

NOVEMBER
DECEMBER
2005

C.A. Spirit

COCAINE ANONYMOUS OF WISCONSIN AREA, INC.

414.445-LIFE (5433) CAWISCONSIN.ORG

BI-MONTHLY NEWSLETTER ISSUE 6

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

Service ...

As it is stated in the Tools of Recovery, *Service is Action and Action is the Magic Word in this Program.* Service work has been a vital tool in my recovery from the beginning.

I had no idea when I had a few weeks of sobriety just how important service work would be for me.



My sponsor so graciously volunteered me to set-up and greet at a meeting.

It got me out of myself by doing something for others and also made me accountable.

Even I did not want to go to that meeting I went because I was learning to be responsible again. It also was a great help to me. When I would greet everyone that came in with a hug and say welcome, this also made other people feel comfortable and welcome.

Service work has been a part of my recovery since then and still is today. It has kept me connected to the program of recovery and other people who are in recovery.

It has not always been what I wanted to do. However it always been what I needed at that time to keep me sober.

- Cary S.
(Breakfast Club)



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Practical experience shows that nothing will so much as insure immunity from drinking (using) as intensive work with other alcoholics (addicts). It works when other activities fail. This is our twelfth suggestion: Carry the message to other alcoholics! You can help when no one else can. You can secure their confidence when others fail. Remember they are very ill.

Life will take on new meaning. To watch people recover, to see them help others, to watch loneliness vanish, to see a fellowship grow up about you, to have a host of friends—this is an experience you must not miss. We know you will not want to miss it. Frequent contact with newcomers and with each other is the bright spot of our lives.

Alcoholics Anonymous
Big Book, p.89

ANONYMOUS

Actions, Not Our Names
Yield Maintenance Of
Unity and Service

*Freely ye
have received;
freely give...*

Twelve and Twelve, p. 110

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,

Every time I have a problem my sponsor tells me the answers to all my problems are in the first 164 pages of the Big Book. He says, "read the book and then we'll talk." Why can't he just tell how me what to do. Besides the Big Book was written so long ago. How can it help *me*?



Thus we grow. And so can you, though you be but one man with this book in your hand. We believe and hope it contains all you need to begin. We know what you are thinking. You are saying to yourself: "I'm jittery and alone. I couldn't do that." But you can. You forget that you have just now tapped a source of power much greater than yourself. To duplicate, with such backing, what we have accomplished is only a matter of *willingness, patience and labor*.

Alcoholics Anonymous, Big Book pp, 162-163

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*.

C.A. of Wisconsin Area

Pre-Convention Fundraisers

Saturday
October 29, 2005

Unity Church Hall
1025 East Oklahoma Ave
Milwaukee, WI 53207

Costume Contest

Saturday
November 26, 2005

Serenity Club
3677 E. Pulaski Ave
Milwaukee, WI 53110

Dance Contest



7:30 PM Open Speaker Meeting
DJ Dance to follow
Support our pre-convention
fundraising efforts.

To help contact: Ron L. 414-899-1846

**A DAY OF LOVE & SERVICE**

Theme: Service Is Gratitude in Action

SATURDAY
November 26, 2005

A Day of Workshops, Fun, and Fellowship. Breakfast and lunch provided. This event is free, 7th Tradition donations accepted. See flyer for agenda.

C.A. Central Office
3060 N. 68 Street
Milwaukee, WI 53210



Contact Unity Committee Chair
Rick D. 414-350-5146
xrebellion@wi.rr.com

Annual Holiday Coke -A -Thons

30 Hours of Continuous Marathon Meetings

December 24th - 12:00 PM through December 25th - 6:00 PM | December 31st - 12:00 PM through January 1st, - 6:00 PM

*A Safe Haven for
the Holidays.
Share your Hope,
Faith & Courage...*

C.A. Central Office
3060 North 68th Street
Milwaukee WI 53210
414-445-LIFE (5433)



Groups needed for time slots commitments.

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

Annual Home Group Open Speaker Meeting
"A Vision For You"

Thursday December 15, 2005

Unity Church Hall
1025 East Oklahoma Ave.
Milwaukee WI 53207

Fellowship & Holiday Sharing.
To follow the Speaker Meeting.
This is a free event open to all.
Food & beverages provided.



Contact GOR: Troy T.
414-334-0230

Upcoming Area or Group Events...

CAWA Convention Fundraiser ...

10th Annual CAWA Convention February 3,4,5,2005: Register soon!



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

Until I found this program seeking God's guidance was foreign to me. I prayed for things to go my way.

I had been angry at God for years because I thought my prayers were ignored. I then learned that He knew what was going on and had better ideas of how things should be handled.

I no longer have a wish list for God. Instead I would pray to hear Him, to know what He wants me to do. It is still hard for me to quiet my thoughts and listen for direction.

The answer is usually something so sensible and simple.

There are times where His will and mine don't agree. This usually throws me off my spiritual path for a while. I take back my will, throw my serenity out the window, and become a ranting egoma-

niac.

Fortunately, I am able to identify my defects (though not always immediately) and realize I need to pray for acceptance.

Usually I can look back at a situation and can see everything worked out even better than I had planned.

- Raechel B.
(Inner Peace)



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 unshakeable 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

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 looked at the 12 Steps when I first came into recovery. I thought yeah right; whatever.

I wanted this Spiritual Awakening right a way. I didn't think I had to go through the other steps first. After going to meetings for a while and taking a good look at myself I knew it was time to do some work.

I had to become willing to do whatever it took to stay clean. I learned that I had to work the Steps on a daily basis. I had to learn how to be honest with myself and others.

I finally found peace and serenity in my life. I was becoming a loving and caring person. I realized that this was the Spiritual Awakening I was seeking.

I found I could carry the message just by being at a meeting and listening to

someone who needs help. I could be a sponsor or just empty an ashtray.

When a newcomer walks through the doors I can say welcome and give them a hug just like I got when I came in. I found loving and caring people in recovery and that is what keeps me clean today.

- Robin K.
(Razor's Edge)

Remember...

Time spent working on a commitment is time not spent getting loaded.

- Being Of Service
C.A. World Conference Approved Literature



NOVEMBER 2005

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
<i>The Twelve Steps tell us how it works; The Twelve Traditions tell us why it works.</i>						
6	7	8	9	10	11	12
13	14	15	16	17	18	19
CAWAC Meeting		ASC Meeting				
20	21	22	23	24	25	26
					-Day of Love & Service - Speaker & DJ Dance	
27	28	29	30			
<i>Walk softly and carry a Big Book.</i>						

DECEMBER 2005

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
<i>Seven days without a meeting makes one weak.</i>						
4	5	6	7	8	9	10
11	12	13	14	15	16	17
CAWAC Meeting		"A Vision For You" Annual Speaker Meeting				
18	19	20	21	22	23	24
		ASC Meeting				Coke-A-Thon
25	26	27	28	29	30	31
Coke-A-Thon	<i>Into service, out of self</i>					Coke-A-Thon

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 years
 Karma R. 12/13/04 1 year
 David SA. 12/13/96 9 years
 Cary S. 12/26/97 8 years

Area Service

5:00 PM Area Convention Planning 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

Public Information Committee, 6:00 PM, 2nd Monday
 Milwaukee Psychiatric Hospital Cafeteria, 1220 W. Dewey Ave. Wauwatosa, WI 53226
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