



CONNECTIONS

Official Newsletter for the Greater Saint Louis District of Cocaine Anonymous

Volume 42

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Your St. Louis District Officers for 2006 are . . .

Michael M, District Chair, Donna Y, Vice Chair, Sean R, Secretary, Joe L, Treasurer. And a host of other trusted servants that serve as GSR and committee chairs. Would you like to get involved and help support the fellowship of C.A. grow? Attend your monthly district meeting the first Sunday of each month (except during a holiday weekend) at 206 Ermerling Drive. We could surely use your help. Some of the old-timers are getting old and we could use fresh ideas (and energy, too)! Please take out an hour or so and come check us out.



Celebrate Around The World: Let's Go Fly A Kite!!!!

by Vicky M.



On Saturday, March 4, 2006, Cocaine Anonymous members all over the globe honored their recovery by participating in "Celebrate Around The World" activities. Each year, this CA World Service unity event encourages groups everywhere to stage dances, picnics or sober parties of any kind on the first Saturday in March—the idea being to show our solidarity as happy, joyous and free recovering addicts in CA!

The Greater Saint Louis District participated in CATW with "Let's Go Fly A Kite", a free, family-oriented get together held on Art Hill in Forest Park. Participants brought their own kites, and, in spite of weak wind conditions, most were able to get them flying for at least a short time. Thanks to one of our members, Robert K., no one was kiteless. He donated a whole bag full of kites to ensure kids and adults alike each had a chance to join in the fun.

Jim L. from the Wednesday night Fried Pipers and Cocanuts group took the unofficial award for getting his kite the highest and keeping it up the longest! Way to go, Jim! You demonstrated to us all that it *could* be done!

About 30 people and three dogs showed up to romp and play, some of whom also decided to tour the Art Museum after trying their hand at soaring kites in the air. Everyone had a terrific time! Although meteorologists had predicted rain, God graced us with a lovely, crisp, partly cloudy afternoon--seemingly a glorious blessing to indicate His delight in our recovery too!

You don't have to wait for a special event to have fun in sobriety. Spring is here, so revel in your recovery with outdoor activities you may not have considered since you were a child. Find out flying a kite can be just as exciting today as it was when you were eight! The possibilities are endless, now that we are clean, sober and connected in CA!!!



The Structure of Cocaine Anonymous

Cocaine Anonymous is not organized in the formal or political sense. There are no governing officers, no rules or regulations, no dues or fees.

However, the need for services to addicts throughout the world is very important to the Fellowship. Inquiries from both within and outside the Fellowship have to be answered. Literature has to be written, printed and distributed and requests for help be followed up.

Happy Birthday to You, Happy Birthday, to You!

Happy Birthday!

Fried Pipers & Cocoanuts	Men's Meeting
<i>Vicky M – 16 years</i> <i>Chrissy – 2 years</i> <i>Lori L – 2 years</i> <i>Skip W – 2 years</i> <i>Mike – 18 months</i> <i>Chris A – 9 months</i> <i>Earl S – 6 months</i> <i>Glenn F – 6 months</i> <i>Joe B – 6 months</i> <i>Sara S – 6 months</i> <i>Charles H – 60 days</i> <i>Shane Y – 30 days</i>	Carl S. – 10 years Constantine A. – 9 years Gerald R. – 9 years George H – 30 days Tyrone H – 30 days Willie M – 60 days
Spiritual Experience	Into the Light
Helena W – 1 year Jeannette J – 17 years Kim D – 90 days	Ronda W. – 2 years Donna R – 10 years
Reaching Out	End of the Line
Paul U – 4 years	Allen B – 14 years Joy L – 16 years Yolaunda P – 13 years
Salvation Army	Living Our Recovery Daily (LORD)
Sean – 90 days	Angie N – 9 months Angela J – 1 year

Celebrate Around The World Shirts & Caps— *GOT YOURS YET?*

Greater Missouri Area sold Celebrate Around The World shirts and caps on a pre-order basis in February and March. If you missed your opportunity, we MAY still have an extra shirt or hat you can buy! These are high quality items with the full-color CATW logo emblazoned on each. Show your recovery colors and help support the Area by buying a shirt or hat!

Contact Vicky M. at 314/846-2346 for availability of surplus stock.



Where & When

C.A. Women's luncheon coming your way, October 2006! Watch for information in a flier at your home group!

Greater St. Louis District **H & I committee** meets every first Sunday of the month at 4:00 p.m. at 206 Emerling right before the district meeting. We have plenty of H & I meetings that need chairpersons on a rotating basis. Contact Paul U for more information.

Girls! Are you willing to chair a C.A. meeting in a women's facility, one hour (7 – 8 pm) on Thursday night once every two to three months! If you'd like an opportunity to give back, we can help you get there! Call Michele P or Jeannette J at 314 494-3055 for more information.

Noodle Night – sponsored by the Greater Missouri Area of C.A. special events committee! Look out for a flier at your local home group!

THE IMPORTANCE OF “ANONYMITY”

Traditionally, C.A. members have always taken care to preserve their anonymity at the public level: press, radio, television and films. We know from experience that many people with drug problems might hesitate to turn to C.A. for help if they thought their problems might be discussed publicly, even inadvertently, by others. Newcomers should be able to seek help with complete assurance that their identities will not be disclosed to anyone outside the Fellowship.

We believe that the concept of personal anonymity has a spiritual significance for us: it discourages the drives for personal recognition, power, prestige, or profit that have caused difficulties in some societies. Much of our relative effectiveness in working with addicts might be impaired if we sought or accepted public recognition. While each member of C.A. is free to make his or her own interpretation of C.A. Tradition, no individual is ever recognized as a spokesperson for the Fellowship locally, nationally or internationally. Each member speaks only for themselves.

Cocaine Anonymous is grateful to all media for their assistance in strengthening and observing the Tradition of anonymity. Periodically, the C.A. World Service Office sends to all major media a letter describing the Traditions and asking their support in observing it.

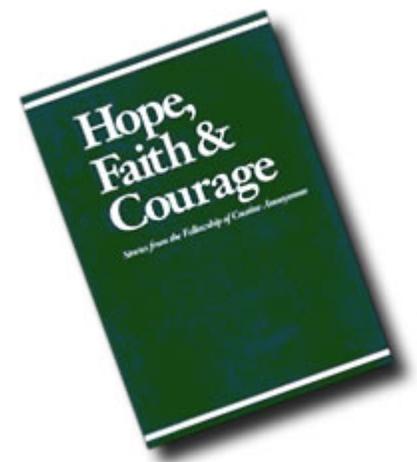
A C.A. member may, for various reasons, “break anonymity” deliberately at the public level. Since that is a matter of individual choice and conscience, the Fellowship as a whole has no control over such deviations from Tradition. It is clear, however, that they do not have the approval of the group conscience of C.A. members.

2nd Edition coming your way, soon!!!!

Hope, Faith & Courage

Hope, Faith and Courage: Stories from the Fellowship of Cocaine Anonymous was first published in 1994.

As its title suggests, this powerful collection of stories delivers the message of recovery as it has been experienced by members of our fellowship, in their own words.



World Service Contribution Program

Save checks! Save stamps! Save time! Save lives!

Cocaine Anonymous World Service depends on the financial support provided by individual members, groups, committees, districts and areas. We use your contributions as efficiently as possible. To maximize the services we are able to provide to addicts throughout the World. When you participate in the World Service Contribution Program, you ensure that we are able to serve the needs of those in our fellowship and reach even more with our message of Hope, Faith and Courage.

Here are just a few of the program services that your contributions make possible:

- Producing and stocking C.A. Literature, and filling orders from C.A. Areas and members
- Providing C.A. materials and information to new meetings and the media, and supporting the needs of members who have no nearby meetings
- Supplying Hope Faith and Courage books and other C.A. materials to inmates
- Providing administrative and planning support for World Service Convention and Conference events

Want more information? You may contact one of your local delegates, Donna Y or Darryl J or Cocaine Anonymous World Service Office, Inc. at 3740 Overland Avenue, Suite C, Los Angeles, CA 90034 or 1 310-559-5833 or email at cawso@ca.org. Visit the C.A. World Services website at www.ca.org for all information pertaining to our fellowship!

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 meetings:

- ***There is a solution***
- ***Keep it simple CA***
- ***The Study***
- ***Sisters in sobriety***
- ***Steps online***
- ***Hope, Faith & Courage***



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