



CONNECTIONS

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Official Newsletter of the Greater Saint Louis District of Cocaine Anonymous

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Memories For A Lifetime



2014 Show Me Recovery Convention "Flight To Freedom"

by Jenifer W.

People in recovery from all over the country flocked to our C.A. Greater Missouri Area convention at the Crowne Plaza hotel in August. Some stayed at the hotel and made a vacation out of it; some stayed for the day; and then there were those who just couldn't seem to get enough (I even wonder if they might still be at the hotel right now). The convention offered a variety of meetings, workshops, a banquet, a dance, and even a talent show. It was truly a power pack of recovery and fellowship.

On a personal level, I had the opportunity to both volunteer and participate in some of the activities. Working the silent auction and registration table did not feel like work at all. I met people from New York, Kentucky, Kansas City, as well as other meetings in the St. Louis area. Here are some of the comments people made when I asked them about their experiences thus far:

- "I've enjoyed it and really like all the memories it brings back." - **Rod D.**
- "It's just great being around other like-minded people." - **Mary N.**
- "I love the ability to do service work; to get out of myself and help others." - **Carl R.**
- "It was very cool that I got to go to my very first meditation meeting." - **Amy E.**

I met a woman from Kansas City, Missouri, and I was really touched by the conversation I had with her. This is what she had to say when I asked her what the convention meant to her:

- "It helps us realize we can live, and when you realize you can live, you can make everyday the best day of your life." - **Rosemary D.**

That one interaction reminded me why I am sober. I have the freedom to live my life how I choose today. I am not forced to go to court or a hospital. There are no more urine tests. There is no more distrust by my family. I don't have to lie. I don't need to live tethered to my addiction. I can make the most of each day that I have.

One of the things I notice about conventions is that they really have a way of drawing people closer together. When I let someone really see me, it helps me feel a sense of belonging, and when someone allows me in I feel trustworthy. Doing service work helps me feel valued. I was able to have all three experiences in one weekend, which was wonderful. A lot of people told me that the convention brought back memories of good times they had with people they hadn't seen in a while. For me, "Flight To Freedom" created some new memories that I will always cherish.

What's Coming Up?



Sunday, December 14, 2014 4:00 PM – Greater Saint Louis District ELECTIONS

Would you be willing to become a part of the dedicated core of addicts who work every month to ensure our local fellowship carries on? Willing bodies are needed to fill the positions of District Chair, Vice Chair, and Secretary, as well as an assortment of sub-committee positions such as Hospitals & Institutions, Hotline, Public Information, Cooperation With The Professional Community, and Literature. Please search prayerfully in your heart for the willingness to assist and, *most importantly*, show up at the 212 Club, 204 West Pitman in O'Fallon 63366. The addict who still suffers deserves to have the same chance you did when you got here. Take it from an experienced service junkie—these jobs are not difficult—they only require a responsible attitude. Truly, the many rewards reaped from serving at this level are well worth the time and energy put in.

Saturday, January 24, 2015 7:00 PM – New Year Post Holiday Celebration

Plans are currently in the works for a fun social mixer. Details are still in the works, but we think music and dancing will definitely be involved. Location has not yet been finalized so watch for fliers promoting the event as soon as we get our ducks in a row. In the meantime, hold the date!



Sometime in March or April, 2015



Roller skating! It's been a while since we had a skating party, but plans are also in the works for a get-together on wheels.

Bowling! Watch this spring for the return of our infamous "Scotch Doubles Blind Draw Bowling Tournament." It's so much fun you'll be "rolling" in the aisles with laughter.



*"... we aren't a glum lot. If newcomers could see no joy or fun in our existence, they wouldn't want it. We absolutely insist on enjoying life."
"We are sure God wants us to be happy, joyous, and free."*

Pages 132 & 133, Alcoholics Anonymous (Big Book)

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

<i>Meeting Name</i>	<i>July 2014</i>	<i>August 2014</i>	<i>September 2014</i>	<i>October 2014</i>
Come & Get It		\$10	\$1	
Friday Night Into The Solution	\$10.76			
Fried Pipers & Cocanuts	\$15	\$20	\$20	\$15
Men's Meeting		\$42.30		
Serenity On Saturday		\$10		
The Thursday Night Meeting				\$60
There Is A Solution	\$25			

H & I DONATIONS

<i>Meeting Name</i>	<i>July 2014</i>	<i>August 2014</i>	<i>September 2014</i>	<i>October 2014</i>
Fried Pipers & Cocanuts	\$24.57	\$23.84	\$11	\$16
Serenity On Saturday	\$14.35	\$12.55	\$13	\$11

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 Pitman, 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.

A Quiet Peace

New C.A. Daily Reader Met With Overwhelming Excitement



The long-awaited C.A. first-ever daily meditation book is here at last. *A Quiet Peace* was rolled out at the annual C.A.W.S. Conference in late August to the delight of worldwide Delegates and Trustees. Many thanks to our Missouri Area Delegate and Greater Saint Louis District Chair, **Mike C.** (and his lovely wife, **Dorothy**) for hand carrying a case of books back with him from Los Angeles so our local members could get their copies hot off the press! Some of our home groups have already begun using *A Quiet Peace* readings to foster topic discussions or set the meeting tone. As it was written by and for our own fellowship members, each page is a genuine reflection of our collective experience, strength and hope.

Books are available for purchase from the District at \$12 each. Even though you can buy them on the C.A. world website for \$9.95, the \$7 minimum shipping fee makes our \$12 price a real bargain! Order your copy today from your meeting GSR if you haven't already added this wonderful tool to your personal recovery library.

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 6 PM
Baden Facility

Leonard B. 4 Years
Joe T. 22 Years
Teresa T. 23 Years

Fried Pipers & Cocanuts

Wednesday 7 PM
First Unity Church

Billy 30 Days
Candice K. 60 Days
Angie R. 6 Months
Ryan C. 9 Months
Mary N. 3 Years
Jim L. 9 Years
Joe B. 9 Years
Michael M. 24 Years
Susan C. 33 Years

The Thursday Night Meeting

Thursday 7:30 PM
Saint Mary's Hospital

Graylin 12 Years
Marissa J. 12 Years
Darryl J. 15 Years
Cynthia C. 22 Years
Kent J. 23 Years
Aaron J. 24 Years
David W. 26 Years



Serenity On Saturday (S.O.S)

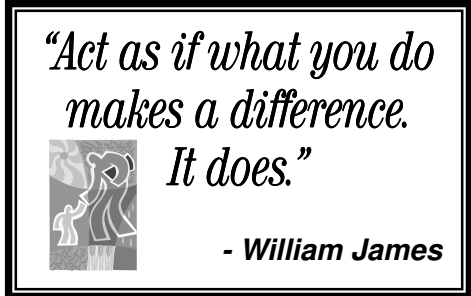
Saturday 1:00 PM
Harris House

Kawana A.. 6 Months
Margo G. 21 Years
Leslie A. 23 Years

There Is A Solution

Friday 7:30 PM
Father Dempsey's

André T. 60 Days
Mandy 60 Days
Michael S. 60 Days
Calvin J. 6 Months
Dave D. 1 Year
Eric A. 2 Years
Paul S. 2 Years
Ray C. 4 Years
Will S. 20 Years



Chips & Literature Price Increase

Due to increased costs and expenses, C.A. World Services has found it necessary to raise prices by a nickel on pamphlets and plastic chips. Pamphlet price is now 25¢ each, and plastic chips are 40¢. Effective immediately, the Greater Saint Louis District literature price will incorporate the same change. Literature is available for sale each month at our District meeting (see page three for details on time and location). For your convenience, an updated literature order form is included as an insert with this *Connections*. Please make copies and use this form on all future literature orders. Thank you!