



# CONNECTIONS

Official Newsletter for the Greater Saint Louis District of Cocaine Anonymous

Volume 43

July 2006

## **Emotional Stability**

*When we developed still more, we discovered the best possible source of emotional stability to be God Himself. We found that dependence upon his perfect justice, forgiveness, and love was healthy, and that it would work where nothing else would. If we really depended upon God, we couldn't very well play God to our fellows nor would we feel the urge wholly to rely on human protection and care.*

Twelve Steps and Twelve Traditions

## **H & I People Raising!**

The 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 start of 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! We have started a monthly rotation for the Bridgeway H & I meeting for women. If you'd like an opportunity to give back, we can help you get there! Call Jeannette J at 314 494-3055 to volunteer.

## **St. Louis C.A. Helpline Needs You!**

Phone slots are now available. Our helpline receives many, many calls from the next suffering addict or a family member seeking a way out. You could be on the other end of the phone to help them find the fellowship we crave and a way out of the cocaine addiction trap! Call the helpline chair, Robyn T. at 314 368-4808 or the St. Louis Helpline at 314 368-3500 and sign up today.

## **Fun in Recovery a huge success!**

The Greater St. Louis District of C.A. hosted our first ever "Fun in Recovery" on July 1 and what fun we had! Games, food, fellowship and speakers! Movies, raffle and did I say food?!!! Way to go Special Events! If you missed this event, watch out for upcoming St. Louis District special events.

**Where your money goes** – the main service body for the Fellowship of Cocaine Anonymous is CA World Service, which is centered at the World Service Office in Los Angeles. Here are just a few of the program services that your contributions make possible: Producing and stocking CA Literature and filling orders from CA Areas and members; providing CA materials and information to new meetings and the media and supporting the need of members who have no nearby meetings; supplying Hope Faith and Courage books and other CA materials to inmates; providing administrative and planning support for World Service Conventions and Conference events. To contribute individually is fast, secure and much needed. For questions, call or email 310 559-5833 or [cawso@ca.org](mailto:cawso@ca.org). Thanks!

*The best way to find yourself is to lose yourself in the service of others.*

**Unscramble Recovery**

1. tisiularp ieepxscreen \_\_\_\_\_
2. eersivc kwro \_\_\_\_\_
3. roospns \_\_\_\_\_
4. mheo uoprg \_\_\_\_\_
5. sphoialst dan tsnnsiionutt \_\_\_\_\_

ioekaorserviceworkpkmh  
tkmm lmargorplworkmme  
ubigbooktolmnoreadmol  
gratitudemoqppcnclmxyp  
hopecmomeetingsmowqrg

**C.A. World Service Contribution Program**

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.

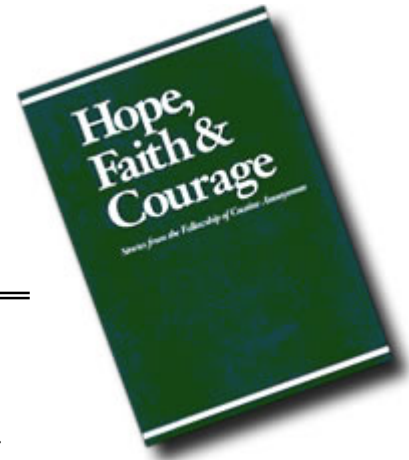
(word find across – 10 words)

**2<sup>nd</sup> 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.




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**Shhhhhhhh . . .Meditate on THIS!!!!**

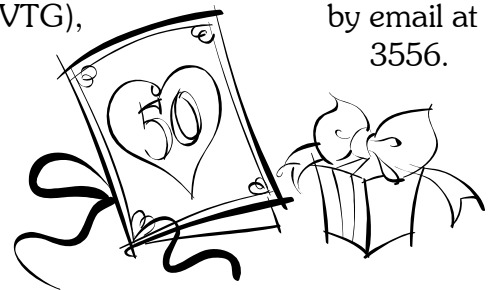
The CA Literature, Chips and Format Committee needs your submissions. Share your experience and thoughts with the fellowship of Cocaine Anonymous in our own meditation book! Submissions must be the original and may include quotations from conference approved literature. Length should be approximately 250 words or less and content should focus on recovery topics. Please send your experience by June 30, 2006 to: [cawso@ca.org](mailto:cawso@ca.org) or by regular mail CAWSO, Inc, 3740 Overland Ave., Suite C, LA CA, 90034.

**Let's Sail Away and Celebrate –  
25 Years of Cocaine Anonymous!  
November 2 – 5, 2007**

*Brought to you by Cocaine Anonymous Los Angeles*

Enjoy fellowship, fantastic meetings & great entertainment! Have fun, relax and enjoy birthday cake at this unforgettable event. We'll celebrate our 25<sup>th</sup> birthday aboard the Monarch of the Seas! \$50 deposit to reserve your space. Contact Valley Travel (VTG), [ca2007@valleytravelgroup.com](mailto:ca2007@valleytravelgroup.com) or call toll-free 866 465-\_\_\_\_\_ by email at 3556.

**Happy Anniversary!**



**Men's Meeting**

**Jerry W – 3 years**  
**Wilbur – 19 years**  
**Timothy S – 2 years**  
**Wardell K – 3 years**  
**James M – 5 years**  
**Sidney H – 2 years**  
**Darryl J – 7 years**

**Living Our Recovery Daily**

**Joe L – 16 years**  
**Joe R – 2 years**  
**Dan S – 11 years**  
**Curtis – 2 years**  
**Mark K – 3 years**  
**Dave B – 18 months**  
**Eric M – 6 months**  
**Tim B – 60 days**

**Fried Pipers and Cocanuts**

**Al – 30 days**  
**Debbie I – 30 days**  
**Jamie K – 30 days**  
**Matt – 30 days**  
**Rob – 30 days**  
**Sandra – 30 days**  
**Bill B – 60 days**  
**Joe S – 60 days**  
**Mike E – 60 days**  
**Angie M – 90 days**  
**Kenny H – 90 days**  
**Marlene – 90 days**  
**Rachel P – 90 days**  
**Bruce D – 6 months**  
**Jerry A – 6 months**  
**Jim L – 6 months**  
**(Continued)**

**Fried Pipers**

**Kristine M – 6 months**  
**Earl S – 9 months**  
**Glenn F – 9 months**  
**Joe B – 9 months**  
**Lynn P – 9 months**  
**Sara S – 9 months**  
**Chris A – 1 years**  
**Vicki S – 1 year**  
**Randy G – 18 months**  
**Chrissy K – 3 years**  
**Tom P – 3 years**  
**Kenny R – 12 years**

**George D – 20 years**

**End of the Line**

**Otis P – 10 years**

**James H – 9 years**

**Donna Y – 9 years**

**James M – 5 years**

**Pam S – 11 years**

**Patryce H – 9 years**

**Message of Hope**

**Dwanna R – 14 years**

**Karen W – 11 years**

**Use This**

**Dennis S – 3 years**

**Kelly O – 1 year**

**Shannon D – 6 months**

**Jim L – 6 months**

**Debbie D – 90 days**

**Rose A – 13 years**