

COCAINE ANONYMOUS OF WISCONSIN AREA, INC.

414.445-LIFE (5433) CAWISCONSIN.ORG

BI-MONTHLY NEWSLETTER ISSUE 3

MAY
JUNE
2005

C.A. Spirit

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

Willingness...

Willingness - freedom from reluctance; readiness of the mind to do.

Willingness was something I had to learn about when I first came around C.A.

Years of not trusting others and pushing my Higher Power away had taught me to rely on only myself. Sure I had experienced willingness on certain occasions when there was no risk involved.

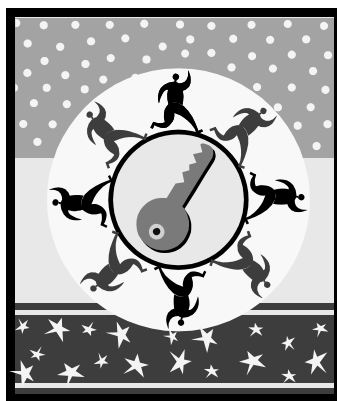
I had been willing to admit I was a drug addict and alcoholic to complete strangers at my first meeting.

Listening in meetings and talking to my sponsor helped me see that if I was going to stay clean and sober for any length of time, I would need to find the virtue of willingness.

Not knowing where to find willingness and realizing that I could not buy it, I was told that I needed to humble myself and pray for willingness.

It is through the people I have met along my journey of recovery and in the honest reflection of my life that I finally grasped the true meaning of willingness.

- Jill E.



Once we have placed the key of willingness in the lock and have the door ever so slightly open, we find that we can always open it some more.

-Twelve Steps and Twelve Traditions, p. 35



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**Willingness
is the
Key !**

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,

In one of the Twelve Promises read at a C.A. group I attend it states, "We will not regret the past nor wish to shut the door on it." I'm new to recovery and do not understand it. Can you please explain that promise? I really want to forget my miserable past.

"Cling to the thought that, in God's hands, the dark past is the greatest possession you have-the key to life and happiness for others. With it you can avert death and misery for them."

Alcoholics Anonymous, Big Book, p.124

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*.

Saturday May 7, 2005

Sunday Night Strength Group's



16th Anniversary Celebration
Open Speak'n Eat'n Dance'n Meet'n

Theme: "We Can Get Well Regardless Of..."

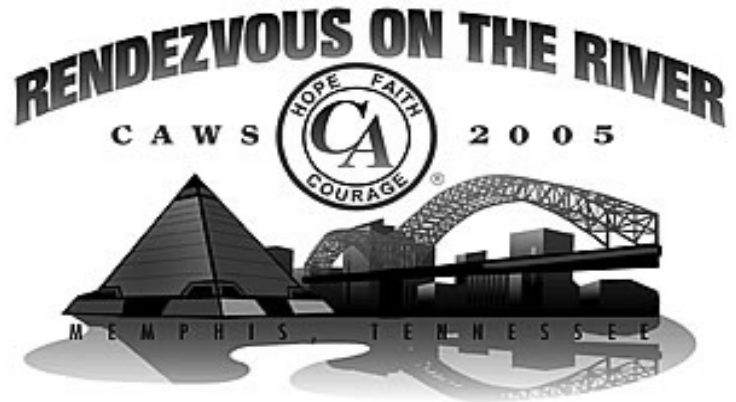
Immaculate Conception Hall
1051 E. Russell Avenue
Milwaukee, WI 53207

Spaghetti Dinner 5:30 PM
DJ-Dance to Follow Meeting
Footprints Afghan
Opportunity Drawing
50/50 Drawing

Advance Tickets \$8.00
Includes Dinner & Dance

For Tickets Contact:
Ann M. 414-315-0287 or Jane C. 414-364-1196

See event flyer for more information.



May 26– 30, 2005

21st Annual World Service Convention

Memphis Marriott Hotel, 250 N. Main Street / Memphis, Tennessee 38103
CAWS Registration Chair: Rickey J. 901-569-4572
registration@cawsconvention.org

October 28, 29 & 30, 2005

17th Annual C.A. Midwest Regional Convention "To The Newcomer"

Holiday Inn
5513 Milan Road
Sandusky, Ohio 44870
419-626-6671

Convention Room Rate \$62.00



Road Trip!

Early Bird Registration: Deadline, June 28, 2005

Registration Chair: Debbie D.
330-374-3777 www.caohio.org

Upcoming Area or Group Events...

Special Events: Annual C.A.W.A. Anniversary Picnic

Unity: A Day of Love & Service, Fall of 2005

Retreat: Fall Retreat

Step Five: Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

"We are only as sick as our secrets!"

This is a quote I have heard for years in recovery.

I started getting well from my secrets by doing Step 5. The soul searching inventory, hard working Step 4 was on paper, now what? I was told I could not keep it to myself anymore. The real humility and honesty was now. I had to humble myself and tell my "secrets," the guts of me to another person, and take responsibility "out loud".

For the first time, I learned that truth and honesty did not cause a catastrophe, it actually made me feel better in the end. I was not alone. I was not judged. I was worth listening to. Some of the shame was leaving and I was able to hold my head up again. Step 5 gave me a greater spiritual connection and the best part was, it was starting to be OK TO BE ME!!

With a few 24 hours behind me, I be-

lieve that the 5th Step has been key in reducing my risk of "picking up" because I don't have to feel so badly about myself anymore. I don't need to "pick up" to escape ME.



I am grateful I was guided to do this 5th Step and continued to complete the housecleaning.

"I am only as sick as my secrets!"

- Kelly B.

Provided you hold back nothing, your sense of relief will mount from minute to minute. The damned-up emotions of years break out of their confinement, and miraculously vanish as soon as they are exposed. As the pain subsides, a healing tranquility takes its place. And when humility and serenity are so combined, something else of great moment is apt to occur. Many an A.A. (C.A.), once agnostic or atheistic, tells us that it was during the stage of Step Five that he first actually felt the presence of God. And even those who had faith already often become conscious of God as they never were before.

Twelve Steps and Twelve Traditions, p.62

Step Six: Were entirely ready to have God remove all these defects of character.

To understand Step Six I had to first break it down into segments and identify what my character defects.

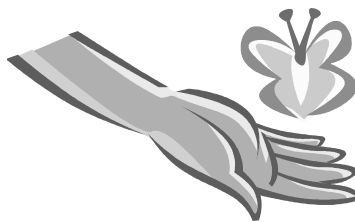
I discovered through working Step Four and Step Five with my sponsor that my natural desires and instincts were out of control.

This resulted in my excessive behavioral patterns. I found that my character defects were those referred to as the 7 deadly sins: pride, gluttony, lust, envy, sloth, fear, and resentment.

In Step Six it said I needed to be entirely ready. This was my responsibility. The Third Step was a good motivator but misery was better. I wanted to change by myself. I needed to work towards those ideals. I wanted to live as God wanted me to.

I think it's about surrendering, getting ready for change. It's an act of faith in

which I have no idea of what will happen. I found that I could not work this step perfectly however I need to work towards progress.

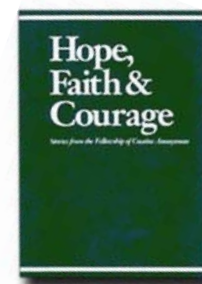


I tried in the past to change or be rid of these character defects on my own without any results. I am relieved that once I became entirely ready to have God remove all of my character defects; it was up to Him.

-Mike B.

We emphasized willingness as being indispensable. Are we now ready to let God remove from us all the things which we have admitted are objectionable? Can He now take them all—every one? If we still cling to something we will not let go, we ask God to help us be willing.

Alcoholics Anonymous, p.76



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

MAY 2005

MAY 2005						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7 SNS Group's Spaghetti Dinner
Half measures availed us nothing.						
8	9	10	11	12	13	14
15	16	17 ASC Meeting	18	19	20	21
22	23	24	25	26	27	28
2005 C.A. World Convention, Memphis, TN						
29	30	31				
Don't give up five minutes before the miracle happens.						

JUNE 2005

JUNE 2005						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
Embrace the journey.						
5	6	7	8	9	10	11
					IL C.A. Campout WI Dells, WI	
12	13	14	15	16	17	18
19	20	21	22	23	24	25
		ASC Meeting				
26	27	28	29	30		
Be part of the solution not the problem.						

May & June Sobriety Clean Time Birthdays

Tony D. 5/4/96 9 years
Mike W. 5/15/03 2 years
Jeanna D. 5/27/93 12 years



Brigid R. 6/1/90 15 years
Jennifer N. 6/4/02 3 years
Ann M. 6/5/91 14 years
Paul D. 6/10/04 1 year
Jim M. 6/24/03 2 years
Danny N. 6/25/93 12 years

Area Service

5:00 PM Area Convention Committee / 2nd Sunday
6:00 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
6:30 PM Structures & Bylaws Committee / 4th Tues.



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.

Public Information Committee, 6:00 PM, 2nd Monday
Milwaukee Psychiatric Hospital Cafeteria, 1220 W. Dewey Ave. Wauwatosa, WI 53226
Retreat Committee, Jane C. 414-364-1196, Central Office, Phil R. 414-916-3922

-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