

## Self-Reflection— Good For The Soul!

By Vicky M.



It was almost time for this issue to go to press, and I found myself suffering from “writer’s block.” I should have asked someone to pen me a front-page article, but now it was too late, and I was needing to throw something together myself. Hoping for inspiration, I prayed for an intuitive thought. Instead, I got a phone call from a sponsee.

Getting out of self, I listened as she unloaded her current day’s issue. Afterwards, I remarked that what I was hearing seemed to constitute a pretty big resentment. Because this sponsee is far from a newcomer and has years of sobriety under her belt—I said, “You know *exactly* what you need to do with a resentment!” Within the next few minutes, between the two of us, we easily recognized “her part” and identified this particular resentment as an unrealized expectation. She was able to let it go and get back into the present moment, reclaiming her peace and serenity.

When she asked me what I was doing today, I told her how I was struggling with a good topic for this newsletter article. She immediately said, “Why not write about the Fourth Step? It’s the fourth month, and it’s always a good idea to stay in the steps. Keep it simple.”

Brilliant! My prayer for an intuitive thought had been answered through my sponsee’s suggestion.

The fourth step exercise is such a crucial part of our recovery process. Self-examination is the key to letting go of blame, shame, resentment and fear. Once we learn how to go about doing it, it’s pretty hard to stay too long in any of those self-defeating frames of mind. In its chapter on Step Four, the *Twelve and Twelve* talks about the different types of inventories. For most of us, our first Fourth Step inventory is the biggie, where we clear away a large percentage of the wreckage of our past. Inevitably, however, as we mature in our spirituality, we discover pockets of behavior that necessitate another look.

My particular favorite type of inventory is described as the “spot-check” inventory. This is where I recognize something *as it is happening* and immediately launch into the process of discerning what’s causing me to lose serenity; what part of my “self” is being affected; and where am I being selfish, dishonest or frightened in the situation. I differentiate this from my daily Tenth Step, which is a separate review done at the end of the day where I assess both the things I’ve done well along with the instances where my actions have been less than the best they could have been.

I’m grateful that my first Fourth Step was prescribed by my sponsor using the directions in the *Big Book*. I’m also grateful that I’ve had the opportunity to do other Fourth Steps since then, with other sponsors, some in other programs, using different workbooks or methodologies. My second sponsor had me do a Fourth Step using the *Twelve and Twelve*. “Read the chapter,” she said, “And every time you come to a question, write it down and answer it!”

A vast number of tools are available for doing Fourth Step work—make use of them if you have the opportunity. Each and every time you decide to dig a little deeper into the excavation of your soul, you will reap huge rewards in the advancement of your conscious contact with God as you understand God; and in the process, get more and more comfortable in your own skin!



OF GREATER ST. LOUIS

Celebrate Around The World is a Cocaine Anonymous World Service Unity Event. Each year on the first Saturday in March, 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.



Shirts offered in four colors and three styles. They will have Celebrate Around The World logo printed on back and the Greater Saint Louis District C.A. logo printed on the front (both logos pictured at top of this flier. All printing will be in white ink.

**PAYMENT IN FULL MUST ACCOMPANY EACH ORDER FORM**

Make Check Payable to  
Greater Saint Louis District of C.A.

Questions or More Information-  
Contact Vicky M. 314/660-3828

ORDER FORMS MAY BE TURNED IN TO:

- 1) YOUR MEETING GSR
- 2) VICKY M.
- 3) MAILED TO: Vicky Meehan  
3065 Armona Drive  
Saint Louis, MO 63129-5235  
(mailed orders must be received by 5/19/19)

## Show your support by Ordering a 2019 Celebrate Around The World Shirt

**Pre-orders only. Get exactly the shirt you want!**

| STYLE                 | COLORS               | SIZE          | PRICE |
|-----------------------|----------------------|---------------|-------|
| Short Sleeved T-Shirt | Black                | S, M, L & XL  | \$18  |
| Short Sleeved T-Shirt | Navy Blue            | 2XL           | \$19  |
| Short Sleeved T-Shirt | Forest Green         | 3XL           | \$20  |
| Short Sleeved T-Shirt | Maroon               | 4XL           | \$21  |
| Crew Neck Sweatshirt  |                      | S, M, L & XL  | \$27  |
| Crew Neck Sweatshirt  | All Styles Available | 2XL           | \$28  |
| Crew Neck Sweatshirt  | In All Colors        | 3XL           | \$29  |
| Crew Neck Sweatshirt  |                      | 4XL           | \$30  |
| Hooded Sweatshirt     | CATW Logo Printed    | S, M, L, & XL | \$34  |
| Hooded Sweatshirt     | On Shirt Back        | 2XL           | \$35  |
| Hooded Sweatshirt     | Greater STL District | 3XL           | \$36  |
| Hooded Sweatshirt     | Logo on Front        | 4XL           | \$37  |
| Hooded Sweatshirt     | White Printing       |               |       |

**LAST DAY TO SUBMIT ORDERS IS MAY 19, 2019!**

NAME \_\_\_\_\_ PHONE NUMBER \_\_\_\_\_

PERSON WITH WHOM YOU ARE SUBMITTING THIS FORM \_\_\_\_\_ AMOUNT SUBMITTED \$ \_\_\_\_\_

ITEM(S) WANTED (BE SURE TO INDICATE SIZE, STYLE & COLOR) \_\_\_\_\_

"In the spirit of Tradition 6--We are not allied with any sect, denomination, politics, organization or institution."

### ***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](http://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 2018</i> | <i>December 2018</i> | <i>January 2019</i>                            | <i>February 2019</i> | <i>March 2019</i> |
|----------------------------|----------------------|----------------------|--|----------------------|-------------------|
| Come & Get It              |                      | \$15                 | No<br>District<br>Meeting<br>Due To<br>Weather |                      | \$7               |
| End Of The Line            | \$5                  |                      |  | \$5                  | \$11              |
| Fried Pipers & Cocanuts    |                      | \$20                 |  | \$20                 |                   |
| Get To Steppin'            |                      |                      |  |                      | \$45              |
| Men's Meeting              | \$100                | \$10                 |  | \$100                |                   |
| Saving Lives               |                      |                      |  | \$5                  | \$2               |
| Serenity On Saturday       | \$15                 | \$20                 |  | \$20                 | \$30              |
| THE Meeting                | \$2                  | \$5                  |  | \$5                  |                   |
| The Thursday Night Meeting |                      |                      |  |                      | \$186.20          |

## H & I DONATIONS

| <i>Meeting Name</i>     | <i>November 2018</i> | <i>December 2018</i> | <i>January 2019</i>                   | <i>February 2019</i> | <i>March 2019</i> |
|-------------------------|----------------------|----------------------|---------------------------------------|----------------------|-------------------|
| Come & Get It           | \$7                  | \$5                  | No District Meeting<br>Due To Weather | \$14                 | \$39              |
| Fried Pipers & Cocanuts | \$34.71              | \$19                 |                                       | \$42                 | \$8.57            |
| Serenity On Saturday    | \$21                 | \$9.88               |                                       | \$34                 | \$14.97           |

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](http://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.

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Typically, the Missouri Area of C.A. has two unity events every year—one in January, and one in July or August. This year's January event got cancelled due to treacherous icy weather. After a couple of unsuccessful attempts to reschedule, the decision was made to hold off and have an outdoor picnic gathering in July. Most likely, this will occur on Saturday, July 20 in conjunction with the regularly scheduled Area meeting on July 21. Stay tuned for more details!

2020 will bring the Missouri Area convention to Saint Louis after a year's hiatus without a state convention. This is a prime opportunity for everyone to participate in some serious but fun service work. If you want to get involved at the grassroots level, please plan on attending the Area meetings, which are held in Columbia, Missouri the third Sunday in odd-numbered months. Time and meeting location may be found on our website, [camissouri.org](http://camissouri.org), under the "Events" tab.

## Greater Missouri Area Report



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](mailto: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](http://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

|          |          |
|----------|----------|
| Laura N. | 18 Years |
| Joe L.   | 29 Years |

## End Of The Line

Sunday 6 PM  
Baden Facility

|                |          |
|----------------|----------|
| Damien         | 1 Year   |
| Joanne W.      | 7 Years  |
| Wanda B.       | 15 Years |
| Sheila J.      | 16 Years |
| Tina H.        | 16 Years |
| Chris G.       | 17 Years |
| Yvonne M.      | 20 Years |
| Constantine A. | 22 Years |
| Yolanda P.     | 26 Years |
| Allen B.       | 27 Years |
| Kay K.         | 27 Years |
| Walter S.      | 28 Years |
| Joy L.         | 29 Years |
| Deborah J.     | 32 Years |

## Get To Steppin'

Wednesday 5:30 PM  
John Calvin Presbyterian Church

|              |          |
|--------------|----------|
| Harriet W.   | 28 Years |
| Jeannette J. | 30 Years |

## Fried Pipers & Cocanuts

Wednesday 7 PM  
First Unity Church

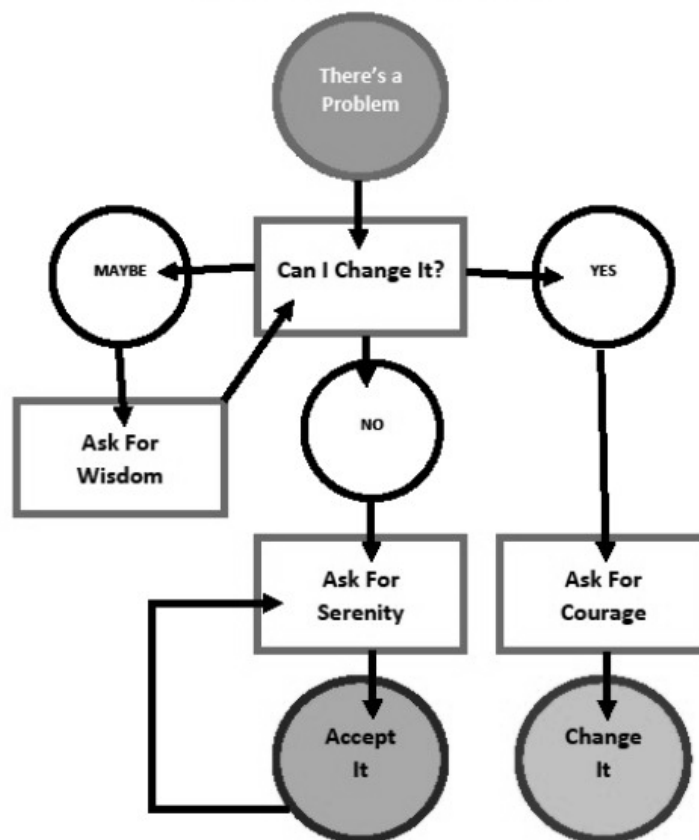
|             |           |
|-------------|-----------|
| Madelyne C. | 60 Days   |
| Betsy A.    | 90 Days   |
| Kate B.     | 90 Days   |
| Renae W.    | 9 Months  |
| Kristi M.   | 1 Year    |
| Hannah H.   | 18 Months |
| Kelly C.    | 18 Months |
| Tiffany D.  | 2 Years   |
| Frankie S.  | 4 Years   |
| Carolyn J.  | 27 Years  |
| Vicky M.    | 29 Years  |

## Serenity On Saturday (S.O.S)

Saturday 1:00 PM  
Harris House

|           |          |
|-----------|----------|
| Doris W.  | 30 Days  |
| Bonnie P. | 60 Days  |
| Bridgette | 60 Days  |
| Meghan C. | 60 Days  |
| Mandy M.  | 6 Months |
| Kelly E.  | 9 Months |
| Doug H.   | 4 Years  |
| Donna R.  | 23 Years |
| Wendy M.  | 32 Years |

## SERENITY FLOW CHART



... we examine  
the wreckage that is  
accumulating from our  
attempts to run the show  
and the things that have  
been blocking us from  
our Higher Power.

*From the C.A. Pamphlet-  
A Guide To The Twelve Steps*