



CONNECTIONS

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Official Newsletter of the Greater Saint Louis District of Cocaine Anonymous

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From the Gulf of Misery and Woe to the Road of Happy Destiny

A common misconception that many newcomers (and even long-timers) fall prey to is that working the steps will make life easier. There are many promises given in recovery, but a smooth, trial-free life is not one of them. I know that I catch myself thinking certain events should never happen to me because I work the 12 Steps. As I continue to study the Big Book, work with others, and have daily conscious contact with my Higher Power, I am reminded that just because life is still hard, it doesn't mean I'm not working my program. But my reaction to misfortunes is a measure of how well I am using the Steps in my life.

One of my favorite chapters in the Big Book is A Vision for You, which briefly describes the state where most of us end up with our addiction, be it alcohol, drugs, or some combination of the two. Once an addict is convinced of a need for a solution, he may ask how he is to live without his crutch. He is then promised a new life in Alcoholics Anonymous, where he will "find release from care, boredom, and worry. (His) imagination will be fired. Life will mean something at last. The most satisfactory years of (his) existence lie ahead." Hooray! Who doesn't want release from care, boredom, and worry? I can easily picture myself as Julie Andrews, dancing in the mountains, singing the "Sound of Music." Or at least lip-synching, since I should not sing. Of course, this promise doesn't mean that we will have no cares or worries. It means that such things no longer hold us hostage. The Steps show us how to manage our lives so that they don't drag us back to the Gulf of Misery and Woe.

This chapter also describes the trials and triumphs experienced by founders Dr. Bob and Bill W. Page 156 says, "Life was not easy for the two friends. Plenty of difficulties presented themselves. Both saw that they must keep spiritually active." They went to work with a very unpromising prospect, who later became Alcoholics Anonymous #3 and a respected and useful member of his community. After other failures, a fourth one joined the Fellowship, and despite some "distressing failures," this fellowship continued to grow.

Continued next page

DISTRICT DONATIONS

<i>Meeting Name</i>	<i>April 2013</i>	<i>May 2016</i>	<i>June 2016</i>
Come & Get It	20.00	20.00	20.00
Fried Pipers & Cocanuts	.00	5.00	10.00
End Of The Line		15.00	
Men's Meeting			
It's Not About Coke			
Serenity On Saturday (SOS)	10.00		
The CA Meeting			5.00
Thursday Night Meeting		90.00	
Time For A Change			
7th Tradition	13.00	10.20	12.00

H & I DONATIONS

<i>Meeting Name</i>	<i>April 2016</i>	<i>May 2016</i>	<i>June 2016</i>
Fried Pipers & Cocanuts	18.21	13.00	30.00
Serenity On Saturday	3.00		9.00

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 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 District Chair, Vicky M. at (314)846-2346.

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 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."

While it's not mentioned in this chapter, it is well-known to those affectionately called Big Book Thumpers (such as the author of this article) Bill W. and his wife experienced homelessness, a long stretch of unemployment, depression, and marital problems, just to name a few. Not to mention the fact that this occurred during the Great Depression. Doctor Bob did not get over the cravings for liquor for two and a half years of sobriety. Two and a half years! But he worked the Steps with a ferocity that we don't see very often in our day. But in spite of all the challenges, Dr. Bob said that his life was a wonderful blessing, and that it was a pleasure to share with others a way of life that freed him from a terrible curse.

I love how A Vision for You promises that although we may not have the benefit of meeting Bill W. and Dr. Bob, "(They) shall be with you in the Fellowship of the Spirit...as you trudge the Road of Happy Destiny. May God bless you and keep you until then." I'm sure I'm not alone when I say that I have felt the spirit of these men as I study their inspired words. I was touched enough by their personal stories early in my own recovery and continue to feel their influence and the blessing that they have offered in my behalf. When I felt sorry for myself because my cravings still plagued me for more than 90 days, I thought of Dr. Bob and knew I could hold on 5 more minutes for a miracle. When I walked away from a toxic relationship, financial security, and a nice home into uncertainty to keep my sobriety, I remembered Bill W. and Lois, and how they lost their home which belonged to Lois' father. I was blessed by loving people who genuinely cared for me and helped me find joy even in my darkest times. Life is meant to have ups and downs; it's a trudge, but not a drudge. Trudging is moving forward through challenging circumstances. Drudgery, on the other hand, is hard, menial, and dull. I hope and pray that you, my brothers and sisters in this Fellowship, are just as uplifted as you trudge the Road of Happy Destiny.

Laura N.

Upcoming Events

Coming October 28th—30th, 2016 The Greater Missouri Area of CA host the 2016 Midwest Regional Convention. Held at the Sheraton Clayton Plaza Hotel in St Louis, Mo (314) 863-0400.

For more information call Carl R. (314) 602-7740 or John B. (573) 291-4112

Speakers and Workshops, Marathon Meetings, Entertainment and Memorabilia, Fellowship and Fun.

Special rates for rooms \$105.00

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.



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.

Fried Pipers & Cocanuts

Wednesday 7 PM

First Unity Church

Skylar T.	60 Days
Kelly C.	90 Days
Jason M.	6 Months
Angie R.	1 Year
Billy L.	2 Years
Nancy O.	4 Years

The Thursday Night Meeting

Thursday 7:30 PM

Saint Mary's Hospital

Jake L.	30 Days
Deana B.	30 Days
Robert K.	60 Days
Leroy S.	60 Days
Brad P.	60 Days
Jordan	60 Days
Kyle A.	60 Days
James N.	3 Years
Darryl J.	17 Years

Serenity On Saturday (S.O.S)

Saturday 1:00 PM

Harris House

Carol Ann D.	9 Months
Donna R.	20 Years

Come and Get It

Sunday 6:00 PM

212 Club

The CA Meeting

Sunday 6 PM

Baden Facility

Dwanna R.	24 Years
Jeannette J.	27 Years

Joe L.	26 Years
Doug P.	7 Years

There are multiple opportunities to serve in the fellowship. There are opportunities at the Meeting, District, and Area levels. There are facilities to take meetings into, check with your H&I representative to find out what some of these needs may be. Our Higher Power has been so gracious as to let us be in recovery. The above list is a way to give back and help others to reach out to those still suffering and in need of the love I have found only in the fellowship. It is my hope that all will prayerfully consider this request and participate in spreading the message of the Fellowship.