

MARCH APRIL 2006 C.A. Spirit

COCAINE ANONYMOUS OF WISCONSIN AREA, INC.

414.445-LIFE (5433) CAWISCONSIN.ORG

BI-MONTHLY NEWSLETTER ISSUE 8

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

Trusting The Process ...

Trust can be a scary thing. The only thing I trusted when I came into the door of CA was myself. At time I was crumbling in fear and self loathing. I also trusted my drugs.

So if you'd told me then I had to trust in a process of recovery I would've walked back out of those same doors. But no one told me to trust in the process.

What they said was go to meetings, listen and give it a chance. Because I had nowhere else to go I did.

What I heard touched my soul—I heard other men and women telling my story.

They talked about how they felt about life and they shared their hope. I didn't trust the people, but I did trust what they were saying because they spoke the truth.

They shared with me and wanted nothing from me in return and by doing that I began to trust them.

They loved me though they didn't even know me. It was an amazing thing because I was sure that it wouldn't work for me. But it did.

I understand now that they shared with me because they trusted in the Spirit. This Spirit guided them and they needed to tell me so they could be free.



Today I'm saved through that same Spirit and I give away that hope and experience. I now trust fully in the power of His Spirit that first came to me through the men and women of CA.

- Dave Sa.
(End of the Line)



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*Serenity is not the absence of conflict,
but the ability to cope with it.*

*Unity, Love
&
Service*

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. phone: 414-315-0287 e-mail: angeldance@wi.rr.com

Dear Addict,

Dear Addict,

I feel so miserable and unhappy. I think I've always felt that way. My sponsor tells me that things will make more sense as I work the Steps. He said it is a good time to start my 4th Step. How can this help?

Anonymous

Dear Anonymous,

The Twelve Step and Twelve Tradition addresses this on pg. 43. "We want to find exactly how, when, and where our natural desires have warped us. We wish to look squarely at the unhappiness this has caused others and ourselves. By discovering what are emotional deformities are, we can move toward their correction."

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*.

Illinois Area Unity Convention

"Through C.A. We Found A Way"

February 24, 25, 26, 2006

Crowne -Plaza, Chicago – O'Hare * Room rate \$99
5440 North River Road
Rosemont, IL 60018

847-671-6350

www.illinoisca.org

Convention Chair

Renee R. 847-809-0547

Registration Chair

Gregg G. 630-709-9428

*Road Trip...**Illinois Area Unity Convention Here we come!*

C.A. Spring Retreat

"Honesty, Open-mindedness & Willingness"

April 7 - 9, 2006

Contact: Gregg B.
414-899-8031

Retreat
Committee Chair



Timber-Lee
East Troy, WI

\$95.00 due ASAP - Limited Spots

Celebrate Around the World

Saturday March 18 2005

Serenity Club 3677 E. Pulaski Ave. Cudahy, WI 53110

Speaker Meeting 7:30 pm



Dance to follow
Adults \$6.00
H&I /Kids \$3.00

Contacts:

Ann M. 414-315-0287

Tom W. 414-389-1750

Ron L. 414-899-1846

- Silent Auction
- 50/50
- Afghan
- Opportunity Drawing

22nd Annual World Service Convention

Global
Awakening

May 25- 29, 2006

Hilton-Americas - Houston
1600 Lamas
Houston, Texas 77010
1-800-236-2905



CAWS Registration Chair:
Walter J. 713-553-5811
registration@cawsconvention.org

Day by day, I am okay.
Hour by hour, I become empowered.
Minute by minute, I am sticking with it.
Second by second, I will not be beckoned.

-Diana R.



17th Annual Sunday Night Strength Group's Anniversary Spaghetti Dinner Meeting

Theme: *"The Courage To Change"*

5:00 PM—Midnight

Open Speak'n, Eat'n, Dance'n, Meet'n

Advance Tickets: \$8.00, At The Door: \$10.00

Saturday April 22, 2006

Immaculate Conception School Cafeteria
1051 E. Russell Ave.
Milwaukee, WI 53207

Committee Chair; Tracey C. 414-243-2553

Advance Tickets; Cary S. 414-430-1170

Step Three: Made a decision to turn our will and our lives over to the care of God as we understood Him.

Today, I have a different understanding of the 3rd Step. I now know the simplicity of what this step is asking. I didn't know this early on.

In the 2nd Step I was given hope. I was told that the group could be my Higher Power; which it had become.

In the 3rd Step the word *God* appeared. The remainder of the step disappeared. I heard only "turn my will and life over to God." The God that I grew up with was all I knew. He was a fearful, vengeful and a punishing God. There were many barriers to face here.

Because of my limited understanding of a loving, caring and forgiving God I was not able to trust.

I remember thinking 'my will, my life I can't do that what would be left of me? I would be empty. What would happen to me?'

Little did I know I needed to be empty so

God could work in my life.

I heard "Let go, let God" and so I did. I let go, let God and did nothing. Someone then explained that there was more to it than that. I had to do the footwork and then leave the results to God.



It still took me a long time to allow God into my life. One sentence in Alcoholics Anonymous Big Book pg. 56 says, "Who are you to say there is no God?" My walls began to crumble. It was time to let God in. I was then able to work the 3rd Step.

I had to take action. I had pray for willingness that this Step talks about. I had to make the decision to work this Step. This is when I learned that the main thing this

Step asks is that I simply work the remaining Steps so that my will can conform to God's will.

There are times when I backslide and want to plan my own life without God. These are the times where my life gets very chaotic and unmanageable. The cool thing is that at any time I can again pray for the willingness and I reconnect with God. These Steps work if I live them.

- Ann M.
(Sunday Night Strength)

3rd Step Prayer

"God, I offer myself to Thee—to build with me and to do with me as Thou wilt. Relieve me of the bondage of self, that I might better do Thy will. Take away my difficulties, that victory over them may bear witness to those I would help of Thy Power, Thy Love, and Thy Way of Life. May I do Thy will always!"

-Alcoholics Anonymous Big Book p.63

Step Four: Made a searching and fearless inventory of ourselves.

In the beginning, this step was the scariest of all. It meant that I actually had to write everything down. I had to take an inventory of everything about me. Everything I had done, felt or thought and why.

This was the very thing I was running away from. When I wrote it down, there it was. I had to own it.

I prayed and when I was done, this was also the step that freed me the most. Once I saw everything, I was able to look at it all clearly.

The 4th step broke things down into workable items for me to work on. Like not allowing fear to run my life or my selfishness.

I was able to see what I needed to change right away and what I needed to work on over time.

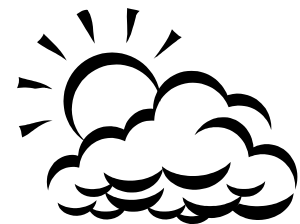
I wasn't this terrible person I had conceived myself I was. There was hope here. Yes, that's it. The 4th step offered me freedom and hope.

- Karmen K.
(End of the Line)



Cling to the thought that, in God's hands, the dark past is the greatest possession you have—the key to life and happiness for others. With it you can avert death and misery for them.

-Alcoholics Anonymous Big Book p.124



Truth is like the sun.
You can shut it out for a time,
but it's not going to go away.

MARCH 2006

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
<i>O.D.A.T. One Day At A Time</i>						
5	6	7	8	9	10	11
Midwest Regional Assembly						
12	13	14	15	16	17	18
Celebrate Around The World Event						
19	20	21	22	23	24	25
ASC Meeting						
26	27	28	29	30	31	
<i>Honesty isn't an event ... it's a process.</i>						

APRIL 2006

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
<i>Isolation is a darkroom for developing negatives.</i>						
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
ASC Meeting						
23	24	25	26	27	28	29
30						
<i>Attitudes are contagious. Is yours worth catching?</i>						

March & April Sobriety Clean Time Birthdays

Sharon S. 3/02/1991 15 years
 Jan S. 3/04/2002 4 years
 Jill E. 3/06/1992 14 years
 Mike K. 3/09/1987 19 years
 Audrey W. 3/07/2001 5 years



Todd R. 3/10/2003 3 years
 Tom H. 3/17/1991 15 years
 Robert D. 3/19/1996 10 year
 Kathy J. 4/02/1997 9 years
 Phil R. 4/05/2003 3 years

Area Service

5:00 PM	Area Convention Committee / 2nd Sunday
6:00 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
6:00 PM	H & I Committee / 3rd Tuesday
OPEN	Public Information Committee
OPEN	Structures & Bylaws
OPEN	Secretary

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: angeldance@wi.rr.com