

DISTRICT DONATIONS				
<i>Meeting Name</i>	<i>Nov 2016</i>	<i>Dec 2016</i>	<i>Jan 2017</i>	Feb 2017
Come & Get It				70.00
Fried Pipers & Co-canuts			5.00	20.00
End Of The Line		15.00		
Men’s Meeting				20.00
It’s Not About Coke				
Serenity On Saturday (SOS)			10.00	9.50
The CA Meeting				
Thursday Night Meeting				
Time For A Change				
7th Tradition			5.00	5.00


H & I DONATIONS				
<i>Meeting Name</i>	<i>Nov 2016</i>	<i>Dec 2016</i>	<i>Jan 2017</i>	Feb 2017
Fried Pipers & Co-canuts			11.00	27.00
Serenity On Saturday			11.00	10.50

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, or 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 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.”



CONNECTIONS

Volume 78

Official Newsletter of the Greater Saint Louis District of Cocaine Anonymous

March, 2017

Into Action

We addicts are known for our extravagant promises. Whenever we were about to lose someone or something, we bargained by promising the impossible: we would quit forever, straighten out our lives, and become responsible human beings. Because we actually meant it at the time, we usually were able to persuade our hostages into believing we could deliver. Until the next relapse. Not only did our word lose value, but the very word “promise” came to have no meaning at all.

Fortunately for us, God never breaks His promises. Many are familiar with the Ninth Step Promises in the Big Book, but God has more than just those twelve. The chapter “Into Action” is the jackpot of promises. However, they are all contingent upon our willingness to work the Step that relates to each set of promises. It’s not a coincidence that many promises are found in this chapter that propels us into actively changing our old behaviors for new ones. If we read carefully, we will also find promises that can be ours from not working the Steps. In the second paragraph, referring to Step Five, we read, “If we skip this vital step, we may not overcome drinking. Time after time newcomers have tried to keep to themselves certain facts about their lives. Trying to avoid this humbling experience, they have turned to easier methods. Almost invariably they got drunk.

“The inconsistency is made worse by the things he does on his sprees. Coming to his senses, he is revolted at certain episodes he vaguely remembers...He trembles to think someone might have observed him....He is under constant fear and tension—that makes for more drinking.” The promises of revulsion, fear, trembling, tension, vague memories, and eventually getting drunk (or high) are the result of inaction or half measures. On the other hand, when we humbly and honestly take this Step, withholding nothing, “We are delighted. We can look the world in the eye. We can be alone at perfect peace and ease. Our fears fall from us. We begin to feel the nearness of our Creator. We may have had certain spiritual beliefs, but now we begin to have a spiritual experience. The feeling that the drink problem has disappeared will often come on strongly. We feel we are on the Broad Highway, walking hand in hand with the Spirit of the Universe.” What a difference, huh?

Of course, there is more action, which means we get to choose which promises we want fulfilled. Having had such a personal spiritual experience, we should be encouraged to move forward with less apprehension than we may have had at the beginning. Just as the actions required of us gradually increase in difficulty, so will the intensity of our promises. If we choose to rest on our laurels (translation for young people: sit on our asses), we have much more to lose than we did when we first set out on this New Adventure. Falling from the first few rungs of a ladder is not as hazardous as falling from higher up, and so it is with recovery. However, when we walk through any misgivings we may still have, we have so much more to gain. As we clean up the wreckage of our past, which is Step Nine, we find ourselves living with a purpose. The Big Book assures us that, “If we are painstaking about this phase of our development, we will be amazed before we are halfway through. We are going to know a new freedom and a new happiness. We will not regret the past nor wish to shut the door on it. We will comprehend the word serenity and we will know peace. No matter how far down the scale we have gone, we will see how our experience can benefit others. That feeling of uselessness and self-pity will disappear.



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	The Thursday Night Meeting	Serenity On Saturday (S.O.S)
<i>Sunday 6 PM</i> <i>Baden Facility</i>	<i>Thursday 7:30 PM</i> <i>Saint Mary's Hospital</i>	<i>Saturday 1:00 PM</i> <i>Harris House</i>
Harriet W. 26 Years	Edgar B. 30 Days Carter M. 60 Days Peter K. 90 Days James N. 4 Years	Hayley P. 30 Days Mike D. 30 Days Sarah G. 30 Days Travis V. 60 Days Nancy K. 6 Months Carol Ann D. 18 Months Frankie S. 2 Years
Fried Pipers & Cocanuts	The Meeting	Come and Get It
<i>Wednesday 7 PM</i> <i>First Unity Church</i>	Jeannette J. 28 Years	<i>Sunday 6:00 PM</i> <i>212 Club</i>
Angie R. 30 Days Clayton T. 90 Days Chris W. 4 Years Jenifer W. 5 Years Michele S. 8 Years Vicky M. 27 Years		Joe L. 28 Years Doug P. 8 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.

EDITOR'S NOTE: Letters, articles, cartoons, etc., related to C.A. and living in recovery are welcomed by the Editor. Please call Laura N.. at 636/577-4760 with your ideas or contributions.

We will lose interest in selfish things and gain interest in our fellows. Self-seeking will slip away. Our whole attitude and outlook on life will change. Fear of people and of economic insecurity will leave us. We will intuitively know how to handle situations which used to baffle us. We will suddenly realize that God is doing for us what we could not do for ourselves.”

But, wait, there’s more! Step Ten shows us the purpose for continuing to take a personal inventory so that we may grow in understanding and effectiveness. We need to always be on guard for our deadly foes: selfishness, dishonesty, resentment, and fear. I often envision my life as a garden. It once was a plot of ground plagued with stubborn, ugly weeds that choked the life out of any flower I planted there. With grim determination, I would pull with all my strength but they never budged. Using the tools of the program, I had to dig them up and pull out their roots. Then I could grow something beautiful. The weeds came back, but their roots were wispy and thin. It still takes action on my part, but it’s not as much of a struggle as before. It is often said that it’s easier to stay clean and sober than it is to get that way.

Page 84 and 85 give us these promises, “And we have ceased fighting anything or anyone—even alcohol. For by this time sanity will have returned. We will seldom be interested in liquor. If tempted, we recoil from it as from a hot flame. We react sanely and normally, and we find this has happened automatically. We will see that our new attitude toward liquor has been given us without any thought or effort on our part. It just comes! That is the miracle of it. We are not fighting it, neither are we avoiding temptation. We feel as though we have been placed in a position of neutrality—safe and protected. We have not even sworn off. Instead, the problem has been removed. It does not exist for us. We are neither cocky nor afraid. That is our experience. That is how we react so long as we keep in fit spiritual condition.”

The promises for inaction are also there in black and white, “It is easy to let up on the spiritual program...We are headed for trouble if we do, for alcohol is a subtle foe. We are not cured of alcoholism.”

As we progress to Step Eleven, improving our conscious contact with God as we understand Him, we ask Him for personal inspiration. “We relax and take it easy. We don’t struggle. We are often surprised how the right answers come after we have tried this for a while. What used to be the hunch or occasional inspiration gradually becomes a working part of the mind. Being still inexperienced and having just made contact with God, it is not probable that we are going to be inspired at all times...Nevertheless, we find that our thinking will, as time passes, be more and more on the plane of inspiration. We come to rely upon it.”

The last page perhaps has the best promises of all. “As we go through the day we pause, when agitated or doubtful, and ask for the right thought or action. We constantly remind ourselves that we are no longer running the show, humbly saying to ourselves many times each day ‘Thy will be done.’ We are then in much less danger of excitement, fear, anger, worry, self-pity, or foolish decisions. We become much more efficient. We do not tire so easily, for we are not burning up energy foolishly as we did when we were trying to arrange life to suit ourselves.

“It works—it really does.”

STAYING CONNECTED

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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

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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.