



OF GREATER ST. LOUIS

CONNECTIONS

Volume 69

Official Newsletter of the Greater Saint Louis District of Cocaine Anonymous

March, 2014



CONFESSIONS OF A CONVENTION JUNKIE

By Vicky M.

Do you remember your first 12 step convention? Of course you do! Mine was the South Bay Round-Up in Redondo Beach, California. I was about four months clean and sober when my sponsor told me she was going to this locally-staged event and asked if I would like to join her. Being in the habit of following any of her suggestions (*she hadn't steered me wrong yet!*), I automatically said yes (*hear that new sponsees out there?*). Had no idea what to expect, but on Friday night when we walked into the opening meeting ballroom at the hotel, I started to get "the rush." As addicts, we all know what that means—however, this was the first time I had ever felt it WITHOUT any drugs or alcohol in my system. I was instantly hooked. The room was full (at least 1,500 in attendance) of happy, laughing, bright-eyed, *alive* people. I definitely wanted what they had. The out-of-town speaker, while hilarious in his pitch, also managed to deliver a moving and powerful testimony of how the program had changed his life irrevocably for the best. The clincher for me came at the end when we all joined hands and said the Lord's prayer. I could literally feel the group's spiritual energy coursing through my body via hundreds of conduit hands joined as one. More please!

Since that time, I've attended scores of conventions, both large and small, some of which I've even had the privilege of serving on the organizing committees. Yet to be disappointed in any of these events, I view each one as a mega-fix of recovery that boosts my personal program enormously. For a fraction of the cost we used to squander on our drugs, we can hear circuit speakers, take workshops, blitz marathon meetings around the clock, and participate in a plethora of fun sober social activities ranging from dances to comedy shows to pool parties. Why would anyone want to miss out?

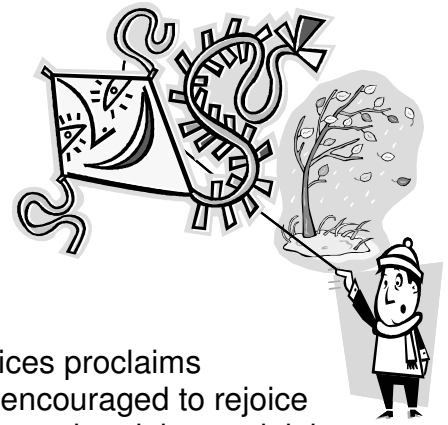
Space does not permit me to wax on about the countless convention miracles to which I've been privy. I do have to mention just a couple of the more profound recollections though. At my third or fourth convention, I finally heard a woman tell "my story" from the podium. Harriet R. was sober for 30 odd years when I heard her talk in Bakersfield, California. I was still wet behind the ears in sobriety, but had been around long enough to recognize the resonating vibes in my heart as I heard this lovely lady describe my feelings and actions to a T. Enthralled, I cornered her afterwards to convey what a strong impact her story had made for me. She lived in Florida and I (at that time) in California, but she graciously gave me her address and phone number. For the next 15 years until she passed away, we corresponded regularly. Harriet shared so much of her experience, strength and hope with me. She enriched my recovery with her genuine delight at "adopting" this cocky, young newcomer and helping to mold my thinking into a healthy, acceptance-based perception. A priceless gift I can only repay by passing it forward.

In the year 2000, my husband and I finally made it to our first *international* convention. Remember the impression made upon me by the closing prayer at the South Bay Round-Up (*described in the first paragraph of this article*)? Well, imagine that times about 50 with a stadium full of 65,000 recovering addicts/alcoholics observing a moment of silence (you could hear a pin drop!) followed by the Lord's prayer. Talk about electric! I will never forget how that felt—touching me spiritually to the core of my being. The ultimate rush! Again, more please!

I am rarely without a convention speaker CD in my car. Nowadays you can download 12 step convention talks for free to your phone or computer. Keeping me constantly inspired, I never tire of listening to these personal stories, connecting me on a daily basis to God and my program.

The Missouri Area 2014 Show Me Recovery Convention will be held here in Saint Louis August 8-10. Venue is the Crown Plaza Airport Hotel at I-70 and Lindbergh Boulevard. Watch for registration forms coming very soon, and don't miss this local opportunity to experience your very own convention "rush."

Who Says You Can't Fly Kites In The Cold?



Every year on the first Saturday in March, Cocaine Anonymous World Services proclaims "Celebrate Around The World." Local CA groups, districts and/or areas are encouraged to rejoice in their recovery by sponsoring events, knowing that recovering addicts all over the globe are joining them in the celebration.

The Saint Louis District resurrected a previous favorite for their CATW activity this year in "Let's Go Fly A Kite!" Fun and free, addicts were urged to congregate on Art Hill in Forest Park at 2:30 on Saturday March 1. Convenient about this location is the Saint Louis Art Museum, which offered a perfectly viable backup plan activity should the weather be rainy or cold.

All week prior to our Kite Fly, meteorologists were forecasting the worst for Saturday—cold AND snow! It looked like we would be touring the art museum for sure.

However, in one of God's delightful reality twists, Saturday dawned dry and a balmy 43°. Now, 43° may not sound balmy to you, but based on the temperatures in the teens we'd been having during the previous few days, it felt wonderful. (Remember—everything IS relative!)

In spite of a very light turnout, only four to be exact, those who showed up had a wonderful time with ideal kite flying conditions. The kites fairly lept into the air, buoyed by an incredible updraft that enabled keeping them up there as easy as pie. Kudos to Erick L., Mike & Dorothy C. and Vicky M. who came out to celebrate their sobriety and had a great time flying their kites.

A special nod to Erick L. who won the day by navigating his kite out the furthest distance and keeping it up there the longest time. Things got a little hairy when he almost lost the kite over top the roof of the Art Museum, but he skillfully played the wind currents and was able to reel it back in time. Erick, one of our newer C.A. members, is the son of District Treasurer Jim L., who was unable to attend the kite fly due to job constraints. Interestingly, Jim won the highest/longest kite fly at our last Celebrate Around The World festivity; but he was clearly unseated this year by his own offspring, Erick, who is our new official kite flying champion. Congratulations Erick! (Bet you'll be sure to get the day off work next time, Jim!)

Even though they didn't attend our CATW event, everyone who is clean and sober today can still revel in their recovery with gratitude, chalking up one more 24 hours and thanking God for another day's reprieve from active addiction.

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.

DISTRICT DONATIONS

Meeting Name	November 2013	December 2013	January 2014	February 2014
Come And Get It				\$4
End Of The Line			\$20	
Friday Night Into The Solution			\$25	
Fried Pipers & Cocanuts	\$20	\$20		\$40
Men's Meeting				
Serenity On Saturday	\$20		\$1.75	\$20
The Thursday Night Meeting		\$28		
There Is A Solution			\$15	\$20

H & I DONATIONS

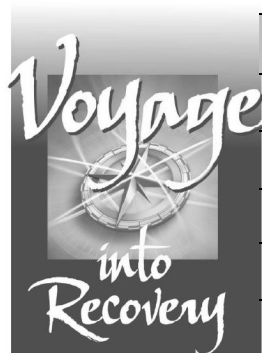
Meeting Name	November 2013	December 2013	January 2014	February 2014
Fried Pipers & Cocanuts	\$23.63	\$23.65		\$47.38
Serenity On Saturday		\$19.76		\$31.15
The Thursday Night Meeting		\$28.00		

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 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. 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.

They're finally here!
Celebrate Around The
World shirts and caps.
Must be ordered in
advance. Printed 2014
CATW logo in full color
on back of shirts. C.A.
logo on front. Get your
order in quick—Deadline for ordering
is 3/17/14. All proceeds go to the
Area to help send our Missouri
Delegates to the World Service
Conference in August. Wear your
C.A. colors with pride!



All Shirt Styles Available in Lime, Navy or Charcoal	S-XL	XXL	3XL	4XL
Short Sleeve T-Shirt	\$19.50	\$22.50	\$24.00	\$25.50
Long Sleeve T-Shirt	\$27.00	\$30.00	\$31.50	\$33.00
Hoodie	\$34.50	\$37.50	\$39.00	\$40.50
Crewneck Sweatshirt	\$30.00	\$33.00	\$34.50	\$36.00
Girlie Tee (Same Style as last year, runs small)	\$22.50	\$25.50	\$27.00	N/A

EMBROIDERED CAPS ALSO AVAILABLE - \$14.95 each

Available Cap colors: Black, Bright Gold, Brown, Burgundy, Butter, Charcoal, Columbia Blue, Dark Green, Gold, Khaki, Lime, Lt. Blue, Lt. Grey, Navy, Olive, Orange, Pink, Purple, Putty, Red, Royal, Teal, Fuchsia, Pumpkin, Putty/Khaki, White, Khaki/Navy, Navy/Khaki, Olive/ Khaki, Putty/Navy

Caps have CA logo on front and CATW 2014 on back strap

Please place order no later than March 17, 2014.

Cash or checks - Make checks payable to Greater Missouri Area of C. A.

To Order, Contact Mike C. 314.488-1967 at or Dwanna R. at 314.541.4434

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 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

Marissa J.	11 Years
Chris G.	12 Years
Will W.	15 Years
Yvonne M.	15 Years
Constantine A.	16 Years
Michael K.W.	18 Years
Kay K.	22 Years
Deborah J.	27 Years

Fried Pipers & Cocanuts

Wednesday 7 PM
First Unity Church

Erick L.	30 Days
Amy E.	60 Days
Darian R.	60 Days
Tiffany D.	18 Months
Carolyn J.	22 Years
Vicky M.	24 Years

The Thursday Night Meeting

Thursday 7:30 PM
St. Mary's Hospital

Charlotte R.	23 Years
Joy L.	24 Years

The Friday Night Into The Solution Meeting

Friday 7:30 PM
Provident Health

Aaron S.	6 Months
Jeannette J.	25 Years



There Is A Solution

Friday 7:30 PM
Father Dempsey's

Emmett L.	90 days
Amy E.	6 months
Cedric J.	6 months
Dave D.	6 months
Ron B.	9 months
Donovan C.	18 months
Don S.	28 years

Serenity On Saturday (S.O.S)

Saturday 1:00 PM
Harris House

Ashley K.	30 Days
Carol Anne D.	60 Days
Chase T.	60 Days
Dominic M.	60 Days
Mick R.	60 Days
Lauren B.	90 Days
Angie C.	6 Months
Chris W.	6 Months
Pat K.	6 Months
Jeremy P.	1 Year
Ron G.	1 Year
Nancy O.	18 Months
Chuck B.	3 Years

Men's Meeting

Saturday 6:00 PM
St. Mary's Hospital

Gerald R.	17 Years
Carl S.	18 Years

Come & Get It

Sunday 6:00 PM
212 Club

Alissa B.	90 Days
Joe L.	24 Years

Support Your 2014

Show Me Recovery
Greater Missouri
Area Convention
"Flight To Freedom"

By Purchasing A

\$1.00

**Opportunity
Drawing
Ticket**

All Proceeds Benefit
This Year's Convention
Winner Will Be Announced
Saturday Night
August 9, 2014
at the Convention

Contact Darryl J.
314/482-5395 to

GET YOURS TODAY!

Save The Date

Saturday, June 21, 2014
10 AM - ????

THROW-BACK PICNIC

Shafer Park
3399 Wright Avenue
Saint Ann, 63074

Come Out For Food, Fun, Fellowship

**Greater Missouri Area
Convention Fundraiser**

Upgrading Your Cell Phone?

**Don't Forget To Donate
Your Old Phone To C.A.**

Support Your Fellowship



Call Vicky M.-314/846-2346