

by Vicky M.

## WHERE HAVE ALL THE ADDICTS GONE?

Just like the economy, our local C.A. District has suffered a downturn in recent times. Some of our most well-established groups are struggling with low attendance, and at least seven meetings have closed over the last five years.

Where have all the addicts gone? Recently, a news article came to my attention which might shed some light on this enigma. Some of the information presented—

A 2011 national survey on drug use and health found the number of Americans ages 12 or older who are habitual users of cocaine had dropped by 44 percent since 2006.

In July 2013, the U.S. Office of National Drug Control Policy released statistics showing a 41 percent decrease in worldwide cocaine production since 2001, and a 10 percent drop from 2012. This government agency went on to say a U.S./Columbian partnership has contributed to the fall in worldwide cocaine production. Interceptions by the Coast Guard and Defense Department along drug trafficking routes have led to a decrease in the amount of cocaine entering the United States.

When I read these reports, a light bulb went off in my brain. 44% decrease in cocaine users since 2006?! That's nearly half! No wonder our meetings are waning. It makes perfect sense that, as overall use of cocaine within the population decreases, so does Cocaine Anonymous participation. The dates correlate perfectly to our local meeting decline. As addicts in recovery, we should be happy to know that cocaine addiction has diminished. We might even boast that C.A. could well have played an important role in helping those numbers drop.

However, the sad truth is that while statistics may reflect positive trends in lower numbers of cocaine abuse, other drugs have shifted in popularity to fill in the gaps. Heroin is enjoying an untimely resurgence in magnetism, especially among young people. In fact, heroin overdoses have caused more deaths than traffic accidents in the past several years. Methamphetamine labs continue to thrive; and prescription pain killers rank right near the top of the most-abused-substances list. Although alcohol and marijuana command far less of the drug war's attention, these two categories of addiction are still prospering with a vengeance.

What does all of this mean for the future of C.A.? In my opinion, it cements our position as a necessary arm of twelve-step recovery. With a first step based on cocaine and *all other mind altering substances*, our need is greater than ever. I am so very grateful to belong to an organization that welcomes anyone seeking a twelve-step solution to whatever their problem may be. We truly are the "friendly fellowship." It is simply up to each of us to work a little harder at educating people in recovery circles that Cocaine Anonymous is NOT an exclusive program.

On the bright side, we welcomed two new meetings to the Greater Saint Louis C.A. District during the past year. In fact, the *Friday Night Into The Solution* Big Book study meeting in Ferguson has just celebrated their one year anniversary. And in mid-October, a much-needed *Women's Meeting* commenced on Saturday evenings at the Baden Facility. Please do your best to support these and all of our local weekly District C.A. meetings. The life of a newcomer hangs in the balance.

# ***It's That Time Again —*** **DISTRICT ELECTIONS**

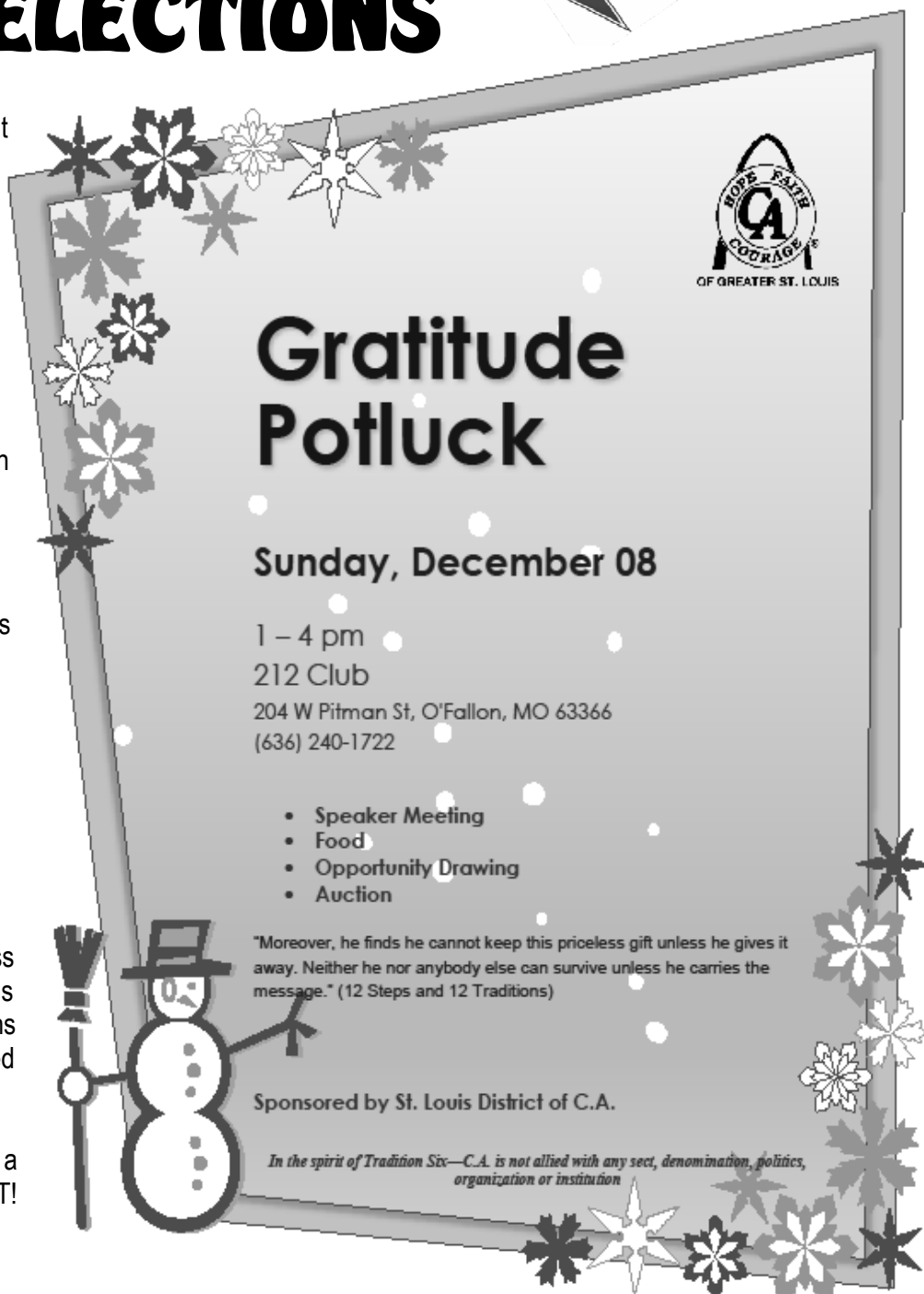
Every year at this time, the Greater Saint Louis District service board is faced with the same dilemma. How can we get more people to show up and participate in our annual elections for the various committee positions that keep C.A. healthy and alive in our community?

Our solution this year is a simple one. Have a party! It's what addicts love to do, even in recovery . . . **ESPECIALLY** in recovery!

Please join us on Sunday, December 8, 2013 for our Gratitude Potluck. The District will be providing meat, beverages and a whole lotta fun. Bring a friend. Invite a newcomer. Hear ten minute speakers from each of our local groups. Enjoy an opportunity to win some very cool prizes. Celebrate the season and your recovery with our band of merry comrades.

But most importantly, stick around after the party for the monthly District business meeting. Get a feel for how the traditions work in our midst. Participate in elections by exercising your right to vote for trusted servants who will undertake the vital responsibilities necessary to ensure our continuity. Who knows? Maybe there's a position waiting with **YOUR NAME ON IT!**

See you there, and don't forget your potluck dish.



**Gratitude Potluck**

**Sunday, December 08**

1 – 4 pm  
212 Club  
204 W Pitman St, O'Fallon, MO 63366  
(636) 240-1722

- Speaker Meeting
- Food
- Opportunity Drawing
- Auction

"Moreover, he finds he cannot keep this priceless gift unless he gives it away. Neither he nor anybody else can survive unless he carries the message." (12 Steps and 12 Traditions)

Sponsored by St. Louis District of C.A.

*In the spirit of Tradition Six—C.A. is not allied with any sect, denomination, politics, organization or institution*

**OF GREATER ST. LOUIS**

## ***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	July 2013	August 2013	September 2013	October 2013
Come And Get It			<b>No District Meeting</b>	\$5
Friday Night Into The Solution	\$.20	\$35		\$20
Fried Pipers & Cocanuts		\$25		\$25
End Of The Line				\$20
Men's Meeting	\$40	\$30		\$30
Serenity On Saturday (S.O.S)		\$16		\$10
There Is A Solution	\$30			\$30.16

## H & I DONATIONS

Meeting Name	July 2013	August 2013	September 2013	October 2013
Fried Pipers & Cocanuts	\$24.46	\$20.82	<b>No District Meeting</b>	\$43.89
Serenity On Saturday (S.O.S)				\$39.01

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 second Sunday of each month at 4:00 PM at the 212 Club, 204 West Pittman, O'Fallon, Missouri 63366. If the second Sunday falls on a holiday weekend, this meeting is held the first or third Sunday. Confirmed meeting dates are always available on our website [www.camissouri.org](http://www.camissouri.org). Directions—Take I-70 west to Exit 217 Highway K. Go Right on Main Street off the exit ramp. Go .3 mile to left on Pitman. Facility on the left.

The Hospitals & Institutions Committee takes meetings into facilities where addicts cannot get out to attend a meeting on their own. H & I volunteers are constantly needed and should express interest by attending a District Central Service meeting or contacting the H & I Chair, Vicky M. at 314/846-2346.

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## Saint Louis Hosting 2014 Area Convention

Get excited people! Saint Louis will be hosting the 2014 Missouri Area Convention next August 8-10. Venue is the Crowne Plaza Hotel on Lindbergh Boulevard and I-70. We'll be needing lots of volunteers to help with the many, many pieces necessary to pull off a convention. Think about registration, outreach, marathon meetings—the list goes on and on. Playing a role in this amazing process is not only an excellent way to be of service, but it helps you grow and learn.

Help get the ball rolling right here and now by supporting our two convention fundraisers. Contact **Darryl J.** at **314/482-5395** to purchase and/or sell some opportunity raffle tickets—they are only \$1 each—OR to order a tee-shirt, but act fast as tee-shirt orders must be in by 11/17/13. ➔

### LIMITED EDITION TEE-SHIRT Convention Fundraiser

Shirts must be paid for at time of order. All shirts are white, short-sleeved with black print.

Small, Medium, Large & Extra Large - \$12

Double XL - \$16

Triple XL - \$18



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 about C.A. World Service Conference approved literature at CAWSO, 21720 South Wilmington Avenue., Suite 304, Long Beach, CA 90810; 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*

Mike C.	6 Years
Denise A.	16 Years

## Fried Pipers & Cocanuts

*Wednesday 7 PM  
First Unity Church*

Angie R.	60 Days
Rachel F.	60 Days
Amy E.	90 Days
Andrew T.	90 Days
Kelly C.	90 Days
Jenifer W.	18 Months
Mary N.	2 Years
Tracy W.	7 Years
Jim L.	8 Years
Joe B.	8 Years
Susan C.	32 Years

## Time For A Change

*Thursday 12 PM  
New Day Social Club*

Louis J.	19 Years
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## The Thursday Night Meeting

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

Cynthia C.	21 Years
Smitty	25 Years

## Friday Night Into The Solution

*Friday 7:30 PM  
Provident Health*

Mark P.	18 Years
Marquito C-H.	19 Years

## There Is A Solution

*Friday 7:30 PM  
Father Dempsey's*

Kim F.	30 Days
Herbert G.	90 Days
Chris P.	6 Months
Ron S.	6 Months
Eric A.	1 Year
Norris G.	1 Year
Paul S.	1 Year
Rhett R.	1 Year
Aman L.	10 Years

## Serenity On Saturday

*Saturday 1:00 PM  
Harris House*

Pat	60 Days
Carol Anne D.	90 Days
Chris M.	90 Days
Chris W.	90 Days
Jim T.	90 Days
Candice K.	9 Months
Laura L.	9 Months
Doug H.	3 Years
Leslie A.	22 Years

**UPGRADING YOUR CELL PHONE?  
DON'T FORGET TO DONATE YOUR OLD  
PHONE TO US FOR CASH RECYCLING!**



## Stylized C.A. Initials Sterling Silver Charm

Just in time for the holidays, treat yourself or someone you love to a special gift. This sterling silver charm in the shape of our stylized C.A. initials is the perfect stocking stuffer. Pictured larger than it's actual 3/8" size, you can wear this little gem on a necklace, bracelet or anklet. Buy two and create a unique set of earrings with your favorite hoops. At \$12 each, this limited supply won't last long. Help support your local C.A. District with every purchase. Call Vicky M. at 314/846-2346 to reserve your charm today.