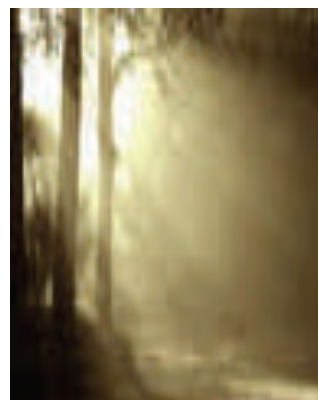


Faith...

When I begin to reflect on *faith*, I realized it was not a word I used to describe my life. The words used to describe my life were obsession, addiction, despair, insanity, ad infinitum. I really had with no will to live before coming to the fellowship of C.A.

I recall hearing at various meetings we had to learn how to listen. By listening I then started to believe I too could be helped to restore my sanity. Early on, in times when total insanity crept in I called upon my sponsor, the fellowship and meetings. These actions helped me through some tough times which has helped me grow into faith. After all, the Big Book states; "*faith without works is dead.*" As a result of listening I now have faith in a Power greater than myself to help guide me one day at a time. That Power is God and the Fellowship of Cocaine Anonymous..



Today, I faithfully attend C.A. meetings, functions and participate H&I panels sharing my experience, strength and hope. I no longer want to die, the program has given me back my will to live.

P.S. Thanks for the bonus days.

Manny S.
(Monday Night Tool Kit)



Faith has to work
twenty- four hours a
day in and through
us, or we perish.

-Alcoholics Anonymous p. 16



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Sober
Practical
Optimistic
Noble
Spiritual
Open-minded
Respectful

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,

Sometimes I get bored so I go to bars and just hang out. A friend told me it's a wet and dangerous place for me to be. But I'm not drinking or using.

Dear Anonymous,

So our rule is not to avoid a place where there is drinking (using), *if we have a legitimate reason for being there*. That includes bars, nightclubs, dances, receptions, weddings, even plain ordinary whoopee parties. To a person who has had experience with an alcoholic (addict), this may seem like tempting Providence, but it isn't.

You will note that we made an important qualification. Therefore, ask yourself on each occasion, "Have I any good social, business, or personal reason for going to this place? Or am I expecting to steal a little vicarious pleasure from the atmosphere of such places?" If you answer these questions satisfactorily, you need have no apprehension. Go or stay away, whichever seems best. But be sure you are on solid spiritual ground before you start and that your motive in going is thoroughly good. Do not think of what you will get out of the occasion. Think of what you will bring to it. But if you are shaky, you had better work with another alcoholic (addict) instead!

-Alcoholics Anonymous, Chapter 7, Working With Others, pp. 101-

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*.

Opportunities for •
GROWTH



Calendar of Upcoming Cocaine Anonymous Events

May 20, 2007 (5:00 PM)

12th Annual CAWA Convention Planning Meeting

C.A. Central Office

We're looking for "Theme & Artwork."

Contact: Chair Ann M. ☎ (414)315-0287

All C.A. members are encouraged to participate.

May 24 - 28, 2007

23rd CA World Service Convention

"Recovery in the Heartland"

Kansas City, MO. For more information: www.ca.org

Tuesday May 29, 2007 (7:30 PM)

Coke Busters—1st Annual Dinner-Open Meeting

Please bring a dish to pass

St. John's Lutheran Church Cafeteria

5500 W. Greenfield Ave.

West Allis, WI 53214

Contact: Keith M.

☎ (414) 384 - 2000, X 48716

Saturday June 2, 2007 (6:30 PM)

Let's Stay Together—Spring Open Speaker Meeting

Please bring a dish to pass

St. Peter and Paul School Cafeteria

2480 N. Cramer (ring door bell)

Saturday June 9, 2007 (5:30 PM)

Sunday Night Strength Candlelight Meeting

"Open Speak'n Eat'n Danc'n Meet'n Spaghetti Dinner"

Immaculate Conception School Cafeteria

1051 E. Russell Ave.

Milwaukee WI 53207

Advance Tickets Only \$8.00: Rick D. ☎ (414) 350-5146

October 26-28, 2007

C.A. Midwest Regional Convention

"CA ... My Fellowship"

Westin Hotel

400 Park Blvd., Itasca, Illinois 60143

(630) 773-4000 \$94.00 per night

Registration Chair: Gregg G. ☎ (630) 709-9428

ice1058@comcast.net

Step Five: Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

I have worked Step 5 three times in my recovery so far. I'm currently working on another Step 4 so I'm about to do my fourth 5th Step. My experience with Step 5 is that it's very cleansing and allows one to gain more freedom. By freedom, I mean that once I share my Fourth Step with someone and let my secrets out, I can then begin to let these things go instead of letting them control my life.



One thing that I feel is very important in working the Fifth Step is choosing someone trustworthy. I need to be able to share everything without fear that my anonymity can be broken or feeling that I will be judged. I've always done my Fifth Step with my sponsors. However, I think that doing it with anyone (like clergy, friend, relative or whomever) is fine, as long as you trust them and do it. Remember, not only are we sharing it with someone else, we are also sharing it with God.

Lorri S.
(Let's Stay Together)

Provided you hold back nothing, your sense of relief will mount from minute to minute. The damned-up emotions of years break out of their confinement, and miraculously vanish as soon as they are exposed. As the pain subsides, a healing tranquility takes its place. And when humility and serenity are so combined, something else of great moment is apt to occur. Many an A.A. (C.A.), once agnostic or atheistic, tells us that it was during the stage of Step Five that he first actually felt the presence of God. And even those who had faith already often become conscious of God as they never were before.

-Twelve Steps and Twelve Traditions, p.62

Step Six: Were entirely ready to have God remove all these defects of character.

As with myself and many fellow addicts I know struggle to allow our Higher Power to take control at times. I love the control I have with my actions since I got clean and sober. But as we all know it is our own thinking that got us here. Ego, self-righteousness and honesty are the three character defects I deal with on a daily basis. And by what I said in the prior sentence, yes it is all between my ears. Alcohol or drugs have nothing to do with those actions, it's all me baby!!!! So how do I deal with them?

Well I would like to tell you that through continuous sobriety I have learned to get down on my knees or take a moment to myself as these defects arise. Although that has happened in my years of sobriety more times than not, I will allow my defects to control me for the moment, sometimes acting out on them

and sometimes saying the serenity prayer and actually doing the serenity prayer. When I do that I get clear thoughts and that is when I am entirely ready. At times it comes very easy for me and other times I struggle. So that tells me there is more work to do.

Quin B.
(Razor's Edge)

If we ask, God will certainly forgive our derelictions. But in no case does He render us white as snow and keep us that way without our cooperation. That is something we are supposed to be willing to work toward ourselves. He asks only that we try as best we know how to make progress in the building of character.

-Twelve and Twelve, p. 65.



MAY 2007

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
<i>We cannot direct the wind,, but we can adjust our sails.</i>						
6	7	8	9	10	11	12
13	14	15	16	17	18	19
ASC Meeting						
20	21	22	23	24	25	26
Convention Planning	2007 C.A. World Convention, Kansas City, MO					
27	28	29	30	31		
<i>The joy is in the journey, so enjoy the ride.</i>						

JUNE 2007

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
<i>The Three "M's" -- Meeting Makers Make it.</i>						
3	4	5	6	7	8	9
10	11	12	13	14	15	16
Convention Planning						
17	18	19	20	21	22	23
ASC Meeting						
24	25	26	27	28	29	30
<i>K I S S = Keeping It Simple, Surrender.</i>						

May & June Sobriety Clean Time Birthdays

Tony D. 5/4/96 11 years
 Heather D. 5/6/06 1 year
 Mike W. 5/15/03 3 years
 Tracy D. 5/18/06 1 year
 Jeanna W. 5/27/93 14 years



Brigid R. 6/1/90 17 years
 Ann M. 6/5/91 16 years
 Paul D. 6/10/04 3 years
 Debbie A. 6/20/05 2 year
 Greg C. 6/22/96 11 years
 Danny N. 6/25/96 14 years

Area Service

5:00 PM Area Convention Committee / 2nd Sunday
 6:00 PM G.S.R. Orientation Meeting / 3rd Tuesday
 6:00 PM Special Events 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
 6:00 PM Public Information Committee / 3rd Tuesday
 6:00 PM Unity Committee / 3rd Tuesday
 12:00 PM Structures & By-laws / 3rd Saturday
 OPEN Service Position / Treasurer Committee
 OPEN Service Position / Finance Committee
 OPEN Service Positions / 1 Delegate & 3 Alternate Delegates

* Delegate Committee; Call for meeting time & location.

Ann M. 414-315-0287 or Niki D. 414-405-5067

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