



# Recovery Newsletter November 2020

C. A. Helpline  
404-255-7787

We're Here & We're Free™

[www.georgiaca.org](http://www.georgiaca.org)



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)

### MACAI

Metro Atlanta  
Cocaine Anonymous Intergroup

### What's inside? Pages

Events, Step 11,  
Birthdays & 1 – 3  
Trusted Servants

### STEP ELEVEN: (CA-A Guide to the 12 Steps)

**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.**

There are many definitions of prayer and meditation, and a detailed discussion is not practical within the confines of this pamphlet. Some basic suggestions, on pages 86-88 of the text, outline a daily and nightly routine we can apply to allow God to monitor and direct our thinking.

### AWARENESS: (CA-12 Principles)

Through regular inventory, we remain aware of our own motives, intentions and behaviors. Through prayer and meditation, we strive to improve our conscious contact with God as we understand Him. As we continuously seek spiritual growth, our awareness also grows.

### Eleventh Step Prayer (Anonymous)

God, as I understand You,  
I pray to keep my connection with You. Open and clear from me the confusion of daily life. Through my prayers and meditations I ask especially for freedom from self-will, rationalization, and wishful thinking. I pray for the guidance of correct thought and positive action. Your Will, not mine, be done.



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.

## November — Step 11

### **STEP ELEVEN By Vincent P. (A Friend in Recovery)**

*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 out.*

What It Was Like;

Prayer and Meditation Prayer was about me. My motives were self-centered, selfish and always in my favor. My meditation consisted of consuming any mind-altering substance to escape the restlessness, irritable and discontent I felt in my life. My contact with God was 911 calls to save my life mentally, emotionally and physically from the consequences of my behavior. My will was prayer. I was the center of the universe.

What Happened;

I hit the lowest point of my life. The pain was so bad I surrendered unconditionally.

What It Is Like Now;

Prayer is praying for His will. God over me. I pray daily for anyone I have challenges or conflict with. I ask for them what I would ask for myself. I enjoy the quiet time daily to connect with God. His grace has lifted the obsession. The restless, irritable, and discontent feelings are now filled with spiritual wellness. I often ask myself "What would a spiritual person do in this situation?" What a concept! I am very grateful for the 12 Steps. They are my blueprints for life

# Birthdays & Trusted Servants

November 2020  
 Congratulations!!!

**Carry This Message**

Richie T. – 6 Yrs.

**Log Cabin**

Danny S. – 28 Yrs.

Mark C. - 27 Yrs.

David C. – 20 Yrs.

Dan J. - 13 Yrs.

**Spearheads**

Tarek K. – 13 Yrs.

Josh M. – 5 Yrs.

**Spiritual 12**

Debra C. - 15 Yrs.

Melissa R. - 12 Yrs.

**Today's Hope**

Jan N. –4 Yrs.

**Tucker Turtles**

Butch E. - 16 yrs.

**We R Not Saints**

Dewayne V. – 12 yrs.

**The Usual Suspects-Augusta**

John Paul C. -1 Yr.

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)

**WORLD SERVICE DELEGATES**

Amanda I. Atlanta (404) 219-7076

Barbara L. Atlanta (678) 230-4149

Barry H. Atlanta (678) 557-2097

**Metro Atlanta Cocaine Anonymous Intergroup**

P.O. Box 13612 Atlanta, GA. 30324

**MACAI meets On-Line**

**the 1st Wednesday monthly at 6:30pm**

**Ask your GSR for the link**