



CONNECTIONS

Official Newsletter for the Greater Saint Louis District of Cocaine Anonymous

Volume 41

January 2006

3 Made a decision to turn our will and our lives over to the care of God, as we understood Him.

When we come into Cocaine Anonymous and take the third step it is our attempt to give our will, which are our thoughts, and our lives, which are the sum total of our actions, to the care of God as we understand him.

There is so much that one can say about Step 3 that I almost chose a different step to write. If you're an addict worth your weight in cocaine as I was, the only decision that I made was to do whatever necessary to get the next high. Thus, in the third step, to make a decision to turn my will and my life over to the care of God as I understood Him was a topic that needed considerable debate. The thought of turning anything over to something I could not see, feel, touch or smell just did not make good common sense to me at the time. Nevertheless how much sense did it make to take my hard earned cash (crack coupons disguised as dollar bills) and turn it over to someone that I could not look in the eye, feel, touch, and hope that I didn't smell.

In a very real sense I had, quite un-consciously, made a decision to turn my life over to Cocaine. It took no debate; I did not have to contemplate the true meaning of the flake or why it was called "Crack". I quickly learned its places of worship and attended regularly. I had in essence made Cocaine my god and he/she was demanding and what it wanted from me was clear, it wanted every thought and every fiber of my being... it wanted my life.

When we come into Cocaine Anonymous and take the third step it is our attempt to give our will, which are our thoughts, and our lives, which are the sum total of our actions, to the care of God as we understand him. Arrived at this point many of us come face to face with the fact that we're not sure of our understanding of God. If by chance you were like me, one who reluctantly denounced the cocaine god, and only after it had bled me dry, wasn't sure about my understanding. As one reads that step it becomes paramount to our understanding that the "we" who is mentioned is not we who sit around the tables today. It is the first one hundred members of Alcoholics Anonymous that this "we" refers. Their explanation of that which is God can be found in the last full paragraph on page 46 of the Big Book of Alcoholics Anonymous.

The importance of their definition of God can be compared with the significance of the extraction of penicillin from molded bread. Because of their definition it allows each and every person who comes into a 12-step program, CA specifically, to affect an unbiased spiritual contact with their Creator thus starting a person, whether newcomer or old timer, on a daily life saving practice. If we are still confused about step three merely work the rest of the steps, practice the principals and be of service and your own personal understanding will come.

Jahi B

The Reason You Were Chosen for This Work

God, in His wisdom, selected this group of men and women to be the purveyors of His goodness. In selecting them, through whom to bring about this phenomenon, he went not to the proud, the mighty, the famous or the brilliant; He went to the humble, the sick, and the unfortunate. He went right to the addicted, the so-called weakling of the world.

Editors Note: Letters, articles, cartoons, information, related to C.A. for the newsletter and living in recovery are welcomed. Please notify the newsletter staff to submit information. Your feedback/input regarding Connections is also welcomed. You may also submit contributions by calling 314 830-3047 or electronically to jeannettejohnson@sbcglobal.net or donna.vates@sbcglobal.net. In love and service.

Greater St. Louis District of Cocaine Anonymous
Meets every first Sunday of the month at 5:30 p.m.

What do you know about the fellowship that is helping save your life? Are you working steps? What about the traditions? How does your home group get the literature that sets on the table each month? Does your home group give out newcomer's packets? Did you take a 30-day chip? How about a 9-month chip? Where did it come from? What about World Service Office? Have you ever hit the C.A. Missouri website? What are your special skills and talents? Have you asked your sponsor? Find out all this and more at your local C.A. District meeting. More will be revealed.

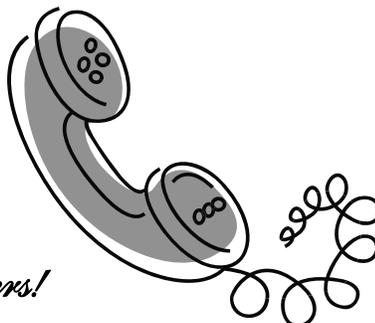
New C.A. Meeting!

Use This!

Thursdays, 8 pm
West County Club
15627 Manchester Road
Come and see what we're about!

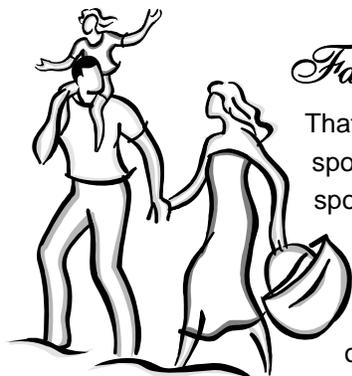
Reaching Out has a new home!

614 11th Street
3rd floor of the Alumni Club
Tuesdays, 7:30 pm
Come check us out!



Calling all Telephone Helpliners!

All open telephone helpline slots need to be filled. Openings are still available. Whenever anyone anywhere reaches out for help, we want to be there to answer the call. To volunteer to fill a time slot, call Robyn T at 368-4808.



Family Fun Fair coming in August!

That's right, we'll be doing it up family style. Booth games, Bar B Que, dunk your sponsor and our annual East side vs. West Side softball game. Did you say "dunk your sponsor?!" Yep, that's what I said. Did you get your Family Fun Fair raffle ticket? If not, watch out for more fundraisers for this event. Since we will not hold an annual convention this year, we are going to do it up with a blowout Family A "Fair!" Get your picnic on at this first ever C.A. sponsored event. For more info, see Donna Y or Darryl J in St. Louis or Paula J in Kansas City.

Group Inventory

The Twelve Traditions are to the group what the Steps are to be the individual. The traditions help keep the program of recovery alive and successful. They support and maintain the balance and integrity of our individual and collective program of recovery. These traditions are fully explained in Twelve Steps and Twelve Traditions. We know there are no "musts" in our fellowship, but to how many of these questions can your group or you as an Individual answer "yes"? We urge you to read this with an open mind. Has your home group considered conducting a group inventory? Visit the C.A. World Service website at www.ca.org/service/wscunity.htm and/or speak with your area unity chair, Leonard B (3134 537-7933) for more information. **Tradition 2: Am I willing to do C.A. service work?**

2007 CAWS Convention

Have you heard? *The 2007 Cocaine Anonymous World Service Convention* is being hosted by the *Greater Missouri Area, in Kansas City Missouri at the Westin Crown Center Hotel, One Pershing Road*. In the heart of downtown, within Hallmark's crown Center – an 85 acre complex of shops, restaurants, and theaters – the award winning Westin Crown Center is the picture of elegance.

Though many committees have been formed and are very busy with planning there are still positions open. One of the first principles of the fellowship is *"we can only keep what we have by giving it away"*. Please come out and help. We meet every other month in Columbia Missouri for our general committee. *Please come and help keep hope alive*. There are several chair positions still open and a lot of committees that need members to serve. This is a real big event for our area so we need everyone's help to make this dream come true. It's a chance of a lifetime to help support the entire fellowship of Cocaine Anonymous. Don't let this opportunity pass you by. If you're anything like me I didn't have a life before this *"We Program."* Please attend our next general committee meeting and see what you can do to be of service. The chair positions that still need to be filled are:

ADVANCED INFORMATION/NEWSLETTER CHAIRPERSON

SOBRIETY REQUIREMENT: 2 years continuous sobriety

PAST SERVICE WORK REQUIRED: Participation on a CA Convention

SUGGESTED QUALIFICATIONS: Organizational skills, leadership skills, and familiarity with computers and word processing/publishing programs.

ADVANCED INFORMATION/NEWSLETTER DUTIES:

1. Coordinates newsletter process at and before convention.
2. Ensures that newsletters, if any, are distributed via mail, in all delegate mailings, to all registrants and at the convention itself.
3. Ensures that all newsletters have been written to include information from the various subcommittees and from the host committee of the subsequent year.
4. Ensures that there are articles available for the CA Newsgram and CA Web Page about the convention.

SOURCE TABLE CHAIRPERSON

SOBRIETY REQUIREMENT: 3 years continuous sobriety

PAST SERVICE REQUIRED: Participation on a CA Convention.

SUGGESTED QUALIFICATIONS: Organizational skills, leadership skills, familiarity with computers and word processing/publishing programs, and with the entire convention process.

SOURCE TABLE CHAIRPERSON DUTIES:

1. Coordinates source table process at and before convention (conciierge service, hospitality - where to go service), CA event ticket sales, event add-ons, emergencies, communication center, lost and found, message board, etc.
2. Ensures that volunteers are available to staff the table during the convention.
3. Ensures that written procedures are finalized and available.
4. Using WSO merchandise order form, submit chips and literature request to Treasurer.

I would like to thank everyone for participating in our **Pancake Breakfast Fundraising Event** that was a great "success". We will continue to have ongoing fundraisers that promote unity and help support Cocaine Anonymous financially. Please feel free to contact the members of the *Steering Committee* for additional information. Once again thank you everyone for being of service. Thank you. **Kay C**

Kay C	Chair	314-369-3581
Harriett W	Vice Chair	913-342-0932
Pam S	Treasurer	314-725-4360
Dwanna R	Co Treasurer	314-377-0574
Donna Y	Secretary	314-413-3300
Jahi B	Hotel Liaison	816-679-2160
Carl R	Program Chair	314-367-0574

What is Cocaine Anonymous

