Delegate has been in making a commitment and actually following through with it; what a change from never finishing anything.

The greatest gift above all in this whole experience has been seeing God manifest Himself within the group conscience. Regardless of the many issues that are addressed and the many viewpoints that are shared the group conscience always prevailed.

I encourage everyone to become involved in service work; whether a newcomer or a old-timer.

In loving service,  
Ann M. outgoing C.A. of Wisconsin Area Delegate

Share your Group or Area Committee Events... For more information contact C.A. Spirit Editor,  
Niki D. 414-405-5067 or e-mail at [nmdrake81@yahoo.com](mailto:nmdrake81@yahoo.com)

Event flyers may be found at your C.A. home group literature table or on our web page: [cawisconsin.org](http://cawisconsin.org)

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

People are often reluctant and somewhat fearful of Step 9 and the process it requires. These actions must be taken to truly attain the benefits of the promises as they start to be fulfilled.

The main thing that we are doing in this vital step is carrying out the decision we made in Step 3; removing the things that block us from God. It's not hard for me to see how this works because one of the biggest things that blocked me from God was my guilt and remorse over the harms done I'd caused others.

Fears, disguised as resentments had turned my life over to others. Guilt and remorse over something in the past persisted in my mind in the present. There is no way God can direct my thoughts if my thoughts are dominated by negative history.

So we take action. The Big Book deals very extensively with Step 9 because there

are a lot of things that can come up. The chapter entitles "Into Action" introduces a number of specific situations as examples. This chapter is worth a close study.

The key to Step 9 is the willingness



derived in Step 8. I don't make amends by "Just staying sober" or a quick "I'm sorry" by general delivery. I make it face to face contact if possible and a sincere desire to make things right. God will decide the results.

- Anonymous

Above all, we should try to be absolutely sure we are not delaying because we are afraid. 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 nature of Step Nine.

- The Twelve Steps and The Twelve Traditions p. 87

## Continue To Watch For Selfishness, Dishonesty, Resentment, And Fear

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

Are these extravagant promises? We think not. They are being fulfilled among us, sometimes quickly, sometimes slowly. They will always materialize if we work for them.

This thought brings us to *Step Ten*, which suggests we continue to take personal inventory and continue to set right any new mistakes as we go along. We vigorously commenced this way of living as we cleaned up the past. We have entered the world of the Spirit. Our next function is to grow in understanding and effectiveness. This is not an overnight matter. It should continue for our lifetime. Continue to watch for selfishness, dishonesty, resentment, and fear. When these

crop up, we ask God at once to remove them. We discuss them with someone immediately and make amends quickly if we have harmed anyone. Then we resolutely turn our thoughts to someone we can help. Love and tolerance of others is our code.

And we have ceased fighting anything or anyone, even alcohol. For by this time sanity will have returned. We will seldom be interested in liquor. If tempted, we recoil from it as from a hot flame. We react sanely and normally, and we will find that this has happened automatically. We will see that our new attitude toward liquor has been given us without any thought or effort on our part. It just

comes! That is the miracle of it. We are not fighting it, neither are we avoiding temptation. We feel as though we had been placed in a position of neutrality safe and protected. We have not even sworn off. Instead, the problem has been removed. It does not exist for us. We are neither cocky nor are we afraid. That is how we react so long as we keep in fit spiritual condition.

- Big Book of Alcoholic's Anonymous pp. 84-85

## SEPTEMBER 2007

Sun	Mon	Tue	Wed	Thu	Fri	Sat
World Service Conference, August 28—September 2, 2007 Los Angeles, CA						1
2	3	4	5	6	7	8
WSC Ends						
9	10	11	12	13	14	15
Convention Planning Meeting						
16	17	18	19	20	21	22
ASC Meeting						
23	24	25	26	27	28	29
30	We cannot direct the wind, but we can adjust our sails.					

## OCTOBER 2007

OCTOBER 2007						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
H O P E = Heart Open; Please Enter.						
7	8	9	10	11	12	13
14	15	16	17	18	19	20
Convention Planning ASC Meeting Meeting						
21	22	23	24	25	26	27
Don't look for a sponsor, listen for one.						
28	29	30	31			
T R U S T = Try Relying Upon Steps and Traditions.						

### September & October Sobriety Clean Time Birthdays

Sage S. 9/01/05 2 years  
 Lynn G. 9/11/02 5 years  
 Vicki V. 9/15/93 14 years  
 Rick A. 9/19/05 2 years  
 Mark D. 9/27/99 8 years  
 Joe V. 9/30/89 18 years



Rick D. 10/11/94 13 years  
 Diane W. 10/12/97 10 years  
 Jim R. 10/15/97 10 years  
 Tracy C. 10/19/01 6 years  
 Angela L. 10/28/03 4 years

### Area Service

5:00 PM Area Convention Committee / 2nd Sunday  
 6:00 PM Delegate Committee / 3rd Tuesday  
 2:00 PM Unity Committee / 2nd Sunday  
 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  
 6:00 PM Public Information Committee/3rd Tuesday

Open Positions: Treasurer Committee, 1 Delegate,  
 3 Alternate Delegate, Parliamentarian

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: nmdrake81@yahoo.com