



CONNECTIONS

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Official Newsletter of the Greater Saint Louis District of Cocaine Anonymous

March, 2018

WE'RE BAAAA — AAAACK . . .



Bidding a Fond Farewell to Curtis N.

By Vicky M.

After a brief hiatus last year, Connections is back in print—again keeping you all abreast of breaking news in the Greater Saint Louis C.A. District. Bet that makes you SOOOO excited, eh?! Some of you may recognize me as your former Connections Editor and general all-round C.A. enthusiast—here to ignite your passion for your fellowship and your recovery.

First and foremost, I want to acknowledge with love and gratitude the work done on this publication since I was with you last by Laura & Curtis N. Laura, who happens to be our newly elected District Chair, had volunteered to take over the editorship a couple of years ago with the backup of her tech-savvy husband, Curtis. Laura was the brains and Curtis was the brawn so to speak. Laura wrote the articles and told him what to put in here, and Curtis would do all the layout work in the computer and bring the issue to print.

Sadly, in February, 2017, Curtis was diagnosed with pulmonary fibrosis, a fatal lung disease. At 57 years young, this is not the news anyone would hope for, but Laura and Curtis called on their strong faith in God and the support of program and church friends to carry them through the next five months with grace and endless love in their marriage. They used the time wisely to appreciate being together, sharing memories and feelings, not just for each other but with family and the boundless number of friends who cared so deeply. On July 10, 2017, Curtis left this world behind, along with a very large group of people whose lives he touched. He was a shining example of twelfth step work at its finest. The legacy he bestowed is one to be admired—abiding love for his wife, family and friends, and a steadfast faith in the God he knew would never let him down. Rest in peace, Curtis. We will remember you always with affection and gratitude for having had the gift of knowing you. ♥

PARTY TIME AT C.A.



It's been a while since our District hosted a dance. And Darryl J. decided to do something about that! On Saturday, May 12, 2018, we will be throwing a killer party—"It Can Be Tempting To Focus On Our Differences" dance and speaker meeting. Bring your date or just a friend and take advantage of the discount ticket pricing of two for \$15 (\$10 each for a single ticket). The venue is a new one for C.A. and should be perfect—it's the ASA Christian Academy, 8390 Latty Avenue in Hazelwood. Close to Highways 170 & 270, the facility is easily accessible.

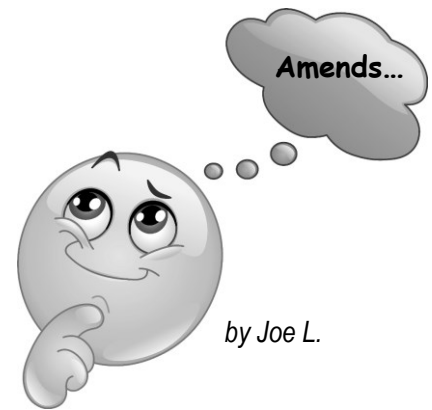
The speaker, Earl S., is a long-time fellowship friend who is coming down from Chicago. Doors open at 7 and meeting starts at 7:30—so don't be late. Afterwards, Darryl J. will be laying down some tunes and plenty of his special brand of entertainment for folks to dance the night away. Spaghetti dinner plates will be sold for \$5. The spaghetti will be homemade by a couple of our own local members—so come hungry! When it's gone, it's gone.

Attendees are being encouraged to dress up for the event, and we will have "Best Dressed" contest prizes for the male and female who stand a cut above the rest (winners to be decided by audience participation). Also, for everyone's pleasure, Vicky M. will be holding one of her infamous cup auctions. Prizes galore, as well as a 50/50 opportunity.

This event is sure to be the funnest party ever. Support your local C.A. District and buy a ticket—or two!

A Step 9 Perspective

“Made direct amends to such people whenever possible, except when to do so would injure them or others.”



Recovery comes in community. In Step 8 (on page 80 of the *Big Book*), we see that faulty relationships are the cause of nearly all our problems INCLUDING OUR ALCOHOLISM/ADDICTION. I might have engaged in senseless destruction of material things, but the negative impact of my actions on people is the source of my separation from the community. I hurt my family, so I did not want to go around them. I hurt one friend, so I found another. I let *them* down, so I found yet another. I stole from people and businesses, so I had to be on my toes for retaliation and sometimes needed to be careful showing my face in public. People had to do things my way, which often deprived them of joy they might otherwise have experienced.

Step 9 is the step that really brings me back into community and lets me be a part of life with the outside world again. I can confess to God and be forgiven. When I confess to *another human being* is when healing takes place. When I come before someone, admit my wrongs, ask them what I can do to make things right, and endeavor to behave differently; then I can walk in the world with my head up and not be ashamed to be eye to eye with people.

Like everything, this should be done after seeking advice from experienced fellowship members about what to do and how to do it. “Listen to advice and accept instruction to gain wisdom for the future,” is what one book says. I have had sponsees who want to go tell their wife about infidelity when it was not the right thing to do at that time. I have known people who owe a lot of money in back taxes and were scared about rectifying the situation because of the harm that would cause their family. Basically, we just have to trust in God and do the right thing.

It takes a lot of courage to do the right thing sometimes. We are ashamed of past behavior, and it is hard to admit, especially if the someone we need to tell is unaware. It might seem easier to not bring things up and just live differently, but that creates an excuse to be less than eye to eye—I have still pulled something over on someone, and they deserve justice. I need to be completely honest in these situations or else it becomes easier to slip back into old behavior and not tell the truth.

There were people in my old life that were harmed, and I did not care. That was the life I used to lead. Our 12 X 12 tells us in relation to Step 9, “made a list of all people we had harmed and became willing to make amends to them all.” My conscious did not bother me about harm done to some in my old life—and to go and admit anything would have been pointless and might have placed me in danger. My sponsor told me to follow my conscience.

Before my amends could be made, I needed to make sure I was on the right path and committed to it. When what I really wanted was to live life among the living, then I was ready. Step 9 allows me to get back in communion with the right society. It is good to go to a lot of meetings and even better beneficially to get involved in service work. I need to live in the world though knowing that I can walk with my head held high.

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>November 2017</i>	<i>December 2017</i>	<i>January 2018</i>	<i>February 2018</i>
Come & Get It	\$62	\$10	\$12	
Fried Pipers & Cocanuts	\$20	\$20	\$20	\$30
Get To Steppin'	\$39	\$20	\$25	\$25
Men's Meeting		\$48.64	\$20	
Serenity On Saturday	\$10	\$20		\$20

H & I DONATIONS

<i>Meeting Name</i>	<i>November 2017</i>	<i>December 2017</i>	<i>January 2018</i>	<i>February 2018</i>
Come & Get It	\$23	\$12	\$28	\$4
Fried Pipers & Cocanuts	\$16.76	\$41.76	\$17.85	\$28
Serenity On Saturday		\$15	\$17.41	\$15

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, Laura N. at 636/577-4760.

MEET THE TRUSTED SERVANTS

At our January, 2018 monthly District business meeting, elections were held, and a new crop of trusted servants were installed. The following are your newly elected current Board members:

Chair – **Laura N.**

Vice-Chair – **Darryl J.**

Treasurer – **Michael M.**

Secretary – **Donna Y.**

District Service Representative – **Harriet W.**

Committee Chairs:

Public Information/Cooperation with the Professional Community – **Steve G.**

Newsletter – **Vicky M.**

Literature – **Joy K.**

We still have vacant positions available for Committee Chairs for:

Hospitals & Institutions

Archives

Unity

Hotline

Please consider getting involved and helping our fellowship grow! We've got a lot of recovery to share and a lot of still-suffering addicts waiting for us to carry the message.

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.

Come & Get It

Sunday 6 PM
212 Club

Scott	30 Days
Larry	3 Years
Joe L.	28 Years

End Of The Line

Sunday 6 PM
Baden Facility

JoAnne W.	6 Years
Linda S.	13 Years
Wanda B.	14 Years
Marissa J.	15 Years
Tina H.	15 Years
Anna F.	16 Years
Carl W.	16 Years
Chris G.	16 Years
Yvonne M.	19 Years
Constantine A.	21 Years
Pam S.	22 Years
Carolyn M.	23 Years
Allen B.	26 Years
Kay K.	26 Years
Diane D.	27 Years
Walter S.	27 Years
Joy L.	28 Years
David W.	29 Years
Stacy H.	29 Years
Deborah J.	31 Years

Get To Steppin'

Wednesday 5:30 PM
John Calvin Presbyterian Church

Marnique M.	13 Years
Harriet W.	27 Years
Joy L.	28 years
Jeannette J.	29 Years

Fried Pipers & Cocanuts

Wednesday 7 PM
First Unity Church

Megan R.	30 Days
Cheryl K.	60 Days
Christine Z.	60 Days
Carol B.	90 Days
Stephanie B.	90 Days
Teresa J.	90 Days
Tressa	90 Days
Alexis L.	9 Months
Hannah H.	9 Months
Kelly C.	18 Months
Tiffany D.	1 Year
Dawna W.	2 Years
Amy E.	4 Years
Mary N.	6 Years
Tracy B.	10 Years
Tracy W.	11 Years
Glenn F.	12 Years
Jim L.	12 Years
Joe B.	12 Years
Richard	12 Years
Carolyn J.	26 Years
Michael M.	27 Years
Vicky M.	28 Years
Susan C.	36 Years

The Thursday Night Meeting

Thursday 7:30 PM
Saint Mary's Hospital

Charlotte R.	27 Years
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Serenity On Saturday (S.O.S)

Saturday 1:00 PM
Harris House

Bryant S.	60 Days
Joe R.	60 Days
Mike L.	60 Days
Eric C.	90 Days
Jade P.	90 Days
Mark S.	90 Days
Nathan E.	90 Days
Amanda T.	6 Months
Angela B.	6 Months
Jennifer	6 Months
Hayley P.	9 Months
Jim H.	1 Year
Carol Ann D.	2 Years
Doug H.	3 Years
Tim M.	5 Years
Margo G.	24 Years
Leslie A.	26 Years

"God made me perfect, and all of my experiences have contributed to my character. They have made me wiser, helping me change from someone I didn't want to be to the person I am now. This person can look in the mirror with acceptance, gratitude, and even courage, knowing God is always on hand to help and guide me. Certain that will never change, I look forward to the future with excitement, hope and wonder."

- page 175, A Quiet Peace