



Connections

Volume 52

November 2008

Official Newsletter for the Greater Saint Louis District of Cocaine Anonymous

Midwest Regional Convention Rocks!

By Vicky M.



Turn out was strong for the recent Midwest Regional Convention. Hosted by the Greater Missouri Area on October 11-12, the Westport Sheraton Hotel became the C.A. place to be for the weekend. Members from over a dozen different states were present, as well as one very special traveler all the way from the United Kingdom. Forging new program friendships left and right surely seemed to be the order of business!

Attendees were kept busy listening to main speakers **Will W.**-Saint Louis; **Rod D.**-Kansas City; **Pearl B.**-Kansas City; **Shawn H.**-Cleveland and **Leslie S.**-Atlanta as well as a multitude of marathon meeting topics. If that wasn't enough, eight workshops were also presented. Saturday night, a special entertainment magic show was provided by our own **Bruce D.** and left the audience amazed and scratching their heads. How in the heck does he do that stuff?! Afterwards, a dance got everyone groovin' to the music.

Robyn T. and her crew did a fabulous job of keeping the Hospitality Suite well stocked with food, beverages and fellowship. Their Friday night karaoke session nearly rivaled an American Idol audition!

A live auction after dinner on Saturday with auctioneer **Darryl J.** not only brought in a bucket of money but had everyone roaring with laughter. In addition, bidding was hot and heavy on some very neat silent auction items such as diamond earrings and autographed sports memorabilia. For the thrifter shoppers, raffle tickets could be purchased for a mere twenty-five cents each, affording the opportunity to win a wide assortment of prizes. **Rod D.** and **Vicky M.** did a fine job of coordinating these activities.

The two convention meals—Saturday dinner and Sunday breakfast—were delicious! Certainly way above standard hotel banquet fare. Anonymous remark overheard—"Hotel Liaison **Allen B.** must have been a great negotiator to get us these great meals for the price we paid!"

No convention would be complete without an ample group of newcomers, and Outreach Chair **Earl S.** did a bang up job of facilitating arrangements for over 40 addicts from several treatment centers to attend. Certainly being involved with an event such as this in early recovery COULD just be a deciding factor in staying clean and sober. Let's hope these folks all keep comin' back!

Special mention to **Lisa** and her band of Serenity Keepers; as well as **Michael M.**-Vice Chair, who truly ended up working every single minute of the convention keeping track of all the money.

The entire convention committee, headed up by **Joy L.**, worked their tails off to put on a fantastic event that will be hard to top. Many thanks to **Abbie R.**, Registration; **Archie J.**-Marathon Meetings; **Dan S.**-Logo; **Dave C.**-Workshops; **Ellen U.**-Printing & Design; **Jeannette J.**-Program; **Joe L.**-Memorabilia; **Lisa P.**-Decorations; **Sarah S.**-Source Table; **Wardell K.**-Treasurer; and **Yvonne M.**-Speakers. It takes a village to put on an event such as this—space prohibits mentioning all who contributed, but please know if you took the time to volunteer, your help was enormously appreciated.

To those who attended—KUDOS! To those who missed out—remember the next time there's nothing better than a C.A. convention to rocket your program into the fourth dimension!!!

Service Opportunities

H & I and District are holding elections for service positions at the December meetings. This is a great chance to do some service work and to learn about CA on a business level. Cocaine Anonymous relies on us to be faithful servants so that it can continue to grow and flourish. The H & I meeting starts at 3 o'clock and District follows at 4:30 on December 7. These meetings are held the first Sunday of each month at New Horizons church at 206 Emerling located just north of highway 70 in Florissant.



Stay Informed

Delegate Report Enclosed

You will notice that the current *Connections* has an insert. As a C.A. member in good standing, please take a few minutes to read the beautifully presented report from our Missouri Area Delegates. Once a year, we send representation to the World Service Conference to stay connected with the rest of the C.A. service structure and bring back all the news of what's brewing at the World level. This IS your fellowship, and it is important to be an informed member. Our apologies for the fine print, but there was a lot of information to include.

Women's Luncheon

The Annual CA Women's Luncheon was held at a new location this year at the Grand Marais Golf Course Lighthouse Restaurant in Centerville, Illinois on October 18th. Everyone had a fantastic time and I'm told the food was delicious. For entertainment there was a speaker, Charlotte W. from California, and a fashion show with our very own CA ladies as models. So if you see Kay K. make sure you give her a big hand for organizing such a successful and fun event. For the ladies who missed out, make sure you attend next year, you won't be disappointed.



This will be the last issue of *Connections* for the 2008 year. Winter is coming and before we know it, the holidays are upon us so I wanted to take this opportunity to wish everyone a safe, happy, and sober holiday season.



If you want to help carry the message of hope by writing an article or if you have 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.

Your Contributions



Seventh Tradition

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

District

July

End of the Line	\$40.46
Fried Pipers & Cocanuts	\$60.00
In the Light	\$7.00
Come and Get It	\$51.00
Living Our Recovery Daily	\$12.10
Men's Meeting	\$35.55
Message of Hope	\$1.46
It's All Good	\$5.00

August

Fried Pipers & Cocanuts	\$13.50
Living Our Recovery Daily	\$9.45
Men's Meeting	\$12.37
Message of Hope	\$1.44
The Thursday Night Meeting	\$45.00
No Reservations Needed	\$5.37
It's All Good	\$5.00

September

Fried Pipers & Cocanuts	\$15.00
Into The Light	\$7.50
Living Our Recovery Daily	\$10.63
No Reservations Needed	\$25.00

Hospitals and Institutions

July

It's All Good	\$28.17
Fried Pipers & Cocanuts	\$38.61
Fried Pipers & Cocanuts	\$70.00
Men's Meeting	\$35.52
Living Our Recovery Daily	\$50.00
Come & Get It	\$21.00

August

End of the Line	\$17.34
It's All Good	\$23.00
Thursday Night Meeting	\$25.10
Men's Meeting	\$12.35
Living Our Recovery Daily	\$28.29

Hospitals and Institutions (continued)

September

No Reservations Needed	\$30.00
Fried Pipers & Cocanuts	\$32.98
It's All Good	\$28.00
Living Our Recovery Daily	\$18.00

October

No Reservations Needed	\$25.00
Fried Pipers & Cocanuts	\$68.00
It's All Good	\$25.00
Into The Light	\$3.00
Living Our Recovery Daily	\$25.55
Thursday Night Meeting	\$8.00

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".



Congratulations to each of our members who celebrated their sobriety birthday in July, August, September and October. Each milestone is achievable One Day at a Time!

FRIED PIPERS AND COCANUTS

Mike M.	07/31/90	18 YEARS
Randy G.	09/19/04	4 YEARS
Glen F.	07/05/05	3 YEARS
Joe B.	07/24/05	3 YEARS
Jim L.	10/09/08	3 YEARS
Greg H.		18 MONTHS
Laura E.		18 MONTHS
Natalie M.	10/07/07	1 YEAR
Donna D.	07/08/07	1 YEAR
Jenifer W.	04/12/08	6 MONTHS
Melissa J.	12/06/07	6 MONTHS
Tina S.		90 DAYS
Dave C.		90 DAYS
Dave B.		90 DAYS
Doug H.		90 DAYS
April		60 DAYS
IT'S ALL GOOD		
Earl S.	08/08/05	3 YEARS
Sarah S.	08/08/05	3 YEARS
Josh L.		2 YEARS
Migon B.		2 YEARS
Jon C.	10/13/06	2 YEARS
Dennis L.		18 MONTHS
Christy W.	03/13/07	18 MONTHS
Stephanie W.	07/15/07	1 YEAR
John W.		1 YEAR
Ozzy N.		1 YEAR
Missy J.	12/06/07	9 MONTHS
Kyle M.		6 MONTHS
Bud R.		6 MONTHS

Debbie B.		6 MONTHS
Pam C.		90 DAYS
Mark B.		90 DAYS

Charlene M.	06/25/08	60 DAYS
Tim D.		60 DAYS
Kevin R.		60 DAYS
Greg L.	08/17/08	60 DAYS
Will M.		60 DAYS
Nathan R.		60 DAYS
Bob B.		60 DAYS
Angie I.		60 DAYS

Mike J.	07/05/08	30 DAYS
Mandy M.	09/27/08	30 DAYS
Chad R.	08/31/08	30 DAYS
James H.	09/01/08	30 DAYS
Christy C.		30 DAYS
Vince S.		30 DAYS

HOPE, FAITH & COURAGE

Sylvia W.		22 YEARS
Marie J.		19 YEARS
Kim K.		18 YEARS
Carolyn M.		14 YEARS
Chuck C.		4 YEARS
Mellissa Mc.		4 YEARS
Ray-Ray		18 MONTHS
Melody		1 YEAR
Marie		1 YEAR
Sonja		6 MONTHS
Gerron		60 Days

NO RESERVATIONS NEEDED

Sean R.		18 MONTHS
Rich S.		9 MONTHS
Justin T.		9 MONTHS
Doug P.		6 MONTHS
Larry T.		30 DAYS

Greater Missouri Area of C.A. Delegates Report From World Service Conference August 2008

Thank you for allowing your Greater Missouri Area Delegates to be of service and attend this year's World Service Cocaine Anonymous Conference. The conference is where representatives of our fellowship meet to conduct the business of C.A. As usual, it was an uplifting and inspiring experience and we hope to report back to you the business conducted at the conference with enthusiasm.

Roll call was taken (155 delegates in attendance) and a quorum established. The first item up on the agenda was to approve the petition of the State of South Carolina to become an area in the Atlantic South Region. The petition was approved with substantial unanimity. And thus we grow! Our WS Board of Trustees immediately went to work and suspended the rules and began making motions to amend the TEC voting process. Motion: To amend #2 of the Trustee Election Process, found on page 43 of the 2008 World Service Manual to be effective immediately; and Motion: To amend #9 of Trustee Election Process, found on Page 43 of the 2008 World Service Manual to be effective immediately: Both motions carried unanimously.

Each WSB Trustee and the WSOB Trustees gave opening reports of the work completed throughout the year. Taffi W. completed a 90 day probationary period for the position of Director of Operations and both boards unanimously approved her directorship. Patty F. is leading the way as Director of Resource and Project Development where she will now carry forward guiding our activities in new fundraising, program and product development, global growth and development of C.A.'s availability, long term planning, and communications with the professional community. One motion I thought you might be interested in that was worked on during the year by the Office Board was Referral #4784 that a discounted price be established for Hope Faith & Courage Volume II for Public Information purposes (and H&I). Answer: The Finance Committee is considering the elimination of discounts, except on high-volume purchases.

As members as well as trusted servants of this fellowship, it would behoove us all to take a close look at the WSO balance sheets. Then we can get a clearer picture of how a dollar in the basket at the home group is spent. And why another dollar is needed to pay the expenses at WSO. 7th Tradition contributions to World Service were almost 10% less than projected in 2008 and being a self supporting organization, in order to carry the message at the world-wide level, our fellowship needs the support of each group, district and area. It's worth a closer look.

Each World Service Committee presented an opening report that included information about referrals worked on during the year. There are so very many referrals and motions it cannot all be included in this report. Post conference transcripts are available and your delegates will be happy to review any motion, referral or discussion with you in as much detail as we can.

After lunch on day two, committee breakout sessions began and continued through day three. We were fed royally at a Unity lunch on day 4 which is held each Friday at conference to get the by now begrudged conference goers out of the hotel for fresh air. Outgoing Trustee Bobbi H. was the luncheon speaker.

The conference reconvened mid-afternoon on Friday. We resumed with conference committee reports.

The 2008 World Service Convention had low attendance but was a success.

Upcoming World Service Conventions are:

- CAWS 2009 in Denver, CO. The resort boasts a 27 hole golf course, and sets right on the resort and is ranked one of the top 4 new courses in the country. The resort is always kept in pristine condition and overlooks the flatirons and mountains of Denver. Denver looks forward at being at one with the spirit and having you all there in 2009.
- CAWS 2010 will be held in Milwaukee, WI. Our Region! We should get busy and plan a fundraiser to support the CAWS.
- CAWS 2011 will be held in Arizona.
- We received one (1) bid for the CAWS 2012 convention from the UK.

The convention committee presented many referrals in the form of motions and concluded their closing report with a motion from the floor to approve the bid submitted by the United Kingdom to host the 2012 WS Convention. After discussion, the motion carried with substantial unanimity.

The Trustee Election Committee

2008 Trustee Election committee results:

World Service Office Trustee – Willie B.

Southwest Regional Trustee – Randy G.

Pacific South Regional Trustee – Joy H.

Trustee at Large # 1 – Richard S.

Hospitals & Institutions

The H & I committee had an opportunity on Thursday night for their entire committee to participate in a local H&I panel in Long Beach. This is the second year in a row that they've been granted this gift. They took along the H&I banner and displayed the signatures from the conference to the individuals attending. They asked that the individuals attending that meeting to come forward and sign the banner as well. Having now a very special banner containing the signatures from those of you here supporting H&I along with signatures from those actually receiving CA's message Thursday night – a truly special banner has been produced at this conference. The banner on Friday evening was presented to the newest area recognized this year – South Carolina. Another spiritual experience.

The H & I Can referral/proposal that was submitted in the June SR 14 mailing and shared with you prior to conference was edited in committee at the conference and discussed extensively on the floor. A motion to accept the changes presented was made and failed.

Public Information

PI Committee presented many motions of which a new international storyboard for an international television/internet Public Service Announcement (PSA) was presented. Also, the PI committee presented three new PSA images for consideration. These images are shown as two posters and two pieces of street art and will be made available on the PI page of the WSO web site and added to the material already available in the PI Handbook. These images were created in Montreal and are already being used there in the Quebec Area. All motions were approved unanimously.

Literature/Chips/Format had three new pamphlets approved, Choosing your Sponsor, Do's and Don'ts for 12-Step Calls for Addicts and Who Is A C.A. Member of which was also added as an optional reading in the meeting format. How It Works was also amended to add "...and all mind other substances." A sentence asking if there is anyone visiting from another group was also added to the meeting format. Conference also approved the design of a new chip, "The Eternity Chip," which we hope to have ready for conference approval by next year.

Conference Committee

Conference will be held at the Four Points Sheraton through 2010.

I found interesting that they are creating a "Delegate's Guide to the Conference." That will be an extremely helpful tool to new and alternate delegates (if an alternate needs to attend conference). There were also referrals to host the conference in the middle of the U.S. The committee is looking into those logistics. The referral shared with you prior to conference regarding **Referral # 5860**

Proposal Submission to WSC 2008

No action was taken.

World Service Office Board

WSO sent out 105 starter kits, along with kits to Australia, two kits to Iran, Canada, and the Atlantic South Region.

The PI PowerPoint distributed in SR14 was approved unanimously.

Structure & Bylaws

Structure & Bylaws had many, many referrals and motions most of which carried with approval. I would suggest you obtain a new copy of the WS Manual as soon as it becomes available. There are changes relating to who gets to vote at Regional Assemblies to TEC voting, corrections in parliamentary procedures as well as matters relating to Finance.

Finance - Finance Committee

The first referral up for the finance committee that resulted in a motion was Referral #5758: **That the current H&I and PI soft literature discounts be abolished and all pamphlets be priced at .15 cents. This will level the playing field and prevent abuse.** Effective immediately, all price discounting for the sale of books, chips, literature and all other WSO products, is based on volume only. The following is the new discount structure:
Orders of \$200.00 – 10% discount
Orders of \$500.00 – 20% discount
Per case discount on books – 25

The percentage discounts apply to the aggregate of all items ordered excluding books by the case. Books by the case receive no additional discount. There is no discount on taxes, shipping, or handling. After a lot of discussion, the motion passes with substantial unanimity. We thought you might want this information upfront. Otherwise, the same suggestion is being made regarding the Finance Committee. There were many referrals and motions brought to the floor and a thorough review by our Districts would make the Greater Missouri Area an informed area and better equipped to make good group conscience decisions.

We rolled through reports and conference actually adjourned on Saturday evening! Some went out to a meeting on the beach and others of us slept in and attended a 9 am C.A. meeting in the hotel.

It was truly a privilege to serve. It's amazing how quickly you learn but the conference does require one's undivided attention. The experience is unequivocally a spiritual one and cannot be explained in words, like a great 12th step call. It has to be experienced.

We would like to encourage you to take this information back to your District; our District Service Representatives to share this information in your District meetings with the GSRs, and then charge the GSRs to enthusiastically share this information with the members in our groups. This is the food chain. The member in the group will not get fed unless our Delegates feed the Area, our Area feed our Districts, our Districts feed our groups and our groups feed our members. We, as trusted servants here at our Area, are the way to grow C.A. in Missouri. In the spirit of rotation and abiding faith in a Higher Power, we must rely on our guiding principles to carry the message to the addict who still suffers.

Thank you.

Your Greater Missouri Area Delegates,

Wardell K.

Jeannette J.