

MAY
JUNE
2009

C.A. Spirit

COCAINE ANONYMOUS OF WISCONSIN AREA, INC.
414.445-LIFE (5433) CAWISCONSIN.ORG

BI-MONTHLY NEWSLETTER ISSUE #24

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

The Twelve Traditions

1. Our common welfare should come first; personal recovery depends upon C.A. unity.
2. For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for C.A. membership is a desire to stop using cocaine and all other mind-altering substances.
4. Each group should be autonomous except in matters affecting other groups or C.A. as a whole.
5. Each group has but one primary purpose—to carry its message to the addict who still suffers.
6. A C.A. group ought never endorse, finance, or lend the C.A. name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.
7. Every C.A. group ought to be fully self-supporting, declining outside contributions.
8. Cocaine Anonymous should remain forever non-professional, but our service centers may employ special workers.
9. C.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. Cocaine Anonymous has no opinion on outside issues; hence the C.A. name ought never be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.
12. Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.



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 9203 W. Blue Mound Rd. Suite A Milwaukee, WI 53226 or e-mail Sage, the C.A. Spirit editor:
insidious_insanity@yahoo.com

**Submission Deadline for next issue:
June 5th, 2009**



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Thought to Ponder

Cocaine Anonymous is the only place in the world where you can walk into a room of total strangers and reminisce.

"In the spirit of Tradition 6: We are not allied with any sect denomination, politics, organization or institution".

Dear Addict, I know that I need to stop using, but it seems overwhelming that I can never have a drink or use drugs again. It is hard for me to believe that I can really quit forever. Please help.



Dear Anonymous,

Ours is a one-day-at-a-time program. We suggest that you not dwell on wanting to stay sober for the rest of your life, or for a year, or for even a week. Once you have decided you want to quit, let tomorrow take care of itself. Just for today, you don't have to use. But sometimes it is too much for us to project even one whole day drug-free. That's okay. Just for the next ten minutes, you don't have to use. It's okay to want it, but you don't have to use it, just for ten minutes. After ten minutes, see where you are. You can repeat this simple process as often as necessary, using whatever span of time feels comfortable. Just for today, you don't have to use!

—C.A. Literature - To The Newcomer

Our World Service Conference approved books "Alcoholics Anonymous", "Twelve Steps and Twelve Traditions", Hope, Faith and Courage, and other C.A. literature are used to answer inquiries to this section of the C.A. Spirit Newsletter - *Dear Addict*.

Opportunities for GROWTH



Calendar of Upcoming Cocaine Anonymous Events

Sunday Night Strength's 20th Annual Anniversary Spaghetti Dinner

Date: Saturday May 2, 2009

Location: Pass It On Club

62nd & Forest Home

Social Hour: 5:00pm

Spaghetti Dinner: 5:30pm

Speaker Meeting: 7:00pm

DJ Dance: Following Speaker Meeting



Spaghetti Dinner & Dance Prices

Advance Ticket Purchase: \$10.00

H&I and children under twelve: \$5.00

At the Door: \$12.00

H&I and children under twelve: \$5.00

DJ Dance Only: \$6.00

Contact: Jill E. 414-534-6610

Ken D. 414-481-0599

BBQ and Poker Night at the Waukesha Alano Club



Date: Friday May 8th

BBQ Dinner: 6:00pm

Speaker Meeting: 8:00pm

Poker/Bingo: Following Speaker 'til 12:30am

Poker Buy In: \$10

Cash prizes & Silent Auction

Illinois & Wisconsin Unity Committees Invite You On A Unity Road Trip

Date: Saturday June 20, 2009

Time: 11am to 7pm

Location: Lake Area Club

N60 W35878 Lake Drive

Oconomowoc, WI 53066



Speakers/Workshops/Games/Bonfire

Share your Group or Area Committee Events... For more information contact the C.A. Spirit Editor,
Sage S. 414.526.0980 or e-mail at insidious_insanity@yahoo.com

Event flyers may be found at your C.A. home group literature table or on our web page: cawisconsin.org

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

In the early days of my recovery I would hear "stories" about doing the 4th and 5th steps...usually short blurbs about how scared someone was, or "oh my gosh, I don't want to share this stuff with someone else". People seemed frightened to complete their 4th and 5th steps. My experience has been quite the opposite!

I was so glad to get to the rooms of Alcoholics and Cocaine Anonymous...I was one of the "lucky ones". I was so tired and had enough. I tried over and over again to change my way of thinking, my way of acting, my way of drinking and my way of using drugs. None of my ideas worked. Not a one! I was ready and willing to listen when I got to treatment, then to a sober living house and into the rooms of a 12 step recovery program. When I was asked to begin working the 12 steps, steps 4 and 5 in particular, I was MORE THAN READY AND WILLING to do so.

In Step 5 I am asked to admit to myself, to God and to another human being the exact nature of my wrongs. This step allows me to clean house, to get things off my chest and to share, with another person, all of the reasons I drank. I knew by not doing an honest 5th step, I would be leaving the door open to go back and use again. I wrote my 4th step with my heart, not my head. I did my 5th step with my heart, not my head. My heart always takes me in the right direction, my head -- well not so much. My heart speaks to me from a quiet and honest place. The place that I am most close with God. My heart allows me to open the door to truth, honesty, wisdom and love. When doing my 5th step and sharing from my heart I have experienced a new sense of freedom. I have the ability to move forward, to recognize and work on my faults and to become a new person, a better person, the person I have always wanted to be.

My secrets no longer keep me sick...for that, I am grateful.

With gratitude,
Wendy T

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

Of course I am ready to have God remove all of these defects of character, right? Logically, it sounds wonderful to have all of my defects removed; but what does this really mean? It would be nice if God could just, "poof" make them disappear... that is not how it works, though, at least not for me. I cannot get rid of something overnight that took years to acquire. I mean, I just found out I even have these defects! Some of them served as survival tactics. Can I manage without lying, getting short tempered, or only looking out for number one? First, I must be aware of when I am acting on one of my defects. I can now ask God to help me remove this. "Please show me a better way to deal with this situation."

For me, I have to work *with* God and be *willing* to change, or I am not going to change. Being entirely ready is being willing to have God work in my life to *help* me remove my character defects. I have to recognize when I am being selfish, or envious, or judgmental, etc. This new self-awareness is what helps me grow up! It helps me to ask God to come into my life and help me change. Before doing my fifth step, I did not realize what the extent of my character defects were. My sponsor helped me identify these defects and it is now up to me, and God, to keep them in check. Sometimes others will lovingly point them out as well! I truly am grateful for this program and fellowship. I cannot believe how much I've grown and how much more growing I have left to do. My life is much better now than it ever was before and I know that as long as I continue working these steps, it will only get better and better from here!

-Submitted Anonymously

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 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
					1	2	
			Spaghetti Dinner				
3	4	5	6	7	8	9	
2010 World Convention Planning Meeting 5pm					Poker Night		
10	11	12	13	14	15	16	
2010 Area Convention Planning Meeting 5pm							
17	18	19	20	21	22	23	
ASC Meeting 7pm							
24	25	26	27	28	29	30	
31							
Isolation is a darkroom for developing negatives.							

JUNE 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
2010 World Convention Planning Meeting 5pm						
14	15	16	17	18	19	20
2010 Area Convention Planning Meeting 5pm		ASC Meeting 7pm			Unity Road Trip	
21	22	23	24	25	26	27
28						
29						
30						
Heard in a meeting... God could and would if He wore socks.						

May and June Sobriety Clean Time Birthdays

Tony D. 5/4/1996 13 years
 Heather D. 5/6/2006 3 years
 Mike W. 5/15/2003 5 years
 Tracy D. 5/18/2006 3 years
 Jeanna D. 5/27/1993 16 years



Brigid R. 6/1/1990 19 years
 Ann M. 6/5/1991 18 years
 Paul D. 6/10/2004 5 years
 Debbie A. 6/20/2005 4 years
 Greg C. 6/22/1996 13 years
 Danny N. 6/25/1993 16 years

If a correction needs to be made to your birthday, please email the editor: insidious_insanity@yahoo.com

Congratulations and Happy Birthday!!

Give a message of HOPE to the newcomer. Submit your sobriety/clean time anniversary to our Area's newsletter calendar! E-mail the editor: insidious_insanity@yahoo.com

Area Service

5:00 PM Area Convention Committee / 2nd Sunday
 6:00 PM Delegate Committee / 1st Monday
 2:00 PM Unity Committee / 2nd Sunday
 6:30 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 / 1st Thursday

Open Positions: Co-Secretary, Alternate Delegate, 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
 9203 W. Blue Mound Rd.
 Suite A
 Milwaukee, WI 53226



All C.A. members are **WELCOME** and encouraged to attend.