



CONNECTIONS

Official Newsletter for the Greater Saint Louis District of Cocaine Anonymous

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Service

Service to others is the highest activity to which we can aspire. Since each individual is a unique expression of God, our offerings to the world will look different. Some of us may serve in ways that seem grand to the human eye, while others give their gifts in less visible ways. But each gift of love is God's expression in the world. Honor who God made you to be, a precious and irreplaceable child of God. Nurture your gifts so that you may be Love's presence in our world.

The Greater St. Louis District of CA meets every first Sunday of the month at 5 pm. Your involvement is not only welcome but very much needed. This fellowship does not grow without you. We ask you to step outside your comfort zone and come to a district meeting and continue your growth on the road to happy destiny. Thank you.

Being of Service

In addition to finding a spiritual way of life, recovery is about changing negative aspects of our personalities into positive ones.

We came into the program with big egos but little or no self-esteem. We thought we were better than other people yet, at the same time, felt "less than." We were people who took from others and abused friendships all of our lives. We had no concept of doing anything for anyone without the thought of some kind of reward. By the sheer grace of our Higher Powers, we have found several ways of unlearning such behavior in the program. One way is to be of service to the fellowship of Cocaine Anonymous. We discovered that the best way to serve God was to serve our fellow humans, and we found humility in the process. Our self-centered behavior was gradually replaced with the "attitude of service." We learned that service is about gratitude and learning how to contribute to our lives and the lives of others.

It is our experience that we get to keep what we have by giving it away. Service can take on many forms at many levels, from sponsorship, to carrying the message to H & I meetings, to being a greeter at a group, to picking up chairs after the meeting, to even serving the group as a trusted servant; to serve at the district and area level and even at the world level of our fellowship. There are countless service opportunities waiting to be filled often just for the asking.

As we try to serve and do serve we try to be loving and kind and often are most successful in such efforts – "love and tolerance is our creed" as the saying goes.

Why be of Service

To give back what was so freely given to us, to take on a commitment as a symbolic way of making amends, to meet other recovering addicts to learn how to be a part of a team, to learn humility by doing something selfless for someone else, to learn skills or teach others what we know, to learn responsibility.

Show Me Recovery 8th Annual Convention

Bridge Back to Life

Thank you!

Greater St. Louis District for making our area convention another success! The newcomers were there in record numbers, and our fellow travelers carried the message of recovery. While our attendance and registration are still low, memorabilia sales were low, recovery was in the house! Thank you to this year's committee chairs and all who participated in making sure we had everything we needed for a great weekend. Standby for information on next year's special event!

Greater Mo Area of CA

Unity Overnighter

Saturday – Sunday, January 14 & 15, 2006

Holiday-Inn Select,
Columbia, MO

Planning is underway for our 2006 area overnighter in Columbia, Missouri! If you've never attended, you're missing a great "mini-convention" event sponsored by your area. Saturday is a day filled with workshops, evening speaker meeting, fun & games and good fellowship. It's a time to bond and UNIFY our areas, districts and groups. It's a time to learn just a little bit more about our organization and it's non-organization. Find out about C.A.'s structure, traditions, concepts, and inventories, and we will have election of some new area officers and committee chairs. Fliers will be coming shortly with specific hotel registration information and a program of the weekend activities. Sacrifice a bit of you for the good of us! For more information, you may contact Jeannette J at 830-3047.

C.A. World Convention!!!

CAWS 07!

Planning is in full force for the C.A. World convention, Recovery in the Heartland, hosted by our area. This convention will not be a success without your support. Approximately 800 cocaine addicts and alcoholics from around the world will converge on our area Memorial Day weekend in 2007 hoping for a great weekend of recovery. Well guess what? It's up to us to give it to them. Make the effort to find a committee and lend your support. I thought about quitting cocaine a long time before I actually made the call. Well, this committee has been planning for two years already and is still lacking the needed support to host a truly successful convention. Planning meetings are held monthly. For more information call Kay C., CAWS '07 convention chair at 369-3581, or CAWS '07 Secretary, Donna Y. at 692-0607.

Trivia Question1 – What is the purpose of [WSC]conventions?

(The answer to trivia questions can be found in this newsletter. Good luck!)

Annual election of officers are upcoming for The Greater St. Louis District - District Chair, Vice Chair, Secretary, Treasurer and committee chairs! Consider putting your skills, talents and experience to work and carry the message to help our local fellowship grow. You might even get to be "in charge" of something!

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, Yvonne M. You may also submit contributions electronically to jeannettejohnson@sbcglobal.net. In love and service.

Our Program

Steps 10-11-12 of Cocaine Anonymous

10. Continued to take personal inventory, and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God, *as we understood Him*, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to addicts, and to practice these principles in all our affairs.

The Twelve Steps are reprinted and adapted with permission of Alcoholics Anonymous World Services, Inc. Permission to reprint and adapt the Twelve Steps does not mean AA is affiliated with this program. AA is a program of recovery from alcoholism. Use of the Steps in connection with programs and activities which are patterned after AA, but which address other problems, does not imply otherwise.¹

Traditions 10-11-12 of Cocaine Anonymous

10. Cocaine Anonymous has no opinion on outside issues; hence the C.A. name ought never be drawn into public controversy.
11. 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.
12. Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.

The Twelve Traditions are reprinted and adapted with permission of Alcoholics Anonymous World Services, Inc. Permission to reprint and adapt the Twelve Traditions does not mean AA is affiliated with this program. AA is a program of recovery from alcoholism. Use of the Traditions in connection with programs and activities which are patterned after AA, but which address other problems, does not imply otherwise.²

Concepts 10-11-12 of Cocaine Anonymous

10. Every service responsibility should be matched by an equal service authority — the scope of such authority to be always well defined, whether by tradition, by resolution, by specific job description or by appropriate charters and bylaws.
11. While the Trustees hold final responsibility for C.A.'s world service administration, they should always have the assistance of the best possible standing committees and service boards, staffs and consultants. Therefore the composition of these underlying committees and service boards, the personal qualifications of their members, the manner of their induction into service, the system of their rotation, the way in which they are related to each other, the special rights and duties of our staffs and consultants, together with a proper basis for the financial compensation of these special workers will always be matters for serious care and concern.
12. General Warranties of the Conference: In all its proceedings, the World Service Conference shall observe the spirit of the C.A. Tradition, taking great care that the Conference never becomes the seat of perilous wealth or power; that the sufficient operating funds, plus an ample reserve, be its prudent financial principle; that none of the Conference members shall ever be placed in a position of unqualified authority over any of the others; that all important decisions be reached by discussion, vote, and whenever possible, by substantial unanimity; that no Conference action ever be personally punitive or an incitement to public controversy; that though the Conference may act for the service of Cocaine Anonymous, it shall never perform any acts of government; and that, like the Fellowship of Cocaine Anonymous which it serves, the Conference itself will always remain democratic in thought and action.

**The Twelve Concepts are reprinted and adapted with permission of Alcoholics Anonymous World Services, Inc. Permission to reprint and adapt the Twelve Concepts does not mean that A.A. is affiliated with this program. A.A. is a program of recovery from alcoholism. Use of the Concepts in connection with programs and activities, which are patterned after A.A. but which address other problems, does not imply otherwise.³*

THE STRUCTURE OF WORLD SERVICES

The following three branches of service within C.A. constitute World Services:

WORLD SERVICE CONFERENCE
WORLD SERVICE BOARD OF TRUSTEES
WORLD SERVICE OFFICE

The basic purposes of World Services are:

- 1) Communication
- 2) Coordination
- 3) Information
- 4) Consensus

The three branches are interrelated and work together to benefit all of C.A. Each branch functions within its own framework and guidelines. Only at this level of World Services do we find service bodies designed to deal with situations that involve our entire Fellowship. Even though all parts of the service structure affect and are affected by the C.A. Fellowship, it is only at this level that decisions are made that affect C.A. as a whole. A new concept in service is found at this level; the concept of the non-addict servant. The non-addict servant has important professional and/or other valuable skills to benefit the Fellowship as a whole.

WORLD SERVICE CONFERENCE (WSC)

The WSC is the nerve center and voice of our Fellowship. The WSC is the one time each year when all our service branches come together. Unlike all other branches of C.A. service, the WSC is not an entity, it is an event. At the WSC, the Delegates, the World Service Board of Trustees, and the managers and Directors of the World Service Office meet to discuss ideas and direction for the Fellowship of C.A. as a whole. The WSC can last up to a week; however, the planning and implementation associated with the WSC is a year-round proposition. The Conference Committee is to provide the planning, organization, logistics, and implementation of the Business Conference to include preparation of the agenda. The Conference Committee will determine the location of the Conference, which will be within a 50-mile radius of the World Service Office. All World Service Conference contracts must be ratified by the CAWSO Board and executed by two or more board members and/or Trustees. Each Delegate must be knowledgeable about the needs and feelings of their Area and Region. From general meetings at the WSC, the Conference divides into various committees where all suggestions, questions, and problems are discussed. These topics include all matters of importance to C.A. as a whole. Each Delegate serves on a designated Conference Committee of his or her own selection. It is suggested that each Committee contains at least one Trustee. Any member of Cocaine Anonymous may serve and vote on any World Service Conference Committee, however, each Participant is limited to voting in one committee. Non-delegates may serve as Committee officers.

The Conference Committees are:

1. Conference
2. Public Information
3. Convention
4. Literature, Chips and Format
5. Hospitals and Institutions
6. Structure and Bylaws
7. Finance
8. C.A. Unity
9. Internet

WSC COMMITTEES STATEMENTS OF PURPOSE

- 1. CONFERENCE COMMITTEE :** The purpose of the WSC Conference Committee is to organize the World Service Conference, which includes:
 - A. Hotel selection and negotiation;
 - B. Preparation of the agenda;
 - C. Preparation and review of the minutes from each Conference for distribution;

- D. Compile the Delegate packets; and
- E. Develops policies and procedures for the Conference.

The WSOB and its Board of Directors is responsible for negotiations of contracts related to the Statement of Purpose of the Conference Committee. This includes WSC hotel contracts and taping contracts, which will be coordinated with the Conference Committee. A subcommittee of the Conference Committee also serves as a Credentials Committee. This committee reviews all petitions to the WSC for Area recognition, as well as the Delegate Credential forms. A subcommittee of the Conference Committee also serves as the Conference Coordination subcommittee. This subcommittee assists in all aspects of Conference planning. This subcommittee shall be chaired by the Conference Coordinator. The Conference Coordinator is responsible to the Conference Committee and the Conference as a whole for meeting the requirements of the statement of purpose of the Conference Committee. The Conference Coordinator shall not be a voting member of the Conference. The term of service begins with the end of the Conference during which he/she is selected and ending at the end of the second successive Conference.

2. PUBLIC INFORMATION COMMITTEE: In all public relations, C.A.'s sole objective is to help the still-suffering addict. Always mindful of the importance of personal anonymity, we believe this can be done by making known to the addict, and to those who may be interested in their problem, our own experience as individuals and as a Fellowship in learning to live without cocaine and all other mind-altering substances. We believe that our experience should be made available freely to all who express sincere interest. We believe further that all efforts in this field should always reflect our gratitude for the gift of sobriety and our awareness that many outside C.A. are equally concerned with the serious problem of addiction. The Public Information Conference Committee develops, initiates, and plans the means of communication to the public, which is presented to the Conference for Fellowship approval.

3. CONVENTION COMMITTEE : The purpose of the World Service Convention is to promote enthusiasm and unity within the Fellowship of Cocaine Anonymous and financially support World Service efforts to carry the message. The purpose of the WSC Convention Committee is to:

- A. Provide a World Service Convention for members of Cocaine Anonymous;
- B. Create uniform bidding guidelines;
- C. Assist the convention (host) city in all aspects of resources and convention information;
- D. Provide guidance with budgeting;
- E. Oversee the "Celebrate Around the World" fund-raiser; and
- F. Create World Service Convention guidelines, structures, and policies.

4. LITERATURE, CHIPS, AND FORMAT COMMITTEE : The WSC Literature, Chips, and Format Committee reviews, edits, and submits literature to the WSC for approval. It is our function to facilitate the expression of our fellowship's hope, faith and courage through the writing of material for distribution. The literature we deal with is of the following types:

- A. The proposed item will expand the inventory of materials adopted by the Fellowship and aids membership in an understanding and application of the Twelve Steps of Cocaine Anonymous and the Twelve Traditions of Cocaine Anonymous.
- B. The proposed item carries the message of C.A. to the addict who still suffers.
- C. The proposed item supplies valuable information to the professional fields with whom addicts would most likely come in contact.
- D. The proposed item clarifies the nature of addiction to the general public and fellowship.

5. HOSPITALS AND INSTITUTIONS COMMITTEE : To provide assistance and guidance to individual Fellowships as well as service Areas that initiate hospital and institutional activity.

6. STRUCTURE AND BYLAWS COMMITTEE : To formulate bylaws, guidelines and structures by which this organization can operate, day-to-day, at Conferences and elsewhere.

7. FINANCE COMMITTEE : To develop and implement policies and procedures in all matters concerning the finances of Cocaine Anonymous.

8. C.A. UNITY COMMITTEE : To enhance our communication and international outreach among the diverse elements within the fellowship in the interest of carrying the C.A. message and to promote C.A. unity.

9. INTERNET COMMITTEE : Responsible for assistance and guidance to the CA fellowship, Districts, and Areas in matters relating to websites linked to www.ca.org. Further, available assist World Service Office Board to Internet-related matters

SUGGESTIONS FOR GROUP DONATIONS

The decision on how to use 7th tradition monies is up to each individual group. But here's a simple and easy suggestion. Keep at least 50% of the funds for group expenses (rent, coffee, literature, etc.) and try to build a reasonable prudent reserve (3 months' expenses is recommended). Then, divvy up the rest as follows- approximately 30% to our local District, 15% to the Area (in our case, Missouri) and, finally, 5% to the World Service Office in California.



CA World Donor Program

YOU can help our fellowship "stay alive" by contributing directly to World Service through the WS Donor Program. Contributions are needed to send books to institutions, new meeting packets, and other general operating expenses. Ask your district chair person how to make your contribution today.

St. Louis District Group Donations

	June	July	August
Come and Get It	40	17	30
End of the Line		56.47	
Fried Pipers Co-canuts	30		30
In the Light	3	32	
Living Our Recovery Daily	5	10	10
Men's Meeting	23		33
Message of Hope		5	5
Springfield			
The Thursday Night Meeting		25	15.61
Spiritual Experience			
Time for a Change			
No Reservation Needed	10		15
Bridging the Gap		77	
Reading Out	5		

Fried Pipers and Cocanuts
30 days

Al N

Earl S

Glen F

Jerry A

Lisa S

Patti C

Happy Birthday to You!



Reaching Out

Anna F

Karen D

James

4 years

9 months

<u>End of the Line</u>	<u>Others</u>
Monica A	Shirley H
Rick M	Kristine
Roy W	15 years
Lawanda R	4 years
Smitty	Come and Get It
Darrow W	Cheri
Carolyn M	Dave
	5 years
	6 months

Trivia Question 2 – When and where does our district meet?

How to Plant your Recovery Garden of Daily Living:

PLANT THREE ROWS OF PEAS:

1. Peace of mind
2. Peace of heart
3. Peace of soul

PLANT FOUR ROWS OF SQUASH:

1. Squash gossip
2. Squash indifference
3. Squash grumbling
4. Squash selfishness

PLANT FOUR ROWS OF LETTUCE:

1. Lettuce be faithful
2. Lettuce be kind
3. Lettuce be patient
4. Lettuce really love one another

NO GARDEN IS WITHOUT TURNIPS:

1. Turnip for meetings
2. Turnip for service
3. Turnip to help one another

TO CONCLUDE OUR GARDEN WE MUST HAVE THYME:

1. Thyme for each other
2. Thyme for family
3. Thyme for friends
4. Thyme for God



WATER FREELY WITH PATIENCE AND CULTIVATE WITH LOVE. THERE IS MUCH FRUIT IN YOUR GARDEN BECAUSE YOU REAP WHAT YOU SOW.

Some Common Lies We Believe

- My worth is based on well I perform
- My husband/wife/significant other should know what I'm thinking.

- It's important/necessary for everyone to like me.
- Life should be easy.
- Friends should never let me down.
- I have to be perfect.
- I'm a bad person because of my past.
- God's love has to be earned.
- It's wrong to ever be angry.
- People will always respect me.
- My needs are more important than anyone else's.
- I'm always right
- Children should be seen and not heard.
- I have every right to be angry when another person doesn't live up to my expectations.
- I cannot stand being rejected.
- It's awful to ever feel nervous.
- Mistakes are awful.
- Life is hopeless.
- Nobody loves me.
- It's terrible when people don't like me.
- I should never have to hurt.
- If I am depressed or anxious, it is a sure sign of a weak faith in God.
- If I want something I should have it.
- I shouldn't have to wait.
- I can not stand to not have a "need met."
- I cannot control my strong desires.
- Nobody cares.
- It is wrong to think of my own needs.
- I cannot be happy when others are upset at me.
- My value depends on the opinions of others.
- It's all my fault when someone is angry with me.
- It's my job to make everyone happy.
- It's terrible to make a wrong decision.
- Everyone should be nice to me.
- Things have to go the way I want.
- I should always act happy.
- I'm a total failure.
- Success is determined by being the best.
- I have to be first in everything.
- God cannot use me with my weaknesses.
- Dedication to the fellowship always feels good.
- Being close to God means I will always feel joy.
- God does not want me to suffer pain of any kind.
- Problems should be easily resolved.
- It's someone else's fault.

Did you know?

That C.A. is worldwide! We have new areas started in the United Kingdom and Hong Kong! And, guess what? You will likely get to meet some of those overseas members at our upcoming World Convention being hosted right here in our own backyards in 2007, Kansas City! By the way, have you signed up for a service position?

Service Opportunities Available

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

Stuck in a rut?

Need a change?

Well there are C.A. meetings around town in need of support. Pick up a C.A. Where & When and take a trip around town and visit a different meeting!



We're Here and We're Free!