



Connections

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Official Newsletter for the Greater Saint Louis District of Cocaine Anonymous

Grieving In Sobriety

By Jenifer W.



Everyone experiences loss in sobriety in one form or another. Usually the first major loss is the experience of losing our most well known coping mechanism and trusted friend: Drugs. We come into the program hurting from a long struggle with self-destruction, and we exit the war path with our heads down. It takes time to develop new ways to handle life and to heal. Eventually we learn to have faith in a higher power and faith in ourselves again. But it takes time. That's how it goes with other losses as well.

There are three stages to grief: Shock/denial, anger/depression and understanding/ acceptance. We grieve when we quit using cocaine. We grieve when we lose someone we love, whether it's through death or the loss of a relationship. As addicts, we should not only be aware of the stages as we move through them, but also remember that we have a disease just waiting for a time when we are vulnerable so it can get us when we're down. If we use drugs to cope, it will only prolong the grieving, and ruin our lives in the process.

We learn to use our new tools. We step up our meetings if possible. We call people in the program and tell them honestly what we're going through and how we are doing. We don't have to grieve alone. We also need to take special care of ourselves: Go for a walk or take a hot bath. Do something enjoyable. Healing will happen and we will be stronger as a result. Other relationships will flourish, and we will one day feel the vitality of life like never before.

Oh my God no!
My heart sinks down below my feet
Then my head goes numb
I just walk through the motions
I can't believe this is happening
It can't be real
My love is so strong
How could this be?
She left me alone
How could she do this to me?
I was kicked when I was down
My anger consumes me
In my pain I reach out
I fall backwards
I am caught by another
Slowly I come back around
Comforted and warmed
I slowly grow

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Lend a Helping Hand



The Midwest Regional Convention still needs a lot of help. If you have the time, this is a great chance to do some service work and give back. Many positions are still available from public information and children's events to transportation and decorations so there is something for everyone. If you want to help or learn more, you can contact the Convention Chair, Joy L. at **(314) 448-2038** or you can call the CA Hotline at **(314) 361-3500**.

H & I Day Picnic

The H & I Day Picnic fun raising and people raising event that was held at the beginning of May in Forest Park went very well. We had a wonderful turn out despite the cold weather. As an added treat, everyone who attended got to hear a third speaker that was not originally scheduled. If you didn't make it you definitely missed out on a good time but there is always next year. H & I has already reserved a pavilion for next summer so plan to attend as it turned out to be a fabulous event and next year will be even better.

Oops!

In our last issue of **Connections**, I forgot to include a birthday for the meeting Message of Hope. Yolanda P. celebrated 15 years on January 24th. That is an impressive milestone and I apologize for not including it until now.

Donna D.

Upcoming Events

The Midwest Regional Convention hosted by the Greater Missouri Area in St. Louis is coming up on October 10th through the 12th. It will be held at the Sheraton Westport Hotel in Westport Plaza. Early registration ends September 8th so if you want to save some money, pick up a flyer at your CA meeting or download one at www.camissouri.org.

Ladies, it's time to celebrate recovery with many women like yourself at the annual CA Women's Luncheon. It will be held on October 18th at noon at the Grand Marais Golf Course Lighthouse Restaurant in Centerville, Illinois. Advance registration is required so look for more information at your CA meetings.

New CA Meetings!

There are two new meetings of Cocaine Anonymous in the St. Louis area that need your support. Both are open nonsmoking meetings. If you need more information, check the meeting directory at www.camissouri.org or pick up a Where and When at your next meeting.

There is a Solution meets Fridays from 7:00 to 8:30 pm at Edgewood Recovery Center located at 970 Executive Parkway Dr. St. Louis, MO 63141. **It's All Good!** meets Wednesdays at 7:30 pm at Carondelet United Church of Christ at 7423 Michigan Ave. St. Louis, MO 63111.



If you want to help carry the message of hope by writing an article or if you have any suggestions for a future issue of **Connections** you can send an e-mail to liquid_fire87@hotmail.com. Make sure to include your first name and last initial with any submissions you may have.

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

April

Fried Pipers & Cocanuts	\$20.00
Come and Get It	\$42.00
Living Our Recovery Daily	\$9.0 0
Men's Meeting	\$16.00
Message of Hope	\$0.78
The Thursday Night Meeting	\$130.00
No Reservations Needed	\$20.00
There Is a Solution	\$5.00

May

Fried Pipers & Cocanuts	\$30.00
Come & Get It	\$14.00
Men's Meeting	\$12.00
Hope, Faith & Courage	\$5.00
No Reservations Needed	\$20.00

June

Living Our Recovery Daily	\$15.00
The Thursday Night Meeting	\$41.55

Hospitals and Institutions

April

End of the Line	\$28.00
Men's Meeting	\$21.50
Fried Pipers & Cocanuts	\$94.12
Come & Get It	\$27.00
Thursday Night Meeting	\$45.00
Men's Meeting	\$16.00
No Reservations Needed	\$32.50
Living Our Recovery Daily	\$20.75

May

End of the Line	\$26.00
Fried Pipers & Cocanuts	\$65.62
Men's Meeting	\$12.00
Thursday Night Meeting	\$9.00

June

Come & Get It	\$23.00
Thursday Night Meeting	\$15.00
Living Our Recovery Daily	\$15.00



Congratulations to each of our members who celebrated their sobriety birthday in April, May, and June. Each milestone is achievable One Day at a Time!

FRIED PIPERS AND COCANUTS

George D.	05/07/86	22 YEARS
Lisa P.	06/15/96	12 YEARS
Chris A.	04/10/05	3 YEARS
Mark B.	05/05/06	2 YEARS
Jon C.	10/13/06	18 MONTHS
Cynthia H.		18 MONTHS
Sarah D.	11/27/06	18 MONTHS
Billy L.	05/03/07	1 YEAR
Tom S.	05/15/07	1 YEAR
Donna D.	07/08/07	9 MONTHS
Natalie M.	10/07/07	6 MONTHS
Melissa J.	12/06/07	6 MONTHS

USE THIS

Matt R.	06/05/02	6 YEARS
Dennis S.	06/02/03	5 YEARS
Laurie S.	12/04/07	6 MONTHS

MESSAGE OF HOPE

Dwanna R.	06/10/92	16 YEARS
Pam S.	06/19/95	13 YEARS

HOPE, FAITH & COURAGE

Marcellus	24 YEARS
Jerry	23 YEARS
Gladys	10 YEARS
Judy	9 YEARS
Anthony L.	7 YEARS
Luke L.	4 YEARS
Daniel	3 YEARS
James H.	2 YEARS
Francine	2 YEARS
Grace	18 MONTHS
Marie	9 MONTHS
Bernard G.	6 MONTHS
Tony W.	6 MONTHS
Mark E.	30 Days

NO RESERVATIONS NEEDED

Michele J.	1 YEAR
Justin T.	6 MONTHS

IT'S ALL GOOD

Eric J.	2 YEARS
Cory M.	1 YEAR
Kyle M.	90 DAYS