



# C.A. SPIRIT

COCAINE ANONYMOUS OF WISCONSIN AREA, INC.  
HELP LINE 414-445-LIFE (5433)

C.A. SPIRIT, ISSUE 38

C.A.W.A. WEB-SITE: [cawisconsin.org](http://cawisconsin.org)

**JULY 2004**  
W.S.O. WEB-SITE: [ca.org](http://ca.org)

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## Know Yourself Be Honest

## SEVENTH STEP

Humbly ask Him to remove our shortcomings.

I somehow survived my first 34 years of life mainly by blaming others for my troubles and numbing myself with drugs to avoid reality. Upon taking inventory I did not like the person I discovered behind the mask. Hopelessly, thinking I was stuck being who I was. I always believed that old saying that you cannot teach an old dog new tricks. Thank God my sponsor told me welcoming news right after sharing my 5th Step that gave me hope. The good news is that *we can change!* What I soon came to realize was that, like surrendering to drinking and drugging, I cannot do it alone.

After reflecting on my previous Step work I had to see whether or not I was ready and willing to move on. It is at this point with God's help that I can begin to change what I did not like about myself after taking inventory.

My 7th Step experience

has been very simple to me. Every time, again and again, when I come short of my actions and expectations toward changing my defects of character I realize that my footwork alone isn't sufficient.



The beauty of it all, is the lesson of humility, that I need help from my true friend, the God I am building a living and working relationship with. Often many times during the course of my day I learned that all I have to do is ask for help.

In the Big Book on page 76, you will find this beauti-

ful prayer anyone can apply in seeking this step commonly known as the 7th Step prayer: *"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."*

Our 12 Step journey I found is more than just putting the pipe or bottle down. To me it is about discovering real solutions to all my problems. Through first changing who I am, so that I can better relate to you and the world I live in.

When I first got here I used to say "life sucks." Today I can say "life is cool, really cool." I owe all you, my Higher Power and the fellowship of Cocaine Anonymous.

-Rick D.

C.A. SPIRIT—is always looking for submissions. 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, or e-mail the editor at: [xrebellion@wi.rr.com](mailto:xrebellion@wi.rr.com)

Submission deadline: 2nd Tuesday of each month—6:30 PM, for the following month's publication.

*Interested in putting together this newsletter? Please attend the Delegate Committee service meeting.*

## TRADITION SEVEN

Every C.A. group ought to be fully self-supporting, declining outside contributions.

Primarily we are self-supporting to avoid outside influence that may divert us from our primary purpose—to carry the message to the addict who still suffers.

*Where do our 7th Tradition donations go?* First, with-in the group typically there are expenses like; rent, coffee, snacks, sobriety chips, C.A. literature, and prudent reserve.

*Where happens to left over money?* The World Service manual suggest the 70/30 plan... 70% of the group's remaining funds are donated to the WI Area and 30% are donated to the C.A. World Service Office.

*What does the Area do with this money?* The Area Service Committee exists to serve you and is responsible to your group. The Area also

has expenses that includes; Central Office, help-line, internet web-site, meeting schedules, purchasing literature and chips for the groups, Area also keep a prudent reserve.

*So what does the C.A. World Service Office do with 7th Tradition donations?* The CAWSO is responsible for public relations, distribution and publication of all C.A. approved literature, world directories, newsletters, world conference material, and meeting starter kits requested from around the world. These are just a few of the many responsibilities of the CAWSO. The CAWSO is there to serve you as well as your Group, District, and Area.

Our service boards and committees have been created to help the addict

who is still suffering; to give back what we have freely received. So, the next time you put your money into the basket, think of all the things that are being accomplished and how YOU are helping the addict who is still suffering.

Now you can make 7th Tradition donations directly with the...

*World Service Contribution Program*

*For more information contact:*

CAWSO

3740 Overland Ave. Suite C

Los Angeles, CA 90034

310-559-5833

www.ca.org

*Donations = Twelve Step Work*

*Coming...*

*October 8, 9, 10  
2004*

*\$85.00 approximate cost  
\$20.00 Deposit taken in July*

*Contact Jane O. 414-486-1189*



*Look out for  
Retreat Flyer &  
Registration Form*

*Green Lake Conference Center  
W2511 State Road 23  
Green Lake WI, 54941*

-Retreat Committee

### IT'S IN THE BOOK

*Ask  
A Member*

*The Big Book of Alcoholics Anonymous is the basic text of Cocaine Anonymous.*

**Q:** Dear Member, I have a friend who stops working the program as soon as she gets back on her feet. She's in a new relationship and I haven't seen her in meetings lately. In time I'm afraid she will inadvertently relapse. What does the book say about those who do not place recovery first?

-Concerned

**A:** Dear Concerned, Big Book, p. 98: "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 other people ahead of dependence on God. Burn the idea into the consciousness of every man that he can get well regardless of anyone. The only condition is that he trust God and clean house."

*Send your questions to: It's In The Book, Ask A Member, c/o C.A. SPIRIT, mail to C.A.W.A. Central Office or e-mail to the editor at: xrebellion@wi.rr.com*

## Autobiography in Five Short Chapters

- 1) I walk down the street.  
There is a deep hole in the sidewalk.  
I fall in.  
I am lost... I am hopeless.  
It isn't my fault.  
It takes forever to find a way out.
  - 2) I walk down the same street.  
There is a deep hole in the sidewalk.  
I pretend I don't see it.  
I fall in again.  
I can't believe I am in the same place.  
But, it isn't my fault.  
It still takes a long time to get out.
  - 3) I walk down the same street.  
There is a deep hole in the sidewalk.  
I see it is there.  
I still fall in... it's a habit.  
My eyes are open.  
I know where I am.  
It is my fault.  
I get out immediately.
  - 4) I walk down the same street.  
There is a deep hole in the sidewalk.  
I walk around it.
  - 5) I walk down another street
- Author Unknown



## 9th Annual C.A. of Wisconsin Area Convention "Miracles Among Us" February 4, 5, 6, 2005

### Get Involved...

Your help and ideas are needed. Join us on the convention planning committee in love & service.

### Next Meeting...

Sunday July 11, 2004  
Central Office, 5:00 PM

-Convention Committee

## G.S.R. Orientation Meeting

6:00 PM  
3rd Tuesday  
Central Office

Open to new Group  
Service Representatives &  
Any member interested.

Group Service  
Area Service  
12 Traditions  
Questions or Concerns?



-Delegate Committee

Look out for flyers on these  
upcoming special events...

C.A. Campout  
Wisconsin Area  
Annual Picnic

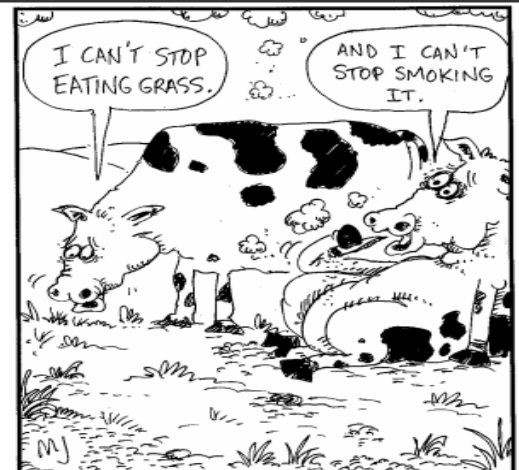
-Special Events Committee

## Humor Corner



Have some a good recovery humor?  
Send it in!

## Summertime in Wisconsin...



C.A. SPIRIT, is a 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 recovery, unity, and service, 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 C.A. SPIRIT. The editors reserve the right to edit any submissions in 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 and ask for C.A. World Service Conference approved literature. C.A.W.A., 3060 N. 68th Street, Milwaukee, WI 53210, C.A. World Service Office web page: [www.ca.org](http://www.ca.org)

# JULY 2004

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
Humility is not thinking less of yourself, It is thinking about of yourself less.						
4	5	6	7	8	9	10
11	12	13	14	15	16	17
Convention Planning Committee						
18	19	20	21	22	23	24
(ASC) Area Service Committee Meeting						
25	26	27	28	29	30	31
Where do you find recovery? Twelve steps past any lengths.						

## July Birthdays Sobriety Clean Time



Gloria Z.	July 5th	6
years		
Kathy H.	July 5th	1 year
Tom H.	July 6th	1 year
Morgan J.	July 8th	5 years
Luis R.	July 24th	15 years

Service Committee meetings 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.*

July 6th	5:30 PM
July 11th	5:00 PM
July 12th	5:45 PM
July 13th	7:00 PM
July 13th	6:30 PM
July 17th	12:00 PM
July 20th	6:00 PM
July 20th	6:00 PM
July 20th	6:30 PM
July 25th	12:00 PM
July 27th	6:30 PM

Special Events Committee / 1st Tuesday  
WI Area Convention Committee / 2nd Sunday  
Central Office Committee / 2nd Monday  
Public Information Committee / 2nd Monday  
Delegate Committee / 2nd Tuesday  
Unity Committee / 3rd Saturday  
Treasurer Committee / 3rd Tuesday  
Finance Committee / 3rd Tuesday  
Internet Committee / 3rd Tuesday  
Hospitals & Institutions Committee / Last Sunday  
Structures & Bylaws Committee / 4th Tuesday  
Retreat Committee / contact: Jane O. or Jim R.

## Message Board

**9th Annual C.A. of Wisconsin Area Convention, "Miracles Among Us", February 4, 5, 6, 2005**, The Convention Planning Committee is looking for Artwork reflecting our 2005 theme, *Miracles Among Us*, Deadline next meeting on Saturday June 12th, 2004. All C.A. members and groups are encouraged to attend and be of service.

**C.A. World Service Conference, "United in Love and Service", August 31—September 5**, Los Angeles, CA, Delegates provide a link between the Groups within the Fellowship. *WSC referrals need to be given to the WI Area Delegates by the 08/17/2004, Area Service Committee. Need help with a referral for the WSC? Delegate Committee meeting is the 2nd Tuesday at 6:30 PM.*

**16th Annual Midwest Regional Convention, "The Keys of The Kingdom", November 5, 6, 7, 2004**, Hilton Northfield, 5500 Crooks Rd., Troy MI 48098, 248-879-2100, \$69.00 plus tax. Please ask for the CA Midwest Regional Convention room rate when making your reservations. Convention Registration Chair Paula H. Ph. 517-694-1023, e mail: hunterp@michigan.gov

**21st Cocaine Anonymous World Service Convention, "Rendezvous on the River", May 26—30, 2005**, Memphis Marriott Downtown, 250 N. Main Street, Memphis, TN, 38103, 888-557-8740, Mention "CAWS" when reserving your room; rate \$127.00. Register early to ensure availability. Registration Chair: Rickey J. Ph#: 901-569-4572 e-mail: registration@cawsconvention.org

**-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: xrebellion@wi.rr.com