

JANUARY
FEBRUARY
2007

C.A. Spirit

COCAINE ANONYMOUS OF WISCONSIN AREA, INC.

414.445-LIFE (5433) CAWISCONSIN.ORG

BI-MONTHLY NEWSLETTER ISSUE 13

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

Hope...

My name is Mike and I am a drug addict. I'm currently in prison in a Wisconsin State correction facility. I would like to share a little on the topic of hope. I had to become hopeless before I could learn about hope.

In May of 2002, I found myself in jail. I had been in a blackout and I didn't know what I had done. I can't describe the terror I felt. I had lost everyone and everything in my life. I met my bottom in a jail cell. I was hopeless.

I started attending meetings while in jail and started reading the Big Book. I wrote an outside meeting for a sponsor. My Higher Power provided me with one. I've been in prison for almost five years now and been moved to six prison facilities. Everywhere I've been there has been a meeting and I am grateful for that. I found hope at those meetings behind these prison

walls. For me it took a prison sentence. I know that if I remain clean and sober and attend meetings once I'm released I don't have to come back to a place like this.



Along with the Hope comes Faith and Courage. The promises are coming true for me. I am not the man I was when I first came to prison. I have changed by reading the Big Book and working the Steps. I have found *hope*.

-Mike T.
Behind The Wall

Look back and be grateful,

Look ahead and be hopeful,

Look around and be helpful.



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Happy New Year! 2007

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,

I'm new to the Program and still feeling miserable, but I try not to show it in meetings. How long do I have to be clean and sober before I start to get it, most everyone I meet seems to get it?

Dear Anonymous, After you are around the Program for a few weeks and months, you will begin to see changes in your thinking. You will begin to feel better. You will see changes in the other newcomers that came in with you. We call those changes miracles. If you are having trouble with the talk about God, remember: be open-minded, C.A. is a spiritual program, not a religious one, all you have to do is to be willing to believe, your Higher Power can be the group as a whole, you start with belief, and your experience will come.

Don't leave before the miracle happens!

-Hope, Faith & Courage, p. 191.

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

Saturday January 6, 2007

Pre-Convention Fundraiser Meeting & DJ Dance:

Serenity Club, 3610 E. Pulaski Ave. Cudahy, WI 53110
7PM. \$6.00/\$3.00. To be of service please contact...
Convention Entertainment/Fundraising Chair, Rick A. 414-364-4601.

February 2, 3, 4, 2007,

**11th Annual CA of Wisconsin Area Convention,
"Happy, Joyous & Free"**

Hilton City Center, Downtown Milwaukee

Please Register For The Convention

Get involved... CAWA Convention Committee is meeting every Sunday in January at 5:00 PM CA Central Office 3080 W. 68th Street, Milwaukee, WI 53210.

February 24, 2007

**All-You-Can- Eat Pancake Breakfast Open Meeting
Fundraiser for the CAWS Convention 2007**

Pass It On Club, 6229 W. Forest Home Ave. Milwaukee WI 53220 Tickets \$8.00 Contact Ann M. 414-315-0287

Monday, February 26th, 2007

"First Things First" Group Annual Open Meeting

Aurora Dewey Center (Milwaukee Psych Hospital) 7:30PM
Open Speaker Meeting, food and fellowship.

March 2-4, 2007

Illinois Unity Convention

Through Change Comes Freedom

Registration Chair : Greg G. (603)709-9428

March 24, 2007 (Tentative)

Celebrate Around the World Open Speaker and Dance

March 31 - April 1, 2007

CA Spring Retreat Contact Gregg B. 414-899-8031

May 24 - 28, 2007

23rd CA World Service Convention

"Recovery in the Heartland"

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

Do you ever wonder what truly brought us here?
Was it the bottom of the bottle, confusion, loss and fear?
Was it the saddened eyes of loved ones who watched us create misery and despair?
Was it the empty promises we told year after year, the guilt, the shame, the screaming in our ears?
Or was it our own gaunt reflection in the mirror?
Maybe, just maybe, God's grace has prevailed ...
A moment of silence...so still yet so profound

The prayers of those around us ... though we aren't even there.
The empty chairs await as we stagger through the door.
We learn we need not live this tragic hopeless life no more.
They've walked our very paths, they know the lives we have lived.
They judge us not for past mistakes and only encouragement they give.
The simple quiet chanting, "Keep Coming Back" around us rings,
Today there's joy and hope abundant as our new life begins
Yes, God's grace has prevailed, you need only look around
To see the pain diminish ... and a new life we have found.

- Anonymous

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

My experiences with the 1st Step initially were misunderstood, I didn't get it at first. However, today I can admit, believe and accept that I'm an addict and that I'm powerless after I take the first one. Once I decide to use I no longer have control.



Drugs were not the only reason my life was the way it was. It was the carelessness that came from the life style I was

living. Drugs were but a symptom. Using seemed to make things not matter as much, things that would get me angry, were blown to the side. I didn't know how to live on life's terms. I never grew up and never became responsible. I felt different than everyone else around me. I felt like I didn't fit in.

Coming into recovery and accepting the 1st Step was one of the best things for my sobriety. I am convinced that everything I've worked for will be lost and I will return to be the same person I was before if I pick up again. I need to always remember that and surrender.

-Nate W.
Sunday Night Strength

Under the lash of alcoholism (addiction), we are driven to A.A., (C.A.) and there we discover the fatal nature of our situation. Then, and only then, do we become as open-minded to conviction and as willing to listen as the dying can be. We stand ready to do anything which will lift the merciless obsession from us.

-Twelve and Twelve, p. 24.

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

I knew that there was a Higher Power of some sort. Someone was watching over me while I was out being stupid. This Higher Power protected me and guided me to the tables of C.A. in turn made me realize that there is more to life.

When I first came to the program I couldn't trust anyone. I was scared, lonely, untrusting and with no feelings or belief. I was just a shell of a human being.

I have learned to turn everything over to my Higher Power. This way I don't have to worry about it. There is no need to try and control things. Life is much easier and serene. I know that my Higher Power is at my side, guiding me through life through this program.

I saw this Higher Power working in other people's lives. By looking around and seeing others who have what I want... sobriety, hope, serenity, I can

trust that there is a spirit at work within the group that makes recovery possible. I can begin to depend on something or someone beyond my addiction and myself.



My parents drank so when I was growing up there was always chaos of some sort in my life. I was the oldest of seven kids, so there was always something going on. When I married and moved out, if things were too calm I would make some waves just to have insanity. Today I know that I don't have to create chaos. I just enjoy my serenity.

-Debbie P.
Sunday Night Strength

You can, if you wish, make A.A. (C.A.) itself your 'higher power.' Here's a very large group of people who have solved their alcohol (drug) problem. In this respect they are certainly a power greater than you, who have not even come close to a solution. Surely you can have faith in them. Even this minimum of faith will be enough. You will find many members who have crossed the threshold just this way. All of them will tell you that, once across, their faith broadened and deepened. Relieved of the alcohol (drug) obsession, their lives unaccountably transformed, they came to believe in a Higher Power, and most of them began to talk of God.

-Twelve and Twelve, pp. 27-28.

JANUARY 2007

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
	Coke-A-Thon			Pre-Convention Fundraiser		
7	8	9	10	11	12	13
Convention Meeting			If I don't change, my sobriety date will.			
14	15	16	17	18	19	20
Convention Meeting		ASC Meeting				
21	22	23	24	25	26	27
Convention Meeting						
28	29	30	31			
Convention Meeting		PRIDE = Personal Recovery Involves Deflating				

FEBRUARY 2007

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
D E A D = Don't Ever Admit Defeat.				11th Annual CAWA Convention		
4	5	6	7	8	9	10
11	12	13	14	15	16	17
The solution is simple. The solution is spiritual.						
18	19	20	21	22	23	24
		ASC Meeting			Pancake/Breakfast Event	
25	26	27	28			
First Things First Open Meeting				Faith is hope in things unseen.		

January & February Sobriety Clean Time Birthdays

Pete B. 1-1-1999 7 years
 Joe Z. 1-1-2002 4 years
 Ben J. 1-2-2000 years
 Kelly B. 1-4-1990 16 years
 Kevin M. 1-15-2001 5 years
 Sue W. 1-18-1999 7 years
 Frank M. 1-19-1992 14 years



Robin K. 1-28-1994 12 years
 Erin B. 1-28-1999 7 years
 Moises C. 2-2-2002 4 years
 Tom W. 2-7-1999 7 years
 Jeff B. 2-15-1989 17 years
 Alford B. 2-17-2000 6 years
 Tom H. 2-17-1991 15 years

Area Service

5:00 PM Area Convention Committee / 2nd Sunday
 7:00 PM Public Information Committee / 2nd Monday
 6:30 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
 12:00 PM H & I Committee / Last Sunday

Structure & By-Laws Position Open
 2 Alternate Delegate Position Open

See your group's G.S.R. for information regarding Area service opportunities.

Service Committee
 Meetings are held at:
 C.A.W.A. Central Of-
 fice
 3060 N. 68th Street,
 Mil-



waukee, WI 53210

-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