

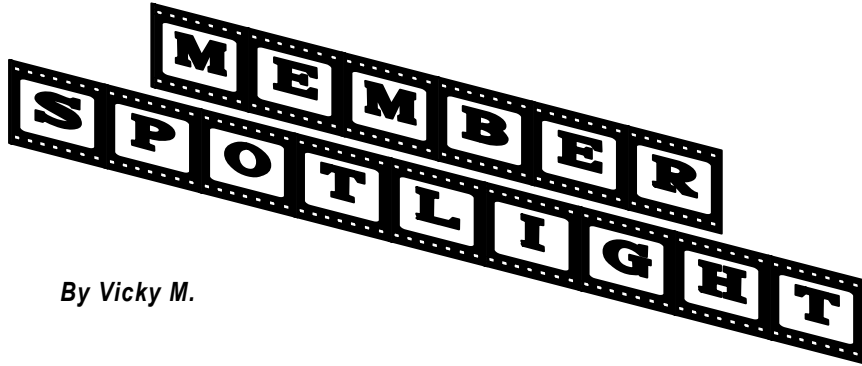


CONNECTIONS

Volume 74

Official Newsletter of the Greater Saint Louis District of Cocaine Anonymous

November, 2015



By Vicky M.

Our Own Jeannette J. Named Midwest Regional Trustee

One of my service “mentors” in C.A. has always been Jeannette J. Ever since I got involved, she’s been around—always a year ahead of me in sobriety time; and, it seems, at least one jump up in service involvement. “When Jeannette gets an idea, lookout! Because WE ALL get busy.” Honestly that’s how it seems, and I quote that personal observation with the utmost respect for her program and people skills. Jeannette has the invaluable ability to motivate folks into taking on service commitments for which they had no intention of volunteering. The resultant fellowship accomplishments perpetually bear sweet fruit in getting things done.

With her very recent appointment to the Midwest Regional Trustee position, **Connections** felt it a good opportunity to interview Jeannette on various aspects of her recovery journey thus far.

Connections: Can we start by taking you back to your early roots in Cocaine Anonymous? You celebrated 26 years clean and sober in 2015. Was C.A. a part of your recovery since the beginning?

Jeannette: My first meeting was, indeed, a C.A. meeting on the recovery unit—the End of the Line. Back then, the meeting started at 8:00 PM and didn't end until everyone shared, sometimes as late as 11 PM! I've been a member of C.A. since my very first meeting. [Editor's Note: *The End of the Line is the oldest meeting in Saint Louis—it started at Christian Northwest Hospital and is now located at the Baden Facility at 6 PM on Sunday nights.*]

C: Tell us what you remember most about your first C.A. meeting. Did it become a home group for you?

J: The End of the Line was my home group for ten years straight. I may have missed just a handful of meetings in those ten years. What I remember most was the thing that keeps me a C.A. member - the openness and love shared by our membership.

C: What is your current home group, and why is it special to you? Tell us, if you like, about any other home groups that may or may not be around any more.

J: My current home group is The Thursday Night Meeting, and I've joined that group because of the low attendance we're experiencing in the Fellowship. It's a small, intimate group, and we really, really get to know each other. The most special home group for me has been Reaching Out. It was a meeting that I started. We traveled locations and ended this last time because of facility staffing issues. I haven't given up on Reaching Out, meaning that we're hoping to bring the meeting back in the near future.

(continued on inside page)

MEMBER SPOTLIGHT (continued from front page)

C: Over the years you've worn a great many different service commitment hats. Do you remember your first C.A. service commitment? Describe how that evolved into some of the other positions you've held at the Group or District level.

J: I've worn practically every hat there is to wear in the C.A. service structure. My favorite, and likely the most valuable, is sponsorship. The bond created between my sponsees and me is unshakable. We build a sense of confidence and trust like no other. I wouldn't, and couldn't, be here today without my beautiful sponsee relationships over the years.

C: Tell us what you remember about the formation of the Greater Missouri Area--how it got started and what part you played in the process.

J: Our Area formed at a time when our District's membership was almost non-existent—about to shut down. A handful of us from Saint Louis showed up to a meeting with Kansas City C.A. enthusiasts. "Ta-da!" The Greater Missouri Area was born. My part was simply to continue to show up. I've never stopped doing that, and, thus, we grow.

C: When you were elected as a Greater Missouri Area Delegate in 2007, you chose the Literature, Chips and Format Committee on which to serve. This is an extremely active cell within the World structure, and, of course, many of us are aware that it was you who chaired the Meditation Book Subcommittee and helped shepherd "A Quiet Peace" into publication. Obviously, it must have been extremely gratifying watching this project come to fruition. Can you give us a sense of what it's been like to work on the LCF Committee, not just with "A Quiet Peace" but with all the various other endeavors tackled during your tenure?

J: My first World Service Conference was actually in 2006, and it was an amazing spiritual experience! I was not a delegate, had no vote, joined LCF and became LCF Secretary. I've never looked back. I love words, but had no idea that writing of C.A. literature was what this committee was really about. I always thought it had to do with making sure the meetings were stocked with chips and literature. As an LCF committee member, I've grown tremendously, being service-sponsored by our worldwide Fellowship members in a loving and tolerant way.

C: When did the idea that you might become a Trustee first unfold?

J: Honestly, I still don't believe it! I've submitted my resume three times over the years and did it out of obligation to my dedication and commitment to service. I never imagined I would really get elected! Already, it has been quite a spiritual and rewarding experience. More will be revealed.

C: Now that you've been elected, what do you hope to accomplish as a Trustee during your term--both on a personal level and in regard to the fellowship?

J: More than anything, I want to continue building on the lines of communication flowing through the Groups/Districts/Areas/World Service Office and back to the Groups. I believe our unity hinges on good, strong, open communication.

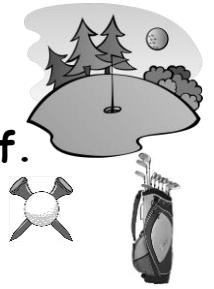
C: Back to your own personal recovery, can you share just a few pearls of wisdom from your C.A. journey? Pick a few that particularly stand out as key components in the woman you've become today.

J: I have a lot of gratitude for the strong foundation I received in early recovery. I attended four meetings a week regularly, got a sponsor, learned to become honest and worked the steps. My life changed drastically as one of the most profound virtues of our program, in my opinion, infiltrated my life – "To thine own self be true." I had never ever done that before recovery; I was always who and what everyone else wanted me to be. Thus, my life became my own. The selfishness of this program. I needed a selfish program to get me sober. I had to find me in order to have anything worthwhile to give to you. I'm grateful for a sponsor who always reminds me that service work is *my lifeline* to recovery. Today, there is nothing like giving back at the World Services level! I'm continually humbled by this program. I have been gifted with a chance to demonstrate the manifestation of The Great Reality! I am willing to show up, sleeves rolled up, ready to work it! Thank you, C.A. for giving me THIS life!

Thank *you*, Jeannette, for taking time from your demanding schedule to share some of your experience strength and hope with us. So few people can add "World Service Trustee" to their C.A. resume. We are extremely proud of you, and wish you the best in your newest challenge. You know we are all here to help you however possible, and something tells me you'll be utilizing that support to the fullest as your new job unfolds. It's what you're good at!!!!

Overheard at a meeting—

Religious people might be sitting in church thinking about playing golf.
Spiritual people might be playing golf while thinking about God.



DISTRICT DONATIONS				
<i>Meeting Name</i>	<i>July 2015</i>	<i>August 2015</i>	<i>September 2015</i>	<i>October 2015</i>
Come & Get It	\$15.00		\$13.00	\$27.00
End Of The Line	\$30.65		\$51.00	
Fried Pipers & Cocanuts	\$20.00			
It's Not About Coke				
Men's Meeting		\$34.40		
Serenity On Saturday	\$10.00			
THE Meeting		\$5.00		
The Thursday Night Meeting			\$29.75	
There Is A Solution				

H & I DONATIONS				
<i>Meeting Name</i>	<i>July 2015</i>	<i>August 2015</i>	<i>September 2015</i>	<i>October 2015</i>
Fried Pipers & Cocanuts	\$16.91	\$17.00	\$10.00	\$14.40
Serenity On Saturday	\$8.25	\$18.00	\$12.00	\$10.00
The Thursday Night Meeting			\$31.50	

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 Pitman, 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. 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, Leonard B. at 314/591-2453.

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) 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 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. 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 6 PM
Baden Facility*

Dee D.	4 Years
Joyce K.	5 Years
Leonard B.	5 Years
Marissa J.	13 Years
Anna F.	14 Years
Carl W.	14 Years
Michael K.W.	20 Years
Pamela S.	20 Years
Carolyn M.	21 Years
Marie J.	26 Years
David W.	27 Years

It's Not About Coke

*Tuesday 7 PM
West County Club*

Frankie S.	6 Months
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Fried Pipers & Cocanuts

*Wednesday 7 PM
First Unity Church*

Doug H.	6 Months
Amy E.	2 Years
Greg M.	3 Years
Tom P.	4 Years
Tracy W.	9 Years
Jim L.	10 Years
Joe B.	10 Years
Michael M.	25 Years
Susan C.	34 Years

There Is A Solution

*Friday 7:30 PM
Father Dempsey's*

Paul S.	2 Years
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Serenity On Saturday (S.O.S)

*Saturday 1:00 PM
Harris House*

Amy M.	30 Days
Chase J.	30 Days
Carol Ann D.	90 Days
Amanda W.	6 Months
Stephanie C.	6 Months
Victoria K.	3 Years
Mary N.	4 Years
Marlon W.	11 Years
Leslie A.	24 Years

THE Meeting

*Saturday 6:00 PM
Baden Facility*

Mike C.	8 Years
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Men's Meeting

*Saturday 6 PM
Saint Mary's Hospital*

Aman L.	12 Years
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Recent Happenings Recap

The Traditions Workshop held September 26 at the Harris House was barrels of fun with members performing skits illustrating principals embodied in each of the Twelve Traditions. Adding a humorous slant to our understanding provided everyone who attended with a full afternoon of rock solid entertainment. Thanks to **Laura N.** and **Frankie S.** for organizing!

Pizza and yummy desserts were on the market in September to raise a little dough for the district. **Jeannette J.**'s brainstorm, the sale raised over \$400 to help keep us afloat.

Fabulous fish—on the menu at the 212 Club October 17! If you didn't make it you missed out on a scrumptious feast. Thanks to **Joy L.** and **Dwann R.** for frying up the catch of the day, with supporting side dishes of spaghetti, potato salad, cole slaw, and green beans. Bingo games provided plenty of amusement and almost everyone went home with a prize.

On October 24, the ladies of our Fellowship converged on Miss Sheri's Cafeteria in Warson Woods to celebrate their freedom to express themselves. Red Hats in Recovery offered the opportunity for lunch and fabulous prizes through a mega-cup auction. **Susan C.**'s five year old niece, **Lila**, came out the big winner of the day when **Kate Y.** bought 60 cup raffle tickets for her, virtually ensuring she would win every prize she was after, including her favorite, the stuffed bunny. One happy kid and lots of ladies tickled to see her excitement at winning!