Cocaine Anonymous of Wisconsin Area, Inc. 414.445-LIFE (5433) cawisconsin.org

NOVEMBER

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BI-MONTHLY NEWSLETTER ISSUE #27

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NOVEMBER DECEMBER 2009

Please submit to the CA Spirit! 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 e-mail Sage, the C.A. Spirit editor: insidious_insanity@yahoo.com or send to: C.A. SPIRIT 9203 W. Blue Mound Rd. Suite A Milwaukee, WI 53226

> Submission Deadline for next issue: December 11, 2009

Be sure to visit cawisconsin.org

for updated event and meeting listings, CA literature, and much more!



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"In the spirit of Tradition 6: We are not allied with any sect denomination, politics, organization or institution". WSC Approved August 2009

Seasons Greetings

Dear Addict, _{Does} it do much good to do H & I work? *Dear Anonymous,*



``H & I helps me to remember where I came from. It also allows me to watch the miracle of recovery change others and in doing so, it allows me to change myself. There are no words that can describe the feeling inside when someone I first met at an H & I panel gets his/her first year token."

"Being a recovering addict, the most dangerous thing for me is to forget that I am an addict or to think that I can use successfully, but that is exactly what my addiction tries to get me to believe. Whenever I go into a detox meeting, I am always reminded of the simple truth of addiction and its consequences. This helps me to stay sober and to be grateful for my recovery. It was passed through this method to me, and I feel blessed to be able to carry on the tradition." —*Cocaine Anonymous Literature: A New High From H & I*

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



Calendar of Upcoming Cocaine Anonymous Events



Pancake Around the World for CAWS 2010 Convention

Date: November 7, 2009

Location: Pass It On Club 6229 W. Forest Home Ave.

Schedule:

8:00 Coffee and Socialize8:30 Breakfast9:30 Readings and 10 minute speaker10:00 Main Spiritual Speaker11:00 Hugs and prayer

Menu:

Coffee Pancakes Sausage Eggs Toast Orange juice



Cost: \$10.00 per Adult \$5.00 per child 12 and under \$5.00 per halfway house member (No one will be turned away because of cost)

14th Annual CA of Wisconsin Area Convention



The Hope, Faith & Courage Experience

Date: February 5–7, 2010 Location: Country Springs Hotel, Water Park, Conference Center Waukesha, WI Registration forms are available on-line at cawisconsin.org and at all meetings!

The convention planning committee meets the 2nd Sunday of every month and the central office. Make a difference, get involved!

REGISTER EARLY! TAKE ADVANTAGE OF THE SPECIAL CONVENTION PACKAGE PRICE!

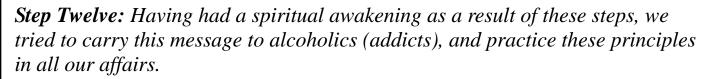
Event flyers &/or Registration forms have more information and are available at all C.A. meetings or on our web page: cawisconsin.org

Step Eleven: Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.

I must admit that I do not practice prayer and meditation as often as I feel I should. I find myself saying the Serenity Prayer or just saying a quick Thank You or Please Help Me throughout my day. I do try to stay in a constant contact with God, but actually sitting down and praying or meditating never seems to happen, so far anyway.

One of the many gifts I've learned in the program is that God's will for me and my will are totally different. This step has me pray for the knowledge of His will and the power to carry that out. First, I have to gain the knowledge of what God's will for me is and then actually follow through with it. Well, at least I know what His will for me is NOT. God does not want me to poison myself with drugs! God wants me to be healthy and happy so that I may be of service to other people. This may look different from one day to the next, but I just keep trying to do the next right thing!

—Anonymous



Sometime in the beginning part of working my steps, I realized that I had not thought about using for a while. Wow, the obsession had been lifted!

During the middle parts of my steps I discovered all sorts of my character defects. I also learned that there were better ways to handle certain situations than what I had been doing. I got a new perspective on what is appropriate behavior and what is not so appropriate behavior. I received a nice dose of humility! Moving on through the steps, I got the chance to apologize for my actions. Now I do a daily inventory so my list does not take up an entire notebook ever again! I maintain contact with my higher power and I practice these principles, to the best of my ability, in all of my affairs.

When I first came to CA, I was empty inside. There was no life left. I was spiritually bankrupt! I had completely lost contact with myself and any higher power. Through working the steps, I slowly re-built a relationship with myself and found my higher power. This awakening did not happen suddenly for me, but gradually over time.

Step Twelve *promises* a spiritual awaking as a result of *working* the steps. It does not specify how, it just says it will happen. You also actually must do all of the steps, and continue to do them! We then must share these steps with other addicts. That is why we are here!

I arrived at CA's doorstep spiritually dead. Working the steps awakened me! —Anonymous

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

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