



CONNECTIONS

Volume 60

Official Newsletter of the Greater Saint Louis District of Cocaine Anonymous

February, 2011



The Greater Saint Louis District of Cocaine Anonymous has moved! A large rent increase at the church where our monthly business meetings have been held since early in the 21st century had forced us to consider other options or slowly deplete our meager resources. After investigating several alternatives, we discovered that the 212 Club in O'Fallon, Missouri not only had the best price, but also the most inviting space for us to meet each month and store our District files and literature cabinets.

Beginning with the District meeting on February 13 and going forward, our trusted servants (see elections article this page→) will convene monthly at the 212 Club, 204 West Pitman in O'Fallon to conduct CA business, starting with the 3 PM Hospitals & Institutions Committee meeting and following with the 4:30 PM Greater Saint Louis District business meeting. Typically this meeting is held on the first Sunday of each month, but whenever a holiday weekend falls during that first Sunday, the meeting is pushed back to the second Sunday. February's Super Bowl game precluded this month's date change.

We'd like to thank the 212 Club for making the space available to us at an affordable rate. Many hugs to **Laura N.** for arranging our tenancy with them. Even though we've always tried to keep this meeting spot more centrally located for the convenience of GSR's coming in from all sectors of the Saint Louis District geographic area, we couldn't deny that this facility was the best fit in literally all other facets of our needs as a District.

A *HUGE* thank you to **Earl S.** and **Kelly C.**, who volunteered use of their vehicles to relocate our four storage/filing cabinets, as well as **Aman L.**, **Darryl J.**, **Sarah S.** and **Vicky M.**, who filled out the manpower needed to get the job done.



Candidates FLOCK To Fill District Positions

(Well . . . NOT REALLY . . .)



Every December, in the spirit of rotation of service, new District officers and committee chair people are elected to serve for the upcoming year. With the limited number of willing, able bodies who attend the District meetings of late, "electing" is really a misnomer. *Electing* would insinuate that more than one person were interested in the job and a choice by vote needs to be made. The process is actually more like *drafting* or even better yet, *persuading* . . . but . . . however it was done, after the last two consecutive District meetings, we have come up with the following roster of trusted servants for 2011:

Chairperson - Vicky M.

Secretary - Kelly C.

District Service Representative - Darryl J.

Hospitals & Institutions Chair - Laura N.

Hotline Chair - Laura N.

Newsletter Chair - Vicky M.

Unity Chair - Kay K.

Public Information/Cooperation with the

Professional Community Chair - Ozie N.

Archives Chair - Kay K.

The **Vice Chair** and **Treasurer** positions, currently held by **Darnell B.** and **Michael M.** respectively, are not up for re-election until June. This procedure was implemented some years ago in order to maintain a semblance of continuity and experience at the District office level.

The only vacant position still remaining is that of **Literature Chair**, which is a very important one and we are hoping to have it filled at the February meeting. This person processes literature orders each month for meeting GSR's and ensures a consistent level of inventory is kept in our District pamphlet and coin supply.

As you can see from the list above, many of our trusted servants are currently wearing more than one hat, so our resources are stretched pretty thin right now. If you or someone you know might be interested in the Literature position or in helping with ANY of the committees listed above, please call Vicky M. at 314/846-2346. We'll get you started immediately! In the meantime, we are truly grateful for those who continue to be involved in keeping Saint Louis C.A. alive and available for the next suffering addict who walks through our doors.

What's Coming Up?



(OR "How To Have Fun In Recovery Without Really Trying")

Saturday, March 5 – 1 to 5 PM

C.A. Women's Luncheon Committee

CHILI FUNDRAISER



Everyone loves chili, so stop in to Dwanna R.'s home (5143 Vernon Avenue, Saint Louis, 63113) to support this fundraising event for the annual C.A. Women's Luncheon. Chili bowls and dogs will be sold for a \$3.00 donation. At 2:00 PM Cynthia C. will be running a Bid Whist (cards) Fun Tournament (cost to play is the purchase of some chili!). Prize for 1st place! There'll be plenty of *fun*, *fellowship*, and, of course *FOOD!* Maybe you'll even be lucky enough to win the 50/50 raffle? The women of C.A. know how to throw a party, so you won't want to miss this one. Just to be clear, men ARE invited to attend, even though it's a Women's Luncheon fundraiser.

Saturday, April 9 – 1:00 PM

Scotch Doubles Blind Draw

BOWLING EVENT



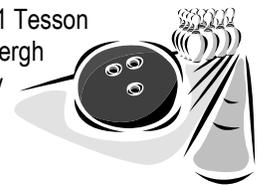
Do you like to bowl? This is a FUN event that we hope will generate some \$\$ for our local C.A. Saint Louis District. Cost to participate is \$10. For that amount, you get to bowl four games and bowling shoes will be provided if you need them. How it works is that all the bowlers' names are shuffled and teams of two players are drawn at random. You and your partner will bowl your four games together as one unit—with one of you throwing the first ball in each frame and the other person attempting to pick up the spare with the second ball. Partners will take turns bowling the first or second ball for the entire game, so each person will get two games bowling the first ball and two games bowling the second ball. Your bowling score as a team for each of the four games will be added together (no handicaps), and the four teams who have the highest total scores will win some very nice non-cash prizes. You do NOT have to be a good bowler to play—the blind draw system gives you a chance to be teamed with a partner who might be a very good bowler—but it's really not about the winning—it's about having fun and spending an afternoon with your pals in recovery. PLEASE NOTE—in order to participate you must be signed up to bowl no later than 1:15 PM and you must be able to stay and complete all four games with your partner.

In addition to the bowling, we'll be staging a cup raffle with some fabulous merchandise you can win. You choose where to place your raffle tickets on sale two for \$1 or twelve for \$5 to win the various prizes being offered. Plus a 50/50 raffle for cash will also take place.

Last, but not least, we'll also have a bake sale. ***If you can, please bring a donation of some kind of dessert item for us to sell***—it can be homemade or store bought.

So even if you decide not to bowl, there's plenty of fun to be had. Come out and join us at Concord Lanes, 11801 Tesson Ferry Road, Saint Louis 63128 (South County). From Highway 270, exit on Tesson Ferry—go north toward Lindbergh Boulevard—Concord Lanes is about 1/3 mile on your left in the Arizona Action Park at the corner of Tesson Ferry and Baptist Church Roads.

All proceeds from this event will benefit C.A. Saint Louis District.



May 26-30, 2011

27th Annual C.A. World Service Convention – 'WE'

Internationally attended by recovering addicts from all over the world, this annual convention will be held in Phoenix this year. Circuit speakers to inspire you, workshops to keep you growing, and entertainment ranging from Olympic games to golf to horseback riding to comedy to magic to dances to day trips to an auction like you can't even imagine . . . In short, a power-packed five days of gleeful delight! Sure, you will have to spend some money; but, heck, now that you're sober, you **SHOULD** have plenty to burn! See details on the website—cawsonvention.org.

(If it entices you any at all, do know that Saint Louis' own **Michael & Vicky M.** will be presenting a particularly remarkable "Couples In Recovery" workshop at "WE"—a must-see for all interested in applying program tools to their partner relationships!)



!!! NEW Open Mixed C.A. Meeting !!!

WHEN: (starting)
Saturday, February 19
1:00 PM



WHERE: Harris House
8327 South Broadway
Saint Louis, 63111

Come and be a part of this exciting new Saint Louis group! Format will begin as speaker/discussion during the first month. After that, the group conscience will determine what format the meeting will adopt going forward. Given the venue, we can expect plenty of newcomers in need of sponsorship. Please turn out to help keep our fellowship growing strong. You can't keep it unless you give it away!

DISTRICT DONATIONS

Meeting Name	August 2010	September 2010	October 2010	November 2010	December 2010	January 2011
Come & Get It		\$50.00		\$43.00		
End Of The Line	\$10.50			\$32.16		\$27.47
Fried Pipers & Cocanuts	\$13.57	\$13.00	\$15.00	\$24.00	\$30.00	\$40.00
In The Light		\$10.00		\$24.00		
Men's Meeting	\$345.41					\$127.57
The Thursday Night Meeting	\$20.00	\$25.00				\$40.00
There Is A Solution				\$1.00		
Twilight Zone		\$13.00		\$6.50		

Is YOUR home group contributing it's fair share?



(Remember how much we used to spend on our drugs!)

H & I CAN DONATIONS

Meeting Name	August 2010	September 2010	October 2010	November 2010	December 2010	January 2011
End Of The Line	\$4.50			\$13.78		\$11.77
Fried Pipers & Cocanuts	\$22.82	\$30.33		\$57.76	\$44.05	\$50.18
In The Light	\$10.00					
The Thursday Night Meeting	\$9.00	\$15.00		\$20.00		\$32.00
Twilight Zone	\$4.00	\$13.00				

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 the 212 Club, 204 West Pitman, O'Fallon, Missouri 63366. 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—Club is located just north of Highway 70, at exit 217 Highway K. Go north on Main Street 1/3 mile to left on Pitman. Facility is on the left in the rear of the business strip).

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

Forrest	1 Year
Antwian R.	3 Years
Mike C.	3 Years
Linda S.	6 Years
Rick M.	8 Years
Chris G.	9 Years
Marissa J.	10 Years
Yvonne M.	12 Years
Denise A.	13 Years
Greg W.	13 Years
Michael K.W.	15 Years
Carolyn M.	16 Years
Cynthia C.	18 Years
Kay K.	19 Years
Diane D.	20 Years
Joy L.	21 Years
Jeannette J.	22 Years
Smitty	22 Years
Deborah J.	24 Years

There Is A Solution

Friday 8:30 PM
Coffee House

Amy	30 Days
Jeff W.	30 Days
John	3 Years

Fried Pipers & Cocanuts

Wednesday 6:45 PM
First Unity Church

Angie B.	30 Days
Earl S.	30 Days
John H.	30 Days
Nakita M.	30 Days
Doug	90 Days
Linda B.	90 Days
Recovery Rob	90 Days
John W.	6 Months
Laura J.	6 Months
Patrick O.	6 Months
Steve J.	6 Months
John S.	9 Months
Connie T.	1 Year
Vince	18 Months
Kara B.	2 Years
Tom P.	2 Years
Missy J.	3 Years
Jon C.	4 Years
Jim L.	5 Years
Sarah S.	5 Years
Monte T.	6 Years
Randy G.	6 Years
Greg P.	15 Years
Carolyn J.	19 Years
Vicky M.	21 Years

Time For A Change

Tuesday 12:00 PM
New Day Social Club

Marquito C.	16 Years
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The Thursday Night Meeting

Thursday 7:30 PM
Saint Mary's Hospital

Cedric J.	60 Days
Harry S.	6 Months
Sandra C.	1 Year
Ozie N.	3 Years
Vincent W.	6 Years
Wendell W.	16 Years
Yolanda P.	18 Years
Leslie	19 Years
Charlotte R.	20 Years
Angie H.	21 Years
Darnell B. (Big D)	22 Years
Greg T.	23 Years

Men's Meeting

Saturday 6:00 PM
Saint Mary's Hospital

Imon M.	6 Years
Aman L.	7 Years
Chris G.	9 Years
Dadisi C.	9 Years
Will W.	12 Years
Carl S.	15 Years
Carl R.	18 Years
Charles J.	24 Years
Ralph G.	24 Years

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.