



Recovery Newsletter October 2020

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We're Here & We're Free™



We are extremely pleased to officially announce that the **CAWS 2020** Convention has become **CAWS 2021** with the actual dates of May 27-31, 2021.

Further good news is that your current registration will transfer automatically to the new dates. You don't have to do a thing except come to Austin, TX in 2021 and party with us as we celebrate recovery. (We will be posting updates in future newsletters)

www.georgiaca.org

MACAI
Metro Atlanta
Cocaine Anonymous Intergroup

What's inside? Pages

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Birthdays & Trusted
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STEP TEN: (CA-A Guide to the 12 Steps)

Continued to take personal inventory and when we were wrong promptly admitted it.

Having taken the first eight Steps and made a beginning on Step Nine, we find ourselves at Steps Ten, Eleven and Twelve. Although the Twelve Steps are designed to be taken in order, it is suggested that we take Steps Ten, Eleven and Twelve on a daily basis while making our Ninth-Step amends.

The last three Steps encompass much of the first nine Steps in their structure and application. Step Ten involves continuing to take personal inventory and setting right any new wrongs as we go along. The Big Book teaches us that when our shortcomings "crop up," we deal with them by using Step Ten (page 84). The main purpose of Step Ten is to prevent us from being blocked off again from God, whose power ultimately keeps us sober (page 64).

DISCIPLINE: (CA-12 Principles)

Discipline is a new concept to many of us when we first get sober. With direction from our sponsor, we learn good recovery habits. We go to meetings regularly, read literature, work the Steps and get involved in service work. We develop a habit of checking our motives and looking at our actions on a regular basis. This is the beginning of what will become a way of life. These behaviors enhance our experience in sobriety.

Tenth Step Prayer (Anonymous)

Dear God,
I pray I may continue to grow in understanding and effectiveness; to take daily spot check inventories of myself; to correct mistakes when I make them; to take responsibility for my actions; to be ever aware of my negative and self-defeating attitudes and behaviors; to keep my willingness in check; to always remember I need Your help; to keep love and tolerance of others as my code; and to continue in daily prayer how I can best serve You.



Please read CA World Services Letter for the ongoing situation; [WSBT Fellowship – COVID-19 – Advisory Letter March](#)

In response to the Covid-19 pandemic several local C.A. Meetings are now available on-line. <https://georgiaca.org/meetings/?tsml-day=any&tsml-type=ONL>

Also see <https://ca-online.org> for a list of both voice and email meetings.

DISCLAIMER: ALL OPINIONS EXPRESSED IN THE CA RECOVERY NEWSLETTER ARE THOSE OF INDIVIDUAL MEMBERS IN OUR FELLOWSHIP AND NOT ATTRIBUTED TO MACAI, GA AREA OR CA WORLD SERVICES ORGANIZATION AS A WHOLE. HOWEVER, WE STRIVE TO MAINTAIN CA TRADITIONS WHEN SELECTING CONTENT FOR PUBLICATION.

October — Step 10

STEP Ten By Christy G. (A Friend in Recovery)

Continued to take personal inventory and when we were wrong promptly admitted it.

Having worked the first nine steps, I have developed somewhat of a conscience. As such, when I indulge my impulses, I generate within, a gnawing sense of emptiness and discontentment. My disease tells me that feeling bad is unacceptable, that it must be fixed. The program tells me that as long as I am doing the next right thing, I am doing all I can do to combat the negative feelings as well as my diseases demand to immediately stop these negative feelings. Positive actions combat negative emotions. It is important to keep tally of feelings and actions in this regard. Indeed, it demands a program of scheduled maintenance, much like a car, so that I am not surprised by a total breakdown based on neglect. The breakdown was insidious but completely predictable. Had I been checking the oil, I would have seen a measured depletion. The Tenth Step is like checking the oil. Without it I am playing Russian roulette with my disease.

I cannot assume however that I know right from wrong. Oh yeah, I had a pretty good day is not a measurable Tenth Step. What were my feelings, my actions, my character defects? Was this in God's Will or in self will through my actions? I have experienced patterns of behavior demanding self-destruction long before using and as such have a fear of my disease. It is like a tornado marked by a certain weather pattern. I am not "suddenly" in the torrid cyclone helplessly whirling out of control. After all, everyone else managed to get in a storm shelter. My Tenth Step is a prediction of the oncoming storm. It is a map to tell me where I am relative to the tornado. My disease has placed me in the land of storms. How foolish I would be ignoring the weather map.

I developed a Tenth Step based on my needs. And, I am very sick. I must look at a list of ten basic emotions trying to nudge my feelings out into the open. I then review a list of characteristics of self-will such as selfish, dishonest, impulsive, intolerant and doubtful followed by God's Will; concern for others, honesty, humility, calmness, forgiveness and tolerance. I look at the list in context of my daily actions and thoughts. I review the twenty-six basic character defects again looking for any I have demonstrated. Finally, because I am oh so sick, I review a list of twenty-seven signs of relapse (based on Gorski). I identify positive actions as well as negative actions, admitting not only when I am wrong, but also when I am living God's Will and working the program. It is the maintenance step. A gauge of how I am doing in my program is preventative spirituality.

Birthdays & Trusted Servants

*October 2020
Congratulations!!!*

Line By Line

Steven B. – 7 Yrs.

Log Cabin

Juan A. – 8 Yrs.

Eric E. – 5 Yrs.

Over The Hump

Barbara L. – 21 Yrs.

Pass It On

Joseph R. – 25 Yrs.

Spiritual 12

Jessica L. – 4 Yrs.

Pete W. – 2 Yrs.

Sharisse R. – 2 Yrs.

Today's Hope

Maurice C. – 28 Yrs.

Ron S. – 23 Yrs.

Sandra R. – 23 Yrs.

Usual Suspects- Augusta

Britney C. – 4 Yrs.

Mark B. – 4 Yrs.

Donations are needed to help World Services Office (WSO) continue to carry the message of Cocaine Anonymous to those addicts who still suffer throughout the world.

For one-time or monthly contributions please use link below. <https://ca.org/contributions/>.



MACAI

Metro Atlanta Cocaine Anonymous Intergroup

Chair	Iris R.	(678) 683-2350
Vice Chair	Open	
Secretary	Open	
Asst. Secretary	Open	
Treasurer	Kathy R.	(678) 983-2770
Finance	Tom S.	(404) 286-2167
Supplies	Fred J.	(770) 310-2360
H & I	Open	
Helpline	Tinsley E.	
Newsletter	Paul L.	(770) 330-1721
Service Manual	Stephanie K.	(770) 605-9927
Public Info	Amanda I.	(404) 219-7076
Activities	Open	
Unity	Open	
DSR Northside	Scott B.	((770) 865-1049
DSR Eastside	Open	
DSR Westside	Open	

GEORGIA AREA CHAIR

Iris R. - Atlanta, Ga. (678) 683-2350

ATLANTIC SOUTH REGIONAL TRUSTEE

George M. (interim trustee)

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Barbara L. Atlanta (678) 230-4149

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Metro Atlanta Cocaine Anonymous Intergroup

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MACAI meets On-Line

the 1st Wednesday monthly at 6:30pm

Ask your GSR for the link