



Cocaine Anonymous Recovery News



MACAI
Metro Atlanta
Cocaine Anonymous Intergroup

August 2019

Website: www.georgiaca.org

Helpline: 404-255-7787

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Step 8 : Brotherly Love

Made a list of all persons we had harmed and become willing to make amends to them all.

Until now the steps have been preparing me for a level of humility beyond my conception: a level of humility before God and God's kids that truly sets me free to live in the sunlight of the spirit.

Admitting my powerlessness - and doing some work to access that power - I now must humble myself before that power and clean up the mess I made of other people's lives. There's no room for ego. There's no room for pride. There's no room for me. Just God. I, of my own power, would never consent, much less commence to making amends, to add to or take away from, to set right my harms.

But with the willingness that can only be accessed through God, I can face the people I've been avoiding, blaming, and resenting for a lifetime.

I have my list. It was given to me by my sponsor after my fifth step. But do I have the willingness? Am I willing to go to any lengths for victory over drugs and alcohol?

If I want to live free, I must. So I pray. I meditate. I ask for the willingness to humble myself. To walk up to that person I used, I cheated, I lied to, and admit my wrong. To ask how the action made them feel. To ask if I've left anything out. To ask what I can do to make it right. To be willing to go to any length for victory over drugs and alcohol.

And as the willingness creeps in, the fear is pushed out. As I trust God, all doubt leaves me. As God comes in, I go out. Then more God in, more me out.

And then the courage born of grace catapults me, rockets me, into the next step. The 9th step. The step when I'm finally back with God's kids. But this all comes as a result of humbly asking God for the willingness to make the amends. Humbly accepting that I am nothing without God.

Anonymous



2022
CA WORLD
SERVICE
CONVENTION

May 26-30, 2022

ATLANTA
GEORGIA

Would you like to
volunteer?

For More Info Contact:

Teri K., CAWS
Convention Chair

t24knight@gmail.com

404-403-1668

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.

Chair: Susan L. 512-699-8002 / Vice Chair: Cliff W. 512-6264149 / Trustee: Kerry W. 713-725-9516

Austin, Texas May 21st – 25th, 2020

Located at the Hyatt Regency in downtown Austin.

We're working on getting updated info posted to:

<http://ca-scta.org/2020worldconvention/>



Recovery Quotes

- HALT - Hungry, Angry, Lonely, Tired
- SLIP - Sobriety Lost Its Priority
 - Hugs not Drugs
- When all else fails, follow directions
 - Progress not perfection
 - Willingness is the Key
- 7 days without meetings makes 1 weak
 - Feelings are not facts

At the Rock

Nathan M. – 11 yrs.

Log Cabin

Barry H. - 15 Yrs.

Sean O. – 3 Yrs.

James G. – 1 Yr.



New Life Group

Warren R. – 28 Yrs.

Don L. – 16 Yrs.

Lindsey A- 9 yrs.

Amy A. – 8 Yrs.

John B. – 7 Yrs.

Over the Hump ?

Marilyn T. -20 Yrs.

Ricky C. – 17 Yrs.

Kick Rocks

Estella J.W. - 26 Yrs.

Ridgeview 805

Tim Hall- 9 Yrs.

Spiritual 12

Sheila S – 10 Yrs.

Kelsey B. – 3 Yrs.

Gary M. – 3 Yrs.

Today's Hope

Johnnie B. - 17 Yrs.

Aubrey K. – 14 Yrs.

U Can Group

Josiah M. – 3 Yrs.

Congratulations!!!



**Metro Atlanta
Cocaine Anonymous Intergroup**

Chair	Iris R.	(678) 683-2350
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DSR Westside	Open Position	

GEORGIA AREA CHAIR

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ATLANTIC SOUTH REGIONAL TRUSTEE

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Metro Atlanta Cocaine Anonymous Intergroup

P.O. Box 13612 Atlanta, GA. 30324

**MACAI meets at The Triangle Clubhouse
the first Wednesday of every month at 6:30pm**