



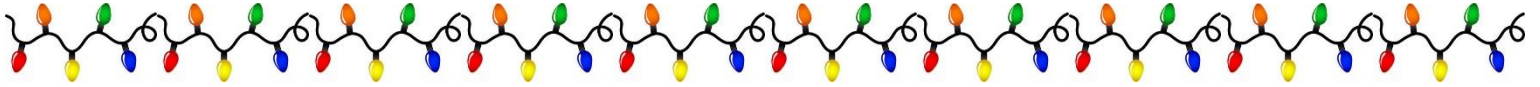
CONNECTIONS

Volume 83

Official Newsletter of the Greater Saint Louis District of Cocaine Anonymous

December 2022

Happy Holidays!



WE'RE BACK!

It has been just short of three years since the last issue of **CONNECTIONS** was published. Many of us sorely missed the quarterly newsletter and many of us settled to get along without it, but we need to stay connected! Without the enthusiastic participation of its members Cocaine Anonymous would perish. **CONNECTIONS** is a quarterly newsletter committed to bringing you the latest news about CA recovery in our District, Area, and around the world. CA members will have up to the minute news on meeting changes, who is holding what position at the District and Area levels, service opportunities, our sobriety birthdays, and where all the conventions, workshops, and celebrations are being held. *We are not a glum lot!*

Thanks to the previous editors, Vicky M. and Jeannette J. for taking on the task of producing **CONNECTIONS** in the effort to keep the communications lines open to fellow CA members. Special recognition to Vicky M. for the years of not only keeping the newsletter alive, but continuing to fulfill her service work responsibilities in other areas. A special thanks to Jeannette J. for stepping up as editor and for continuing to unselfishly give her time and expertise to our fellowship.

Linda S.



CAWS 2023
Atlanta, GA

CAWS 2023 in Atlanta, GEORGIA

May 25 - 29, 2023

Atlanta Marriott Marquis
265 Peachtree Center Ave. NE
Atlanta, GEORGIA 30303, USA

To register for the CAWS 2023 convention:

You can register on-line at the following link please: [CAWS 2023 Registration](https://www.caws2023.org)
For registration questions, please contact Stephanie K., Registration Chair, stephanie@caws2023.org

H&I Service work by Cynthia C.

Hospitals and Institutions (H&I): Responsible for the coordination of and participation in Twelve Step Work within hospitals and institutions.

This is a time for action. We need your help in getting the word out that we are here and we are free. We have a committee formed and we need willing participants.

CA is a fellowship of people who would not normally mix. We suffer from the disease of addiction. Our common problem of addiction (The Disease) is cunning & baffling. As addicts enter institutions, we must offer them solutions that has worked for so many others; whether they drank, popped pills, shot up, tooted, snorted, or smoked their drug of choice.

The H&I committee needs help to share our Experience Strength & Hope so we can show how we got clean & stayed clean. This will help the still suffering addict to identify and relate. This is what it means to give it away, to give back what was so freely given. Be there for the newcomer.

Our primary purpose is to stay free from all mind-altering substances, and to help others achieve the same freedom. We wish to assure them that there is a solution and that recovery is possible. Cocaine Anonymous is a spiritual program not a religious one.

Do you remember your first day, 30 days, 60 days even 90 days. I was squirrely, unsure and had lost everything. No one wanted anything to do with me. I felt so alone, but I kept coming back because the fellowship welcomed me unconditionally.

Remember there is a solution; we can recover from addiction. One day at a time, it is possible to live a life filled with hope, faith, and courage.

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.

Step Twelve by Kay K.

"Having had a spiritual awakening as the result of these steps, we tried to carry this message to addicts, and to practice these principles in all our affairs."

My spiritual experience happened slowly but constant. In the beginning I went to meetings, read the literature, and listened to other addicts share their experience, strength, and hope. I started to identify with what was being shared and began to apply the steps to my life, one day at a time, one situation at a time, one place at a time. Before I knew it a psychic change started to take place. I met with my sponsor on a regular basis and started calling other women in the fellowship when life was too much for me to handle. Even when I didn't want to. I became Honest, Open minded and Willing. As a result, my life changed. Sure, there were many struggles, and it wasn't easy, but it was doable.

I shared my experience with newcomers and they were able to identify. I began to work with others like my sponsor worked with me. The principle "the only way to keep it is by giving it away," was at work. One by one I saw how the twelve principles of the steps were coming to fruition in my life. These are the principles that I practice on a regular basis since coming into recovery: Honesty, hope, surrender, courage, integrity, willingness, humility, love, responsibility, discipline, awareness, and service.

First, I had to become honest in order to get help for what was wrong with me. I was able to see hope as the hours became days, days became months, and the months became years. Once I accepted my powerlessness the doors started to open. It took courage to look at my life by doing the fourth step with the help of my God and my sponsor. We worked towards to overcoming my flaws and character defects. The God of my understanding taught me how to live and treat other people. I know that as myself, I'm nothing, but with God I can do anything. I didn't know how to love myself, so I couldn't love others. God has shown me how to love through His grace and mercy.

I'm more responsible than I've ever been in my life, and yes there is still room for growth. When it comes to discipline it's a word that I hated and every time my sponsor mentioned it, I would cringe, but I have learned to ask God's guidance in everything I do, and with a lot of practice, the discipline has kind of just worked itself out. Having a working relationship with God has been key to it all. So full circle I give back what has so freely been given me. I may not have it all together, but together we have it all.

Love and Service,
Kay K
12/09/91

DISTRICT DONATIONS

<i>Meeting Name</i>	<i>August 2022</i>	<i>September 2022</i>	<i>October 2022</i>	<i>November 2022</i>
Come & Get It			\$15.00	
End Of The Line		\$30.00	\$20.00	
Fried Pipers & Cocanuts	\$25.00	\$20.00	\$20.00	\$10.00
Get to Steppin'	\$25.00			\$25.00
Saving Lives		\$50.00	\$30.00	
The Thursday Night Meeting			\$20.00	
What Does the Book Say	\$30.00		\$30.00	

H & I DONATIONS

<i>Meeting Name</i>	<i>August 2022</i>	<i>September 2022</i>	<i>October 2022</i>	<i>November 2022</i>
Saving Lives		\$15.00		

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 3:00 PM at the 212 Club, 204 West Pitman, O'Fallon, Missouri 63366. This a hybrid meeting and may also be attended virtually on Zoom. **(841 2777 2063 passcode CADistrict)**. If the second Sunday falls on a holiday weekend, this meeting is held the first or third Sunday. Directions—Take I-70 west to Exit 217 Highway K. Follow outer road to Main Street, turn right .3 miles 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, Steve G. at 636-466-3956

Volunteers Needed

- ❖ Volunteers are needed to chair meetings at The Salvation Army Midtown, 2900 Washington Blvd. 63103. Contact Carl R. 314-602-7740 @ for information.
- ❖ H&I Committee members are needed to chair meetings in recovery and correctional facilities.

EVENTS

DISTRICT ELECTIONS DECEMBER 11 @ DISTRICT MEETING 1 P.M. 212 CLUB
There are many open positions—your chance to get involved and be of service.

“Matching Calamity with Serenity”
August 2nd-4th, 2023
Unity Village Hotel & Conference Center
1901 Northwest Blue Parkway
Lee’s Summit MO 64086

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

212 Club

Sunday 6 PM

Joe L. 32 yrs.

Laura N. 21 yrs.

Joe R. 18 yrs.

End of the Line

Baden Facility

Sunday 6 PM

Hybrid

Deborah J. 35 yrs.

David W. 34 yrs.

Diane D. 32 yrs.

Allen B. 30 yrs.

Yolanda P. 29 yrs.

Joe M. 38 yrs.

Constantine A. 25 yrs.

Stacy L. 24 yrs.

Carl W. 21 yrs.

Chris G. 21 yrs.

Tina H. 20 yrs.

Linda S. 18 yrs.

Joanne W. 10 yrs.

Damien 4 yrs.

Joy W. 4 yrs.

Virgie Y. 3 yrs.

Fried Pipers & Cocanuts

Online

Tuesday 7 PM

Susan C. 41 Yrs.

Michael M. 32 Yrs.

Vicky M. 32 Yrs.

Carolyn J. 31 Yrs.

Eileen D. 29 Yrs.

Margo G. 29 Yrs.

Donna R. 26 Yrs.

Tracey G. 12 Yrs.

Cathy G. 10 Yrs.

Ron K. 2 Yrs.

Chekeeta D. 30 Days

The Thursday Night Meeting

Online

Thursday 7:30 PM

Leslie A. 31

Cynthia C. 30

Men's Meeting

Baden Facility

Hybrid

Saturday 4 PM

Carl R. 30 yrs

Women's Winner Circle

Online

Monday 6: PM

Stacy D. 6 mos



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!!!