



C.A. SPIRIT

COCAINE ANONYMOUS OF WISCONSIN AREA, INC.

C.A. SPIRIT, ISSUE 35

APRIL 2004

HELP LINE 414-445-LIFE (5433)

<http://my.execpc.com/~cocaine/> www.ca.org

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Uncover
Discover
Discard

FOURTH STEP

Made a searching and fearless moral inventory of ourselves.

The first time I came across the Fourth Step, it terrified me. I tried to do everything I could to avoid it. I had never taken an honest look at myself. In fact, that is what I had been doing my whole life, running from myself. I used the drugs and alcohol to cover up who I thought I was and the things I did. Writing out the Fourth Step allowed me to take a

clear and honest look at myself. Taking a thorough inventory allowed me to throw

out the garbage and build on what I needed in order to live a happy life.

I came to find out that this is one of the most freeing Steps in all of the Twelve Steps. It allowed me to get out of the prison I had created in my own head and to start anew.

-Karmen K.



A fearless moral inventory, it must seem to every newcomer that more is being asked of him than he can do. Every time he tries to look within himself, Pride says, "You need not pass this way," and Fear says, "You dare not look!"

But pride and fear of this sort turn out to be bogymen, nothing else. Once we have a complete willingness to take inventory, and exert ourselves to do the job thoroughly, a wonderful light falls upon this foggy scene. As we persist, a brand-new kind of confidence is born, and the sense of relief at finally facing ourselves is indescribable.

-Twelve and Twelve, pp. 49-50.

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

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 FOUR

Each group should be autonomous except in matters affecting other groups or C.A. as a whole.

Early in my recovery when I was just first trying to get the 12 Steps down when my sponsor had me in the middle of this debate about what was going on in C.A. Some members who had been around for about 2 to 4 years were auguring over C.A. business. This discussion started getting heated when someone stated, "things tend to take care of them selves, we shouldn't worry."

You see, all these members love and felt loved in C.A. They were all right in expressing their opinions and suggestions. As long as we stick to the 12 Traditions and our actions shouldn't hurt the groups or CA as a whole. The Traditions have been time tested, they are what guide us. In life and in service to C.A. we will make mistakes. The key is to turn them into lessons learned. When we

apply our Traditions they help the group keep in unity.

One of the greatest things that I saw that day still stays with me today. In the end when we were all finished with the discussion we all hugged and closed with the serenity prayer.

-Anonymous

After joining C.A. I gained quite a bit of weigh. My sponsor told me it was because I didn't get as much exercise as I used to. But I never exercised when I was using. My sponsor insisted I did and that the exercise program I was on had a number of routines:

- Hitting the pipe
- Bending the rules
- Stretching the truth
- Running into trouble
- Jumping to conclusions
- Stepping on toes
- Dodging responsibility
- Pushing your luck
- Carrying a grudge
- Throwing fits
- Picking up the pieces



20th Annual World Service Convention May 27th—31st, 2004 Universal City, California

www.caws2004.org/list/CAWS2004_REG.pdf

CAWS 2005	Memphis, Tennessee	USA
CAWS 2006	Calgary, Alberta	CANADA
CAWS 2007	Kansas City, Kansas	USA

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 do not like feeling anger. Most times I do not know why I get angry so quickly nor what to do about it. It's frustrating and I do not want it to lead me into trouble or using. I've been told that perhaps I could inquire about getting professional help with my anger as part of my 12 Step work, which I will do. What does the Big Book say about anger?

-Angry

A: Dear Angry, Big Book, p. 66: "With the alcoholic (addict), whose hope is the maintenance and growth of a spiritual experience, this business of resentment is infinitely grave. We found that it is fatal. For when harboring such feelings we shut ourselves off from the sunlight of the Spirit. The insanity of alcohol (drugs) returns and we drink (or use) again. And with us, to drink (or use) is to die. If we were to live, had to be free of anger. The grouch and the brainstorm were not for us. They may be the dubious luxury of normal men, but for alcoholics (addicts) these things are poison."

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



Road Trip!



Illinois Area Unity Convention

April 30th, May 2nd & 3rd, 2004

Wyndham Hotel—400 Park Blvd.
Itasca, IL 60143
(630) 773-4000

The Illinois Area of Cocaine Anonymous
welcomes you to attend the
"Spirit Among Us"
21 years of Unity Convention

Anna C. (Convention Chair) 630-250-8347
Brian T. (Vice Chair) 847-614-1805

If It Rains Today...

If it rains today...
Some may not go out
Things don't go to plan
So they sit and pout
If it rains today...
Some may curse the storm
Though they brave through it,
They hide all their scorn

If it rains today...
I will take the chance,
Of getting all wet,
Just so I can dance

-Author Unknown

We . . . the Addict

There are some people in this room
Who never planned to be here today
They thought life was about getting loaded
And almost had it taken away . . .

But something special happened
On that long, hard road to the grave
For some unknown reason
Our miserable lives were saved

Today, we are very different
So don't you be confused
We are walking, talking miracles
We are addicts . . . who do not use

-Author Unknown

Sunday Night Strength

SNS Group's 15th Annual Anniversary Celebration
Theme: "Acceptance is The Answer"



Saturday May 22nd, 2004

Immaculate Conception's School Hall
1051 E. Russell, Milwaukee, WI 53207

Spaghetti Dinner / Speaker Meeting
DJ-Dance

With Advance Ticket Purchase...

Spaghetti Dinner/DJ-Dance \$7.00
Child 10 & under/H&I \$4.00

At The Door...

Spaghetti Dinner/DJ-Dance \$10.00
DJ-Dance Only \$5.00

For Advance Tickets

Contact Ann
414-315-0287

C.A. Sunday Night Strength Group

Humor Corner



Your Anus: a place
where addicts arrive
once they've finally
reached their bottoms.

Have some a good recovery humor?
Send it in!



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

APRIL 2004

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
Anger is but a mask for fear.						
4	5	6	7	8	9	10
11	12	13	14	15	16	17
Convention Meeting		(ASC) Area Service Committee Meeting				
18	19	20	21	22	23	24
Your feelings aren't somebody else's fault.						
25	26	27	28	29	30	
					Illinois Area Unity Convention	

Service Committee meetings 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.

April Sobriety Clean Time Birthdays



Kathy J. April 2nd 7 years
Phil R. April 5th 1 year
Billy B. April 7th 2 years
Scott F. April 7th 2 years

Congratulations...

Showing up and Growing up

Listen to your heart often,
God lives there.

April 5th	7:00 PM	Public Information Committee / 2nd Monday
April 13th	6:30 PM	Delegate Committee / 2nd Tuesday
April 11th	5:00 PM	WI Area Convention Committee / 2nd Sunday
April 20th	6:00 PM	Treasurer Committee / 3rd Tuesday
April 20th	6:00 PM	Finance Committee / 3rd Tuesday
April 20th	6:30 PM	Internet Committee / 3rd Tuesday
April 20th	6:00 PM	Special Events Committee / 3rd Tuesday
April 25th	12:00 PM	Hospitals & Institutions Committee / Last Sunday
Call 414-771-8860, Billy B. For next Unity Committee Meeting		
Call 414-769-9550, Peter J. For next Structures & Bylaws Committee Meeting		
Talk to your group's G.S.R. for information regarding Area service opportunities.		

Message Board

Annual C.A. of Wisconsin Area Convention Planning Committee. We're starting the formation of the 2005 9th Annual C.A.W.W. Convention Planning Committee. We'll be meeting at Central Office every 2nd Sunday of every month at 5:00 PM. Committee is looking for convention theme and art work for our next Area Convention. All C.A. members and groups are encouraged to be of service.

Illinois Area Unity Convention "Spirit Among Us", April 30—May 2, 2004, Wyndham Northwest Hotel, 400 Park Blvd., Itasca, IL., (630) 773-4000. Hotel room block rate deadline is March 28, 2004. Early-bird convention registration is March 28, 2004. Interested in a road trip?... Contact Convention Chair: Anna C. @ 630-250-8347 or Vice Chair Brian T. @ 847-614-1805.

Sunday Night Strength Group Event. 15th Annual Anniversary Celebration, "Acceptance is The Answer", Spaghetti Dinner, Speaker Meeting & DJ-Dance, Saturday May 22nd, 2004, Immaculate Conception's School Hall, 1051 E. Russell, Milwaukee, WI 53207. For more information and to purchase advance tickets contact: Ann, 414-315-0257.

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 quest, 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

-Give a message of HOPE to the newcomer. Submit your sobriety/clean time anniversary to our Area's newsletter calendar-
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