



# CONNECTIONS

Volume 57

Official Newsletter of the Greater Saint Louis District of Cocaine Anonymous

February, 2010

## How Your Basket \$\$ Help Spread The Message

A Letter From Our World Service Office



Dear Fellow C.A. Members,

Our primary purpose is to carry the message of recovery to the addict who still suffers. And certainly there are suffering – yet willing – addicts on the other side of our neighborhoods, town, states, countries or even our world. How can we 12-step the addict beyond our immediate limited geographical area? How can one person, one group reach so many in need, and give back what has been so freely given to us?

### WE CAN! WE DO!!

When the 7<sup>th</sup> tradition donation that you put in the basket makes its way to the World Service Office, you have utilized a powerful tool to reach all corners of your country and our world.

Consider this recent note from a member of our fellowship who resides in Iran – Yes, C.A. is alive in Iran. She sent this email to your World Service Office Board chair after participating in a remote meeting from the Cocaine Anonymous Los Angeles Convention. I think you will find it inspiring and worth your contribution to the basket. A portion of it has been reprinted here:

*"Hello to you, our nice and kind sister and brother. We want to thank you. We start the Saturday morning with most of energy and love. Everyone in my home cried this morning. We have all the tears of joy in our eyes. We have the feeling to be near of you and we have feel that we have most of sisters and brothers that we love us in other countries. Thank you, thank you to give us these good feelings and courage, hope and faith. We love you all!"*

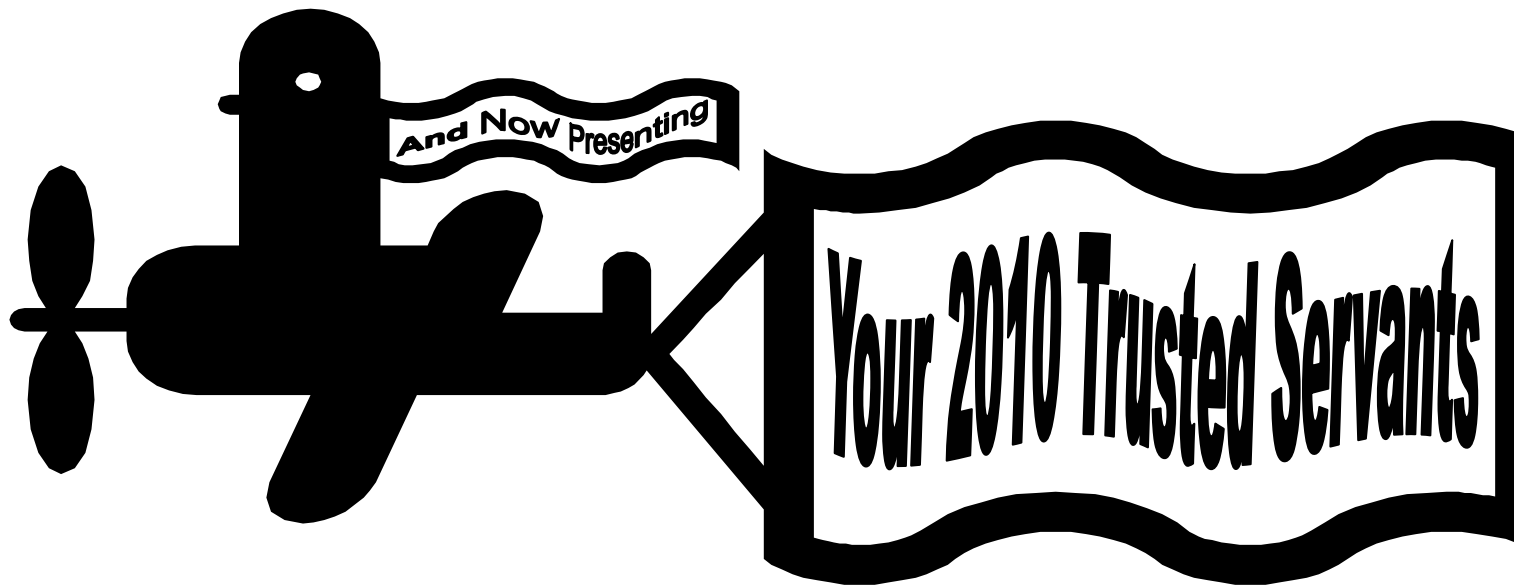
Cocaine Anonymous World Services has opportunities to access different vehicles that your group or area may not have at their own disposal. Publishing and translations of books, chips and literature, access to drug court conferences, sponsorship of the national hotline, providing administrative support for new districts, areas and regions, mailing free starter kits, providing books to inmates, and fulfilling all worldwide orders for C.A. chips and literature are just a few of the duties of the World Service Office that your 7<sup>th</sup> tradition donation supports. We are able to reach the far corners of the world to carry the message and bring the gift of hope and fellowship.

Perhaps we put a "currency" (dollar, euro, etc.) in the basket for our sobriety and an extra "currency" for our unknown brother or sister trying to find their way into the rooms. We are a loving and giving fellowship. Our spiritual work is not done; please continue your generosity, and consider a greater contribution to the 7<sup>th</sup> tradition basket at your home group.

Sincerely and Thank You,



*The Cocaine Anonymous World Service Conference Finance Committee*



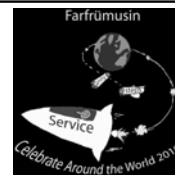
District elections were held in December, and the following officers were installed:

<b>Chair:</b>	<b>Vicky M. 314/846-2346</b>
<b>Vice-Chair:</b>	<b>Darnell B. ("Big D") 314/608-6165</b>
<b>Secretary:</b>	<b>Missy J. 314/412-6746</b>
<b>Treasurer:</b>	<b>Michael M. 314/846-2346</b>
<b>District Service Representative</b>	<b>Ozie N. 314/313-1498</b>
<b>Hospitals &amp; Institutions Committee Chair:</b>	<b>Laura N. 636/577-4760</b>
<b>Hotline Committee Chair:</b>	<b>Laura N. 636/577-4760</b>
<b>Literature Committee Chair:</b>	<b>Jenifer W. 314/520-8322</b>
<b>Newsletter Committee Chair:</b>	<b>Vicky M. 314/846-2346</b>

Four positions were not filled—**Archives; Public Information/Cooperation With The Professional Community; Special Events; and Unity Committee Chairs**. These are still open and up for grabs and may be filled at any time an interested CA member expresses willingness to be of service. To get involved with these assignments or to help with any of the other committees, please contact a board member listed above.

In spite of widespread promotion and announcements about elections being held, attendance was very light—quite a disappointment in our effort to get MORE people involved. But cheers and a hat tip to those dedicated souls who did show up. And it's never too late to get involved. The District business meeting is held each and every month (see next page for details). Please come! Or call any of the people listed above to see how you can help!

**Celebrate Around The World Shirts Are Now On Sale**  
**Contact Your Meeting GSR For More Information**



**Or Call Earl @**  
**314/956-0145**

### *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.

## DISTRICT DONATIONS

Meeting Name	November 2009	December 2009	January 2010
End Of The Line	\$15.37		
Fried Pipers & Cocanuts	\$25.00	\$22.53	\$14.65
In The Light		\$25.00	\$25.00
It's All Good	\$5.00	\$5.00	
Men's Meeting	\$26.00		\$25.00
The Thursday Night Meeting	\$54.00	\$16.00	\$5.00
There Is A Solution		\$1.00	\$1.00
Twilight Zone			\$17.00

## H & I CAN DONATIONS

Meeting Name	November 2009	December 2009	January 2010
Fried Pipers & Cocanuts	\$21.27	\$42.35	\$35.39
In The Light		\$25.00	
It's All Good	\$16.90	\$13.50	\$12.86
Men's Meeting		\$24.00	
The Thursday Night Meeting		\$42.00	\$20.00
Twilight Zone			\$22.65

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).

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# RECIPE FOR A GREAT YEAR

Take twelve whole months.

Clean them thoroughly of all bitterness, hate, and jealousy.

Make them just as fresh and clean as possible.

Now cut each month into 28, 30 or 31 parts, but don't make up the whole batch at once.

Prepare it one day at a time out of these ingredients:

Mix well into each day one part of faith, one part of patience, one part of courage, and one part of work.

Add to each day one part each of hope, faithfulness, generosity, and kindness.

Blend with one part prayer, one part meditation, and one good deed.

Season the whole with a dash of good spirits, a sprinkle of fun, a pinch of play, and a cupful of good humor.

Pour all of this into a vessel of love.

Cook thoroughly over radiant joy, garnish with a smile, and serve with quietness, unselfishness, and cheerfulness.

Yield: Peace and Serenity Enough for EVERYONE!



(Author Unknown)

*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 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

Paul U. 9 Years

## Come & Get It

Sunday 7 PM

Saint Patrick's Church

Dave 60 days  
Terry 60 days  
Joe R. 6 Years  
Joe L. 20 years

## Men's Meeting

Saturday 6 PM

Saint Mary's Hospital

Carl S. 14 Years

## It's All Good

Wednesday 7:30 PM

Carondolet Church of Christ

Tony B. 60 Days  
Mark H. 90 Days  
Dan K. 6 Months  
Mandy M. 6 Months  
Kenny H. 9 Months  
Bud R. 3 Years  
Jon C. 3 Years  
Dave L. 11 Years  
Ted R. 13 Years

## The Thursday Night Meeting

Thursday 7:30 PM

Saint Mary's Hospital

Yvonne M. 11 Years  
Yolanda P. 17 Years

## No Reservation Needed

Tuesday 8 PM

212 Club

Michelle J. 90 Days  
Emily G. 1 Year  
Ji M. 1 Year  
Ryan M. 1 Year  
Will M. 1 Year  
Michele P. 7 Years

## Fried Pipers & Cocanuts

Wednesday 6:45 PM

First Unity Church

Dave B. 30 Days  
Mike C. 30 Days  
Bonnie W. 90 Days  
Lisa B. 90 Days  
Kelly C. 1 Year  
Tina S. 1 Year  
Tom P. 1 Year  
Bud R. 2 Years  
Missy J. 2 Years  
Monte T. 5 Years  
Lori L. 6 Years  
Greg G. 14 Years  
Vicky M. 20 Years

## Hope Faith & Courage

Saturday 7:00 PM

Haggar's Coffee Shop

Jimmy S. 30 Days  
A.D. 9 Months  
Trina 1 Year  
Lamont 18 Months  
Luke M. 18 Months  
Pam 18 Months  
Curtis G. 3 Years  
Fred H. 3 Years  
Grace 3 Years  
Sylvester 3 Years  
Marissa 7 Years  
Sarah 9 Years  
Moses H. 12 Years  
Jerome G. 15 Years  
Cynthia C. 17 Years  
Harriet W. 18 Years  
Kay K. 18 Years  
Teresa T. 18 Years



## What's Coming Up

## Let's Go Fly A Kite!



Bring Your Own Kite

Saturday, March 6, 2010

1:30-3:30 pm

Free

Free

Forest Park  
Art Hill



MEET IN FRONT OF THE SAINT LOUIS STATUE AT THE ART MUSEUM

Area  
Fundraiser

## Unity Dance



SATURDAY, MARCH 6

7 PM SPEAKER MEETING

DANCE TO FOLLOW  
\$10~INCLUDES FOOD!

8370 Broadway  
Saint Louis 63137