



# CONNECTIONS

Volume 63

Official Newsletter of the Greater Saint Louis District of Cocaine Anonymous

March, 2012

## ***Newcomer Packet Soon To Be Available***

Your diligent local C.A. District is continuously seeking ideas to generate fellowship awareness and reach out to the still suffering addict. Kudos to Matt R. who has proposed and developed a standardized Newcomer Packet that we would like to see adopted for use across the board at all of our Greater Saint Louis group meetings.

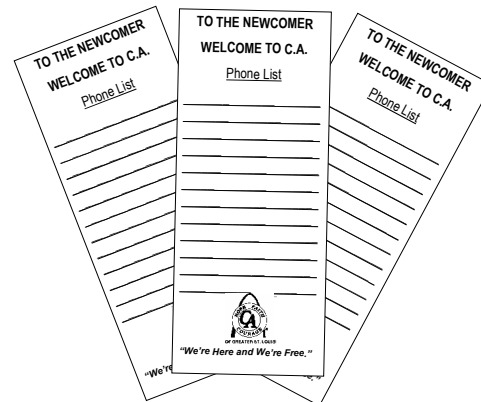
It's not exactly a new idea—most of us have seen other 12 step programs using this tool. Saint Louis C.A. had even tried something similar in the past, but it didn't really catch on and soon fell by the wayside.

Thanks to Matt's hard work, you'll soon be seeing a pre-printed Newcomer Packet envelope with blank lines for collecting phone numbers. At our last District business meeting, much discussion was held about which pieces of literature should be included in the envelope, how much it should sell for, and whether empty envelopes would be offered so that groups could have the option to stuff their own pamphlets inside.

After lengthy debate, a consensus was still not reached, other than we want these Newcomer Packet envelopes to be integrated as a standard part of literature available. It was decided to get some empty envelopes printed up and distribute them free for the first round in order to get more feedback from our members.

Points to consider are—we don't want to overwhelm the newcomers with too much information. Keeping it simple by including just a couple of pamphlets (i.e., "To The Newcomer"; "The First 30 Days"; "Choosing A Sponsor"), a current meeting directory and a pocket-sized "Tips For Staying Clean & Sober" card seems to make the most sense. With these enclosures, we could offer the pre-packaged Newcomer Packets to the groups at a cost of \$1 each. We are also considering offering the empty pre-printed envelopes at a much cheaper price, perhaps 10¢ each, and the groups could stuff their own literature. However, this would prevent the packets from being "standardized", and many District committee members felt continuity in the packet contents would be more desirable.

We would like to get your feedback on this issue. Can you please bring it up at your next group conscience and send your feelings/ideas about how you think these Newcomer Packets could best be utilized? We'd like to hear this feedback at the April 1, 2012 District business meeting, so be sure to send your GSR with your group's opinion!



## ***Congratulations To Our Newly Elected 2012 Trusted Servants***

Every December, the Greater Saint Louis District of Cocaine Anonymous holds elections for District officer and committee chair positions. Congratulations to the following people, who will be your trusted servants for 2012.

**District Chair – Mike C.**

**Vice Chair – Logan D.**

**Treasurer – Jim L.**

**Secretary – Kelly C.**

**District Service Representative – Darryl J.**

**Hospitals & Institutions Chair – Vicky M.**

**Hotline Chair – Laura N.**

**Public Information/Cooperation With The  
Professional Community Chair – Matt R.**

**Newsletter Chair – Vicky M.**

**Literature Chair – Aman L.**



We are still in need of Unity and Archives Chairs. If you would like to be of service at the District level, please contact Mike C. at 314/488-1967. Thanks to everyone who has stepped to the plate this year to keep our District running smoothly!





# Hospitals & Institutions Committee – The “Life-Blood” of C.A.



Many of our readers may not be aware of the H & I weekly meeting schedule. Most of these are not listed in our regular Where & When because they are not open to the general fellowship. H & I meetings are primarily for the benefit of the facility clientele where the meeting is being held. They are chaired by a network of volunteers who are committed to ensuring these meetings take place each and every week. H & I meetings are attended by addicts, typically newcomers to the program, who generally are unable to get out to meetings on their own. H & I meetings are often the first contact these newcomers have with a twelve step program. H & I meetings, properly and consistently conducted according to the principles and traditions of Cocaine Anonymous, are truly the “life-blood” of C.A. Without a steady stream of newcomers to our regular groups, our local C.A. Saint Louis District would soon shrivel up and die. We, the fellowship members of C.A., NEED to have these newcomers—**remember you can't keep it unless you give it away.**

Would you be willing to chair a meeting once a month at one of our H & I meeting facilities? Please review the schedule below and see if one of these meetings might fit into your calendar. Then contact the team captain for that meeting and make yourself available. We desperately need willing bodies to help with these meetings. Think back to when you might have gone to treatment. Do you remember volunteers bringing in meetings to your facility? How important were those meetings in introducing you to the fellowship? Is your sobriety worth giving back one meeting a month to help someone else?!! Please, please get involved with Hospitals & Institutions meetings. Your own recovery might very well depend on it!!

 <b>GREATER SAINT LOUIS DISTRICT OF COCAINE ANONYMOUS</b> 				
<b>HOSPITALS &amp; INSTITUTIONS MEETING SCHEDULE</b>				
<b>Meeting Day/Time</b>	<b>Location</b>	<b>Team Captain</b>	<b>Current Team Volunteers</b>	<b>Meeting Particulars</b>
Sunday 3 PM	Saint Louis County Jail Women's Meeting 100 South Central Clayton 63105	Vicky M. 314/846-2346	Angie F. Donna Y. Erin Gretchen B. June S. Kay K. Laura N. Monica W. Tracy T.	Women Only  Volunteers Must Undergo Security Clearance & Complete A Formal Jail Orientation
Monday 8 PM	Jefferson Barracks Veterans Hospital Building 51 South County 63125	Paul U. 314/497-1306	Jim L. Michael M.	Meeting Open To Outsiders
Monday 8 PM	Harbor Lights Men's Meeting 3010 Washington Avenue Saint Louis 63103	Wendell W. 314/612-0952		Men Only  Meeting Open To Outsiders
Tuesday 7 PM	Preferred Family Health Care 2639 Miami Street, 4 <sup>th</sup> Floor Saint Louis 63118	Jim L. 314/640-6788	Jim T. Josh G. Logan D. Michael M.	Closed To Facility Clientele Only
Wednesday 7 PM	Preferred Family Health Care 2 Westbury Saint Charles 63301	Mike C. 314/488-1967	Kevin K. Matt R.	Adolescent Program  Closed To Facility Clientele Only
Thursday 7 PM	Bridgeway Behavioral Health Women's Meeting 1601 South Old River Road Saint Charles 63301	Laura N. 636/577-4760	Kelly C. Sherrie L.	Women Only  Closed To Facility Clientele Only
Friday 7 PM	Saint Louis County Jail Men's Meeting 100 South Central Clayton 63105	Carl S. 314/719-6046	Darryl J. Darryl W. Joe M. Kent J. Michael M.	Men Only  Volunteers Must Undergo Security Clearance & Complete A Formal Jail Orientation

# MEETING

# UPDATES

By now, everyone should be used to the fact that local Greater Saint Louis District meeting information is always current and up-to-date on our website ([camissouri.org](http://camissouri.org)). But because we've had a number of meeting changes recently, we thought it might be a good idea to mention them here.

- Sunday night "Come & Get It" at the 212 Club is now starting at 6 PM.
- Tuesday noon "Time For A Change" at the New Day Social Club is actually on Thursdays. This meeting had been listed incorrectly for over a year and we apologize for the error!
- Tuesday night "In The Light" at Discovery Church has closed completely ☹.
- Friday night "There Is A Solution" meeting's location, The Coffee House, moved January 1 from Maplewood to 3835 Morganford, Saint Louis 63116. On April 1, the meeting will be moving again—this time to a new location at 3427 Washington Avenue, Saint Louis 63103 (Father Dempsey's). When this move goes into effect (1<sup>st</sup> meeting on Washington is April 6), the *time* will also change from 8:30 PM to 7:30 PM. Please come and help this meeting grow!

## DISTRICT DONATIONS

Meeting Name	November 2011	December 2011	January 2012
Fried Pipers & Cocanuts	\$40	\$25	\$25
In The Light	\$11		
Men's Meeting			\$42
Serenity On Saturday	\$25	\$25	
Thursday Night Meeting		\$11	\$23

## PROGRESS NOT PERFECTION

*Your humble Editor, unfortunately, waited until the last minute to assemble this Connections issue. As a result, the Treasurer was out of town and unable to provide complete, current figures on group and H & I can donations for November through February in time to get this issue to press. Please forgive our omission and rest assured the missing numbers will be provided in the next Connections.*

Detailed financial information is available at our monthly business meetings. All C.A. members are welcome and urged to attend if possible.

The Greater Saint Louis District Central Service meeting is held the second Sunday of each month at 4:00 PM at the 212 Club, 204 West Pittman, O'Fallon, Missouri 63366. If the second Sunday falls on a holiday weekend, this meeting is held the first or third Sunday. Confirmed meeting dates are always available on our website [www.camissouri.org](http://www.camissouri.org). Directions—Take I-70 west to Exit 217 Highway K. Go Right on Main Street off the exit ramp. Go .3 mile to left on Pitman. Facility on the left.

The Hospitals & Institutions Committee takes meetings into facilities where addicts cannot get out to attend a meeting on their own. H & I volunteers are constantly needed and should express interest by attending a District Central Service meeting or contacting the H & I Chair, Vicky M. at 314/846-2346.

### *Staying Connected . . . .*

Our local Saint Louis Cocaine Anonymous Hotline (**314/361-3500**) is answered 24 hours a day by volunteer members of our fellowship. It's a fabulous resource for anyone feeling squirrely—pick up the phone—NOT THE DRUG!!!

### *Staying Connected . . . .*

The Missouri Area website ([www.camissouri.org](http://www.camissouri.org)) has lots of helpful information, including a link to the C.A. World Services pages. Here, you can not only learn many things about C.A. and their upcoming events, but you can also be directed to one of our on-line meetings, accessible anytime, anywhere you have a computer.

*Connections* is a quarterly publication published by the Greater Saint Louis District of Cocaine Anonymous. It is intended solely to provide information for the fellowship of Cocaine Anonymous. We hope to communicate the experience, strength, and hope of C.A. members, reflecting recovery, unity, and service, within the bounds of friendliness and good taste. This Newsletter presents experiences and opinions of Cocaine Anonymous members. Those opinions expressed herein are of the individual contributors and are not to be attributed nor taken as an endorsement by Cocaine Anonymous, Cocaine Anonymous World Service Office, Inc., Greater Saint Louis District of Cocaine Anonymous, or Connections. The editors reserve the right to edit any submissions in adherence to the Twelve Traditions of Cocaine Anonymous. If you would like to know more about Cocaine Anonymous, the Twelve Steps and the Twelve Traditions, please write and ask about C.A. World Service Conference approved literature at CAWSO, 21720 South Wilmington Avenue., Suite 304, Long Beach, CA 90810; e-mail to [info@CA.org](mailto:info@CA.org) or fax to (310) 559-2554. Contact C.A. by phone at (310) 559-5833. Also note that the C.A. World Service Office web page is [www.ca.org](http://www.ca.org). This publication and all its contents are copyrighted by the Greater Saint Louis District of Cocaine Anonymous. Any unauthorized duplication or publication is prohibited. In the spirit of Tradition Six, "C.A. is not allied with any sect, denomination, politics, organization or institution."



# Happy Birthday

Congratulations to each of our members who celebrated a sobriety milestone this issue. Birthdays are generally reported via your group GSR, so if you don't see your meeting/birthday listed, please check with your GSR. Or, you can contact the Editor directly. Birthdays printed are those that have already been celebrated since the last newsletter printing at the time this edition went to press.

## End Of The Line

Sunday 5:30 PM

Blessed Hope Bible Church

Rene M.	6 Years
Yvonne M.	13 Years
Gerald R.	15 Years
Yolanda P.	19 Years
Allen B.	20 Years
Jeannette J.	23 Years

## Come & Get It

Sunday 6 PM

212 Club

Doug P.	3 Years
Phil K.	6 Years
Joe L.	22 Years

## Fried Pipers & Cocanuts

Wednesday 7 PM

First Unity Church

Kris D.	30 Days
Todd R.	30 Days
Chris P.	60 Days
Logan D.	60 Days
Steven M.	60 Days
Tiffany B.	60 Days
Tony K.	60 Days
Chris S.	6 Months
Courtney T.	6 Months
Mary N-H.	6 Months
Heather O.	9 Months
James T.	2 Years
Jon C.	5 Years
Monte T.	7 Years
James M.	10 Years
Carolyn J.	20 Years
Vicky M.	22 Years

## Time For A Change

Thursday 12 Noon

New Day Social Club

Carl T.	2 Years
Mandy N.	20 Years
Bernice V.	21 Years

## There Is A Solution

Friday 8:30 PM

Coffee House

Crytal C.	30 Days
Jenifer W.	60 Days
Tim C.	9 Months

## Serenity On Saturday

Saturday 1 PM

Harris House

Anthony D.	30 Days
Diane F.	30 Days
Jay K.	30 Days
Laura L.	30 Days
Miguel M.	60 Days
Angie P.	90 Days
Damon C.	90 Days
Josh G.	90 Days
Nancy O.	90 Days
Ozie N.	6 Months
Jerry C.	1 Year
Imon M.	7 Years
Marlon W.	7 Years
Deborah J.	25 Years
Nelda H.	28 Years

## Men's Meeting

Saturday 6 PM

Saint Mary's Hospital

Will W.	14 Years
Constantine A.	15 Years
Carl S.	16 Years



## Pearls Of Wisdom Overheard At A Meeting



- ♥ Joy is an infallible sign of God's presence.
- ♥ Serenity isn't a constant—change is.
- ♥ Humor is like yeast—it makes things lighter!
- ♥ Take your problems to your sponsor and your solutions to the meeting.
- ♥ Intimacy is a spiritual connection—a connection of the heart.
- ♥ Your opinion of me is none of my business.
- ♥ Experience is what I get when I don't get what I want.
- ♥ I wake up in the morning and say, "God, here I am—reporting for duty."