

JULY
AUGUST
2006

C.A. Spirit

COCAINE ANONYMOUS OF WISCONSIN AREA, INC.

414.445-LIFE (5433) CAWISCONSIN.ORG

BI-MONTHLY NEWSLETTER ISSUE 10

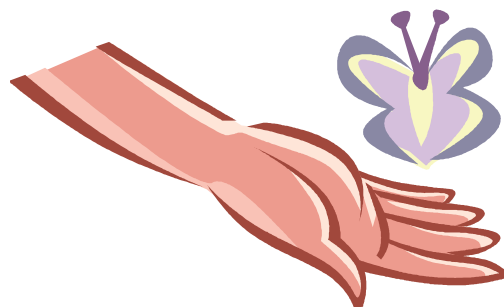
RARELY HAVE WE SEEN A PERSON FAIL WHO HAS THOROUGHLY FOLLOWED OUR PATH

Character Building...

How I started to build character... First, I had to get honest with myself. That meant no matter how painful the truth was I had to own up to it. Once I got honest I found there were some things about myself that I didn't like. Second, I had to get seriously honest about working the Twelve Steps. In working the steps I discovered more defects of character I didn't like. By doing these two things, getting honest and working the steps, I was able to make significant changes in my character.

Today, I am becoming responsible, accountable, and considerate of others. I have found it true, that working with others not only keeps me clean and sober, but also builds character. I had to be involved with the fellowship and be open-minded to try new things. Don't blow off what someone suggests just because you might think it wouldn't work for you. Be open-minded and you will build character without even realizing it.

-Rick A.
(Monday Night Tool Kit)



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The 12 Principles to Live By

*Honesty - Hope - Faith - Courage
Integrity - Willingness - Humility - Love
Forgiveness - Discipline - Awareness
Service*

*Stay
On The
Sunnyside*



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 am relatively new to C.A. and I am interested in someone who attends some of the meetings I attend. How long so I wait before dating in someone in CA?

Anonymous

Dear Anonymous,

It is only where "boy meets girl on AA (CA) campus," and love follows at first sight, that difficulties may develop. The prospective partners need to be solid AA's (CA's) and long enough acquainted to know that their compatibility at spiritual, mental, and emotional levels is a fact and not wishful thinking. They need to be as sure as possible that no deep-lying emotional handicap in either will be likely to rise up under later pressures to cripple them.

-Twelve Steps and Twelve Traditions, p. 119

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 June 24, 2006

Open Boat'n, Fish'n, Eat'n, Float'n, Swim'n, Meet'n: N53 W34382 Road Q, Okauchee Lake, WI 53069, 10AM-Dark. \$8.00 Suggested Donation. Please bring dish to pass. To be of service contact...
Special Events Contact, Michael M. 262-271-4860.

Tuesday July 4, 2006

4th of July Unity Picnic: Humboldt Park Picnic Area #2, 3000 Howell Ave. Milwaukee, WI 53207, 11AM-Dark. This is a free event with a community table, please bring dish to share. To be of service contact...
Unity Picnic Event Contact, Rick D. 414-350-5146.

Saturday July 15, 2006

BBQ & Rummage Sale: Central Office, 3060 N. 68th St. Milwaukee, WI 53210. Noon-5PM. Looking for donated items. To be of service contact...
Special Events Contact, Anita J. 414-768-0179.

Saturday July 29, 2006

Fun In The Sun: McKinley Marina, 1750 N. Lake Dr. Milwaukee, WI 53202. Noon until ? Adults \$10. Kids & Tx Residents \$3. Boat rides, food, and fun.
Razor's Edge Group Contact: Quin B. 414-550-5633.

Sunday August 6, 2006

"Together We Can Make It" Annual Picnic: Stuart McBride Park, Racine, WI 53406. Noon- 6PM.
Group Contact: Rodger H. 262-939-3376.

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

The Consequences of Relapse

If I am careless about this phase of my development, I will be lost before I am halfway through.
I will renew my obsession with drugs and sacrifice all true happiness.
I will forget the word serenity and have no peace.
No matter how far down the scale I have already gone I will fall even lower.
I will resent the past and then repeat it, over and over again.
That feeling of uselessness and self-pity will return, and more.
I will focus on selfish things and hide from my fellows.

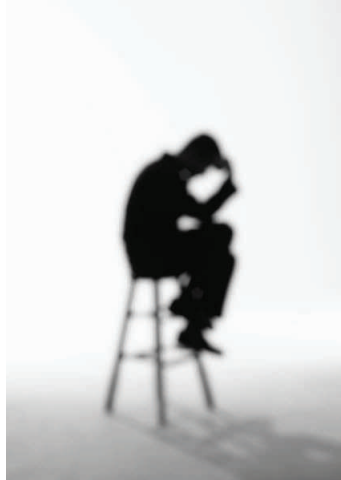
Sanity will slip away.

My whole attitude and outlook upon life will change for the worse.
Fear of people and of economic insecurity will consume me.
I will again be baffled by even the most normal of situations.
I will suddenly believe that God will do nothing for me.
Are these extravagant consequences? I think not!
They have been fulfilled within me. always quickly, always completely.
They will always materialize when I cease to work this program of recovery.
- Anonymous

Step Seven: Humbly asked Him to remove our shortcomings.

The Seventh Step is where we make the change in our attitude that permits us, with humility as our guide, to move out of ourselves towards others and toward God. The whole emphasis of Step Seven is on humility. It is really saying to us that we now ought to be willing to try humility in seeking the removal of our other shortcomings just as we did when we admitted that we were powerless over alcohol (drugs,) and came to believe that a Power greater than ourselves could restore us to sanity. If that degree of humility could enable us to find the grace by which such a deadly obsession could be banished, then there must be hope of the same result respecting any other problem we could possibly have.

-Twelve Steps & Twelve Traditions pg. 76



The Seventh Step Prayer

When ready, we say something like this: "My Creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. Grant me strength, as I go out from here, to do your bidding. Amen."

-A.A. Big Book, p. 76.

Step Eight: Made a list of all those we've harmed and became willing to make amends to them all.

Having had burned my 4th Step inventory list after sharing it with my sponsor as he suggested after my 5th Step, I no longer had it available for my 8th Step. So, when I arrived at Step 8 my sponsor suggested I should quickly forgive him so I could move on by creating another list of all those I had harmed.

The list was no longer the issue. Willingness to make amends to them all was. My fear of the next Step, making direct amends kept me stuck awhile until my sponsor gave me another suggestion. To stop worrying about the 9th Step since, I'm not on that step yet and to pray hard for the willingness to make amend to them *all*. It was just that simple. Thank God for sponsors.

Imagine a crack head like me willing to approach those I harmed and correcting my wrongs. Who would have thought?

This happens in rooms like these. My sponsor is right, I'm growing. I have tremendous gratitude to C.A. for changing the person I once was.

-Rick D.
(A Vision For You)



We have a list of all persons we have harmed and to whom we are willing to make amends. We made it when we took inventory. We subjected ourselves to a drastic self-appraisal. Now we go out to our fellows and repair the damage done in the past. We attempt to sweep away the debris which has accumulated out of our effort to live on self-will and run the show ourselves. If we haven't the will to do this, we ask until it comes. Remember it was agreed at the beginning *we would go to any lengths for victory over alcohol (drugs.)*

-A.A. Big Book, p. 76.

JULY 2006

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<i>The joy is in the journey, so enjoy the ride.</i>						1
2	3	4	5	6	7	8
Unity Picnic						
9	10	11	12	13	14	15
C.A.W.A.C. meeting				BBQ-Rummage sale		
16	17	18	19	20	21	22
ASC Meeting						
23	24	25	26	27	28	29
Fun In The Sun						
30	31	<i>Veni, vidi, velcro -- I came, I saw, I stuck around.</i>				

AUGUST 2006

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	
<i>F E A R = False Events Appearing Real.</i>						
6	7	8	9	10	11	12
Racine C.A. Group Picnic						
13	14	15	16	17	18	19
C.A.W.A.C. meet- ASC Meeting						
20	21	22	23	24	25	26
27	28	29	30	31	<i>WSC Begins... August 29th, - September 3rd, 2006, Los Angeles, CA</i>	

July & August Sobriety Clean Time Birthdays

Gloria Z. 7/5/98 8 years
 Morgan J. 7/8/99 7 years
 Ken D. 7/28/83 23 years
 Mark K. 8/17/02 4 years
 Sheri J. 8/14/88 18 years



Frank K. 8/24/04 2 years
 Gregg B. 8/26/99 7 years
 Sally J. 8/27/02 4 years
 Toyla S. 8/28/04 2 years
 Anita J. 8/28/04 2 years

Give a message of HOPE to the newcomer. Submit your Sobriety/Clean Time Anniversary.

e-mail the editor: angeldance@wi.rr.com or write: C.A. SPIRIT, c/o C.A.W.A. Central Office, 3060 N. 68th Street, Milwaukee, WI 53210

Area Service

5:00 PM Area Convention Committee / 2nd Sunday
 6:00 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,
 2 Delegates, 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.