

NOVEMBER
DECEMBER
2009

C.A. Spirit

COCAINE ANONYMOUS OF WISCONSIN AREA, INC.

414.445-LIFE (5435) CAWISCONSIN.ORG

BI-MONTHLY NEWSLETTER ISSUE #27

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

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Please submit to the CA Spirit!
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 e-mail Sage, the C.A. Spirit editor:
insidious_insanity@yahoo.com
or send to: C.A. SPIRIT 9203
W. Blue Mound Rd. Suite A
Milwaukee, WI 53226

**Submission Deadline
for next issue:
December 11, 2009**



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**Be sure to visit
cawisconsin.org
for updated event
and meeting list-
ings, CA literature,
and much more!**



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

WSC Approved August 2009

Seasons Greetings

Dear Addict,



Does it do much good to do H & I work?

Dear Anonymous,

"H & I helps me to remember where I came from. It also allows me to watch the miracle of recovery change others and in doing so, it allows me to change myself. There are no words that can describe the feeling inside when someone I first met at an H & I panel gets his/her first year token."

"Being a recovering addict, the most dangerous thing for me is to forget that I am an addict or to think that I can use successfully, but that is exactly what my addiction tries to get me to believe. Whenever I go into a detox meeting, I am always reminded of the simple truth of addiction and its consequences. This helps me to stay sober and to be grateful for my recovery. It was passed through this method to me, and I feel blessed to be able to carry on the tradition."

—*Cocaine Anonymous Literature: A New High From H & I*

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*.



Calendar of Upcoming Cocaine Anonymous Events



Pancake Around the World for CAWS 2010 Convention

Date: November 7, 2009

Location: Pass It On Club
6229 W. Forest Home Ave.

Schedule:

8:00 Coffee and Socialize

8:30 Breakfast

9:30 Readings and 10 minute speaker

10:00 Main Spiritual Speaker

11:00 Hugs and prayer

Menu:

Coffee

Pancakes

Sausage

Eggs

Toast

Orange juice



Cost: \$10.00 per Adult

\$5.00 per child 12 and under

\$5.00 per halfway house member

(No one will be turned away because of cost)

14th Annual CA of Wisconsin Area Convention



The Hope, Faith & Courage Experience

Date: February 5–7, 2010

Location: Country Springs Hotel,
Water Park, Conference Center
Waukesha, WI

Registration forms are available on-line at cawisconsin.org and at all meetings!

The convention planning committee meets the 2nd Sunday of every month and the central office. Make a difference, get involved!

REGISTER EARLY! TAKE ADVANTAGE OF THE SPECIAL CONVENTION PACKAGE PRICE!

Event flyers &/or Registration forms have more information and are available at all C.A. meetings or on our web page: cawisconsin.org

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

I must admit that I do not practice prayer and meditation as often as I feel I should. I find myself saying the Serenity Prayer or just saying a quick Thank You or Please Help Me throughout my day. I do try to stay in a constant contact with God, but actually sitting down and praying or meditating never seems to happen, so far anyway.

One of the many gifts I've learned in the program is that God's will for me and my will are totally different. This step has me pray for the knowledge of His will and the power to carry that out. First, I

have to gain the knowledge of what God's will for me is and then actually follow through with it. Well, at least I know what His will for me is NOT. God does not want me to poison myself with drugs! God wants me to be healthy and happy so that I may be of service to other people. This may look different from one day to the next, but I just keep trying to do the next right thing!

—Anonymous



Step Twelve: *Having had a spiritual awakening as a result of these steps, we tried to carry this message to alcoholics (addicts), and practice these principles in all our affairs.*

Sometime in the beginning part of working my steps, I realized that I had not thought about using for a while. Wow, the obsession had been lifted!

During the middle parts of my steps I discovered all sorts of my character defects. I also learned that there were better ways to handle certain situations than what I had been doing. I got a new perspective on what is appropriate behavior and what is not so appropriate behavior. I received a nice dose of humility!

Moving on through the steps, I got the chance to apologize for my actions. Now I do a daily inventory so my list does not take up an entire notebook ever again! I maintain contact with my higher power and I practice these principles, to the best of my ability, in all of my affairs.

When I first came to CA, I was empty inside. There was no life left. I was spiritually bankrupt! I had completely lost contact with myself and any higher power. Through working the steps, I slowly re-built a relationship with

myself and found my higher power. This awakening did not happen suddenly for me, but gradually over time.

Step Twelve *promises* a spiritual awakening as a result of *working* the steps. It does not specify how, it just says it will happen. You also actually must do all of the steps, and continue to do them! We then must share these steps with other addicts. That is why we are here!

I arrived at CA's doorstep spiritually dead. Working the steps awakened me! —Anonymous

NOVEMBER 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
Pancake Around the World						
8	9	10	11	12	13	14
2010 World Convention Planning Meeting						
15	16	17	18	19	20	21
2010 Area Convention Planning Meeting						
22	23	24	25	26	27	28
29	30					

DECEMBER 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
2010 World Convention Planning Meeting						
13	14	15	16	17	18	19
2010 Area Convention Planning Meeting						
20	21	22	23	24	25	26
27	28	29	30	31		



November and December Sobriety Clean Time Birthdays

Karmen K.	11/01/89	20 years
Mike K.	11/03/95	14 years
George M.	11/03/03	6 years
Linda R.	11/08/05	4 years
Gregg J.	11/08/98	11 years
Ruta B.	11/11/03	6 years
Wendy T.	11/11/95	14 years
Jamie M.	11/17/02	7 years
Candy R.	11/19/07	2 years
Ray P.	11/20/01	8 years



Jeff B.	12/03/04	5 years
Bill M.	12/05/03	6 years
Quin B.	12/08/91	18 years
Greg H.	12/09/07	2 years
David Sa.	12/13/96	13 years
Cary S.	12/26/97	12 years

Congratulations and Happy Birthday!!

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

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

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.