

NOVEMBER
DECEMBER
2006

C.A. Spirit

COCAINE ANONYMOUS OF WISCONSIN AREA, INC.

414.445-LIFE (5433) CAWISCONSIN.ORG

BI-MONTHLY NEWSLETTER ISSUE 12

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

Prayer & Meditation...

My health is contingent on prayer and my joy is directly related to meditation.

After I admitted I had a problem with drinking and cocaine, I was able to turn to the spiritual guidance offered in this program. I discovered Prayer and Meditation began changing my poor health and ill thinking into clarity and happiness.



As I learned the steps, I began trusting prayer and just believed life situations were going to be okay. Today, I open myself up to be willing to know all is going to be okay," God either is or isn't".

I love finding peace, power and clarity from quiet time I spend with myself in meditation.

When I am quiet enough to allow myself to be guided into the "hear and now". I become completely aware of my surroundings and feel pure joy.

I came to this program ill and learned my emotional, physical and spiritual well being is dependant on prayer and meditation.

Steps 2, 3, 5, 6, 7, and 11 are my teachers of the "Spiritual Phase" of this program.

- Vickie V.

There is a direct linkage among self-examination, meditation and prayer. Taken separately, these practices can bring much relief and benefits. But when they are logically related and interwoven, the result is an unshakable foundation for life. Now and then we may be granted glimpse of that reality which is God's kingdom.

- Twelve Steps and
Twelve Traditions, p.98

*"The only gram in town for
me is the Program"*

Hope, Faith & Courage, p. 47



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*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,

Dear Addict,

My husband has been drinking and using drugs for a long time. I know I need to talk to someone, but I am so afraid what my friends might think so I just avoid them. I don't know what to do. Anonymous

Dear Anonymous,

We find that most of this embarrassment is unnecessary. While you need not discuss your husband at length, you can quietly let your friends know the nature of his illness. But you must be on guard not to embarrass or harm your husband.

When you have carefully explained to such people that he is a sick person, you will have created a new atmosphere. Barriers which have sprung up between you and your friends will disappear with the growth of sympathetic understanding. You will no longer be self-conscious or feel that you must apologize as though your husband were a weak character. He may be anything but that. Your new courage, good nature and lack of self-consciousness will do wonders for you socially.

- Alcoholics Anonymous Big Book, p. 115

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 November 18, 2006

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...
11th Annual CAWAC Entertainment/Fundraising Chair,
Rick A. 414-364-4601.

Saturday December 2, 2006

Open Speaker Meeting & Karaoke/Talent Contest:
Serenity Club, 3610 E. Pulaski Ave. Cudahy, WI 53110
7PM.
Contact Special Events Chair, Anita J. 414-940-4607

Saturday December 9, 2006

Unity Presents... An Afternoon At The Movies:
Noon—4:45PM. Central Office, 3060 N. 68th St. Milwaukee, WI 53210. Showing; 28 Days & Days of Wine and Roses.
Contact Unity Chair, Rick D. 414-350-5146

Thursday December 21, 2006

"A Vision For You" Annual Home Group Open Speaker Meeting: Unity Church Hall, 1025 East Oklahoma Ave. Milwaukee WI 53207, Fellowship & Holiday Sharing to follow the Speaker Meeting.
Group contact, Sheri J. G.S.R. 414-708-3081

Annual Holiday Coke-A-Thons: 30 Hours of Continuous Marathon Meetings. C.A. Central Office. December 24th / December 25th, & December 31st / January 1st.

Groups needed for time slots commitments.

Contact Unity Committee Chair: Rick D.
(cellular) 414-350-5146 (e-mail) xrebellion@wi.rr.com

February 2, 3, 4, 2007, 11th Annual CAWA Convention Happy, Joyous & Free

Register For The Convention... ASAP For Special Convention Package Opportunity

Get involved... CAWA Convention Committee meets the
2nd Sunday 5:00 PM

A Members Shares:

My name is Angela and I am a drug addict of the worst kind; hide your wallets, purses and hold on to your jewelry because there is no telling what I might do, when I am active in my addiction.

Relax you're safe – and I apologize I cannot be there to carry the message in person. I am serving a prison sentence for armed robbery. I have served 3 of a 4-year sentence and will have much paper (probation) to serve out as well.

This has been a beautiful awakening through a painful transition. I like to use the cocoon metamorphosis and tell you that I will come out a beautiful butterfly. All by the grace of God who I call my Higher

Power and through the 12 Step Programs, these meetings whom have saved my life. As sure as I write this to share, I can tell you from my heart all things are possible and there is hope for all. My first incarceration has been a devastating traumatic life changing experience. I choose to use this for my benefit as I am doing everything in my power to change.

I really have no choice because I will surely die or worse. To put it best, keep coming back, it works if you work it. God willing, I will see you all in "07".

I'll be celebrating 3 years on October 27th, 2006. Easy does it. Listen to Bill W. and your sponsor.

Step Eleven : Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and power to carry that out.

I would like to share my experience with the 11th Step and how I improved my conscious contact with God through prayer. There was a period of time when I was struggling with an issue that was affecting my life in ways that I did not know how to handle.

In the Big Book on page 86, it says "we may face indecision. We may not be able to determine which course to take. Here we ask God for inspiration, and intuitive thought or decision. We relax and take it

easy. We don't struggle. We are often surprised how the right answers come after we have tried this for a while."



On the suggestion of my sponsor I began to utilize prayer on this specific situation. It was through my conscious contact with my higher power that I was able to find this intuitive thought, without a struggle. I soon found that some time had passed and this issue was no longer affecting my life.

-Nike D. (The Razor's Edge)

Step Twelve: Having had a spiritual awakening as the result of these steps, we tried to carry this message to addicts, and to practice these principles in all our affairs.

I love the 12th Step, it is truly a promise! The 12th Step has three very clear parts. The first part promises me that I will have had a spiritual awakening. It doesn't say, I might have one, it doesn't say maybe, it says, "having had a spiritual awakening." My experience is, if you do the work as outlined in the previous step, you will have entered the world of the spirit and will have had a spiritual awakening.

The second part of the step talks about carrying this message to addicts. This is essential to my recovery. This program is about the power of God in our lives. I *must* help others. My experience has shown me that only through the process of getting out of myself, will I find serenity and peace. I must work with addicts or I will surely drink or use and die.



The third part of this step is essential. Anyone with enough time can memorize some lines and sound good in a meeting. But, how do I act at home or when no one is looking? True peace is when I find a spiritual place, where I am doing the

work, where I am responsible for my spiritual condition of my day. In this place it doesn't matter who or what comes in contact with my life. I am spiritually grounded in this place. I can't be affected by life on life's term. In this place I realize that I only have control over my thoughts and my actions. When I practice these principles in all of my affairs, I am at PEACE!

Don't miss out on this deal. We have been given the power to save lives. Go out and be an intelligent agent, a spearhead of God's ever advancing creation!

- Anonymous

Many meetings, many chances; few meetings, few chances; no meetings, no chances.

C.A. SPIRIT, is a bi-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 unity, service, and recovery 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 the C.A. SPIRIT. The editors reserve the right to edit any submissions for clarity and in keeping 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 to: C.A. World Service Office, 3740 Overland Ave., Suite C, Los Angeles, CA 90034. C.A. World Service Office web page: www.ca.org

NOVEMBER 2006

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
<i>If you think you are an addict/alcoholic, chances are you are.</i>						
5	6	7	8	9	10	11
12	13	14	15	16	17	18
CAWAC Meeting <i>At Convention Hotel</i>			Pre-Convention Fundraiser			
19	20	21	22	23	24	25
ASC Meeting						
26	27	28	29	30		
<i>God enters us through our wounds.</i>						

DECEMBER 2006

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
Special Events - Karaoke/Talent Show						
3	4	5	6	7	8	9
Unity - Afternoon At The Movies						
10	11	12	13	14	15	16
CAWAC Meeting <i>Central Office</i>						
17	18	19	20	21	22	23
ASC Meeting			"A Vision For You" Open Meeting			
24	25	26	27	28	29	30
Annual Coke-A-Thon						
31						
Annual Coke-A-Thon			<i>We're not living just to be clean and sober; we are living to learn, to serve, and to love.</i>			

November & December Sobriety Clean Time Birthdays

George M. 11/03/03 2 years
 Mike K. 11/03/87 18 years
 Kara B. 11/08/04 1 year
 Ron L. 11/17/02 3 years
 Ray P. 11/20/01 4 years



Quin B. 12/08/91 14 year
 David Sa. 12/13/96 9 years
 Cary S. 12/26/97 8 years

Area Service

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

Open Positions: Structures & Bylaws Committee,
 Treasurer Committee, 2 Alternate Delegates

Service Committee
 Meetings are held at:
 C.A.W.A. Central Office
 3060 N. 68th Street,
 Milwaukee, WI 53210



All C.A. members are

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