

SEPTEMBER

OCTOBER

2006

C.A. Spirit

COCAINE ANONYMOUS OF WISCONSIN AREA, INC.

414.445-LIFE (5433) CAWISCONSIN.ORG

BI-MONTHLY NEWSLETTER ISSUE 11

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

Forgiveness

So, in my old ideas, a scene from Walton's Mountain stuck in my head... snowflakes gently falling, the family sipping hot cocoa peering out the picture window, the Christmas tree lighting the corner of the room, and the smell of roast turkey from the cozy kitchen. Not that I personally had ever experienced that until years later with my sober members family. That image held for me exactly what I thought forgiveness was measured by.

I have been taught in Step 8 since, that the proof of forgiveness is not measured by a Norman Rockwell Christmas card. It was measured by freedom. My own personal freedom is directly proportional to the extent of forgiveness I offer to others. Now forgiveness does not tie into the emotional "good feeling," but ties into the principles that we all have feet of clay.

-Sharon S.
(Un-Colas)



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Tradition 5:

*Each group has one primary purpose—
to carry its message to the addict
who still suffers*

-Cocaine Anonymous World Service Manual p. 1.3

Celebrate Life!



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,

I have been clean for almost a month now. Before I came into the program my wife threw me out of the house, refuse to let me see the children, and now she doesn't want to talk to me. How am I ever going to stay clean? I just don't know what to do.

- Anonymous

Dear Anonymous,

In our text of Alcoholics Anonymous on page 98 it states, "Some of us have taken very hard knocks to learn this truth: Job or no job—wife or no wife—we simply do not stop drinking (using) so long as we place dependence upon people ahead of dependence on God."

Our World Service Conference approved books of Alcoholics Anonymous, Twelve Steps and Twelve Traditions, Hope, Faith & Courage, and other C.A. literature is used to answer inquiries to this section of the C.A. Spirit newsletter - *Dear Addict*.

If you have difficulty understanding or questions regarding our literature, please ask for help from your Sponsor, or another member of Cocaine Anonymous.

Opportunities for GROWTH



Calendar of Upcoming Cocaine Anonymous Events

Saturday September 9, 2006

Pre-Convention Fundraiser Meeting & DJ Dance:

Serenity Club, 3610 E. Pulaski Ave. Cudahy, WI 53110
7PM. \$6.00/\$3.00. Support our 2007 Area Convention.
To be of service please contact...
11th Annual CAWAC Entertainment/Fundraising Chair,
Rick A. 414-364-4601.

Sunday September 17, 2006

Annual CA of Wisconsin Area Picnic: South Shore Park
Picnic Area #2, 2900 South Shore Drive, Milwaukee, WI
53207, 11AM-6PM. Food, Fun, & Fellowship. This is a free
event, please bring dish to share. Committee needs your
help! Please contact...
CAWA Special Events Chair, Anita J. 414-690-1096.

Friday, Saturday, & Sunday September 29, 30 & October 1, 2006

CAWA Fall Retreat, "Hope, Faith & Courage": Green
Lake Conference Center, Green Lake, WI 54941. \$95.00
Workshops, Fellowship, Bonfire Meeting. To be of service
contact... CAWA Retreat Chair, Gregg B. 414-899-8031.

Saturday October 21, 2006

70's Jam Meeting & DJ Dance: Serenity Club, 3677 E.
Pulaski Ave, Cudahy WI 53110. 7PM. \$6.00/\$3.00.
Best 70's Costume, Dance Contest, 50/50, Cash Prizes.
To help with the planning please contact:
CAWA Special Events Chair, Anita J. 414-690-1096.

Share your Group or Area Committee Events... For more information contact C.A. Spirit Editor,

Ann M. 414-350-5146 or e-mail at angeldance@wi.rr.com

Event flyers may be found at your C.A. home group literature table or on our web page: cawisconsin.org

Tornado in the Mind

Has the tornado in your mind turned into a gentle breeze
Do you hear when a bird sings, do you see the blossoms in the tree
For a time I did not listen to hear them, for a time I did not look to see
For the tornado was in my mind and it was all just about me
The tornado is a terrible place with no rest and absolutely no peace
No way to stop or control it, on and on seems never to cease
Can we change the tornado in our minds into a gentle breeze
Can we change what we live for, is there a way to set us free
For a time I did not listen or hear, I did not look to see
For the tornado was still within me and it was still just all about me

Thank God one day I finally heard, I saw what had to be
Trust God, clean house, help others to the best of my abilities
Now the tornado in my mind has turned into a gentle breeze
I enjoy the birds' song and the blossoms in the tree

I'd like to take the tornado in your mind and give you a gentle breeze
So I told you how it worked for me, now I'll pray for you to H.P.

Take the promise of the birds' song and the blossoms in the tree
Pass on this message of love and how you attained serenity
And the tornado in your mind will become a gentle breeze

Anonymous

Step Nine: Made direct amends to such people wherever possible, except when to do so would injure them or others.

Today what the Ninth Step means to me is pretty simple. But for me it had been difficult at times.



I made amends to my mother immediately as I walked into treatment. Looking back, I guess I wanted to show her that I wanted to get clean and sober. Later after being in recovery awhile I made a direct amends to her, by not only staying clean

and sober, but also telling her I'm truly sorry for the harm I done to her when I was actively using. As far as my financial amends, I had to make phone calls to my creditors I owed money to and set up a payment plans to take care of the financial damage I did while I was out there. I found it very important during my Ninth Step work to make sure that I wasn't delaying the process of making my direct amends just because of fear. Also, some of the amends I needed to make was not possible at the time because potentially it could have harmed others. This principal of making direct amends made my personal recovery that much more fulfilling.

-Randy K. (The Razors Edge)

Although these reparations take innumerable forms, there are some general principles which we find guiding. Reminding ourselves that we have decided to go to any lengths to find a spiritual experience, we ask that we be given strength and direction to do the right thing, no matter what the personal consequences may be. We may lose our position or reputation or face jail, but we are willing. We have to be. We must not shrink at anything.

-A.A. Big Book p. 79

Our whole attitude and outlook upon life will change

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

Now that I've cleaned up the wreckage from my past, I don't want to build up another pile of garbage.

This means everyday I need to look at my assets and liabilities.

Did any one of my character defects rear its ugly head? Was I hurtful, dishonest or mean spirited to anyone?

It states in the Big Book that, "we've entered the world of the Spirit." To me this means if I've harmed anyone in whatever manner, I need to admit my wrong and make amends to that person no matter what they have done to me. I need to be more tolerant of other people. It's all about change and I'm loving it!

-Pete L. (The Razors Edge)



On awakening let us think about the twenty-four hours ahead. We consider our plans for the day. Before we begin, we ask God to direct our thinking, especially asking that it be divorced from self-pity, dishonest or self-seeking motives. Under these conditions we can employ our mental faculties with assurance, for after all God gave us brains to use. Our thought- life will be placed on a much higher plane when our thinking is cleared of wrong motives.

-A.A. Big Book p. 86

SEPTEMBER 2006

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		(29)	(30)	(31)	(1)	(2)
World Service Conference, August 29—September 3, 2006 Los Angeles, CA						
(3)	4	5	6	7	8	(9)
WSC Ends					Pre-Convention Meeting & Dance	
(10)	11	12	13	14	15	16
Convention Planning Meeting						
(17)	18	(19)	20	21	22	23
Area Picnic		ASC Meeting				
24	25	26	27	28	(29)	(30)
Stick with the winners					CA Fall Retreat Starts	

OCTOBER 2006

Sun	Mon	Tue	Wed	Thu	Fri	Sat
(1)	2	3	4	5	6	7
CA Fall Retreat Ends		<i>Honesty isn't an event... It's a process</i>				
(8)	9	10	11	12	13	14
Convention Planning Meeting						
15	16	(17)	18	19	20	(21)
ASC Meeting					70's Jam Meeting & Dance	
22	23	24	25	26	27	28
<i>G.I.F.T.S. = Getting It From The Steps</i>						
29	30	31				
<i>There are no endings... Only new beginnings</i>						

September & October Sobriety Clean Time Birthdays

Sage S. 9/01/05 1 year
 Lynn G. 9/11/02 4 years
 Vicki V. 9/15/93 13 years
 Rick A. 9/19/05 1 year
 Mark D. 9/27/99 7 years



Joe V. 9/30/89 17 years
 Rick D. 10/11/94 12 years
 Diane W. 10/12/97 9 years
 Jim R. 10/15/97 9 years
 Tracy C. 10/19/01 5 years

Area Service

5:00 PM Area Convention Committee / 2nd Sunday
 6:30 PM Delegate Committee / 2nd Tuesday
 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
 6:00 PM Public Information Committee/3rd Tuesday

Open Positions: Structures & Bylaws Committee, Internet Committee,
 Treasurer Committee, 1 Alternate Delegate

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