



# Connections

Volume 50

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Official Newsletter for the Greater Saint Louis District of Cocaine Anonymous

## Fish Fry



Fun



## Fruitful Fundraiser

By Vicky M.

Typically during this time of year, fish fries abound. **Darryl J.** saw this as an opportunity to generate some revenue for the upcoming Mid-West Regional Convention being hosted in Saint Louis October 10-12, 2008—and he did *just that*—over \$1000 was raised!

Convention Chair **Joy L.** opened her North County home for the event, which was held leap year Friday, February 29. For \$7.50, a delicious dinner plate of deep fried catfish nuggets or jack salmon with sides of spaghetti, potato salad and/or cole slaw could be had. Or \$5 would net you (ha ha) a fish sandwich to remember.

A devoted crew of CA regulars chipped in to do the work involved in cooking up dinner for 60 or so, and everyone's help was enormously appreciated. Several of the volunteers, however, DO deserve special mention.

**George H.** and **Jenifer W.** cleaned nearly 45 pounds of catfish filets to prep them for frying. **Zeke K.** slaved over a hot fryer for several hours, and not one batch was overdone (course he does claim to be a sous chef)!! **Theresa T., Joy L.,** and **Donna Y.** all worked tirelessly filling orders. And **Robyn T.** sold beverages to raise money specially earmarked for the convention hospitality suite.

Thanks to everyone for all their labors. Even though I left there reeking of fried fish, my two cats certainly appreciated my unique new scent, sniffing me all over when I got home! We also very much appreciate all the members who supported the fish fry by buying dinners or sending their friends to eat. And a good time was had by all!

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Hey everybody, my name is Donna D. and I am your new Newsletter Editor. This is my first attempt at anything like this so if you have any suggestions or articles that you would like to be considered, you are welcome to contact me through your meeting GSR. I hope you enjoy reading this as much as I have enjoyed making it.

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## Upcoming Events

There is going to be an H & I Day Fun-raising and people raising event held at Forest Park on Saturday, May 3<sup>rd</sup> at 12 o'clock. It will be located at pavilion #6 off of Wells Dr. near Skinker Blvd. We will barbeque, have a male and female speaker, and have an all around great time. Friends and family are welcome and this will be a great event to take part in. Burgers will be provided and we are asking you to bring sides or beverages. Come out and enjoy some good food, great fellowship, and beautiful weather with us!

On Saturday, May 31<sup>st</sup> there is going to be a yard sale fundraiser from 7 am to 3 pm to benefit the CA Women's Luncheon. It will be located at 313 Anita Dr. Fairview Heights, IL 62208. Come on out for some great bargains!

Also to benefit the CA Women's Luncheon, there will be a dance fundraiser. This is to be held on Saturday, June 21<sup>st</sup>. The time will be announced soon. This will take place at the Trinity Outreach Center 5110 Forest Boulevard Washington Park, IL 62204. Have a good time while supporting a great cause!

Mark your calendars now for the CA Women's Luncheon to take place on October 18<sup>th</sup> at noon. More information to come.

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## Oops!

In our last issue of **Connections**, there was a mistake in the Birthday section for the group Hope, Faith & Courage. It was Melissa Mc. who celebrated 3 years, not Marissa M. I wanted to apologize for this error and hopefully it will not happen again. "Progress, not perfection."

*Donna D.*

## 2008 Midwest Regional Convention Committee Positions Still Available

We still need a lot of help with the Midwest Regional Convention being hosted by the Greater Missouri Area in St. Louis on October 10<sup>th</sup> through the 12<sup>th</sup> at the Sheraton Westport Hotel.

### **Vice Chair: Michael M.**

Public Information, Special Needs, Advance Info/Newsletter, and Children's Events positions are still available. If you are interested, contact Michael M.

### **Program Chair: Jeannette J.**

Vice Chair, Special Events, and Evaluations positions are still available. If you are interested, contact Jeannette J.

### **Treasurer: Wardell K.**

Co-treasurer, Spending, Archives, Archives Vice-Chair, Printing/Design, and Auction/Drawing positions are available. If you are interested, contact Wardell K.

### **Hotel Liaison: Allen B.**

Transportation, Decorations, Information Host, Brunch, Banquet, and Closing positions are available. If you are interested, contact Allen B.

If you are interested in any of these positions, you can contact any of the above chairs or call the CA Hotline at **(314) 361-3500**. It is a great chance to do some service work and give back what was freely given to you.

Connections is a quarterly publication published by Cocaine Anonymous of greater St. Louis District. It is intended solely to provide information for the fellowship of Cocaine Anonymous. We hope to communicate the experience, strength, and hope of C.A. members reflecting recovery, unity, and service, within the bounds of friendliness and good taste. This Newsletter presents experiences and opinions of Cocaine Anonymous members. Those opinions expressed herein are of the individual contributors and are not to be attributed nor taken as an endorsement by Cocaine Anonymous, Cocaine Anonymous World Services, Cocaine Anonymous World Service Office, Inc., Cocaine Anonymous of Greater St. Louis District, or Connections. The editors reserve the right to edit any submissions in adherence to the Twelve Traditions of Cocaine Anonymous. If you would like to know more about Cocaine Anonymous, the Twelve Steps and the Twelve Traditions, please write and ask for C.A. World Service Conference approved literature at CAWSO, 3740 Overland Ave., Suite C, Los Angeles, CA 90034. E-Mail to: info@CA.org or by Fax to: (310) 559- 2554, Contact CA by phone at (310) 559-5833. Also note that the C.A. World Service Office web page is: www.ca.org. Please also note this publication and all its contents are copyrighted by Cocaine Anonymous of Greater St. Louis District. Any unauthorized duplication or publication is prohibited.

“In the spirit of Tradition 6: We are not allied with any sect denomination, politics, organization or institution”.

## YOUR CONTRIBUTIONS



### Seventh Tradition

Every C.A. group ought to be fully self-supporting, declining outside contributions.

#### District December

End of the Line	\$95.34
Fried Pipers & Cocanuts	\$15.00
Living Our Recovery Daily	\$13.10
Men's Meeting	\$10.00
Message of Hope	\$3.34
The Thursday Night Meeting	\$20.72

#### January

Fried Pipers & Cocanuts	\$30.00
Come & Get It	\$56.00
Living Our Recovery Daily	\$10.62
Men's Meeting	\$15.00
Message of Hope	\$ 1.04
The Thursday Night Meeting	\$31.00
No Reservations Needed	\$11.35

#### February

Fried Pipers & Cocanuts	\$30.00
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### Hospitals and Institutions

#### December

Come & Get It	\$31.00
Fried Pipers & Cocanuts	\$80.76
Living Our Recovery Daily	\$14.27

#### January

Thursday Night Meeting	\$16.00
End of the Line	\$40.86
Men's Meeting	\$10.00
Fried Pipers & Cocanuts	\$68.10
No Reservations Needed	\$10.00
St. Mary's	\$12.00

#### February

Living Our Recovery Daily	\$26.10
Men's Meeting	\$15.00
Use This	\$20.00
Come & Get It	\$44.00
Fried Pipers & Cocanuts	\$73.36



Congratulations to each of our members who celebrated their sobriety birthday in December, January, February, and March. Each milestone is achievable One Day at a Time!

**FRIED PIPERS AND COCANUTS**

Vicky M.	1/20/90	<b>18 YEARS</b>
Nan E.	03/29/92	<b>16 YEARS</b>
Skip W.	01/19/04	<b>4 YEARS</b>
Lori L.	01/15/04	<b>4 YEARS</b>
Mindy G.	12/28/05	<b>2 YEARS</b>
Maeghan B.	08/18/06	<b>18 MONTHS</b>
Tiffany H.	01/22/07	<b>1 YEAR</b>
Jennifer W.	03/09/07	<b>1 YEAR</b>
Christy W.	03/13/07	<b>1 YEAR</b>
Billy L.	05/03/07	<b>9 MONTHS</b>
Angie F.	04/25/07	<b>9 MONTHS</b>
Tom S.	05/15/07	<b>9 MONTHS</b>
Jerry A.	07/04/07	<b>6 MONTHS</b>
Donna D.	07/08/07	<b>6 MONTHS</b>
Tom P.	11/16/07	<b>90 DAYS</b>
Mellisa J.	12/06/07	<b>90 DAYS</b>
<b>Use This</b>		
Shannon G.	12/01/05	<b>2 YEARS</b>
Meghen D.	01/17/06	<b>2 YEARS</b>
Eric T.	07/10/06	<b>18 MONTHS</b>
Greg L.	03/27/07	<b>9 MONTHS</b>
Heather P.	06/13/07	<b>6 MONTHS</b>

**HOPE, FAITH & COURAGE**

Jerome G.	<b>13 YEARS</b>
Barbara J.	<b>3 YEARS</b>
James H.	<b>18 MONTHS</b>
Jimmy H.	<b>18 MONTHS</b>
Joe R.	<b>1 YEAR</b>
Kristen	<b>1 YEAR</b>
Rekeisha Mc.	<b>9 MONTHS</b>
Stacy C.	<b>9 MONTHS</b>
Rex B.	<b>9 MONTHS</b>
Trina T.	<b>6 MONTHS</b>
Larry P.	<b>90 DAYS</b>
Yvette	<b>60 DAYS</b>
Chiquita J.	<b>60 DAYS</b>
Yolonda D.	<b>60 DAYS</b>
Tyrone M.	<b>30 DAYS</b>
Shannon R.	<b>30 DAYS</b>
<b>No Reservations Needed</b>	
Michele P.	<b>5 YEARS</b>
Darryl M.	<b>18 MONTHS</b>
Sean R.	<b>1 YEAR</b>
Michelle L.	<b>9 MONTHS</b>
Michelle D.	<b>9 MONTHS</b>
Sami	<b>90 DAYS</b>
Justin T.	<b>60 DAYS</b>
Rich	<b>60 DAYS</b>