



CONNECTIONS

Volume 56

Official Newsletter of the Greater Saint Louis District of Cocaine Anonymous

November, 2009

District Elections:

How Well Do YOU Understand The Process?

by Vicky M.



On Sunday, December 6, 2009, the Saint Louis District of Cocaine Anonymous will hold its annual elections for 2010 trusted servants. Maybe you've never attended a District business meeting held on the first Sunday of each month at 4:30 PM. Does this mean you are ineligible to participate in the elections? The answer to that is a resounding **NO!** All C.A. members can and should come to participate in our election process. As in every democracy, you have a right to help choose who will be assuming the job responsibilities involved with keeping our fellowship afloat in the Greater Saint Louis geographic District. Sadly, all too often, we come up short of bodies who are willing to give of their time and talent to fill all the necessary positions. This article is being written to try and generate some excitement about service work at the District level, so please follow along with an open mind.

First of all, here is a list of just what positions exist, along with a brief job description. (You will see that some of the positions list a suggested sobriety requirement, but it should be noted that these can be and have been waived upon occasion in the past, based on specific circumstances and individual qualifications.)

★ **Chairperson**—Oversees District business in general, encouraging other officers and committee chairs to fulfill their respective job duties. Main responsibility of this position is to preside over the monthly District business meetings, preparing and following a written agenda each month to include, review of past meeting minutes and financial reports, old and new business, and committee reports. Suggested sobriety requirement—2 Years

★ **Vice Chairperson**—Assists Chairperson however possible. Fills in for Chairperson at monthly District business meeting if he/she is unable to attend for any reason. Suggested sobriety requirement—1 Year



★ **Secretary**—Records minutes (notes) at each monthly District business meeting, preparing a formal copy for review at the subsequent meeting. Maintains a file of all meeting minutes which is kept on-sight at the monthly business meeting location. Suggested sobriety requirement—1 Year



★ **Treasurer**—Receives and maintains records of all incoming District funds (i.e., meeting donations, literature sales, special event/fundraising monies). Pays all District expenses (i.e., rent, telephone bill, literature orders). Is one of two signers on the District bank account and receives/balances monthly bank statement. Prepares a formal financial report which is presented at each monthly District business meeting. Suggested sobriety requirement—2 Years Additional requirement—on a personal level, must be gainfully employed/financially stable



★ **District Service Representative**—Acts as a liaison between the Greater Saint Louis C.A. District and the Greater Missouri Area. Attends the Area business meeting, held every other month on the third Sunday at 9 AM in Columbia, Missouri. Reports District news/business/issues to the Area, and, in turn, brings back Area news/business/issues to the District. Suggested sobriety requirement—2 Years



★ **Telephone (Hotline) Committee Chairperson**—Maintains the schedule of Hotline volunteers who answer our local helpline number round the clock (using call-forwarding technology). Recruits new volunteers to fill vacant time slots and provides orientation training for the job.

★ **Hospitals & Institutions (H & I) Committee Chairperson**—Coordinates coverage for all local C.A. H & I twelve step meetings. Presides over monthly H & I business meeting (held at 3 PM the first Sunday of every month immediately preceding the monthly District business meeting—same location). Working with the Public Information/Cooperation With The Professional Community Chairperson, handles requests from jails and/or treatment centers who would like to have a C.A. meeting brought in to their facility.



★ **Public Information/Cooperation With The Professional Community (PI/CPC) Committee Chairperson**—Works to educate the public and/or professionals/organizations in the recovery community about Cocaine Anonymous by using conference approved literature. May include reaching out with letters and/or public service announcements. Works closely with Hospitals & Institutions Chairperson in responding to inquiries about C.A. and starting new H & I meetings.

★ **Archives Committee Chairperson**—Responsible for the collection, organization, categorization, preserving and storing all of local C.A. historically valued documentation and memorabilia.

★ **Newsletter Committee Chairperson**—Compiles news and articles for the quarterly and contracts with a printer to produce each issue. Brings finished newsletters to the Service Representatives (GSR's) to take back to their meetings.



publication of Connections. Prepares the layout District business meeting for distribution to General

(continued on next page)

District Elections: Understanding The Process (continued from front page)

★ **Special Events/Fundraising Committee Chairperson**—Proposes and coordinates events and/or activities designed to help the District generate money—for example, dances, shirt or other memorabilia sales, raffles, etc.

★ **Unity Committee Chairperson**—Proposes and coordinates events and/or activities designed to promote unity within the fellowship—for example, workshops, potlucks, etc.

★ **Literature Committee Chairperson**—Handles filling literature orders from meeting GSR's at monthly District business meeting. Maintains a sufficient inventory of chips and literature on-hand at the District level by preparing and submitting periodic orders to C.A. World Services.



If you are reading this article, chances are you are attending C.A. meetings on a regular basis. If so, you probably know that every meeting is supposed to have a General Service Representative (GSR) who acts as the voice of that individual meeting at the District level each month. Generally speaking, our pool of prospects for the above listed positions comes from our pool of GSR's. Many of our GSR's wear two hats—that of GSR and that of one of these other jobs. This *DOES NOT* have to be the case. All C.A. members are eligible to be considered for trusted servant jobs, and we would love to see a large group of people attend this year's elections—not only to bring some fresh blood into the circle, but also to simply have a say in who is shouldering the sacred task of ensuring C.A. remains strong enough to continue carrying the message to another suffering addict.

Okay—now just to ask—do any of the jobs listed above sound even the slightest bit interesting/challenging/intriguing to you? Did you say to yourself, “Hey, *I* could do *that*.” Each of us has been blessed with unique talents and gifts. We are taught in recovery that we need to give back what has been so freely given to us. Please take time to pray about where you might be of service at the District level and open your heart to the possibility of assisting with these tasks. Others who have been there before will help you learn and understand exactly what each job entails. It's a **WE** program. At the very least, make the commitment to attend this year's elections to participate in the process. You owe it to yourself to learn a little more about the fellowship; and you owe it to the fellowship to be a committed, responsible member. Be there or be square ☐!!

WHEN: Sunday, December 6, 2009 4:30 PM

WHERE:

**District
Elections**

Greater Saint Louis C.A. District Monthly Business Meeting
New Horizon Church, 206 Emerling, Saint Louis, MO 63121

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)

**District
Elections**



Freedom From Bondage At 12th Annual G.A. Women's Luncheon



Saturday, October 17 found approximately 60 well-coiffed ladies of our fellowship, dressed to the nines, converging at the Crown Plaza Hotel near Lambert International Airport. The occasion? Why the 12th Annual Saint Louis C.A. Women's Luncheon, of course! *Freedom From Bondage* is always the theme, and this year, without exception, everyone found much to celebrate in embracing new life through twelve step recovery. Somehow, being the 12th annual event brought an even stronger element of spirituality to those who attended. Following a delicious chicken banquet meal, complete with decadent double-decker cheese cake for dessert, Kim S., our regional C.A. Trustee from Chicago, IL, took the podium as guest speaker. Despite audio problems with the microphone, Kim delivered her moving story with graceful serenity. Placing a strong emphasis on the joys of service work, Kim made us laugh and yet reflect deeply on our responsibility to give back what we can to the fellowship. A large percentage of this year's women came from outside the Saint Louis area—Kansas City, Chicago and even as far away as Wisconsin. Cheers for their willingness to “go to any lengths” for their recovery! For many who have been supporting this luncheon since its beginnings, the event gives us a chance to reconnect with old friends we don't get the opportunity to see much during the year. It's always an afternoon filled with hugs, laughter and gratitude. Teresa T. was the luncheon chair for 2009, and with the help of a loyal committee, she turned out yet another successful affair. Plans are already in the works for the 2010 event, so mark your calendars for the third Saturday in October, and let Teresa (314/560-5855) know if you would like to help on the committee.

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) 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.

GSR Workshop – “Generating GREAT GSR’s” *Just In Time For Elections Education*

Leave it to our ever-conscientious Unity Chairperson, Matt R. to schedule a timely workshop whenever needed. Poised strategically prior to our annual District Election Day, this event will “prime the pump” so to speak in getting people excited about service work at the District level and understanding everything there is to know about the importance and responsibilities of the meeting General Service Representative position.

You may mistakenly assume this topic to be dry and boring; but this workshop couldn’t be further removed from that description. Featuring a schedule jam-packed with **FUN!**—speakers, instruction, discussion, games, prizes and (of course!) delicious refreshments are just SOME of the activities planned, so you definitely won’t want to miss out. We guarantee you’ll be DASHING back to your home groups to ensure a reliable GSR is on-board and actively engaged in the process!

Mark your calendars for:

**Saturday, November 14
12 Noon to 4 PM**

Location is:

**Carondelet United Church of Christ (use side door)
7423 Michigan Avenue
Saint Louis 63111**



WHO LOVES PANCAKES?

Mmmm...Yum Yum

**Saturday, November 7
9 AM-12 Noon**

\$7.00 per meal

Hot Fluffy Pancakes (All you care to eat pancakes!)

Sausage

Lightly Scrambled Eggs

Orange Juice

Coffee

**Speakers
at 9 & 11**

212 Club

204 West Pitman Street, O’Fallon, MO 63366

Here’s an opportunity to help the Greater Missouri Area support “Pancake Around The World Unity Day” (yes, folks, that IS the event originated by our C.A. World Service Office.

DISTRICT DONATIONS

<i>Meeting Name</i>	<i>September 2009</i>	<i>October 2009</i>
End Of The Line	\$33.81	\$4.45
Fried Pipers & Cocanuts	\$25.21	\$15
It’s All Good	\$10	\$5
Men’s Meeting	\$32.85	
No Reservation Needed	\$30.35	
The Thursday Night Meeting		\$16.76
There Is A Solution	\$1.00	\$1

H & I CAN DONATIONS

<i>Meeting Name</i>	<i>September 2009</i>	<i>October 2009</i>
End Of The Line	\$6.65	
Fried Pipers & Cocanuts		\$62.45
It’s All Good	\$49.75	\$14.56
Living Our Recovery Daily		\$20.22
Men’s Meeting	\$35.40	
No Reservation Needed	\$31.00	\$14.45
The Thursday Night Meeting		\$25.00

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. 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).

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 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. 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 Six, C.A. is 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.

End Of The Line

Sunday 5:30 PM
Blessed Hope Bible Church

Mike C. 2 Years

Fried Pipers & Cocanuts

Wednesday 6:45 PM
First Unity Church

Jill P. 30 Days
Christian K. 60 Days
Jenifer W. 60 Days
John W. 60 Days
Alex G. 9 Months
Chris A. 9 Months
Mark B. 18 Months
Natalie M. 2 Years
Jon C. 3 Years
Jim L. 4 Years
Randy G. 5 Years

It's All Good

Wednesday 7:30 PM
Carondelet Church of Christ

Gregg L. 30 Days
Joyceanne R. 30 Days
Lilly M. 30 Days
Pauline T. 30 Days
Tom G. 30 Days
Brandon K. 90 Days
Mandy M. 90 Days
Mark H. 90 Days
Billy B. 1 Year
Laura S. 1 Year
Debbie V. 18 Months
Kyle M. 18 Months
Rich S. 18 Months
Earl S. 4 Years**
Sarah S. 4 Years**

**Corrected From Last Issue

Men's Meeting

Saturday 6 PM
Saint Mary's Hospital

George H. 9 Months

The Thursday Night Meeting

Thursday 7:30 PM
Saint Mary's Hospital

Bob B. 90 Days
Tryhan H. 9 Months
Ozie N. 2 Years
Wendell W. 15 Years
Cynthia C. 17 Years
Teresa T. 18 Years
Marie J. 20 Years
Darnell B. (Big D) 21 Years
Smitty 21 Years

There Is A Solution

Friday 8:30 PM
Coffee House

Patrick L. 30 Days
Charles S. 18 Months
Tim W. 18 Months
Karen E. 2 Years
Barbara S. 9 Years

"Strange is our situation here upon earth. Each of us comes for a short visit, not knowing why, yet sometimes seeming to a divine purpose. From the standpoint of daily life, however, there is one thing we do know—that we are here for the sake of others...for the countless unknown souls with whose fate we are connected by a bond of sympathy. Many times a day, I realize how much my outer and inner life is built upon the labors of people, both living and dead, and how earnestly I must exert myself in order to give in return as much as I have received."

- Albert Einstein



Used Cell Phone



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Fundraiser

Still In Process

Please give your old phones to your GSR to bring to the monthly District meeting. Or, if you show up at Elections (see front page article), you can bring them yourself!!! Phones do not have to be in working condition—although we get more money for units that are still functional.

Chargers, headphones, cases and other accessories NOT requested.

To protect your private information, we suggest you delete all personal data from the phone if possible.

Contact
The Editor
For More Info
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