

SEPTEMBER
OCTOBER
2009

C.A. Spirit

COCAINE ANONYMOUS OF WISCONSIN AREA, INC.
414.445-LIFE (5433) CAWISCONSIN.ORG
BI-MONTHLY NEWSLETTER ISSUE #26

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

We Would Love To Hear From You!

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:
October 9, 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".*



Dear Addict, I'm a little unsure about how I am supposed to look for a sponsor. Can you help?



Dear Anonymous,

Some of the ways we have gotten to know people and found a sponsor are:

- *Listening to the feelings being shared at meetings.*
- *Asking members of the fellowship for their phone numbers, then actually calling and talking to them.*
- *Going to coffee after meetings with other sober addicts.*
- *Sharing at meetings.*
- *Asking others to recommend someone as a sponsor.*

When choosing a sponsor, remember that this does not have to be a life-long relationship. Many of us have had different sponsors at different times in our sobriety. Others have had the same sponsor since early sobriety. The point is that YOU must take the initiative and reach out.

—Cocaine Anonymous Literature: Choosing Your Sponsor

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



CA of Wisconsin Area Annual Picnic

Date: September 20, 2009

Location: South Shore Park
(Picnic Area 1) Milwaukee, WI

Time: 11am - 4pm

Open Speaker Meeting: 2:00pm



Contact: Lindsay A. 262-951-6339

2009 Fall Retreat at Green Lake September 25, 26 & 27th

Look for more information
and registration forms
at your meetings.



Contact: Dominic G. 262-443-4257

Labor Day Brewers Game & Tailgate

Tailgate starts at 11:00am

Game starts at 1:05pm

Package includes: Ticket (Terrance Reserved Sec 409)

Food in the lot (burgers and other assorted tailgate food)
You're on your own for parking.

\$20 per ticket package

Hosted by 2010 World
Convention Committee

Call Quin 550-5633 or

Sharon 405-6156 to reserve your spot!



2nd Annual H&I Bash

Date: October 10, 2009

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

Milwaukee, WI 53220

Time: 3pm—Midnight



H&I Workshops, Speaker Meeting,
Fellowship, Famous Tacos, Dance!

Contact: Nate D. 414-915-0964

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

Step Nine: Made direct amends to such people, wherever possible, except when to do so would injure them or others.

It still amazes me to see how my perspective changes as long as I am open to change. My last 4th Step was so much more fearless and thorough than the first one that I did. I was able to really look at *my* part.

This had given me a clearer understanding of *my* character defects and shortcomings. I also made an amended list of persons I had harmed. I truly have become willing to make these amends.

At one time I thought that the 9th Step was all about saying that I am sorry. It is so much more. For me, it really is about being accountable. No longer could I justify, rationalize or minimize the things that I had done to others. No longer could I hide behind the mask of, "I'm an addict."

I had held on to one resentment in particular for the first twelve years of my recovery. I finally was able to look at my part, I put this person on my list and then I put it into God's

hands.

The opportunity presented itself and I was able to make this amends. I was able to honestly go to this person and verbalize what my wrongs had been within the relationship. I then asked him what I could do to repair the damage that I had done. What a gift!!

One other fallacy that I held onto was the "others" part. I thought that I was supposed to be number one on the list. Self-centeredness has always been my most prevalent character defect even before I knew there was such a thing. However I have learned it wasn't about me anymore. I am no longer number one on my list.

I have learned that I do all of these things so that I can be of maximum service to God and others. When I am living in the sunlight of the Spirit, I can better do His will. Very simply, when I live in self I block the light; thus blocking God.

There has been so much freedom

since I have been able to make many of the amends that are on my list.

Ann D.
Hope Without Dope

For the readiness to take the full consequences of our past acts, and to take responsibility for the well-being of others at the same time, is the very spirit of Step Nine.

- Twelve and Twelve p.87



Step Ten: Continued to take personal inventory and when we were wrong, promptly admitted it.

I've heard around the rooms that Step Ten is a maintenance Step. In my experience I couldn't agree more as this Step helps me in keeping spiritually fit. I don't take daily inventory at bedtime nor do I in the morning. I may not be as disciplined as some of you may be. Instead I find myself taking inventory throughout the day

when my shortcomings appear. Today I know when I have done wrong. It just doesn't feel right anymore. It's the God conscious thing I have

that they talk about in the Big Book. I can't simply sleep or live with an amends that needs to be made. I used to believe they put the word "promptly," in Step Ten just for me when I was more of a procrastinator. It's really there for all of us addicts so that we can quickly be free to grow and be more of service God and others.

One time, I even made direct amends not for something wrong I said or acted on, but for a resentment I had with someone that manifested itself as ill thoughts. As a result it

freed my mind, gave me peace and allowed me to see how I can better relate to that person in my life.

Looking back Step Ten is really a simple step. It has helped me grow more in humility and spiritually in my new life journey. This didn't happen over night and some of you who know me might be thinking that God is not done with me yet. This Step Ten I plan to be doing continuously the rest of my life.

Rick D.
Hope Without Dope


SEPTEMBER 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
Sept. 7th Labor Day Baseball Game						
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
WI Area Picnic			Fall Retreat at Green Lake			
27	28	29	30			
Fall Retreat cont.						

OCTOBER 2009

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

September and October Sobriety Clean Time Birthdays

Sage S.	9/01/05	4 years			
Lynn G.	9/11/02	7 years			
Vicki V.	9/15/93	16 years			
Rick A.	9/19/05	4 years			
Mark D.	9/27/99	10 years			
Joe V.	9/30/89	20 years			
					
				Rick D.	10/11/94
				Diane W.	10/12/97
				Jim R.	10/15/97
				Tracy C.	10/19/01
				Angela L.	10/29/03
					15 years
					12 years
					12 years
					8 years
					6 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.