



CONNECTIONS

Official Newsletter for the Greater Saint Louis District of Cocaine Anonymous

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The Power of Reaching Out!

One morning while sitting at work I was feeling rather disgusted about doing service work and “the program in general.” However, through listening and learning, I knew that I’d better share these feelings with someone else who’d understand and possibly give me some much needed advice. I decided to e-mail a couple of women in my network, to put it out there, and to ask for help in adjusting my attitude. God truly does work through others. . . .IF HE WERE SOUGHT!!! This is the response that I received which helped me to start my day over with a smile: “You know, Donna, I have found out in this little lifetime of mine, that no matter what you do, someone is going to have something negative to say. If we allow negative people to have an impact on something good that we are doing, we will always start something and never finish. I have allowed negative people and comments to impact my actions, life, feelings, etc. There comes a time and point in our lives that we have to brush those people off. Those people, regardless who they may be, are not happy. This program and service work are about “ATTRACTION RATHER THAN PROMOTION.” This includes the newsletter, which may be the first thing a newcomer picks up and read. I, personally, will vote against stopping production because that is what the devil wants. Remember, everyone in these rooms is not here for the same thing and that they are in the middle of this process. They will grow at God’s rate of speed and not ours! (I am saying that for myself as well!) So, bump the negativity and keep on pushing. Just pray to God to allow the negative to roll off your back, keep your head high and walk tall. All we need to keep in front of our minds is WHOSE WE ARE and the fact that no matter how little or how big a thing is, we are doing GOD’s work. I love you and will keep you in my prayers. Please pray for me that God will continue to keep me strong while I am going through, once again!!

What a blessing to be in the process. . . .and thank God for giving me all of YOU!

Donna Y

A new high with H & I!

Hospitals & Institutions committee meeting is held on the first Sunday of the month at New Horizons Church, 206 Emerling Road at 3:30 p.m. Come on over and be a part of! WE want you! We have several H & I meetings that are need of support – Chairpersons and speakers. Give back what was so freely given to you! Don’t forget to “pat, pat,” that cement in your foundation!

Looking for something to do? See “What’s Happening” in the CA fellowship on page 7!

Editors Note: Letters, articles, cartoons, information, prayer requests, etc. related to C.A. for the newsletter and living in recovery are welcomed. Please notify any of the newsletter staff to submit information. Your feedback/input regarding Connections is also welcomed. Connections staff: Donna Y, Jeannette J, Kim C, Yvonne M. You may also submit contributions electronically to jeannettejohnson@sbcglobal.net. In love and service.

There's a big difference between being dishonest and respecting my own privacy.

There might be things that have happened in my past that I don't need or want to share with others. I don't have to share private thoughts or situations with everyone. I can choose when and with whom I will share this information. I can decide what I want to share with others without being dishonest.

Telling the truth is necessary to move forward in my healing, but sharing every detail about myself is not. If people ask questions about my past and I don't feel comfortable answering them, I don't have to. I can simply say, "I don't feel comfortable discussing that" or "That's too personal, and I don't want to talk about it." When working with my therapist, I will be totally honest about everything. When I'm applying for a job or meeting new friends in a social setting, I can respect my own privacy by not revealing everything about me. I will use my best judgment when deciding what to share and when to be honest. Ultimately the most important person to be honest with is myself.

Today I will be honest with myself and learn when to share personal information with others.

Time to
Fly Free by Judith R. Smith



*And we have ceased fighting anything or anyone-even alcohol. For by this time sanity will have returned. We will seldom be interested in liquor. If tempted, we recoil from it as from a hot flame. We react sanely and normally, and we will find that this has happened automatically. We will see that our new attitude toward liquor has been given us without any thought or effort on our part. It just comes! That is the miracle of it. We are not fighting it, neither are we avoiding temptation. **We feel as though we had been placed in a position of neutrality-safe and protected.** We have not even sworn off. Instead, the problem has been removed. It does not exist for us. We are neither cocky nor are we afraid. That is our experience. That is how we react so long as we keep in fit spiritual condition.*

A big shout out to Charlotte R! Charlotte received The Excellence in Teaching Award in Springfield, Illinois on April 17, 2004. Way to go, Charlotte!

My Favorite "Quotes of the Day!"

- *At the end of the game, the king and the pawn go back in the same box.*
- *Isn't it strange that in our praying we seldom ask for a change in character, but always ask for a change in circumstances????*

HAPPY BIRTHDAY!



End of the Line

3 years – James M 7 years – Donna Y & James H 8 years – Otis P
9 years – Pam S 12 Years – Dwanna R

Fried Pipers & Cocanuts

60 days – Tina 90 days – Lori L 6 months – Chris A 9 months – Sue
1 year – Dennis 4 years – Tim K

St. Mary's Thursday Nite Meeting

15 years – Jackie W

Men's Meeting

5 years - Darryl J

In the Light

60 days – Natalie 90 days – Patty L, Angie, Donnie, Michelle L, Tom M
1 year – Melinda, Dennis 5 years – Kathy B 14 years – Joe L

Reaching Out

2 Years – Robin T 5 Years - Leonard B 14 years – Kim C

What's Happening!



July 17 – Unity Speaker Jam! Food and speakers starting at 4 pm. Dance immediately following speakers. New Providence Church – 357 & Chambers Road. **Free admission.**

August 13, 14 & 15. Show Me Recovery Annual Convention. KCI Marriott in Kansas City, Missouri. Call 800 228-9290 to make your hotel reservation by July 23 for the special convention rate. Meetings begin at 5 pm on August 13 and continue through August 15. Banquet and Breakfast speaker meetings! What a wonderful way to be in the middle of the boat!

7th Annual CA Women's Luncheon – October 16 at Crown Plaza Hotel. Fabulous speaker, food and fellowship.



Thank you!

For your support of group, district and area special events!
We are not a glum lot. We absolutely insist on enjoying life!

Ca Online www.ca-online.org

CA online is carrying the message, promoting unity and having fun! Everyone is welcome at any time 24/7.
6 online meeting:

- There is a solution
- Keep it simple ca
- theStudy
- sisters in sobriety
- stepsonline
- Hope, Faith & Courage

Unlimited
seating.

24 hours a
day!



Or go to www.ca.org to get the most current World Service Office Information!

Service Opportunities Available

Visit the monthly Greater St. Louis District Meeting
206 Emerling Road
1st Sunday of each month
5 pm

Greater MO Area
Meets quarterly in Columbia, MO
Imani House
3rd Sunday at 9 am

“Every CA group out to be fully self-supporting, declining outside contributions”

Kind of sounds like I’ve got to stop depending on mama and daddy to take care of me, huh? It takes quite a chunk of humility to put my hand back in my pocket and keep it there and not hold it out expecting you or anybody else to pay my way. Life requires so much, so it obviously owed me something back, right. Therefore, I can lie and cheat my way through the system because stuff shouldn’t cost so much anyway, right! Wrong. It is time to grow up and take responsibility. “The only relief we have to suggest is entire abstinence.” (Big Book, p. xxviii)

Same applies with our groups. When we decide to have fundraisers we have to have realistic expectations about who should participate. Not the people on the job, the neighbors, my family members. We are fully self supporting through our own contributions means I need to get my homegroup members to buy a few raffle tickets, go to the barbeque and participate at the district and area levels. We must carry our fellowship and not expect outside affiliations to get us through. It’s time to step up to the plate and be counted!

And not just in dollars, but time is so utterly important to keeping the fellowship strong! Give some back. Peace.

A CA servant

The Program The Program

Steps 7-8-9 of Cocaine Anonymous

7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.

Traditions 7-8-9 of Cocaine Anonymous

7. Every C.A. group ought to be fully self-supporting, declining outside contributions.
8. Cocaine Anonymous should remain forever nonprofessional, but our service centers may employ special workers.
9. C.A., as such, ought never be organized, but we may create service boards or committees directly responsible to those they serve.

Concepts 7-8-9 of Cocaine Anonymous

7. The Conference recognizes that the Charter and the Bylaws of the World Service Board are legal instruments; that the Trustees are thereby fully empowered to manage and conduct all of the world service affairs of Cocaine Anonymous. It is further understood that the Conference Charter itself is not a legal document; that it relies instead upon the force of tradition and the power of the C.A. purse for its final effectiveness.
8. The Trustees of the World Service Board act in two primary capacities: (a) With respect to the larger matters of overall policy and finance, they are the principal planners and administrators. They and their primary committees directly manage these affairs. (b) But with respect to our separately incorporated and constantly active services, the relation of the Trustees is mainly that of custodial oversight which they exercise through their ability to elect all Directors of these entities.
9. Good service leaders, together with sound and appropriate methods of choosing them are at all levels indispensable for our future functioning and safety.

DESCRIPTION OF AN AREA AND AREA SERVICE COMMITTEE

THE AREA

An Area is usually a geographic unit with defined boundaries. The Conference may also recognize Areas whose boundaries do not fit a geographic description. The primary function of an Area is to serve the common needs of its District(s) and Group(s) and to facilitate unification of the Fellowship. A World Service Delegate comes from an Area. As new Areas are created or if an established area changes its boundary definition, a "Petition to Become an Area" form must be submitted, and the creation or change must be recognized by the WSC. Any group or District seeking to change Areas must complete a "Petition for a District or Group to Change Areas" form, and the change must be recognized by the WSC. The Area serves the Fellowship by distributing chips and literature, handling financial contributions of the Fellowship for that Area, and communicating with the C.A. World Service Office. The primary function of the Area is to serve the common needs of its District Members and to facilitate unification. The Area Service Committee should establish a permanent mailing address and bank account. If need

arises, the Area should establish an Area Central Office. The Area should also stay in contact with the C.A. World Service Office for purposes of registering/updating its meeting information in the World Directory and communicating information regarding Area functions such as Service Conferences, Conventions, and other special events to promote and ensure unity within the C.A. Fellowship as a whole.

SUGGESTED AREA FUNCTIONS

1. The Area Service Committee is entrusted with local Fellowship Incorporation.
2. Coordinates Area telephone services.
3. Distributes and/or sells literature and chips.
4. Standing Committees include:
 - a. Telephone (Helpline)
 - b. Hospitals and Institutions
 - c. Public Information
 - d. Archives
 - e. Convention
 - f. Chips and Literature
 - g. Finance
 - h. CPC (Cooperation with Professional Community)
 - I. Special Events
 - j. Unity
 - k. Internet
5. Maintains and updates a list of all Area meetings.
6. Maintains ongoing communications with the Districts.
7. Maintains ongoing communication with the World Service Office and WSC.
8. Publishes newsletter.
9. Publishes and distributes Area Meeting Schedules.
10. Elects Delegates to the World Service Conference.
11. Holds Assemblies and/or monthly Service Meetings.
12. Sponsors service days and workshops.
13. Sponsors Area Conventions.
14. Establishes and administers a Central Office, if appropriate.
15. Maintains a bank account.

Area Meetings

Areas may hold two different types of Area Service Meetings:

1. Monthly Area Service Committee Meetings: These are administrative in nature where reports on day-to-day activities and issues are received, reviewed, and if appropriate, acted upon.
2. Annual, Bi-Annual, or Quarterly Assembly Meetings: Because of time and distance, these types of meetings may be held for these activities:
 - a. Election of WSC Delegates and Area Officers.
 - b. Treasurer's report.
 - c. Local Convention report.
 - d. WSC Delegate report.
 - e. Central Office report, if applicable.
 - f. Old business/new business.
 - g. Decision of major importance.

Possible Voting Members:

Area Officers, Committee Chairpersons, District Service Representatives, Group Service Representatives and

Alternate GSR, WSC Delegates, Advisory Board/Steering Committee members, and other trusted servants.

Voting Procedures: Determined by Area.

Area Expenses (may include):

- Costs for rent and coffee for service meetings;
- Chips and literature inventory;
- Telephone;
- Standing Committees (e.g., costs of mailing, copying, etc.);
- Central Office workers;
- Insurance;
- Legal fees, accountant fees, an employee's salary, or sales tax;
- Postage and supplies;
- Delegate expenses to WSC; and
- Bank charges.

Area Service Committee Officers:

Chairperson

Vice Chairperson

Secretary

Treasurer

C.A. Manual (Revised January 23rd, 2002)

2.8

AREA SERVICE COMMITTEE OFFICERS DUTIES & QUALIFICATIONS

CHAIRPERSON

- a. Two years continuous sobriety.
- b. Two year commitment.
- c. One year of active service in C.A.
- d. Presides over monthly/quarterly meetings and arranges agenda.
- e. Assumes responsibilities of coordinating all activities within the Area.
- f. Encourages trusted servants to Chair various Standing Committees.
- g. Only votes in case of a tie.

VICE CHAIRPERSON

- a. One year continuous sobriety.
- b. Two year commitment.
- c. Six months of active service in C.A.
- d. In absence of Chairperson performs those duties of Chairperson.
- e. Chairperson of one Standing Committee.
- f. Coordinates general Committee activities.

SECRETARY

- a. One year continuous sobriety.
- b. Two year commitment.
- c. Six months of active service in C.A.
- d. Keeps accurate minutes of each meeting.
- e. General communications throughout the Area.
- f. Records the number and location of each meeting in the Area.

TREASURER

- a. Two years continuous sobriety.
- b. One year commitment.
- c. One year of active service in C.A.
- d. Gainfully employed.
- e. Receives and deposits contributions from meetings and special events.
- f. Keeps an accurate bookkeeping system.
- g. Maintains bank account(s) with checks requiring two (2) signatures.
- h. Gives monthly financial report.

- i. Timely filings with regulatory agencies (e.g. state and local taxes, nonprofit corporation forms).
 - j. Pays all expenses.
 - k. Passes on contributions to the Area and World Service.
- C.A. Manual (Revised January 23rd, 2002)
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AREA AND DISTRICT COMMITTEES

It is suggested that the following Committees exist at both the District and Area levels. When appropriate, Committees may be combined or added.

TELEPHONE (HELPLINE) : Responsible for the provision of information and assistance to individuals seeking aid by phone, and with the communication of messages received for other committees.

HOSPITALS AND INSTITUTIONS : Responsible for the coordination of and active participation in Twelve Step work within hospitals and institutions.

PUBLIC INFORMATION : Responsible for the distribution of literature and information to the public.

ARCHIVES : Responsible for the storage of documents and memorabilia.

CHIPS AND LITERATURE : Responsible for the distribution of literature and chips to C.A. Districts, Groups, members and interested institutions.

FINANCE : Responsible for all matters relating to records, finances and expenditures. The committee makes recommendations on all matters pertaining to the administration and operation of finances and expenditures. The Finance Committee shall implement and oversee controls necessary to safeguard the assets of the Fellowship, including employment of a CPA (Certified Public Accountant) to make periodic audits.

CONVENTION : Responsible for the coordination of conventions to carry the message of recovery, unity and service to members of Cocaine Anonymous.

COOPERATION WITH THE PROFESSIONAL COMMUNITY (CPC) : Responsible for a unique brand of

12_Step work by carrying the message of recovery to professionals, who in their line of work, may have some sort of supervisory capacity over or direct contact with individuals who may have a cocaine problem. The committee informs the professional community about C.A.: what we are, where we are and what we can and cannot do to help the addict who still suffers. The committee attempts to establish communication between C.A. members and the professional community to find productive methods of cooperation, not affiliation, within the C.A. traditions.

C.A. UNITY COMMITTEE : Responsible for the communication and outreach among the diverse elements within the Fellowship at all levels, in the interest of carrying the C.A. message. It is also suggested that these committees sponsor annual workshops and other forums to promote C.A. unity.

INTERNET COMMITTEE: Responsible for matters relating to the creation, update and maintenance of Area and/or District websites, in accordance with the World Service Conference Internet Committee Workbook Guidelines.

C.A.'s First Tradition:

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