



CONNECTIONS

Volume 87

Official Newsletter of the Greater Saint Louis District of Cocaine

January 2024



As we say farewell to last year and welcome the fresh start that comes with the new one, we naturally want to celebrate. In the CA fellowship, there is much to cheer about. After years of drinking, drug use, and struggles to get sober, we have managed to transform our lives and find freedom from active

addiction.

Now that the old year is coming to an end, this would be a great time to acknowledge how far we've come. Perhaps last year at this time you were still in the throes of active addiction. Some of us experienced depression, anxiety, and feelings of disconnection.

Now that 2024 is here, it is a perfect opportunity to think about your goals for the coming year. Take some time to think of ways you might make the coming year more fulfilling than ever. Whether that means going back to school, reconnecting with estranged family members, or just living a more peaceful contented life, setting your goals now can keep you accountable all year long.

The greatest and most rewarding goal you can set is to be of service to the CA fellowship. This year, in 2024, our commitment to be of service is critical.

We discovered that the best way to serve God [Higher Power] was to serve our fellow humans, and we found humility in the process. Our self-centered behavior was gradually replaced with the "attitude of service." We learned that service is about gratitude and learning how to contribute to our lives and the lives of others.*

Why Be of Service?

- To give back what was so freely given to us;
- To take on a commitment as a symbolic way of making amends;
- To meet other recovering addicts;
- To learn how to be part of a team;
- To learn humility by doing something selfless for someone else;
- To learn skills or teach others what we know;
- To learn responsibility.**

On our website, ca.org under the Service tab, you will find all the service areas their descriptions and responsibilities on the group, district, area, region, and world levels. It is suggested that you familiarize yourself with the various opportunities to see where you can best service the Fellowship of Cocaine Anonymous.



When I came into the program of Cocaine Anonymous, I was at the lowest point of my existence. I was 27 years old and had been hopelessly addicted to drugs since the age of 12. I had ruined every friendship, relationship, and meaningful thing that I had ever been in contact with. In the program and in the steps, I found a new way of living. Today I am a free man. It's been nearly 3 years and the changes that have taken place are a direct result of the program. I hold my head high and the shame and guilt no longer eat away at me. I am no longer afraid, and I no longer hide from my past. My fellowship and my home group are essential to my recovery. To me each day is a new beginning, one that would not have been possible had someone not directed me to Cocaine Anonymous.

Brady G.
Free At Last
Shawnee, KS

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	Open
PICP	Cynthia C
Literature	Joe M.
Unity Chair	Open
Archives	Open
Newsletter	Linda S.

ELECTIONS JANUARY 2024

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.

*Excerpt from the "Being of Service" <https://ca.org/literature/being-of-service/>

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Greater Missouri Area of CA Service Opportunities



Greater Missouri Area of Cocaine Anonymous
"Cocaine Anonymous welcomes anyone with a drug or alcohol problem and offers a solution"
Need help right now?
Call our 24/7 Help line
833-662-6322

The primary function of an Area is to serve the common needs of its District(s) and Group(s) and to facilitate unification of the Fellowship. A World Service Delegate comes from an Area.

Chair

- a. Two years continuous sobriety.
- b. Two year commitment.
- c. One year of active service in C.A.
- d. Presides over monthly/quarterly meetings and arranges agenda.

Vice Chair

- a. One year continuous sobriety.
- b. Two year commitment.
- c. Six months of active service in C.A.
- d. In absence of Chairperson performs those duties of Chairperson.
- e. Chairperson of one Standing Committee.

Delegate

- a. Conference Delegates are required to have a working knowledge of the Twelve Steps, the Twelve Traditions, the Twelve Concepts of Service and the World Services Conference Charter.
- b. Attend the World Service Conference (WSC) prepared, in order to be able to vote knowledgeably.
- c. Delegates must be prepared to attend District, Area and Regional service meetings.
- d. Delegates serve on a World Service Conference Committee and work closely with Committee members throughout the year.

H&I Chair

- Responsible for the coordination of and active participation in Twelve Step work within hospitals and institutions.

Helpline Chair

- Responsible for the provision of information and assistance to individuals seeking aid by phone, and with the communication of messages received for other committees.

Unity Chair

- Responsible for the communication and outreach among the diverse elements within the Fellowship at all levels, in the interest of carrying the C.A. message. It is also suggested that these committees sponsor annual workshops and other forums to promote C.A. unity.

S&B Chair

- To formulate bylaws, guidelines and a structure by which Cocaine Anonymous can operate day-to-day, at Conferences, Regions, Areas and elsewhere around the World. W

Literature Chair

- Responsible for the distribution of literature and chips to C.A. Districts, Groups, members and interested institutions.

THE STRUCTURE OF COCAINE ANONYMOUS

Cocaine Anonymous is not organized in the formal or political sense. There are no governing officers, no rules or regulations, no dues or fees. However, the need for services to addicts throughout the world is very important to the Fellowship. Inquiries from both within and outside the Fellowship have to be answered. Literature has to be written, printed and distributed, and requests for help be followed up.



→ SAVE THE DATE ←
Tuesday, April 16, 2024

Fried Pipers & Cocanuts

Meeting of Cocaine Anonymous
Proudly Announces Our

30th Anniversary Celebration

You are cordially invited to be our guest for this significant milestone recognition event.

* Dinner Provided By Our Group 6 PM *

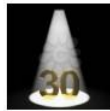
* Free Mega Prize Giveaway *

* Photo Booth Opportunity *

* Meeting Archives On Display *

* Speaker Meeting at 7:15 PM *

(Featuring Joe L. from St. Peters, MO)



Although our meeting is now permanently on Zoom, this special happening will be held LIVE at our previous in-person meeting location:

FIRST UNITY CHURCH

4753 Butler Hill Road, South St. Louis County, MO 63128

→ **RSVP's For Attendance Will Be Helpful In Planning For Food— Please Call Vicky M. 314/660-3828 After March 1 and BEFORE April 1, 2024 To Accept Invitation** ←

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



Greater Missouri Area News

Our Area PI committee attended a weekend conference of the Missouri Addiction Counselor's Association held at the Lake of the Ozarks. We had an information booth, complete with literature, pamphlets and meeting schedules to hand out. We also made a three-hour presentation about C.A. and our personal experiences with recovery. Our booth and our presentation were both extremely well received. A great deal of interest came from rural areas of Missouri that do not have access to in person meetings. We will offer support to those areas wishing to start C.A. meetings. Based on the success of this event, the Area PI Committee will actively seek out similar events to help the still suffering addict find our wonderfully inclusive program of recovery.

A PI Social Media subcommittee has been formed and will meet in November to begin creating posts for our Area Facebook and Instagram accounts. We are very excited about the potential to reach the still suffering addict through these platforms.

Submitted by Leslie R.

PICK THE OPIOID ADDICT.

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(HINT: THERE IS NO WRONG ANSWER.)

DISTRICT DONATIONS

Meeting Name	October 2023	November 2023	December 2023
End Of the Line	\$20.00	\$20.00	\$20.00
Fried Pipers & Cocanuts	\$25.00	\$25.00	\$25.00
The Meeting		\$20.00	
Men's Meeting		\$50.00	
Get to Steppin'		\$25.00	
Saving Lives	\$20.00	\$40.00	\$40.00
What Does the Book Say			\$32.00
Thursday Night Meeting	\$50.00		

H & I DONATIONS

Meeting Name	October 2023	November 2023	December 2023
Saving Lives	\$10.00	\$20.00	

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 **CA**district). 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.



Would you like to see your Artwork on a T-Shirt?

C.A. needs you! The fellowship is looking for C.A.T.W. artwork for next year. It is suggested that this artwork be a global and unifying theme. Please submit all submissions to: unity@ca.org

Artwork must be submitted in JPEG format

STATEMENT OF PURPOSE

The purpose of **Celebrate Around the World** is to promote enthusiasm and unity within the fellowship of Cocaine Anonymous and financially support the fellowship's effort to carry the message of recovery.

- It is suggested that all net proceeds be disbursed according to the Conference approved 70/30 Plan.
- It is suggested that any proceeds retained by the area be used towards sending their delegates to the WSC.
- It is suggested that each areas event be held on the 1st Saturday in March to promote CA unity.

"Our common welfare should come first; personal recovery depends upon C.A. unity." – Tradition 1



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.

**End of the Line
Baden Facility
Sunday 6 p.m. Hybrid**
Kay K. 32 years
Chris G. 22 years
Sheila J. 21 years
Wanda B. 20 years

**Women's Winner Circle
Monday 6:30 p.m. Zoom**
Desdama M. 1 year
Jennifer S. 6 months

**Fried Pipers and Cocanuts
Tuesday, 7 p.m. Zoom**
Carolyn J. 32 years
Tracey G. 14 years
Bev W. 90 Days

**Thursday Night Meeting
Thursday, 7:30 p.m., Zoom**
Cynthia C. 32 years

**The Meeting
Baden Facility
Saturday, 6 p.m. In person**
Allif D. 22 years
Grayling R. 21 years
Willie L. 10 years
Claudia G. 2 years
Al H. 30 days



Kansas City Birthdays

**Free At Last
Sunday, 7 p.m. Open Meeting**
Michael D. 1 year

**Working With Others
Monday, 6 p.m. Zoom**
Ellen U. 28 years
Leslie R. 21 years

OSA 2024
Visit our new online store!
JANUARY
ITEMS OF THE MONTH ORDER NOW
www.ca-online.org
"IN THE SPIRIT OF TRADITION 6, C.A. IS NOT ALLIED WITH ANY SECT, DENOMINATION, ORGANIZATION OR INSTITUTION."
MANY MORE ITEMS AVAILABLE AT OUR ONLINE STORE!
SPECIAL OFFER

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.