

JANUARY  
FEBRUARY  
2005

# C.A. Spirit

COCAINE ANONYMOUS OF WISCONSIN AREA, INC.

414.445-LIFE (5433) CAWISCONSIN.ORG

BI-MONTHLY NEWSLETTER ISSUE 1

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

## Hope...

Hope was the last thing I lost prior to coming into these rooms. And *hope* was the first thing I found here in Cocaine Anonymous.



At my first CA meeting I met people just like me, except they were happy, joyous and free. When someone stood up to receive a sobriety recovery chip is when I started to get

a sense of hope for myself. I received the miracle of hope that recovery was possible even for an addict and alcoholic like me. So I kept coming back like they told me, hoping to receive the gifts that other CA members have received through sharing their experiences in working the Twelve Steps of recovery.

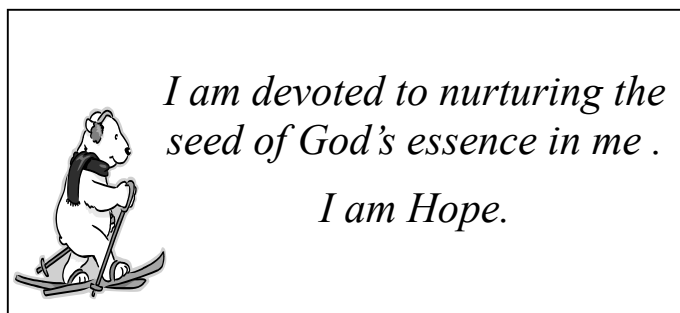
Since that time everything I have hoped for has come true. Even things I've never dreamt possible. Today my hope is to carry the message to the newcomer and give back what was so freely given to me.

-Todd R.



### Inside this issue:

Hope	1
Submitted by Todd R.	
Dear Addict	2
Annual Coke-A-Thon	2
9th Annual	2
C.A. WI Area Convention	
<i>Miracles Among Us</i>	
Illinois Area	2
Unity Convention	
<i>Sober and Alive in 2005</i>	
21st CAWS Convention	2
2005, Memphis, TN	
Step One	3
Submitted by Jan S.	
Step Two	3
Submitted by Jane O.	
Sobriety Birthdays	4
Area Service Calendar	4



We hope you enjoy the new look of the C.A. Spirit. The Delegate Committee will now be publishing Wisconsin Area's newsletter bi-monthly. But in order to keep it going we need your help with submissions! If you have any ideas or just want to be of service with any part of the newsletter just let us know. If your group or committee is planning an event let us know with plenty of time in order to publish your event in the newsletter.

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 Editors: Ann M. 414-315-0287 & Diane W. 414-915-8913

*Dear Addict,*



I just started a new job not too long ago. I haven't told anyone at work that I am a recovering addict. We're having a company holiday party at a restaurant with a cocktail lounge. I don't know what to do. Isn't that considered a wet place?

Please read pp. 100-102, of the Big Book: "Assuming we are spiritually fit, we can do all sorts of things alcoholics (addicts) are not supposed to do." "Go or stay away whichever seems best. But be sure you are on solid ground before you start and that your motive in going is thoroughly good." "But if you are shaky, you better work with another alcoholic (addict) instead."

The books of Alcoholics Anonymous, Twelve Steps and Twelve Traditions, Hope, Faith & Courage and C.A.



### Annual Holiday Coke-A-Thon

December 24—Noon through  
December 25— 6 PM  
&  
December 31—Noon through  
January 1, 2005—6 PM

*Holidays can be a little rough at times for many of our members, especially those new to recovery. The Coke-A-Thon is a safe place to gather and share our experience, strength, hope and love with each other.*

Central Office

Unity Committee Chair  
Rick D. 414-350-5146

### Illinois Area Unity Convention

*"Sober and Alive in 2005"*

**March 4, 5, 6, 2005**

Ramada Plaza Hotel      Room rate \$82 p/night  
6600 N. Mannheim Road      Early Registration is  
Rosemont, IL (847-827-5131)      before January 21, 2005.

Contacts: Convention Chair: Tim A.      630-759-4597  
Registration Chair: Sandy P.      224-305-0133

[www.illinoisca.org](http://www.illinoisca.org)



21st Annual World Service Convention

May 26— 30, 2005

Memphis Marriott Hotel  
250 N. Main Street  
Memphis, Tennessee 38103  
901-527-7300 or 888-557-8740

CAWS Registration Chair: Rickey J. 901-569-4572  
[registration@cawsconvention.org](mailto:registration@cawsconvention.org)



Radisson Milwaukee Hotel Airport  
6331 S. 13th Street  
Milwaukee, WI 53154

Come support C.A. of Wisconsin Area  
and Celebrate Recovery!  
Please register form the convention.

### Upcoming Events...

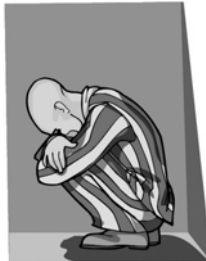
*Celebrate Around The World  
Spring Retreat*

*Unity: A Day of Love & Service*

***Step One: We admitted we powerless over cocaine and all other mind altering substances—that our lives had become unmanageable.***

I began to get an idea that I was powerless when I would find myself walking to the bus stop in front of the liquor store. Struggling back and forth from the liquor store door (without going in) and back to the bus stop over and over again. My mind would be running the whole time... "I don't want to drink tonight." "Well maybe just a couple." "No, I DON'T want to drink tonight." "Well maybe I'll just get a 12-pack and it'll last me until next week." "I DON'T WANT TO DRINK TONIGHT!" Back and forth,

round and round, until finally, I would just give up, pick up a 12-pack. Disappointed in myself once again and then be back the next day!



One of the things I heard when I first started coming to the rooms was that *I never had to pick up again*. What a relief it was to hear. Although

at the time I wasn't sure it was possible for me.

The program, the 12-steps of CA, seems to be full of contradictions, that nonetheless work. Perhaps the most important lesson I learned is that once I admitted and accepted that I am powerless, power began to be restored. The day I quit picking up was the day I started to regain power over what is rightfully mine (ME). Today I leave the rest (other people, places, things) to my Higher Power.

-Jan S.

***Step Two: Came to believe that a Power greater than ourselves could restore us to sanity.***

I found in Step One that I was the problem. I no longer had control over my life. With this being true I had to ask for help.

In Step Two I came to believe that something other than myself could help me.



This step suggests that I be open-minded to new ideas and new beliefs. I have learned that *there is a solution*.

At first, I believed that other members of the fellowship could help me learn a new way of life. All I knew was the insane thinking that brought me here. I began following new directions from guidance outside myself. When I came to believe that there was solution to the insanity (the twisted thinking) I became open-minded and my life started to get bet-

ter. My sanity started to be restored to a sound state of mind as I began to have a God conscious. If I forget about this God conscious I do believe the insane thinking would come right back.

In Step Two I have learned to believe in anything but my own thinking. Today the Power greater than myself is God.

-Jane O.

## JANUARY 2005

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<i>Don't entertain the thought.</i>					(31)	(1)
					Annual Coke-A-Thon	
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	31	<i>My worst day sober is better than my best day high.</i>				

## FEBRUARY 2005

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	(4)	(5)
Area Convention Begins...						
(6)	7	8	9	10	11	12
13	14	(15)	16	17	18	19
ASC Meeting						
20	21	22	23	24	25	26
27	28	<i>The reason I'm here is because I'm not all there.</i>				

### January & February

### Sobriety Clean Time Birthdays

Joe Z. 1-1-2002  
 Kevin M. 1-15-2001  
 Sue W. 1-18-1999  
 Frank M. 1-19-1992



Moises C. 2-2-2002  
 Larry A. 2-11-2000  
 Alford B. 2-17-2004

### Area Service

5:00 PM Area Convention Committee / 2nd Sunday  
 7:00 PM Public Information Committee / 2nd Monday  
 6:30 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  
 12:00 PM H & I Committee / Last Sunday  
 6:30 PM Structures & Bylaws Committee / 4th Tues.

Retreat Committee / Jane O. 414-364-1196, Central Office / Phil R. 414-916-3922  
 Vice Chair-Parliamentarian Position Open  
 Alternate Delegate Position Open

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](mailto:angeldance@wi.rr.com)