



CONNECTIONS

Volume 84

Official Newsletter of the Greater Saint Louis District of Cocaine Anonymous

April 2023

Spring, for thousands of years, has meant rebirth of the earth's bounty. Warmer temperatures and longer days have a positive impact on our feeling of well-being. Making a searching and fearless moral inventory of ourselves, as stated in Step Four, may be perceived as a new beginning, if we have the courage to be honest with ourselves. We are challenged to accept what we discover and to make space for a new way of living.

Spring brings a sense of optimism we can all tap into and use for our benefit. However, with three years of the Covid-19 pandemic and when the dreary dark and cold winter changes into the bright and breezy spring, addiction triggers can emerge. The C.A. brochure, **Tools of Recovery**, outlines the strategy needed to maintain sobriety: **Abstinence** from all mind-altering substances is the first thing we must practice. Stay connected by attending **Meetings** to share our experience, strength, and hope with other recovering addicts. When it comes to **Literature**, we use the *Big Book* and the



Twelve and Twelve of Alcoholics Anonymous because it has already been proven that the Twelve-Step recovery program works. We also use *Hope, Faith & Courage: Stories from the Fellowship of Cocaine Anonymous*, *A Quiet Peace: Daily Meditations*, and most recently, the *C.A. Twelve-Step Companion Guide*. Staying connected with our **Sponsor** gives access to support and accountability, which includes scheduling regular sessions to work the **Steps**, and preparing ourselves to be able to help other addicts. Our **Higher Power** keeps us grounded in the reality that the God of our understanding is doing for us what we could not do for ourselves. Getting involved in **Service Work** helps us by helping others while promoting our primary purpose to help the addict who still suffers. The **Telephone** is our lifeline to stay in touch with our sponsor and C.A. members, and to use it before making the mistake of losing our sobriety. Recognizing that our continued sobriety is achieved A Day at A Time can be maintained with daily **Prayer and Meditation**. Let us all remember that our primary purpose is to stay free from cocaine and all other mind-altering substances, and to help others achieve the same freedom.

Submitted in love and service;
Linda S.

The Greater Saint Louis District Central Service meeting held elections at the 212 Club in O'Fallon, MO December 11, 2022. The following open positions were filled:

H & I Chair Joanne W.
Literature Chair: Joe M.

Current officers are as follows:

Chair	Steve G.
Co-Chair	Open
Treasurer	Laura N.
Secretary	Kay K.
Dist. Serv. Rep.	Vicky M.
Hot Line	Vicky M
H & I	Joanne W.
PICP	Cynthia C
Literature	Joe M.
Unity Chair	Open
Newsletter	Linda S.

If you would like to be a service at the district level, the Co-Chair and Hot Line positions are open. You are invited to attend District Meetings on the 2nd Sunday, 3:30 p.m. at the 212 Club, 204 West Pitman, O'Fallon, Missouri 63366. This is 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.



Greater Missouri Area of C.A.
Presents The
2023 Show Me Recovery
Convention



"Matching Calamity With Serenity"

August 4th-6th, 2023

Marathon Meeting Chair

Would like to announce:



We are in need of people to be of service by chairing marathon meetings at the convention. We also need marathon meeting topics!

Please email E. Watson at fiera1990@yahoo.com with your topic, suggestions, or to volunteer to be of service!

LOOKING FOR SOMETHING EXTRA IN RECOVERY?

Growth~Fun~Fellowship



“MATCHING CALAMITY WITH SERENITY”
INVITES YOU TO OUR
MONTHLY PLANNING MEETING.
2023 GREATER MISSOURI AREA OF C.A.
CONVENTION COMMITTEE
THE 3RD SUNDAY OF EACH MONTH
12:00 PM

[HTTPS://US02WEB.ZOOM.US/J/81275358169?PWD=DK1KDKCVMVNCVVRVJZ2K3DVNOHNQT09](https://us02web.zoom.us/j/81275358169?pwd=DK1KDKCVMVNCVVRVJZ2K3DVNOHNQT09)

MEETING ID: 812 7535 8169
PASSCODE: GMOA

*In the spirit of Tradition Six, C.A. is not allied with
any sect, denomination, politics, organization or
institution.*

CAWS 2023 in Atlanta, GEORGIA May 25 - 29, 2023

<https://caws2023.org/>



T-SHIRTS ARE STILL AVAILABLE

FRONT



BACK



DESIGN:

SHIRT IS TAN WITH FOREST GREEN PRINTING

WE WERE NOT A GLUM LOT!



The District held their annual Holiday Open House at the 212 Club on Sunday, December 11. Leslie R. from KC came into town for the weekend to support the event and also to sell some of her Area convention fundraising items. The Open House was well attended with food, Bingo games, raffles and plenty of fun and fellowship.

Our monthly District business meeting convened immediately after the open house resulting in great attendance for December. We filled a couple of too-long-vacant District positions: Joanne W. was voted in as H & I Chair, and Joe M. as Literature Chair.

A district fundraiser tee shirt is currently on sale. The shirt is tan with forest green printing. Price is \$20 for medium to extra-large; \$23 for XXL to XXXL. Contact Steve Gunn if you are interested in purchasing a shirt 636/466-3956.

In Love & Service,
Vicky M.
St. Louis District Service Rep.

DISTRICT DONATIONS

Meeting Name	January 2023	February 2023	March 2023
Fried Pipers & Cocanuts	\$25.00	\$20.00	\$20.00
Get to Steppin'	\$30.00		
Saving Lives	\$30.00	\$60.00	\$30.00
The Thursday Night Meeting			\$20.00
What Does the Book Say	\$35.00	\$35.00	

H & I DONATIONS

Meeting Name	January 2023	February 2023	March 2023
Saving Lives	\$10.00		

Detailed financial information is available at our monthly business meetings. All C.A. members are welcome and urged to attend if possible.

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 H & I Chair, Joanne W. @ 314-532-0390

Volunteers Needed

- ❖ H & I Committee members are needed to chair meetings in recovery and correctional facilities. Contact Joanne W. @ 314-532-0390 for information.
- ❖ Volunteers are needed to chair Marathon Meetings at the Regional Convention August 4 – 6, 2023.

MEETING OF THE MONTH

Attending meetings not only keeps us sober, but our attendance allows us to practice Tradition 5:
Each group has but one primary purpose—to carry its message to the addict who still suffers.

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|----------------------------------|--|
| Monday April 17, 6:30 - 7:30 PM | The Women's Winner Circle Drug Court/H & I - ZOOM 87003838083/ PW: winner |
| Saturday, April 22, 2023 4:00 PM | Men's Meeting HYBRID MTG – ZOOM 138524729/ PW:254608
Baden Facility 8334 No Broadway 63147 |
| Tuesday, May 16, 7:00-8:30 PM | Fried Pipers and Cocanuts – ZOOM – 625745668 (no password enter through waiting room) |
| Wednesday, June 21, 5:30 P | Get to Steppin' HYBRID MTG – ZOOM 2541053/PW:G2S
Grace Church 2695 Creve Coeur Mill Rd 63043/Rm CLL22 |

**PLEASE PLAN TO ATTEND THE LISTED MEETINGS TO SUPPORT OUR FELLOWSHIP OF THE
 GREATER ST. LOUIS DISTRICT OF COCAINE ANONYMOUS.**

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. 36 yrs.
Kay K. 31 yrs.
Allen B. 31 yrs.
Yolanda P. 30 yrs.
Constantine A. 26 yrs.
Joanne W. 11 yrs.
Damien 5 yrs.
Virgie Y. 4 yrs.
Dee D. 3 yrs.
Delano C. 1 yr.
Devonte S. 1 yr.

Fried Pipers & Cocanuts

Tuesday 7 PM

Online

Vicky M. 33 yrs.
Eileen D. 30 yrs.
Dana W. 29 yrs.
Donna R. 27 yrs.
Tracey G. 13 yrs.

Saving Lives

Anchor House

Tuesday, 6 PM

Michael H. 32 yrs.

Get to Steppin'

Grace Church

Wednesday 5:30 PM

Hybrid

Joy L. 33 yrs.

What Does the Book Say?

Friday, 6 PM

Online

Harriet W. 32 yrs.

IMPORTANT MESSAGE FROM CAWSO INC.

21720 South Wilmington Ave Ste 504
Long Beach, CA 90810

February 1st, 2023
Dear Trusted Servants,

The World Service Office Board of Directors, after study and thoughtful consideration has found it necessary to increase some of our prices on plastic/key tag chips and pamphlets.

Inflation has caught up with CAWSO. Our costs for everything at World Services have been going up.

In order to pay our staff livable wages, pay higher utilities, as well as fuel surcharges on some of our shipping, we need to raise our prices after many years of no increases. The cost of paper prior to the pandemic had skyrocketed yet we held prices down.

So, we are sad to say we must raise our prices on pamphlets from 35 cents to 50 cents and our plastic chips will change from 45 cents to 60 cents effective March 1, 2023. We understand this may cause a burden on our smaller groups and we are sensitive to these effects. We have been working with our vendors and are making progress in shortening the wait time on our restocking orders from our suppliers.

The WSO staff has been working diligently to fill the back orders while increasing order accuracy and shortening wait time on regular orders. We are training staff on improving our ordering and trace systems.

Thank you for your patience and understanding.

Sincerely,
Earl H.
World Service Office Chairman



"He passed the sobriety test. Now I think he's just showing off."

Staying Connected . . .

Our local Saint Louis Cocaine Anonymous Hotline (833.662.6322) is answered 24 hours a day by volunteer members of our fellowship. It is a fabulous resource for anyone feeling squirrely—pick up the phone—NOT THE DRUG!!!