



Connections

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HOME GROUPS

How Can They Help You?

Discovery/Recovery Rod B.

One of my concerns after leaving treatment was how could I find a good meeting? And, what is this “home group” I had heard everyone speaking about? Did I know what a “home group” was? Did I really want to know? Well, as with most things in recovery, little by little it was revealed. I actually had to take action and attend a meeting to search for that elusive “home group”.

One of my first recollections of the “home group” I attended was that of others in recovery that attended the same meeting kept asking me how I was. What had I been doing? Where was I since I missed last Thursday’s meeting? Those members were showing me how to be compassionate, how to care for someone else other than myself, how to become sincere, to be responsible for what I say and do and to share what was going on in my life.

In many ways a 12 Step “home group” is a lot like being in treatment. There’s the beginning of trust in others, a means to talk about spirituality, to be accountable for actions and to begin to understand the meaning of service work. Most importantly the “home group” members always said to “keep coming back” no matter if things were great or not so great. Another great practice of a “home group” is for its members to remind all in attendance to “ask for help” from a higher power in the morning and to “give thanks in the evening.”

So, how can a “home group” help? A home group can show us all how to live a life of recovery by providing examples of good and bad recovery. They provide a safe haven to go and talk about things that trouble us and, they provide opportunity for solutions to those situations.

Treatment may be “discovery” but a “home group” provides “recovery.”

Life “Savers” Paul H.

“We meet frequently so that newcomers may find the fellowship they seek.” Page 15 Alcoholics Anonymous

What is fellowship? Companionship and an association of persons with common interests and activities are just two of the various definitions found in the dictionary. Home groups provide fellowship by their very existence. A home group is exactly what it is called, a group we can call home. A place we can go and feel welcome just because of our common interest (sobriety). The feeling of being welcome anywhere can be pretty foreign to a newcomer.

When the pain to change becomes less than the pain to stay the same, we change. Pain can be an excellent motivator. It can provide us with the willingness or desperation to do just about anything to stay clean and sober. The beauty is that we do not have to do it alone. A home group can help us establish a new way of living. We have to do the footwork.

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HOME GROUPS

Attending meetings regularly and sharing our experience (yes that means we need to talk at meetings) with others will help us to gain strength and hope, and then we have to share that also. When we let others know us, they can often see changes in us long before we recognize them. These changes may be threatening or enhancing to our sobriety.

One of my character flaws has made me look at the differences between the people at those meetings and myself. I had thought in my head that I was not like those people; my story was different, unique. This type of thinking nearly destroyed my life. Once I began to look for the similarities in others' experience to my own, the loneliness and hopelessness began to decrease. It really began to mean something when those people told me to keep coming back and they were glad I was there. You see, those people at these meetings are trying to save my life!

My home group has provided me with a sense of belonging, sponsorship, friendship without conditions, lessons on living life on a spiritual basis and accountability. It has taught me that sobriety is a journey not a destination and for that I am truly grateful.

Traditions Corner

"Our common welfare should come first; personal recovery depends upon C.A. unity."

"The moment this Twelfth Step work forms a group, another discovery is made – that most individuals cannot recover unless there is a group." P 130 Twelve Steps and Twelve Traditions

NOW the question is: **Are you a PART of your group?** Do you show up only when YOU need a meeting, or are you there to help the new man/woman? Are you part of the informed group conscience? Are you part of the "problem", or part of the solution? Do you perform service work (anything from making coffee to chairing the meeting)?

YOUR CONTRIBUTIONS



Seventh Tradition

Every C.A. group ought to be fully self-supporting, declining outside contributions.

District

JUNE

End of the Line	\$ 28.00
Fried Pipers & Cocanuts	\$ 30.00
Men's Meeting	\$ 15.00
Message of Hope	\$ 3.95
No Reservations Needed	\$ 10.00
7 th Tradition	\$ 10.00

JULY

Fried Pipers & Cocanuts	\$ 30.00
Come & Get It	\$ 75.00
7 th Tradition	\$ 10.00

Hospitals and Institutions

JUNE

End of the Line	\$ 11.00
Fried Pipers & Cocanuts	\$ 76.46
Living Our Recovery Daily	\$ 22.35

JULY

Fried Pipers & Cocanuts	\$ 62.13
Thursday Nite Meeting	\$ 10.50

AUGUST

End of the Line	\$ 11.00
Fried Pipers & Cocanuts	\$ 78.19
Living Our Recovery Daily	\$ 39.95
Come & Get It	\$ 51.00
Use This	\$ 14.00



Q: How can you pick out the *TWEAKER* in the grocery store?

A: He/She is the one with his/her cart flipped upside down fixing the wheels!

Q: What are the first five words a *CRACKHEAD* in a three piece tailored suit hears?

A: "Will the defendant please rise"

OOPS!

In our last issue of *Connections*, we printed some pictures of CA members at the CAWS Convention. Although we had these members' permission to print the photos, one of our fellowship Trustees, Tony D., enlightened us about how this had blatantly violated our 11th Tradition:

"Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, television and films."

I would like to apologize for this error and acknowledge the lesson learned. Thank goodness our program allows for "progress rather than perfection"!

Libby H.

Cocaine Anonymous WEBSITE

Need information about Cocaine Anonymous of Greater St. Louis? Visit their website at www.camissouri.org. Meeting info – Events – District News – Literature - Committees

Need a meeting in between meetings. Visit www.ca-online.org . 24/7 unlimited seating

HOT & SOBER

By Vicky M.

In spite of triple digit temperatures, scores of recovering addicts challenged the heat on Sunday, August 12th, showing up for our Missouri Area CA Picnic at St. Vincent's County Park in Pagedale. Many thanks to event organizer **Pamela D.** and her dedicated crew of volunteers – **Jackie P.**, **Marla M.** and sweet little **Chris** who all showed up at the park at 9:00 a.m. to selflessly slave over a hot (and I do mean HOT!) grill in order to serve up a delicious buffet of burgers, brats, pork steaks, chicken, beans, spaghetti and potato salad. For a mere \$5 per plate, picnic attendees gorged themselves, barely leaving room for the lavish dessert smorgasbord provided by fellowship donations.

Many people brought their families and took advantage of the park swimming pool to beat the heat during the hottest afternoon hours. Others set up camp underneath the cool shade of nearby trees – kicking back to simply relax with good friends.

Certainly one of the day's highlights was the egg toss competition. Big and small kids alike tested their skills playing catch with raw eggs at thirty paces! Rounding out the afternoon, raffle winners were drawn. Congratulations to prize claimers **Nan E.**, **Robin F.** and **Sarah D.** – and a special mention of **Michael M.** for selling ALL of the winning tickets.

Unfortunately, by 6:00 p.m. when the speakers started, many of the picnickers had headed home. Their loss! **Charlotte R.** and **James V.** both delivered entertaining and heartfelt messages of recovery for those who stayed to hear it.

All in all, a fabulous day. We appreciate everyone who supported the Missouri Area by attending.



Congratulations to each of our members who celebrated their sobriety birthday in June, July and August. Each milestone is achievable One Day at a Time!

FRIED PIPERS AND COCANUTS

Michael M.	07/31/90	17 YEARS
Earl S.	08/08/05	2 YEARS
Glen F.	07/05/05	2 YEARS
Joe B.	07/24/05	2 YEARS
Sarah S.	08/08/05	2 YEARS
Debbie B.	08/19/06	1 YEAR
Eric J.	06/30/06	1 YEAR
Erin K.	08/18/06	1 YEAR
Maeghan B.	08/18/06	1 YEAR
Kenny H.	02/08/06	18 MONTHS
Jon C.	10/13/06	9 MONTHS
Paul C.	11/09/06	9 MONTHS
Angie F.	04/25/07	90 DAYS
Tom P.	05/30/07	90 DAYS
Jerry A.	07/04/07	60 DAYS



HOPE, FAITH & COURAGE

Don O.	7/16/90	17 YEARS
Willie P.	07/07/94	18 YEARS
Cynthia G.		12 YEARS
Sylvia		9 YEARS
Darryl J.	06/28/99	8 YEARS
Cheryl E.		7 YEARS
Leonard B.	06/29/02	5 YEARS
Robin T.	06/29/02	5 YEARS
Valerie E.	03/09/05	2 YEARS
Moses H.		1 YEAR
Chris R.	03/26/06	1 YEAR
Debo B.	06/00/06	1 YEAR
Michele B.		9 MONTHS
Grace M.		9 MONTHS
RayRay		6 MONTHS
Ildron J.		60 DAYS
Dahia S.		30 DAYS
Richard M.		30 DAYS
Lisa B.		30 DAYS
Gary B.		30 DAYS

No Reservations Needed

Brian W.	9 MONTHS
Darryl	6 MONTHS
Sean R.	90 DAYS
Michelle D.	60 DAYS
Melinda F.	60 DAYS