

JULY
AUGUST
2005

C.A. Spirit

COCAINE ANONYMOUS OF WISCONSIN AREA, INC.

414.445-LIFE (5433) CAWISCONSIN.ORG

BI-MONTHLY NEWSLETTER ISSUE 4

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

Humility ...

For a dope fiend like me, the quality of humility I would need was not easily achieved at my beginning. Most of my life I ran on self-will. I lived my life for no one else but me. This I discovered in my 4th Step inventory. The bottom line is that I existed on false pride, never truly asked anyone, including God, for true help until I shuffled into the rooms of C.A.

One of my earliest lessons in humility was the realization that I simply could not stay clean all on my own. I simply did not have the knowledge or the power to stay clean. Here I found people who had the spiritual solution for change and for living a purposeful life. And the solution begins with the first word in the First Step, "We."

Another phase of humility I practice and love is one of true freedom from self. It is the willingness to always seek and do God's will. The best way for me to describe it is in a quote found on page 77 of the

Big Book; "Our real purpose is to fit ourselves to be of maximum service to God and the people about us."



These are some of the lessons from my experience thus far... to place humility first, to continue to be part of, and give back. And most importantly to always ask for God's help. It works, this I know because God continues to smile on me and my friends around me. I still can fall short sometimes. God knows I'm not perfect. Humility certainly has been one of the most valuable spiritual gifts in my 12 Step journey and in my entire life.

-Rick D.
(A Vision For You)



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Belief in the power of God, plus enough willingness, honesty and humility to establish and maintain the new order of things, were essential requirements.

Alcoholics Anonymous, p. 13

*Let
It
Begin
With
Me*

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,

Lately, I have been having trouble praying. I used to pray every night before I go to sleep. I don't know what is wrong or why I have such a hard time praying.

All of us, without exception, pass through times when we can only pray with the greatest exertion of will. Occasionally we go even further than this. We are seized with a rebellion so sickening that we simply won't pray. When these things happen we should not think too ill of ourselves. We should simply resume prayer as soon as we can, doing what we know to be good for us.

-Twelve Steps and Twelve Traditions, p. 105

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*.

Let's Stay Together Group's

Semi-Annual Open Speaker Meeting and Dinner

Saturday July 23, 2005 6:30 pm

St. Peter & Paul School Basement
2480 N. Cramer (Ring bell)
Milwaukee WI 53212



Inner Peace Group's

Open Speaker Meeting & Cook-Out

Friday August 12, 2005 5:30 pm



Exodus House
1421 Found Du Lac Avenue
Kewaskum, WI 53240

Ladies of C.A. 4th Annual Conference "Women Bonding In Unity"

**Road Trip to... Akron, Ohio
July 22, 23, & 24, 2005**



Limited spots available.
Transportation cost to hold your spot is \$55.00,
(non-refundable.) Deadline June 25, 2005.
Not included is shared hotel room cost, etc.

Women interested in going on this road trip, please
contact Ann M. (414) 315-0287, A.S.A.P.

4th of July



Unity Picnic

11:00 am until dark...
*Join us for... Fun, Food,
Fellowship & Fireworks!*

Humboldt Park
Picnic Area #2
3000 S. Howell Ave
Milwaukee, WI 53207

Meeting at 1:00 pm

A safe sober place for members to fellowship
through the Independence Day Holiday.

Groups and individuals willing to donate
picnic items or to be of service..

Contact Unity Committee Chair: Rick D.
414-350-5146 xrebellion@wi.rr.com

17th Annual Cocaine Anonymous Midwest Regional Convention "To The Newcomer"

October 28, 29, & 30, 2005

Holiday Inn Convention Room Rate \$62.00
5513 Milan Road Early Bird Registration by 06/28/05
Sandusky, Ohio 44870 Contact: Debbie D. 330-374-3777
419-626-6671 www.caohio.org

See Ann M. for \$2 Opportunity Drawing Tickets for
Convention Registration Package, including Hotel Room!
414-315-0287



Upcoming Area or Group Events...

Special Events Committee: C.A. of Wisconsin Area Anniversary Picnic

Unity Committee: A Day of Love & Service, Saturday November 26, 2005

Step Seven: Humbly asked Him to remove our shortcomings.

When I came to work on the 7th Step I had to break it down. First, I asked myself what being humble meant? To me the word humble means teachable.

Secondly, I had to ask myself what a shortcoming was? I found that for me a shortcoming means the same as a character defect. So when I put the two together I ask God to teach me, on a day to day basis, to live without acting on my defects.

I know that I am an addict and will fall short when it comes to working on removing my defects. But I am comforted at the thought that I can always ask God to help me remove them. This also reminds me that I can start my day over at any time when I do fall short.



Today, I don't have bad days anymore, only bad moments. I came to this conclusion with the help of my sponsor and the people in this fellowship.

- Kara B.
(A Vision For You)

The Seventh Step is where we make the change in our attitude which permits us, with humility as our guide, to move out from ourselves toward others and toward God.

-Twelve Steps and
Twelve Traditions, p.76

Step Eight: Made a list of all those we've harmed and became willing to make amends to them all.

Unlike the other steps, when I initially sat down to work Step 8, it really seemed overwhelming to me.

Even before my heavy using days, I believed that I must have disappointed many people over my lifetime. I thought that my list would be incredibly long and that I would have to recall all those past incidents that I had been long forgotten. It just didn't sound like a fun way to spend time.

I realized that there were two purposes for Step 8. First, and most obvious, was to prepare my list as the basis of my Step 9, "amends to others." Secondly, it was a way for me to see my Step 4 "character defects," in action and my real life effects on others rather than simply talking about char-

acter defects on some abstract inventory list.



Seeing the actual effects on those around me had a greater impact on me and allowed myself to better understand how I had used the defects (or the defects had used me) in the past. I am now better able to conform my

conduct to allow my Higher Power to guide me. This freed me from living my life in the shadow of my character defects even if they are still present within me.

-Gordy B.
(First Things First)

Remember it was agreed at the beginning we go to any lengths for victory over alcohol (drugs.)

-Alcoholics Anonymous, p.77

JULY 2005

JULY 2003						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
God can only do for me what He can do through me.						
3	4	5	6	7	8	9
Unity Picnic						
10	11	12	13	14	15	16
17	18	19	20	21	22	23
ASC Meeting				Let's Stay Together, Event		
24	25	26	27	28	29	30
31						
S T E P S = Solutions To Every Problem in Sobriety.						

AUGUST 2005

AUGUST 2005						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
P R I D E = Personal Recovery Involves Deflating Ego.						
7	8	9	10	11	12	13
Inner Peace, Event						
14	15	16	17	18	19	20
ASC Meeting						
21	22	23	24	25	26	27
28	29	30	31			
WSC Begins... August 30th, - September 4th, 2005, Los Angeles,						

July & August Sobriety Clean Time Birthdays

Gloria Z. 7/5/98 7 years
 Kathy H. 7/6/03 2 years
 Tom H. 7/6/03 2 years
 Morgan J. 7/8/99 6 years
 Ken D. 7/28/83 22 years



Sheri J. 8/14/88 17 years
 Mark K. 8/17/02 3 years
 Chrissy H. 8/23/04 1 year
 Gregg B. 8/26/99 6 years
 Sally J. 8/27/02 3 years

Area Service

5:00 PM Area Convention Committee / 2nd Sunday
 6:00 PM Delegate Committee / 2nd Wednesday
 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
 Central Office, Phil R. 414-916-3922



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.*

Public Information Committee, 6:00 PM, 2nd Monday
 Milwaukee Psychiatric Hospital Cafeteria, 1220 W. Dewey Ave. Wauwatosa, WI 53226
See your group's G.S.R. for information regarding Area service opportunities.

-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