

FALL  
2018

# C.A. Spirit

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

SPECIAL EDITION NEWSLETTER: ISSUE#35

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

## Being of Service



In addition to finding a spiritual way of life, recovery is about changing negative aspects of our personalities into positive ones. We came into the program with big egos but little or no self-esteem. We thought we were better than other people yet, at the same time, felt "less than." We were people who took from others and abused friendships all of our lives. We had no concept of doing anything for anyone without the thought of some kind of reward. By the sheer grace of our Higher Powers, we have found several ways of unlearning such behavior in the program. One way is to be of service to the Fellowship of Cocaine Anonymous. We discovered that the best way to serve God was to serve our fellow humans, and we found humility in the process. Our self-centered behavior was gradually replaced with the "attitude of service." We learned that service is about gratitude and learning how to contribute to our lives and the lives of others.

### Why Be of Service?

- To give back what was so freely given to us;
- To take on a commitment as a symbolic way of making amends;
- To meet other recovering addicts;
- To learn how to be part of a team;
- To learn humility by doing something selfless for someone else;
- To learn skills or teach others what we know;
- To learn responsibility.

### From The CA pamphlet "Tools Of Recovery" SERVICE

One of the keys to successful recovery is getting involved. Begin by taking on tasks and keeping commitments at meetings—make coffee; help clean up; put away chairs. Help yourself by helping others.

*Remember, time spent working on a commitment is time not spent getting loaded.*

## SERVICE IS ACTION

Cocaine Anonymous is a fellowship of men and women who share their experience strength and hope with each other, that we may solve a common problem and help others to recover from addiction. The only requirement for C.A. membership is a desire to stop using cocaine and all other mind altering substances. There are no dues or fees for membership we are fully self supporting through our own contributions and are not allied with any sect, politics, organization, or institution and we neither endorse nor oppose any causes. Our primary purpose is to stay clean from cocaine and all mind altering substances and help others to achieve that same freedom.

(OVER)

### C.A. Events

2018 Fall Retreat  
Sanity Will Return  
Sept 28th - 30th 2018

2018 Midwest Regional  
Recover Is Worth The Fight  
Oct 26th - 28th 2018  
Early bird ends Oct 1st

2019 Area Convention  
More Info soon!



## OPEN AREA SERVICE POSITIONS

Wisconsin Area Chair: **OPEN POSITION**  
Wisconsin Area Co-Chair: **OPEN POSITION**

Public Information Committee:  
Chair: **OPEN POSITION**

Hospitals & Institutions Committee:  
Chair: **OPEN POSITION**  
Co-Chair: **OPEN POSITION**

Delegate Committee:  
Delegate: **OPEN POSITION**

Chips & Literature Committee:  
Co-Chair: **OPEN POSITION**

Special Events Committee:  
Chair: **OPEN POSITION**

Unity Committee:  
Chair: **OPEN POSITION**  
Co-Chair: **OPEN POSITION**

Finance Committee: **OPEN POSITION**

### Service Work - A Members Story

In my early recover I viewed those that ran the meetings as someone to avoid for fear that I would be asked to help with something. The thought of being asked to read, handout key chips, help setup the meeting, make coffee, help clean-up the meeting or even greet people at the door invoked great amounts and fear and anxiety. I did not want to make a commitment to be at a meeting the following week because I wasn't sure I would be sober in a week. I was of course, volunteered and whined, 'I don't want to do that!'. My sponsor reminded me that I needed to be willing to do anything to stay sober. I carried anger, fear and resentment with me until the next meeting, where I showed up and did what was asked. Despite the fear and lack of understanding I held regarding service work, it did not take long for me to realize that the service commitment had kept me sober for another week. I had changed my behavior ever so slightly, I had been responsible and followed through on something even though I did NOT want to do it. People were relying on me for the first time in a long time.

I missed family events and numerous other things I 'wanted' to do to fill my commitments. Through it all I have managed to stay clean. Each time I do something for someone else I change my true nature of selfishness into selflessness. I am unable to think about me while helping someone else.

Someone was there when I walked into the rooms and now need to be there for the next person. I have learned that everything I have is only a result of working this program. It was given to me by many people that I will never forget and now I give it back to others. I am often reminded of what Dr. Bob wrote in his story. (A.A. Big Book – The Doctor's Nightmare)

*I spend a great deal of time passing on what I learned to others who want and need it badly. I do it for four reasons:*

- 1. Sense of duty*
- 2. It is a pleasure*
- 3. Because in so doing I am paying my debt to the man who took time to pass it on to me.*
- 4. Because every time I do it I take out a little more insurance for myself against a possible slip.*

I need to continue to give back to this fellowship to ensure that the next person that needs help has a place to go. Service work is not always easy, there will always be a need for more help. My gratitude for this very special gift can only be repaid by giving back to the fellowship. I pray that anyone who is reading this will take a few minutes to reflect on how truly special this fellowship is and the impact it has had on their lives. Maybe, just maybe you can give a small amount of time to save someone's life.

Jill E.