



Recovery Newsletter

January 2021



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.

Please check this link for more complete information - <https://caws2020.org/>

(We will be posting updates in future newsletters)

C. A. Helpline
404-255-7787

We're Here & We're Free™

www.georgiaca.org

MACAI
Metro Atlanta
Cocaine Anonymous Intergroup

What's inside? Pages

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

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

We admitted we were powerless over cocaine and all other mind-altering substances—that our lives had become unmanageable.

Our powerlessness operates on three levels:

- (1) A physical allergy to cocaine, which makes it virtually impossible for us to stop using once we start;
- (2) A mental obsession, which makes it impossible to stay sober permanently on our own (pages 24 and 34); and
- (3) A spiritual malady, which separates us from our Higher Power's ability to get and keep us sober.

Many of us assumed that Step One meant we couldn't get high anymore because we couldn't handle using at all. In fact, it really means that barring divine intervention, we are unable to stay away from that first hit, line, or whatever (pages 24 and 34), and that we will use again and again, no matter how much we want to stay sober.

The second part of Step One refers to how we are unable to manage our lives, even when we are sober. One example of this unmanageability is being "restless, irritable, and discontented" (page xxviii; other examples are found in the second full paragraph of page 52). Step One is the foundation of the entire Twelve-Step process. Without a full understanding of what this Step means to us personally, we can't expect to make much progress on the other eleven Steps. For more information, study Dr. Bob's experience on pages xvi and 155 (Dr. Bob was one of A.A.'s co-founders). Two useful questions for deciding whether we are really addicts are, "Can I stop permanently, if and when I want to?" and, "Can I control the amount I use once I start?" If the answer to either question is no, we probably are addicts, according to the Big Book.

HONESTY : (CA-12 Principles)

Honesty is the ability to differentiate the true from the false. Becoming honest takes a willingness to change our perception. Getting honest is essential to sobriety and is a key element of making a beginning in our new way of life. In C.A., we are encouraged to be honest, open-minded and willing. Honesty is necessary if we are to be happy, joyous and free.

Twelfth Step Prayer (Anonymous)

Dear Lord,
I admit that I am powerless over my addiction. I admit that my life is unmanageable when I try to control it. Help me this day to understand the true meaning of powerlessness. Remove from me all denial of my addiction.



Please read CA World Services Letter for the ongoing situation; www.ca-online.org
[WSBT Fellowship – COVID-19 – Advisory Letter March](http://www.ca-online.org)

In response to the Covid-19 pandemic several local C.A. Meetings are now available on-line.

<https://georgiaca.org/meetings/?sml-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.

January — Step 1

STEP ONE By Carrie S. (A Friend in Recovery) *edited*

We admitted we were powerless over cocaine and all other mind-altering substances—that our lives had become unmanageable.

We admitted we were **powerless** over alcohol and drugs and that our lives had become **unmanageable**.

WE;

You can't get sober by yourself. The Twelve-Step Program of Recovery is a "WE" program.

The path of sobriety is paved with the Experience, Strength and Hope of every addict/drinker in the program. In the Twelve-Step Program of Recovery, you will forever be the student and the teacher. In the not-so-distant future, your Experience, Strength and Hope will help another drinker on their path of sobriety.

ADMITTED;

Admit that your best efforts landed you where you are right now. Admit that you are the owner of character defects. In the process of admitting your shortcomings, you bring yourself to reality. This is not a time for despair: it is a time for hope. You are not alone. In every meeting, there is someone else who has experienced what you are going through. Be open and honest with yourself.

POWERLESS;

You are an addict/drinker. Your disease will tell you to rebel against powerlessness. You are not a bad person. You do not lack moral character. Alcohol and Drugs are causing your behaviors to be skewed. You are already getting better. You are identifying and accepting your powerlessness. You are seeing your limitations and accepting them as realities. At this stage, change will begin.

UNMANAGEABLE;

Is your life truly unmanageable? Ask yourself;

Have I bargained my drinking/drugging? Do I think about alcohol or drugs when not using?

Your unmanageability may manifest itself in feelings of:

Loneliness, Shame, Fear, Anger, Jealousy, Envy

You may find that you are acting out using:

Sex, Food, Abuse, Violence, Gambling, Shopping

Your life will remain unmanageable if you do not change. Step One will cause you to look inward – at yourself, possibly for the first time. Be forgiving, you can't change the past. However, it is your responsibility to change the future. Think about what Step One has taught you.

Birthdays & Trusted Servants

*January 2021
Congratulations!!!*

Log Cabin

Amanda I. – 10 Yrs.

Milton G. – 3 Yrs.

Ridgeview 805

Kristen A. – 2 Yrs.

Spiritual 12

Jerry B. – 32 Yrs.

April A. – 14 Yrs.

Jeannine C. – 7 Yrs.

Spencer P. – 6 Yrs.

Freddy C. – 2 Yrs.

Joey C. – 1 Yr.

We R Not Saints

Glenn Y. – 36 Yrs.

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

MACAI Needs your help, Volunteer for an open post

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

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/>.

