



# C.A. SPIRIT

COCAINE ANONYMOUS OF WISCONSIN AREA, INC.

C.A. SPIRIT, ISSUE 29

OCTOBER 2003

HELP LINE 414-445-LIFE (5433) <http://my.execpc.com/~cocaine/>

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Embrace  
The Journey

## TENTH STEP

Continued to take personal inventory and when we were wrong promptly admitted it.

I loved the freedom I experienced after I completed my Fourth and Fifth Step. It was like all of that baggage I had been carrying around had been lifted. Thanks to the Tenth Step that baggage does not have to build up again.

It was suggested to me that each night before I go to bed that I review my day. As I take my personal inventory of that day, I

identify the character defects had I acted on, and make any apologies necessary. It is better when I do this because then I



really do not have to worry about seeing somebody I owe an amends to, I've already made it.

The Tenth Step also gives me direction on ways to improve and grow in my program. As it says in the Big Book, "We have now entered the world of the Spirit." To me, that is what the Tenth Step is all about.

-Anonymous

This thought brings us to *Step Ten*, which suggests we continue to take personal inventory and continue to set right any new mistakes as we go along. We vigorously commenced this way of living as we cleaned up the past. We have entered the world of the Spirit. Our next function is to grow in understanding and effectiveness. This is not an overnight matter. It should continue for our lifetime. Continue to watch for selfishness, dishonesty, resentment, and fear. When these crop up, we ask God at once to remove them. We discuss them with someone immediately and make amends quickly if we have harmed anyone. Then we resolutely turn our thoughts to someone we can help. Love and tolerance of others is our code.

-Big Book, p. 84

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](mailto: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 TEN

Cocaine Anonymous has no opinion on outside issues; hence the C.A. name ought never be drawn into public controversy.

By not expressing opinions on "outside issues," 12 Step groups hope to avoid controversy, both publicly and within the fellowship itself. This policy also helps members keep the focus on their common purpose.

If CA "officially" held opinions on various issues outside the program that could serve to alienate members who disagreed.

Tradition 10 applies to the group

and C.A. as a whole. I also believe it is important for individual members as well. Sometimes "opinions" or treatment center jargon get passed off as the 12 Step solution and the true C.A. message gets diluted. Or when we attempt to be untrained Medical Doctors dealing with other members health and medication issues. These sorts of opinions can get passed on to newcomers like impor-

tant parts of the program when in fact they are outside issues. I feel that it is important for me to keep Tradition 10 in mind when I share in meetings. The man or woman with the least knowledge of what this program is about is after all, the most important person in the room.

-Anonymous

### *Fall Retreat "A Spiritual Journey"*

Oct. 17—19, 2003 Green Lake, WI

Registration due A.S.A.P.

Cost \$95.00

Contact Retreat Chairs:

Scott W. 414-438-1548

Gary K. 414-332-0940

CAWA Retreat Committee

### *C.A. Midwest Regional Pre-Convention Fundraiser*



Saturday October 4, 2003

7:00 PM Speaker Meeting

Mike K.-Milwaukee

DJ-Dance to Follow

\$5.00/\$3.00.

Serenity Club » 3677 E. Pulaski Avenue  
Cudahy, WI, 53110

CAWA Regional Convention Committee

#### 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 clean and sober for a few years and I have worked all 12 Steps with a sponsor and have a Higher Power I depend on. Every now and then, I think that I can drink or use without losing control, like some people I know. Is this normal thinking for an addict?

-Anonymous

**A:** Dear Anonymous, Big Book, p. 30, "The idea that somehow, someday he will control and enjoy his drinking is the great obsession of every abnormal drinker. The persistence of this illusion is astonishing. Many pursue it into the gates of insanity or death. We learned that we had to fully concede to our innermost selves that we were alcoholics (addicts). This is the first step in recovery. The delusion that we are like other people, or presently may be, has to be smashed. We alcoholics are men and women who have lost the ability to control our drinking. We know that no real alcoholic (addict) *ever* recovers control." "We are convinced to a man that alcoholics (addicts) of our type are in the grip of a progressive illness. Over any considerable period we get worse, never better."

*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*

## In Loving Service ...

My fourth and final World Service Conference was a full and exciting one. We worked long hours, slept very little, and accomplished a lot. When I look back at the last four conferences, it sure has been a journey! My first conference was filled with fear and anxiety, to my fourth, filled with confidence and purpose.

I want to first thank my fellow Delegates and the Delegates before me that help train and prepare me for my duties. With out their support and knowledge I would not have learned nearly as much. I have learned so much about the 12 Traditions, 12 Concepts, and our C.A. World Service manual. I will be forever grateful to the Wisconsin Area for blessing me with this opportunity. I have been fortunate enough to meet friends all over the world. And most importantly, you have given me the opportunity to leave the conferences feeling like the work I did, may someday affect a new person coming in the doors.

With the completion of my 4 year term, there will be a vacant Delegate position. I urge all of you to consider this gratifying service position. I entered this last conference grateful for all the things that the Wisconsin Area has blessed me to experience. I also felt a bit torn, part of me was anxious to move on and part of me reluctant to let go. As many of you know I was also selected to interview for the Midwest Regional Trustee service position. It brings me much joy to let you all know that I was elected as the Midwest Regional Trustee and will continue to serve our region and the World Service for the next four years. Thank you all from the bottom of my heart!

-Tony D.

## 15th C.A. Midwest Regional Convention

*"The Power of One Day"*

Oct. 31st-Nov. 2nd, 2003



Olympia Resort & Conference Center

1350, Royale Mile Rd.

Oconomowoc, WI, 53066

800-558-9573

Marathon Meetings, Speaker Meetings,  
Entertainment, Fun and Fellowship.  
Friday Oct. 31st—Custom Dance / Prizes.

### C.A. Midwest Region

Illinois, Indiana, Kentucky, Manitoba Canada, Michigan,  
Minnesota, Missouri, Nebraska, Ohio, Wisconsin,

\*Iowa, \*North Dakota, \*South Dakota, \*West Virginia

\* States/Areas, not yet recognized as an Area with the WSC.

*For more information contact...*

Registration Chair: Paul D.

262-784-4873 pditter@acro.com

Outreach Chair: Jimmy R.

262-646-8749 jimries@earthlink.net

## Humor Corner



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



Unfortunately, Jones judges the messenger  
instead of listening to the message.

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](http://www.ca.org)

## OCTOBER 2003

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	
COURAGE... Fear that said it's prayers. <span style="float: right;">Speaker/Dance</span>						
5	6	7	8	9	10	11
12	13	14	15	16	17	18
C.A. Fall Retreat						
19	20	21	22	23	24	25
Addicts are like flowers; we're either growin' or dyin'						
26	27	28	29	30	31	
C.A. MW Regional Convention						

### October Sobriety/Clean-Time Birthdays

Billy B.	April 7th	18 months
Rick D.	October 11th	9 years
Diane W.	October 12th	6 years
Jim R.	October 15th	6 years
Tracy C.	October 19th	2 years

### Congratulations

*Keep Coming Back!*

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.*

October 13th	7:00 PM	Public Information Committee / 2nd Monday
October 12th	5:00 PM	WI Area Convention Committee / 2nd Sunday
October 14th	6:30 PM	Delegate Committee / 2nd Tuesday
October 19th	5:00 PM	MW Regional Convention Committee / 3rd Sunday
October 21st	6:00 PM	Finance Committee / 3rd Tuesday
October 21st	6:00 PM	Special Events Committee / 3rd Tuesday
October 21st	7:00 PM	Area Service Committee / 3rd Tuesday
October 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

## Message Board

**Midwest Regional Pre-Convention Fundraiser, Saturday October 4, 2003**, Serenity Club, 3677 E. Pulaski Ave., Cudahy, WI, 53110. 7:00 PM, Speaker Meeting (Mike K.-Milwaukee), DJ-Dance, \$5.00/\$3.00.

**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.caws2004.org](http://www.caws2004.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](mailto:xrebellion@wi.rr.com)