



C.A. SPIRIT

COCAINE ANONYMOUS OF WISCONSIN AREA, INC.

C.A. SPIRIT, ISSUE 28

SEPTEMBER 2003

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NINTH STEP

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

I have recently been reminded that everything in my life is either a lesson or a blessing. I hold on to that thought when looking at my 9th Step and I can see the lessons that I've learned. It states in the 12 & 12 that, good judgment, a careful sense of timing, courage, and prudence, are qualities needed to take this Step. So true.

In my first attempt at making amends (30 days clean) I remember choosing someone that I had stolen from. I told her that I was sorry and then I went on to justify my actions with a lengthy explanation filled with excuses. A lesson

learned.

Could this failed attempt at trying to make a sincere, genuine amends have anything to do with *not* having worked Steps 2 through 8? Yes! Lesson... I need to work the Steps in order for the outcomes to be of any significance. Another thing I learned in this failed attempt was to look at my motives, which at that time were to get sympathy. (Not the intention of Step 9.)

As I worked through the Steps eventually, I found at times that some people, places or things were no longer available to me. Like when it came to making

amends to my Mom I had to go to the cemetery to make them. There have also been some financial amends (not to old dealers) that I have not been able to make directly. So today I give to various organizations; monetary as well as time.

Making amends is so much more than just saying, "I'm sorry." Many times in active addiction and in recovery I have said I am sorry and continued with the same behavior. This 9th Step is about CHANGE and ACTION. It is about living a new life, learning to make healthier choices and allowing God to direct my actions.

Live and
Let Live

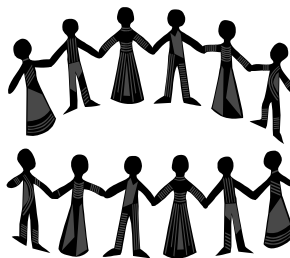
"A Spiritual Journey"

Fall Retreat

Oct. 17—19, 2003

Green Lake, WI

C.A.W.A. Retreat Committee



Registration due A.S.A.P.
Cost \$95.00

Registration Forms should be
available at C.A. meetings

Contact Retreat Chairs:

Scott W. 414-438-1548

Gary K. 414-332-0940

C.A. SPIRIT—is always looking for submissions! 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, or e-mail the editor at: xrebellion@wi.rr.com

Submission deadline: 2nd Tuesday of each month—6:30 PM, for the following month's publication.

Interested in putting together this newsletter? Please attend the Delegate Committee service meeting.

TRADITION NINE

C.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.

Cocaine Anonymous is not organized in the formal or political sense. There are no governing officers, no rules or regulations, no dues or fees.

However, the need for services to addicts throughout the world is very important to the Fellowship. Inquiries from both within and outside the Fellowship have to be answered.

The main service body of the Fellowship is C.A. World Services, which is centered at the World Service Office in Los Angeles, California.

The C.A. World service Conference, consisting of Delegates from C.A. Areas throughout the Fellowship, Trustees of C.A. Worlds Services, and World Service Office Directors and staff members, meet annually (2003 WSC, August 26-31), and provide a link between the Groups within the Fellowship and the Trustees who serve as custodians of C.A. Traditions and interpreters of policies affecting the Fellowship as a whole.

Formal organization is kept to a

minimum at the local level. The Group may have a limited number of "officers" whose responsibilities include, but are not limited to, arranging meetings, providing refreshments, handling the Group's budget, and maintaining contact with the local service organization, (Area Service Committee).

The principal of consistent rotation of responsibility is followed by all C.A. service positions.

-Taken from C.A. World Service Manual, p. 1.7

Annual C.A. of Wisconsin Area Anniversary September 6, 2003

Free, Food, Fun, Fellowship & Volleyball!

*Open Speaker Meeting
Everyone is Welcome.*

*Meat provided, Soda & Water sold.
Please bring a dish to pass.*

Special Events Committee needs help with
Set-up, Clean-up, Grill, Events Coordinator.
Groups are encouraged to donate...



Jackson Park Picnic Area #10
Off 43 Street & Cleveland
Milwaukee, WI 53215

Please contact: Cathy L.
414-430-0881
C.A.W.A. Special Events

IT'S IN THE BOOK

Ask A Member

The Big Book of Alcoholics Anonymous is the basic text of Cocaine Anonymous.

Q: Dear Member, I have been sober now for six months and working the steps. I made amends to my dad and he seemed to forgive me. I had this truck in his name when I was using and had stopped making payments, so he took it back. My dad still makes the payments, but he won't let me drive it or make payments on it. I don't understand, I have been doing so well and it doesn't seem to matter to him. I am tired of taking the bus. When will he trust me again?

-Anonymous

A: Dear Anonymous, Big Book, p. 82, "The alcoholic (addict) 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 that a man is unthinking when he says that sobriety is enough. He is like the farmer who came out of his cyclone cellar to find his home ruined. To his wife, he remarked, 'Don't see anything the matter here, Ma. Ain't it grand the wind stopped blowin'?' So, it may take more time with your dad to actually believe it all won't just fall apart again. Ask your Higher Power for patience.

Send your questions to: It's In The Book, Ask A Member, c/o C.A. SPIRIT, mail to C.A.W.A. Central Office or e-mail to the editor at: xrebellion@wi.rr.com

I was driving alone to a H & I panel a couple of years ago feeling quite down. I had been going to this panel for a while with others but was going alone that night. I had to talk myself into keeping that H & I commitment that night.

When I arrived there were five clients there. Four heroin addicts and an alcoholic. Repeatedly throughout the meeting the four addicts went into war stories about drugging and about how much fun they had while using. I tried all I could do to get the meeting focus back on recovery.

When the panel was over I walked down the hall towards the exit. The hallway seemed an extra long that night. I remember thinking that the panel meeting seemed like it was a waste of time. I asked my Higher Power what the point of

it all was that night, as I was sure that no one had gotten anything good out of it.

As I usually do after that panel meeting, I went downstairs to re-stack a literature rack with C.A. literature. They were having a meeting from another fellowship downstairs at that time, but they always let me fill the rack and leave. As I was filling the rack with literature and trying not to hear what was being shared a young girl came up to me and said, "remember me?" I looked up and saw this great big beautiful smile from ear to ear. She was bubbling with enthusiasm. Her eyes were bright and wide open and she was just pouring out with joy, hope and love. I said I remembered her, but really didn't. She said she met me two weeks ago upstairs. I then remembered a girl

who's face was drawn, eyes nearly shut, sick and feeling like she couldn't go on. She then went on to tell me about how her life was beginning to change and all the good things recently that were happening to her and about the sober living place where she was staying at.

As I drove home that night, tears rolled down my cheeks. I had asked my Higher Power during that long walk in the hallway, what was the point of it all that night. I sure received the answer. That night my Higher Power sure gave me just what I needed.

-Anonymous

*Carry the message
to the addict who still suffers.
Make a commitment to help, join the
Hospitals & Institutions Committee.*

Coming Soon... 15th C.A. Midwest Regional Convention "The Power of One Day"

Oct. 31st-Nov. 2nd, 2003. Oconomowoc, WI

If you haven't done so...Please Register today!

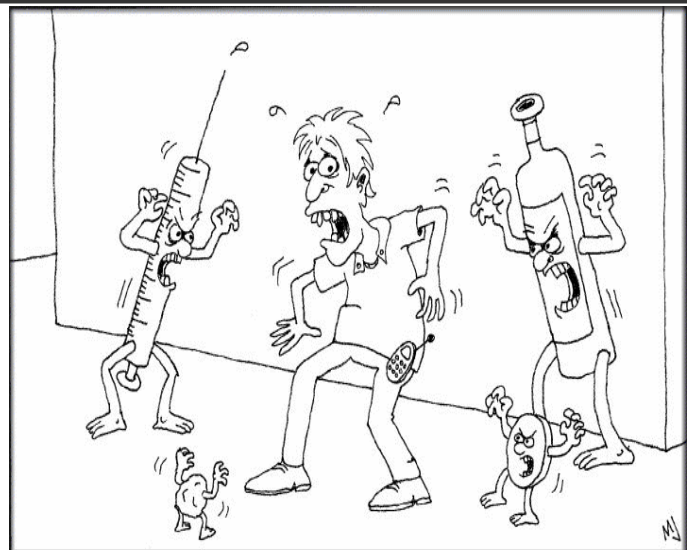
Olympia Resort & Conference Center

1350, Royale Mile Rd., Oconomowoc, WI, 53066,
800-558-9573

Humor Corner



*Have some a good recovery humor?
Send it in!*



**Fearing the worst, Bob reaches for his
cell phone to call his sponsor.**

C.A. SPIRIT, is a 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 recovery, unity, and service, 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 C.A. SPIRIT. The editors reserve the right to edit any submissions in 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 and ask for C.A. World Service Conference approved literature. C.A.W.A., 3060 N. 68th Street, Milwaukee, WI 53210, C.A. World Service Office web page: www.ca.org

SEPTEMBER 2003

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
	If you share your pain you cut it in half, if you don't you double it."					C.A. PICNIC
7	8	9	10	11	12	13
14	15	16	17	18	19	20
	You attract what you are, not what you want.					
21	22	23	24	25	26	27
28	29	30	My old "outlook" used to be "look out!"			

All 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.*

September 8th	7:00 PM	Public Information Committee / 2nd Monday
September 14th	5:00 PM	WI Area Convention Committee / 2nd Sunday
September 9th	6:30 PM	Delegate Committee / 2nd Tuesday
September 21st	5:00 PM	MW Regional Convention Committee / 3rd Sunday
September 16th	6:00 PM	Finance Committee / 3rd Tuesday
September 16th	6:00 PM	Special Events Committee / 3rd Tuesday
September 16th	7:00 PM	Area Service Committee / 3rd Tuesday
September 28th	12:00 PM	Hospitals & Institutions Committee / Last Sunday
Unity Committee / call Billy B. 414-771-8860		
Structures & Bylaws / call Peter J. 414-769-9550		

September Sobriety/Clean-Time Birthdays

Danny W.	September 4th	18 months
Lynn G.	September 11th	1 year
Susan S.	September 12th	11 years
Stacey E.	September 12th	1 year
Pete L.	September 12th	4 years
Steve M.	September 13th	11 years
Mark D.	September 19th	4 years
Jane O.	September 21st	7 years

Congratulations and Keep Coming Back!

C.A.W.A. Help Line: (414) 445-LIFE (5433)

Wisconsin Area web site:
<http://my.execpc.com/~cocaine/>

World Service web site: www.ca.org

Message Board

Annual C.A. of Wisconsin Area Anniversary Picnic, September 6, 2003, Jackson Park Picnic Area # 10, Milwaukee, 12:00 PM until ?, Special Events Committee needs help coordinating Picnic, See page 3. Contact: Cathy L. 414-430-0881.

C.A. Fall Retreat, "A Spiritual Journey", October 17-19, 2003, Green Lake Conference Center, W2511 Hwy 23, Green Lake, WI 54941. Cost for the entire weekend retreat is \$95.00, due A.S.A.P. Look for Registration form at your home group. Retreat Chairs: Scott W. 414-438-1548, Gary K. 414-332-0940.

8th Annual C.A. of Wisconsin Area Convention "Let Go", February 2004, Planning committee meets at Central Office, 2nd Sunday at 5:00 PM. Looking for Art work for this year's theme: "Let Go", is due at the July planning meeting. Service commitments and help is still needed. All members are encouraged to be of service. Contact Chair: Gregg B. 414-899-8031.

15th C.A. Midwest Regional Convention Planning Committee, "The Power of One Day", Oct. 31st-Nov. 2nd, 2003, PLEASE REGISTER TODAY! Olympia Resort & Conference Center, 1350, Royale Mile Rd., Oconomowoc, WI, 53066, 800-558-9573, CA room rate (Double) \$95.00. Contact Tony D. (414-332-4249) or Michael K. (414-545-0372) Convention Co-Chair, 262-853-6730. Your service is needed on all subcommittees. MW Regional Convention Planning Committee meet: 3rd Sunday every month. 5:00 PM.

20th Cocaine Anonymous World Service Convention, "Spotlight on Recovery", May 27th-31st, 2004, Hilton Los Angeles/Universal City, 555 Universal Hollywood Drive, Universal City, CA, 91608, (818-506-2500), \$149.00 King or Double Bed, Please ask for the CAWS 2004 room rate when making your reservations. Additional \$35.00 room fee for more than two guest, except for persons 18 or under. Contact Ralph W.-Outreach Chair at: ralphawhite@yahoo.com or the CAWS 2004 web site for more information: www.caaws2004.org

-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: xrebellion@wi.rr.com