



# Recovery Newsletter

## April 2021

C. A. Helpline  
404-255-7787

We're Here & We're Free™



We wanted to let you know that it was decided in the best interest of the fellowship and C.A. as a whole, that the CAWS 2021 Convention be pushed back a year. It has now officially become the CAWS 2022 Convention with the dates of May 26-30, 2022. The Convention will still be held in fabulous Austin, TX.

As with the previous date change, your current registration will transfer automatically to the new dates. You don't have to do a thing except come to Austin, TX in 2022 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)

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

**MACAI**  
Metro Atlanta  
Cocaine Anonymous Intergroup

What's inside? Pages

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### C.A. and MACAI need your help

The Cocaine Anonymous World Service Convention will be held in Atlanta, May 2023. That seems far in the future, it's not. It will be here before we know it and we need to be ready. Please contact Mike (mikeseden@att.net) and help make this a reality.

MACAI has several open positions. See page 3 of this newsletter.

Offer up some of your time to help MACAI reach out to us all.



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/?t=sml-day=any&tmsml-type=ONL>

Also see

<https://ca-online.org>

for a list of both voice and email meetings.

### STEP FOUR: (C.A. Guide to the 12 steps)

*Made a searching and fearless moral inventory of ourselves.*

In Step Four, we examine the wreckage that is accumulating from our attempts to run the show and the things that have been blocking us from our Higher Power. By completing and analyzing our inventory (page 70), we are able to see where our natural instincts for money, sex, power, and prestige have gone out of control, as we attempt to satisfy them in selfish and self-centered ways (page 62). The inventory involves looking at the people we resent (page 64-67), the things we are afraid of (pages 67-68), and the people we have harmed through our misconduct. Step Four enables us to discover, own, and begin to be freed from the "bondage of self" described in the Third-Step.

### COURAGE: (C.A. 12 Principles)

Courage is the willingness to walk through our fears. It takes courage to walk through the doors of a C.A. meeting and ask for help. It takes courage to ask someone to sponsor us. With direction from that sponsor, we look at ourselves and our history to examine the causes, effects, and consequences of our actions. We develop the courage to change and to take the actions necessary to effect that change.

### Fourth Step Prayer (Anonymous)

Dear God,

It is I who has made my life a mess. I have done it, but I cannot undo it. My mistakes are mine & I will begin a searching & fearless moral inventory. I will write down my wrongs, But I will also include that which is good. I pray for the strength to complete the task.

**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.

## April — Step 4

### **STEP FOUR By Susan D. (a friend in recovery)**

#### **Made a fearless and thorough moral inventory of ourselves.**

Being new in recovery, those very words were enough to strike terror into my heart. I kept hearing how terrible it was, how people went out and drank after they did one. I was afraid of something I had actually never experienced. I was afraid of the 4th step because first of all it was too much like an assignment; I would have to do it perfectly, because I was afraid not to be the role model of recovery. Secondly, it meant I had to start taking a look at my part in my life. I had spent many years blaming other people and playing the victim. My finger was always pointing at someone else. What was I going to do if I didn't live that way anymore?

Was I really willing to go to any length to stay sober? Was I willing to change my behavior, to make amends, to stop justifying, rationalizing and blaming others? Yes I was. I took a deep breath, prayed for courage and stepped out in faith that GOD would help me through it. I didn't do the first one perfectly; I didn't do the second one perfectly. I did the best I could at the time. And my life began to get better. I will do another one soon, and another and another and my life will continue to get better. The longer I stay sober, the more clear-headed I become. I can see more people I hurt by my behavior that I didn't think about before. I see more and more of my part in things and that is the only part that matters.

Doing a 4th step, and 5th through 12th has allowed me to begin to forgive myself and work through the shame and lack of self esteem, as well as recognize pride and ego and begin to let those go.

I have new relationships that I work at today instead of run away from. I am learning how to be a friend, without expectations and most important of all, I am learning who I am. The real me, the person GOD is intending me to be. No pretenses, fewer character defects, a relationship with GOD. And today I have hope. Hope that if I keep doing what I've been doing, I can continue learning and growing and living sober.

So, I will take a deep breath, be courageous and keep doing 4th steps, and all the others. Because with each one a weight is lifted and life gets better.

# Birthdays & Trusted Servants

## April 2021

# Congratulations!!!

### Hope, Faith and Courage

Deb R. – 21 Yrs.

### Log Cabin

Paula R. – 26 Yrs.

Pasha C. – 6 Yrs.

Connor O. – 6 Yrs.

Nichole W. – 4 Yrs.

### Ridgeview 805

Dot T. – 36 Yrs.

Lilia - 1 yr.

### Saturday Night Live

Iris R. – 5 Yrs.

### Spiritual 12

Terrance S. – 5 Yrs.

Frederick S. – 3 Yrs.

### U-Can

Tina B. – 8 Yrs.

### We R Not Saints

Stephanie K. – 13 yrs.

Felicia S. – 1 yr.

## MACAI

### Metro Atlanta Cocaine Anonymous Intergroup

Chair	Bob W.	(678)-748-1859
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	Fred J	(770) 310-2360
DSR Northside	Scott B.	((770) 865-1049
DSR Eastside	Open	
DSR Westside	Open	

### GEORGIA AREA CHAIR

Jay Kimble Augusta GA (864) 905-2076

### 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**

830 Glenwood Ave., Suite 510-281, Atlanta, GA 30316

**MACAI meets On-Line**

**the 1st Wednesday monthly at 6:00 pm**

**Meeting ID 260 465 5026 Passcode = 251654**

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/>.

