



# C.A. SPIRIT

COCAINE ANONYMOUS OF WISCONSIN AREA, INC.

C.A. SPIRIT, ISSUE 32

**JANUARY 2004**

HELP LINE 414-445-LIFE (5433) <http://my.execpc.com/~cocaine/> [www.ca.org](http://www.ca.org)

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**Identify,  
Don't Compare**

## FIRST STEP

**We admitted we were powerless over cocaine and all other mind altering substances—that our lives had become unmanageable.**

When look back into my own using history I can see my powerlessness over my using. Every time I picked up the *first one* my best intentions went awry. Once I took a hit, cocaine seemed to have made all my decisions for me. Like, how much I will use, when I will come home and what I will do for the infinite one more! My addiction was like a little monkey on my back that eventually turned into a horny gorilla. I just could not put it down once I started. I would used no matter what.

At my worst even my family and children didn't matter. I was fired from my employer for not showing up. I thought that I could finally stop then because I wouldn't have a pay check anymore. But I could not. Any values or morals I had left had to go out the window, in order to live with myself and doing

the things I was doing to feed my gorilla.

In the end, my crack cocaine addiction kicked my butt so hard that it took me to a place where I never been before. I had lost my will to carry on. I didn't want to live another moment high or not high. I had lost all hope. After several failed suicidal attempts, I hit my bottom... at last, I reached out for help!



After a brief trip to psychiatric hospital I entered drug rehab treatment for the second time. This is where I was introduced to Cocaine Anonymous meetings. My

self will was finally defeated and I was ready and willing to go through any lengths not to use again.

Initially I struggled with thinking too much. I attended C.A. meetings, one every day my first year clean. Do so helped me build the foundation I needed. I sought out a sponsor when I picked up my 30 day chip. He helped me to surrender to the 12 Step way of living.

I'm so grateful that I finally broke out of the fog of denial. Today I try to keep the First Step really simple... (1) Admitting to myself that I cannot drink or drug like the next person, holding on to no reservation whatsoever. (2) That I cannot manage my life on my own. (3) A Power greater than myself is the solution, God and C.A., which has thought me the 12 Steps to true freedom.

- 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 ONE

**Our common welfare should come first; personal recovery depends upon C.A. unity.**

This Tradition suggest that we should take great care of the C.A. Fellowship any our primary purpose of C.A., locally and as a whole. Otherwise our Fellowship may not be here in the future for us and for the suffering addict yet to walk through the doors.

You may be asking yourself... How can we support the unity of Cocaine Anonymous? As a group? Or as an individual member?

Here are some of my experiences; I try to encourage the groups that I attend to follow the principles of our C.A. Traditions. I speak up in support of the Traditions when needed. I attend and support group and Area events, like fundraisers, workshops, and our annual Area convention and encourage others for their support.

It is also important that we as individual members mind our actions. Remember this; "A C.A. group will

be judged by the worst behavior of its members." I try never to bash another group, committee, or for that matter gossip of another member. To be rigorously honest, I'm still working hard on gossip.

As addicts our very lives depend on C.A. unity. What are you doing to keep C.A. united?

-Anonymous



## Annual Holiday Coke-A-Thon

*30 Hours of Continuous Marathon Meetings*

December 24th—12:00 Noon  
continuous through  
December 25th, 2003—6:00 PM

December 31st—12:00 Noon  
continuous through  
January 1st, 2004—6:00 PM

### C.A. W.A. Central Office

3060 North 68th Street  
Milwaukee, WI 53210  
414-445-LIFE (5433)

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

Unity Committee Contact: Billy B. 414-520-7568

## C.A. OF WISCONSIN AREA Pre-Convention Fundraiser

*Saturday January 3, 2004*

**7:00 PM—Speaker Meeting**

**Dance to Follow**

**Serenity Club**  
3677 E. Pulaski Ave.  
Cudahy, WI, 53110

Convention Committee

### IT'S IN THE BOOK

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

### Ask A Member

**Q:** Dear Member, A few times I've heard in a meeting that this is a selfish program. My sponsor says don't believe everything you hear and that this is not a selfish program. Where in the Big Book does it answer this question?

-Selfless

**A:** Dear Selfless, Big Book, p. 62; "Selfishness<sup>≠</sup>self centeredness! That, we think, is the root of our troubles. Driven by a hundred forms of fear, self-delusion, self-seeking, and self-pity, we step on the toes of our fellows and the retaliate. Sometimes they hurt us, seemingly without provocation, but we invariably find that at some time in the past we have made decisions based on self which later placed us in a position to be hurt. So our troubles, we think, are basically of our own making. They arise out of ourselves, and the alcoholic (addict) is an extreme example of self-will run riot, though he usually doesn't think so. Above everything, we alcoholics (addicts) must be rid of this selfishness. We must , or it kills us!"

*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*

## How Do I...

How do I get out of this hole... Ask for help I'm not that bold. How do I lose my pride... And still feel like a man on the inside. How do I let this go... Negative feelings that there's no growth.

Who do I ask and where do I go? How do I stay instead of saying there's no hope? How do I clear what's not seen? Taking the first step, admitting it's me!

You tried before and it didn't work... "Why don't you leave!" So I can face the hurt. To face the denial and face the fact that I'm an addict and that's just that.

My self-esteem is steam built up... C.A.'s the team built on love. Acceptance and care, yet some aren't aware. But all and all, I can face the fears.

The seed is planted. May this day I grow. It's time to manage the unmanageable. The truth is cold, but yet it's told, in with the new and out with the old.

Bob and Bill had the will. The time was long and they stood strong, to believe in something they could not see. Man, those guys had dignity!

Humbleness and faith from above... They were the links and brought the chains to us. We are the ones to spread the words, to let the people know this program works.

-Nathaniel W.

## High on H & I

### Small Victories

Whenever I start to believe that my life is becoming almost too much for me to bear, overwhelming, like the whole world is "out to get me", I stop and count my blessings. Which, (thanks mostly to this program), are considerable. I don't count things like "social status" or "wealth" as blessings per se. No, what I count are what I consider "spiritual rewards". Everyone, I'm sure, has a somewhat different concept of just what a blessing is to them. Some are mostly universal like, health, happiness, & freedom. Others are more esoteric. Speaking for myself, I count having a pulse when I get up in the morning, and the "restoration to sanity" as high on my list. But strangely enough I've found out that *being of service to others* has become a major blessing on my life as well.

Being a member of this fellowship has thought me that doing whatever I can to carry the message to other addicts does wonders for me as well as them. I have seen so many miracles happen as a result of this program and the people in. I truly feel honored to be a small part of it. Watching hope build in the eyes of someone that has lost all hope, seeing the tears of joy when someone finds out that there *is an answer*, and a way out! It is an indescribable feeling. Just knowing that what I might have said may have saved a life makes all of the pain and misery I went through to earn my chair at these tables seem worth it.

-Everett C.

## Humor Corner



*Have some a good recovery humor?  
Send it in!*



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)

# JANUARY 2004

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3 <i>Pre-Convention Fundraiser Event</i>
Stop barking and start biting.						
4 <i>Convention Committee Meeting</i>	5	6	7	8	9	10
11 <i>Convention Committee Meeting</i>	12	13	14	15	16	17
18 <i>Convention Committee Meeting</i>	19	20	21	22	23	24
25 <i>Convention Committee Meeting</i>	26	27	28	29	30	31 <i>Utilize don't analyze.</i>

## January Sobriety Clean Time Birthdays



Joe Z.	January 1st	2 years
Frank P.	January 1st	9 years
Debbie S.	January 2nd	4 years
Kelly B.	January 4th	14 years
Kevin M.	January 15th	3 years
Sue W.	January 18th	3 years
Frank M.	January 20th	12 years
Joseph F.	January 22nd	18 months
Erin B.	January 28th	5 years

*Congratulations... It Works!*

All 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.

January 12th	7:00 PM	Public Information Committee / 2nd Monday
January 11th	5:00 PM	WI Area Convention Committee / 2nd Sunday
January 12th	6:30 PM	Delegate Committee / 2nd Tuesday
January 19th	6:00 PM	Finance Committee / 3rd Tuesday
January 19th	6:00 PM	Special Events Committee / 3rd Tuesday
January 19th	6:30 PM	Internet Committee / 3rd Tuesday
January 25th	12:00 PM	Hospitals & Institutions Committee / Last Sunday

Unity Committee, next meeting / call Billy B. 414-771-8860  
Structures & Bylaws / call Peter J. 414-769-9550

## Message Board

**Annual Holiday Coke-A-Thons, Dec. 24th & 25, 2003 - Dec. 31st, 2003 & Jan. 1st, 2004**, C.A.W.A. Central Office, 3060 N. 68th Street, Milwaukee. Continuous Marathon Meetings.

**Open Speaker and DJ-Dance, January 3, 2004**, Pre-convention fundraiser for the Wisconsin Area Convention in February 2004. 7:30 PM, Serenity Club, 3677 E. Pulaski Avenue, Cudahy, WI. 53110. Contact Peter J. 414-769-9550.

**8th Annual C.A. of Wisconsin Area Convention "Let Go", February 2004**, Planning Committee is meeting at Central Office, every Sunday at 5:00 PM, in the Month of January. Help is still needed. All members are encouraged to be of service. Contact Chair: Gregg B. 414-899-8031.

**20th Cocaine Anonymous World Service Convention, "Spotlight on Recovery", May 27th-31st, 2004**, Hilton Los Angeles/Universal City, 555 Universal Hollywood Drive, Universal City, CA, 91608, (818-506-2500), \$149.00 King or Double Bed, Please ask for the CAWS 2004 room rate when making your reservations. Additional \$35.00 room fee for more than two quest, except for persons 18 or under. Contact Ralph W.-Outreach Chair at: [ralphawhite@yahoo.com](mailto:ralphawhite@yahoo.com) or the CAWS 2004 web site for more information: [www.caws2004.org](http://www.caws2004.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](mailto:xrebellion@wi.rr.com)