



# CONNECTIONS

Volume 55

Official Newsletter of the Greater Saint Louis District of Cocaine Anonymous

September, 2009

## Missouri State Convention Coverage

### HOW MUCH FUN CAN A GROUP OF ADDICTS GENERATE IN ONE WEEKEND?

by Sarah S. & Vicky M.



The **2009 Show Me Recovery Missouri State C.A. Convention** was held August 7-9, 2009. If you missed it . . . well, bummer!! Themed **"Reflections Of Hope,"** this event took place at the beautiful Hyatt Regency Crown Center Hotel in downtown Kansas City, Missouri. Our reporter-in-the-field, **Sarah S.**, brought back glowing details about the weekend activities and what everyone was saying about it. Here are some comments heard at the convention from a few of the attendees--

**Donna J.** (sobriety date 8/21/01) – "What I like best about the convention this year is meeting new friends."

**Mike D.**—"This is only my second convention, but what I've realized about these conventions is that everyone really comes together—they truly care about each other. You can totally feel God's presence here!"

**Carla M.**—"I'm not an addict but I live with one, so I'll take your prayers! It's my first convention, I've had a great time, and the speakers have really hit home with me. I'll keep praying for the addicts who are still out there suffering."

**Cynthia U.**—"I've got nine months clean; and with this convention, I've been able to do service work and really get connected with the God of my understanding."

**Jeannette J.** (sobriety date 2/10/89)—"I've not had this much fun at a convention in, well, forever!"

The reason people were having SO MUCH fun had to do with the convention schedule—which was jam-packed with surprises. You go to a convention and expect to hear wonderful speakers and enjoy a banquet meal and maybe some dancing—but also included at the "Reflections Of Hope" convention were:

- ➔ **Scavenger Hunt**—Enthusiastic teams of three to five scoured the area for answers to questions that could only be found on the premises or by researching C.A. literature. It started Friday night and had everybody scrambling to fill in their game cards before the Saturday night deadline. Addicts on a quest to get the most right answers were dashing about in a frenzy—and having one heck of a good time!
- ➔ **Midnight Long-Timers Speaker Meeting**—Anyone with over ten years of sobriety was asked to put their name in a basket. Four people were picked at random and became the featured speakers for the midnight meeting, the rationale being if you've got that much time in the program you ought to be able to speak at the drop of a hat! **Darryl J., Ellen U., Harriet W., and Paula D.** rose to the task, sharing their experience, strength and hope with comments like: (Darryl) "Doesn't it feel good when your kids need money and you can GIVE it to them?!" and (Ellen) "You no longer have to be a prisoner down on the floor—today, we stand up and be FREE!"
- ➔ **Ice Cream Social**—Let's face it, ice cream is good ANY time, but for some reason it tastes especially delicious when you are sharing an ice cream buffet with a roomful of your closest friends in recovery who just happen to be spending the weekend with you, celebrating their recovery at a C.A. convention!
- ➔ **"You're A Dope Fiend, Charlie Brown"**—an original stage play put on by the KC Players (with apologies to Charles Schultz!). This hilarious performance had the audience in stitches bringing the Peanuts gang to life as a bunch of addicts whose antics were all-too-familiar (you know the reason we laugh so hard is because we can totally relate!).
- ➔ **Hangman In The Hospitality Room**—Rumor has it that the killer hangman games happening in the hospitality room lasted into the wee small hours and had players ROARING with laughter. Remember—"We absolutely insist on enjoying life."



(Big Book, page 132)

(story continued inside)

# CONVENTION COVERAGE

(continued from front page)

Naturally, the main convention speakers knocked everyone's socks off. Hometown girl **Donna J.** from Kansas City spoke from the heart to open the weekend activities. **Binky S.**, also of K.C., took the podium on Saturday at noon and reminded people that "there IS a devil out there, but if you keep God on top, you'll do just fine!" The Saturday night banquet speaker, **Carl W.** (all the way from Pomona, California), told everyone to "keep coming back in THIS lifetime—don't wait for the next one," and posed such intriguing questions as, "if you were a carpenter and you had a bent nail, could YOU straighten it out?"



And finally, the closing speaker on Sunday morning after breakfast was **Steve K.** from Birmingham, Alabama. In our roving reporter **Sarah's** opinion, he had the best story of the weekend, which she paraphrased as follows: While a small boy was playing on the beach, he discovered a large bunch of starfish which had been stranded by the tide. Thousands of starfish lay in the sand beyond the waterline as far as you could see. One by one, the youngster started picking up the starfish and throwing them back into the water. As he was doing this, a man, out for his daily walk, happened upon the scene. After watching silently for several minutes, he couldn't help but comment—"What are you doing, son? With these thousands of starfish here, you can't possibly save them all." The boy picked up another helpless creature; and as he tossed it into the waves, he replied, "Maybe not, mister, but it just made a difference to THAT one."

And isn't that just how recovery works? We can't possibly save ALL the addicts and alcoholics in the world, but we can make a difference in someone's life—one day at a time! (Starting with our own!)

Of course, in addition to all of the above, workshops and marathon meetings blazed on through the weekend. Below are a smattering of favorite lines some people heard while attending convention meetings:

**Dan O.** (sobriety date 10/24/09)—"I can't, and God CAN!"

**Paula D.** (sobriety date 10/10/96)—"I believe in keeping it simple with my recovery."

**Laurie S.** (sobriety date 5/8/09)—"God's focus is on my *character*, not on my *comfort*."

In order to pull it off, these conventions take an ENORMOUS amount of work and cooperation. Congratulations to Convention Chair **Abby C.** and her entire committee for an event well-planned and well-executed. See you next year when the Show Me State Convention will rotate back here to Saint Louis! Watch our website ([camissouri.org](http://camissouri.org)) for details.

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DISTRICT DONATIONS				
Meeting Name	May 2009	June 2009	July 2009	August 2009
Come & Get It	\$10		\$15	\$33
End Of The Line		\$21.96	\$65.94	\$15.53
Fried Pipers & Cocanuts	\$15	\$30		\$22.23
How It Works	\$17.32			
In The Light			\$20	
It's All Good				\$10
Living Our Recovery Daily	\$13.50			
Men's Meeting	\$43.35		\$35.04	
No Reservation Needed			\$25.60	
The Thursday Night Meeting	\$18.03	\$43	\$52	\$32.76
There Is A Solution	\$1	\$1	\$45	

H & I CAN DONATIONS				
Meeting Name	May 2009	June 2009	July 2009	August 2009
Come & Get It		\$27.00		\$47
End Of The Line			\$35.76	\$28.26
Fried Pipers & Cocanuts		\$74.16	\$48.86	\$71.87
How It Works	\$10.61			
In The Light			\$20	
It's All Good	\$20	\$11.11	\$21.64	\$26.46
Living Our Recovery Daily	\$27.47	\$31.00	\$15	\$10
Men's Meeting	\$43.35			\$35.03
No Reservation Needed				\$20

Donations recorded may reflect differently from home group's treasury report if GSR turns in donations after H & I Treasurer has already given the finance report at the monthly H & I meeting. Many donations are received in the middle or at the end of the monthly meeting, and these donations become part of the following month's report.

Detailed financial information is available at our monthly business meetings. All C.A. members are welcome and urged to attend if possible.

The Greater Saint Louis District Central Service meeting is held the first Sunday of each month at 4:30 PM at *New Horizon Church*, 206 Emerling in Saint Louis, Missouri 63121. If the first Sunday falls on a holiday weekend, this meeting is held the second Sunday. Confirmed meeting dates are always available on our website [www.camissouri.org](http://www.camissouri.org). Directions—church is located just north of Highway 70, between Florissant & Hanley Roads—Use Florissant exit—Emerling is first side street on the left (across from fuel station).

The Hospitals & Institutions Committee takes meetings into facilities where addicts cannot get out to attend a meeting on their own. H & I volunteers meet at 3:00 PM the same day and location as the District Central Service meeting (see last paragraph). Help is always needed in the H & I Committee—please come to learn how your time and energy could be utilized in reaching out to another addict with a desire to stop using.

# \$\$ Fundraising Facts \$\$

In this age of electronics, most of us have been using cell phones for a long time and upgrade our equipment periodically. One way the Saint Louis C.A. District has decided to generate some much-needed income is to collect used cell phones from our members and recycle them for cash. If you've got a cell phone at home that you are not using and would be willing to donate it, please ask your meeting GSR to bring it to the next District monthly business meeting. Or you can contact Vicky M. at 314/846-2346 for more information on how to turn in your phone. We will take ALL cell phone models, *whether or not they are functional*, but we DO NOT want any accessories (chargers, headphones, etc.). We also suggest that you delete all identifying/personal data from the phone before turning it in (YOU SHOULD BE DITCHING YOUR OLD DEALER'S NUMBER ANYWAY!!!!). Please help our Saint Louis District remain solvent by donating your old phone today! Thank you in advance for your support on this new, and what will be on-going, cell phone drive.



The other day  
I received a newsletter  
in the mail which was also called  
“**Connections.**” When I looked to see  
who shared our name, I couldn't help but  
laugh when I saw it was the  
“**BRAIN INJURY** Association.”  
How appropriate!! With so much self-inflicted  
damage during our years of use and abuse,  
no doubt we could ALL be  
charter members of that organization!  
*Ha ha ha ha . . . .*



## Thought For The Day

The choice I make today will  
almost always affect tomorrow.

Today I chose to realize  
there is no advantage, profit  
or positive growth in deceiving  
myself or merely *escaping*  
the consequences of  
my unwise choices.  
I will try to *learn & grow*  
when my choice could  
have been a better one.

## Staying Connected . . . .

Our local Saint Louis Cocaine Anonymous Hotline (314/361-3500) is answered 24 hours a day by volunteer members of our fellowship. It's a fabulous resource for anyone feeling squirrely—pick up the phone—NOT THE DRUG!!!

## Staying Connected . . . .

The Missouri Area website ([www.camissouri.org](http://www.camissouri.org)) has lots of helpful information, including a link to the C.A. World Services pages. Here, you can not only learn many things about C.A. and their upcoming events, but you can also be directed to one of our on-line meetings, accessible anytime, anywhere you have a computer.

*Connections is a quarterly publication published by the Greater Saint Louis District of Cocaine Anonymous. 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 Service Office, Inc., Greater Saint Louis District of Cocaine Anonymous, 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 Avenue., Suite C, Los Angeles, CA 90034; e-mail to [info@CA.org](mailto:info@CA.org) or fax to (310) 559-2554. Contact C.A. by phone at (310) 559-5833. Also note that the C.A. World Service Office web page is [www.ca.org](http://www.ca.org). This publication and all its contents are copyrighted by the Greater Saint Louis District of Cocaine Anonymous. 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."*



# Happy Birthday

Congratulations to each of our members who celebrated a sobriety milestone this issue. Birthdays are generally reported via your group GSR, so if you don't see your meeting/birthday listed, please check with your GSR. Or, you can contact the Editor directly. Birthdays printed are those that have already been celebrated since the last newsletter printing at the time this edition went to press.

## No Reservation Needed

*Tuesday 8 PM  
212 Club*

Teri H.	30 Days
Kelly L.	60 Days
Linda B.	60 Days
Renee V.	90 Days
Ryan M.	6 Months
Sheila C.	6 Months
Emily G.	9 Months
Ji M.	9 Months
Will M.	9 Months
Larry T.	1 Year
Justin T.	18 Months

## Fried Pipers & Cocanuts

*Wednesday 6:45 PM  
First Unity Church*

John W.	30 Days
Mandy M.	30 Days
Mike N.	30 Days
Mike S.	30 Days
D.J.	90 Days
Sheila	90 Days
Alex O.	6 Months
Chris A.	6 Months
Jeannie	6 Months
Melissa B.	6 Months
Bob B.	9 Months
Kelly C.	9 Months
Tina S.	9 Months
Tom P.	9 Months
Bob B.	1 Year
Don D.	1 Year
Doug H.	1 Year
Kara B.	1 Year
Kelly	1 Year
Sheila S.	1 Year
Missy J.	18 Months
Donna D.	2 Years
Jerry A.	2 Years
Tom S.	2 Years
Mike D.	3 Years
Joe B.	4 Years
Michael M.	19 Years

## Message Of Hope

*Wednesday 7:30 PM  
New Beginnings*

Robyn T.	7 Years
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## It's All Good

*Wednesday 7:30 PM  
Carondolet Church of Christ*

Jimmy L.	30 Days
Mark H.	30 Days
Stephanie W.	60 Days
Mark Q.	90 Days
Amy S.	18 Months
Bud R.	18 Months
Amanda R.	2 Years
Angie F.	2 Years
Earl S.	2 Years
John W.	2 Years
Nicolo L.	2 Years
Sarah S.	2 Years
Teresa N.	2 Years
Stephanie W.	2 Years
Dennis S.	6 Years

## The Thursday Night Meeting

*Thursday 7:30 PM  
Saint Mary's Hospital*

Dwanna R.	17 Years
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## There Is A Solution

*Friday 8:30 PM  
Coffee House*

Patrick H.	30 Days
P.J.	30 Days
John C.	90 Days
Kaitlin H.	90 Days
Mike J.	90 Days
Ferlandas L.	6 Months
Kelly N.	9 Months
Karen E.	18 Months
Jake	2 Years
Esther W.	6 Years
Matt R.	7 Years
Jason B.	8 Years

## Men's Meeting

*Saturday 6:00 PM  
Saint Mary's Hospital*

Darryl J.	10 Years
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## End Of The Line

*Sunday 5:30 PM  
Blessed Hope Bible Church*

Monica W.	7 Years
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## 12<sup>th</sup> Annual C.A. Women's Luncheon

**October 17, 2009**



*Crowne Plaza Hotel  
11228 Lone Eagle Drive  
(one mile west of Lambert Airport)*



*Speaker: Kim S. (our Regional Trustee from Chicago, IL)*

*\$30/person ~ Registrations Must Be Mailed*

*See Website For Registration Form (camissouri.org) or Call Pam S. 314/753-5388*