



CONNECTIONS

Volume 86

Official Newsletter of the Greater Saint Louis District of Cocaine

October 2023

My Delegate Journey By Leslie R. Kansas City, MO

I arrived at the rooms of Cocaine Anonymous (C.A.) with six months of sobriety in 2003, and at once, I knew I was finally at home. I found a place where I could be fully me; an addict and an alcoholic. I had attended meetings of A.A. and N.A., but I was never completely comfortable in either fellowship. A.A. didn't want to hear about my drug addiction and N.A. didn't want to hear about my alcoholism.

In my first C.A. meeting they read "Who Is a Cocaine Addict" and "Who is a C.A. Member" and I heard my story in them. I was filled with hope and the desire to be a part of CA and found my first C.A. homegroup. I got a new C.A. sponsor, I worked the steps, I changed, I grew, and I wanted more. In sponsoring others, I experienced the power in giving away what was so freely given to me. I attended workshops and 12 Step and 12 Tradition studies which led to a deeper understanding of how our Fellowship continues to flourish and grow. I took on small service commitments like setting up the meeting space, making coffee, chairing meetings, and serving on event committees. In turn this led to serving at District and Area levels.

When one of our home group members became a delegate to the World Service Organization of Cocaine Anonymous, I was inspired by his dedication. I didn't know anything about service at that level and the Twelve Concepts were a bit confusing, but the example of his service and his love for C.A. stayed with me as I grew in my recovery.

In 2022 I was elected as a Delegate for the Greater Missouri Area. I had served as a Delegate for C.A. Thailand in 2019, however my service was cut short due to the Covid 19 pandemic. I was locked out of Thailand while travelling in the U.S. in March of 2020, and not knowing when I would be allowed to return to Thailand, I took a job in Kansas City and three and a half years later I am still living and working in Kansas City.

Attending the World Service Conference in Atlanta 2023, I was shown love, admiration, and inspiration by fellow members who give so freely of their time to serve the Fellowship they love. I watched the 12 Concepts come

alive on the conference floor. The right of minority opinion to be heard, which is the foundation of the 5th Concept. The right of participation which gives us a voice and a vote which is the basis of the 4th Concept. I learned about the important roles and responsibilities of the World Service Board of Trustees and the World Service Office Board in serving our fellowship and ensuring C.A.'s growth. I remain in awe of how our Fellowship has trusted servants, but no governance. That our ultimate authority is a loving God as He may express Himself in our group conscious as set forth in Tradition 2 along with Concept 1 which states the final responsibility and the ultimate authority for C.A. World Services should always reside in the collective conscious of the of our whole Fellowship.

Each Delegate serves on one of the 10 World Service Conference Committees. I chose the Public Information Committee (PI) as I felt it would best serve the Greater Missouri Area which I represent. The PI Committee is tasked with getting the word out to suffering addicts and to the general public that C.A. is here and that we offer a solution to both alcoholism and drug addiction. C.A. is not well known in the Midwest and serving on PI Committee, we work to remedy this situation.

Serving as a Delegate has been both an enormous gift and a huge honor. It has enhanced my recovery and my life in immeasurable ways. That an addict like me would be considered a trusted servant to the World Service Organization of C.A. was something I could not even have fathomed in early recovery. I am forever grateful to those members who served before me, alongside of me, and those who will come after me. I am forever grateful to C.A. for giving this addict and alcoholic a home. When I got sober it was for one reason and one reason only... to make the pain stop. I had no other goals. Well, the pain did stop and I was healed long ago, but what I got was so much more than that; my life is filled with meaning, purpose, and love. I have truly been given a life beyond my wildest dreams by serving the Fellowship I love, Cocaine Anonymous.

Submitted in Love and Service,
Leslie R.

OUR DISTRICT TRUSTED SERVANTS
Current District 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
Archives	Open
Newsletter	Linda S.

ELECTIONS DECEMBER 2023

If you would like to be of 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, 2:30 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.

34th Annual Midwest Regional Convention

A Way Out
34th Annual C.A. Midwest Regional Convention
November 3rd - 5th, 2023 | Milwaukee, WI

MEETING HERE

November 3rd-5th, 2023
Best Western Plus Airport
Milwaukee, WI

In the spirit of our 6th Tradition C.A. is not allied with any sect, denomination, politics, organization, or institution.

HOPE FAITH COUR'AGE
C.A. World Convention 2024 — Holland

GO TO [CA.ORG](https://www.ca.org) FOR REGISTRATION AND HOTEL INFORMATION



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



"Matching Calamity with Serenity"
August 2nd-4th, 2023.

Faithful members of C.A. convened at the Unity Village in Lee's Summit for the Greater Missouri Area Show Me Recovery Convention. The hotel accommodations were comfortable and the campus featured areas designed for peaceful contemplation.

Dwanna R. provided a great display of C.A. archival items that reflected memories of C.A. conventions and events of the past. Carl R. was there for support as they both were able to provide information about the items.

Thanks to Leslie R. for the opportunity drawing and the 50/50 fundraiser as there was a variety of recovery related decorative items, artwork, and self-care items that received loads of bids that provided a wonderful fundraising result.

Kudos to the folks who manned the Registration table as they were able to seamlessly check in the pre-registrants and well as on-site registrations. Thanks to Pam S., Donna R., Vicky M., Tracey G., and Susan C. for their dedicated service.

Carolyn M. and Harriet W. cheerfully manned the t-shirt table where there was a great supply of various styles and of sizes.

Friday night's speaker, Kay K., from St. Louis, inspired us with her unforgettable story of what it was like, what happened, and how joyous her life is due to the fellowship of C.A. Following a delicious buffet dinner Saturday night, Leslie S. from Atlanta, got the convention shared her arousing message of commitment to service and sponsorship, and the convention concluded Sunday morning with a message of humility and gratitude by Eulish from Iowa.

Our hosts, the Kansas City members, made sure we had a great time as we definitely were not a "glum lot." They did a great job making sure that the Hospitality room stayed well attended. Eve M. made sure the Marathon meetings were covered with chairpersons, and the 12 Step Fashion Show was a huge success thanks to the efforts of Ellen U and Mike S.

The greatest take away was that there were 144 newcomers from treatment centers from the Kansas City, Springfield, and Warrenton areas throughout the course of the weekend—1/3 more than the regular convention attendees. They participated in the art projects, games, and dancing on Saturday night.

Saint Louis District of C.A. presents

2023 Holiday OPEN HOUSE
Sunday, December 3
1:30 - 4:30 PM

212 Club, 204 West Pitman, O'Fallon, MO 63366

Pot Luck—
Bring Something
Delicious to Share!
District will provide ham

Prizes Galore!!
Cup Drawing +
50/50

Bingo
with Cash Prize
Jackpot Game

Food, Fellowship, FUN!!!

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

DISTRICT DONATIONS

Meeting Name	July 2023	August 2023
End Of the Line	\$20.00	\$20.00
Fried Pipers & Cocanuts	\$25.00	\$25.00
CA Meeting	\$20.00	\$30.00
Men's Meeting	\$50.00	\$50.00
Get to Steppin'		\$25.00
Saving Lives	\$40.00	\$40.00
What Does the Book Say		\$25.00

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 2:30 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 H & I Chair, Joanne W. at 314-532-.0390 or email at 1joannewright@gmail.com.

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.**

Sunday, October 8, 5:45-7:00 PM	Warren Church 25891 So. State Hwy 47 Warrenton, MO 63383	IN PERSON
Sunday, November 12, 6:00-7:30 PM	Come & Get It 212 Club 204 W. Pitman St. Louis, MO 63366	IN PERSON
Saturday, December 9, 6:00-7:30	The Meeting 8334 No. Broadway St. Louis, MO 63147	IN PERSON



Is your program powered by Will Power or Higher Power?

EDITOR'S NOTE: Letters, articles, cartoons, etc., related to C.A. and living in recovery are welcomed by the Editor. Please call Linda S. at 314-607-8919 or email theljaysmith2@gmail.com with your ideas and/or contributions.

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 do not 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.

Simply CA
1925 E. Bennett St. Suite J
Sunday, 5:30
Springfield, MO
John B. 12 years

End of the Line
Baden Facility
Sunday 6 PM
Hybrid
David W. 35 years
Marie J. 34 years
Diane D. 33 years
Carolyn M. 29 years
LaMonica 23 years
Carl W. 22 years
Tony W. 16 years
Joy W. 5 years

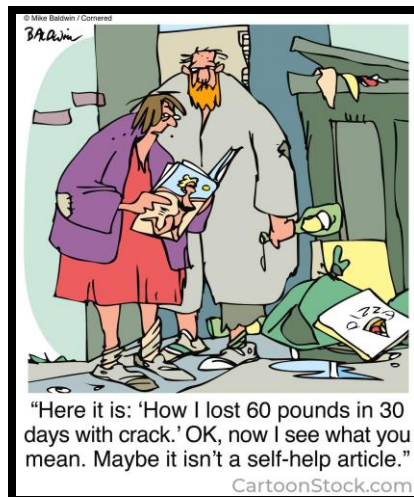
Women's Winner Circle
Zoom
Monday 6:30 PM
Jennifer S. 90 days
Fried Pipers and Cocanuts
Desdamaona Mc. 9 months
Monee R. 6 months

Zoom
Tuesday, 7 p.m.
Susan C. 42 years
Margo G. 30 Years
Cathy G. 11 Years

Get To Steppin'
Zoom
Wednesday, 5:30
Pam S. 28 years
Anna F. 22 years

Thursday Night Meeting
Zoom
Thursday, 7:30 p.m.
Leslie 32 years

What Does the Book Say
Zoom
Friday, 6 p.m.
Margaret G. 4 years



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's a fabulous resource for anyone feeling squirrely—pick up the phone—NOT THE DRUG!!!

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."