

## STEP SEVEN

### Humbly asked Him to remove our shortcomings.

*"Today I will remember to acknowledge God's grace in my life. Once again, I will abandon myself to this Power that I may do His will."*

A Quiet Peace page 25.

I have my list of shortcomings from my 5th Step. I know that I am a fallible human being, and I will always make mistakes. One way I have accepted this is that I believe only God and Nature are perfect. My list increases awareness of my character defects, which helps me to work on them. In some of our pasts, shortcomings were there to protect from getting hurt; or perhaps the opposite was true. We were overly concerned about doing too much for our friends and families. m. We often utilized this behavior to get the focus off ourselves. Blaming others for not doing what we wanted them to do was our entire basis of reality. We failed to see that it was our attempt to control and manipulate.

These old methods block us, creating a wall against the Sunlight of the Spirit and a sense of peace available to us when we work the Cocaine Anonymous program. I wanted to do things differently which is why I came to C.A. This step is an action step; inviting an awaking to a new life. It can be frightening, but our gain is self-awareness which is well worth the effort. Today, I recognize warning signs that I have identified over the years in C.A. When one of these crops up, it usually means a character defect/shortcoming is rearing its ugly head (or about to!).

1. I feel the hair on my neck start to tingle or raise up.
2. I feel a knot in my gut (fear).
3. I start to get anxious (worry).
4. My heart beats a little fast (fear and worry).
5. H.A.L.T.—I recognize I am hungry, angry, lonely, or tired.

I call these my flags of warning. They remind me to PAUSE, PRAY and THINK about what is really going with me. First, I always look at H.A.L.T. When any of these things are out of whack, my warning signals flare up big time. Sometimes I need to call my sponsor or another trusted CA friend. This can help me avoid reacting with my shortcomings like:

*"You are not doing what I think you should be doing. I think I know what is best for you."*

By employing the "one day at a time" concept, I can take my shortcomings one at a time or deal with one situation at a time. My sponsor told me once, "Just when you think you mastered a character defect; it just goes to the back of the line as you begin working on the next one." Which means this is a lifelong learning process. Trust your Higher Power and trust the fellowship. And by diligently working the 7th Step, your life steadily gets better!!

*"Step Six and Step Seven help me understand why I make mistakes and how I can perhaps prevent their recurrence."*

A Quiet Peace page 153.

Susan C.  
Fried Pipers & Coconuts



### This is MY Short Story

I have found that drinking was not my problem, it was a solution to get by in life on a day-to-day basis. Learning to cope with life as it happened was a lifelong problem. I did not realize until later in life that I was ashamed and had a deep resentment of my childhood and family members, except one. Because of torture, turmoil, being belittled and all the other trauma that happens when you are raised by a bipolar single mom who held massive grudges. I always fantasized about being someone else, preferably someone famous. I did not know how to interact with others because I did not know who the hell I was. I always felt all by myself. Being standoffish and skeptical about other's intentions, motives, I came to distrust everyone and anything (even myself). I did not like myself because I did not know who I was. So, what was there to like or love?

As I grew up, I found people who did not seem to care about anything or anyone else but themselves; and they were drinkers galore, so guess what? I tried it for myself, and yes it made a difference. I became oblivious to my past and was able to overlook judgement from anyone, because I just did not give a damn. My relationships with men and careers were based on lies. Nothing ever lasted in my life because at some point that insecure girl peeked through. So, to forget the bad choices and decisions that I made, I drank to get through the day without thinking or reminiscing or even sleeping, in fear of dreaming. No sleep only gave me poor judgement and red eyes. And then I found myself hooked on vodka and all alone. Who could I trust to help me? Not the church (another story, another day)! Even when I went through rehab, I was insincere about it. I had no trust in myself I still had no clue as to who I was. I rehabbed twice and I still was not ready to face the fact that it was not the alcohol; it was ME, ME, ME standing in the need of deliverance from myself. So, the third cry for help in rehab was the charmer for me.

From what I learned from the first two attempts I added them together and came up with my surrender to God. I went to meetings and got a sponsor. I quickly realized that only God could remove this addiction from me and if I stayed surrendered, God would keep me— one day at a time. And that is how C.A. became in the pivotal point of my journey to sobriety. C.A. cared only that I wanted to get clean and stay away from mind altering substances. Not one individual drug, just the addiction. Through C.A. I was able to see that my stinking thinking was getting and keeping me in trouble. In the meetings I attend I can tell others my burdens and recognize the relief and growth I get each time.

Claudia G.  
End of the Line  
Baden Facility



Greater Missouri Area of C.A.  
Help Line: 833.662.6322

**Fried Pipers & Cocanuts Celebrate 30th Anniversary**

By Vicky M.

On April 16, the Fried Pipers & Cocanuts celebrated their 30th Anniversary with a gala extravaganza.

This group started as a Wednesday meeting on April 13, 1994 at the Brentwood Library, where they stayed until March, 2003. After a short, six-month stint at the Lindell Club, they found a perfect home at First Unity Church on Butler Hill Road in South County, where they thrived until March 2020 when covid shut everything down. As did all the local C.A. meetings, the Pipers quickly shifted to the Zoom and soon decided to switch their night to Tuesdays so as not to conflict with the other Wednesday night meeting, 'Get to Steppin.' Plus, they wanted to fill a void since at that time, there were not any local Tuesday night meetings. Since we began to have participation from out-of-town participants, the Fried Pipers & Cocanuts decided to stay permanently on the digital platform.

The meeting format has stayed the same ever since the beginning. First week of the month is a Big Book study. Second Tuesday is C.A. storybook study. Third week is Twelve and Twelve step study. The fourth week is always a speaker meeting. If a fifth week should happen, a tradition is discussed. It is a well-rounded line-up that keeps members in the middle of the recovery boat. \*\*

Plans for the 30th anniversary party began almost a year in advance. Home group members started a voluntary special collection to pay for the event. Ideas were taken from the Kansas City *Working With Others* group's 30th anniversary celebration last June. Invitations were made to an abundance of FPC alumni from years gone by, and many of them gathered for the reunion. Naturally, all the local C.A. community was also invited.

The party was held at First Unity Church, which is the location where the meeting last met in person. A sumptuous buffet meal of appetizers, lasagna, ham, chicken, salad, and rolls was followed by cake and coffee. Attendees were treated to ten free raffle tickets where they could win one of 30 awesome prizes ranging from artwork to jewelry. Also, a photo booth was available to snap some fun shots with friends. Meeting archives were on display with statistics and memorabilia going back to the very beginning. Group founder, Vicky M. chaired the party's speaker meeting. After giving a Fried Pipers & Cocanuts oral history, she turned the floor over to speaker Joe L., a veteran old-timer of Saint Louis C.A., who shared an inspiring message of experience, strength, and hope with the nearly 40 folks who came out for the celebration.

Some interesting statistics about FPC: As of this writing, 16,167 addicts/alcoholics have sat in chairs around tables or in Zoom windows at this meeting. \$27046.16 has been collected for our 7th tradition. After group expenses of rent, chips, literature, and refreshments, we were able to donate \$15,236.20 (over 56% !) to our district, area, and world entities. It was a fun party. Thanks to everyone who came to help us celebrate, and may we enjoy another 30 years to come of carrying the message to the addict who still suffers.

\*\* Fried Pipers & Cocanuts meet every Tuesday from 7 PM to 8:15 Central Time. Meeting room opens at 6:30 for fellowship. Zoom ID is 625 745 668. No password—you enter through a meeting room. Please be sure your name is on screen to be admitted. Mixed open meeting—all are welcome!



**GREAT NEWS!!!  
GRAND OPENING OCTOBER 1, 2024**

The World Service Office Board is excited to announce the Grand Opening of the new C.A. World Service Office in Phoenix, Arizona. The Grand Opening will represent the first day that the new revised *12 Step Companion Guide* and the new *Recalling the Early Days of C.A.* book will be available. What a fantastic way to open the new location!

With the daunting list of things to do, the C.A. Service Office has determined that they will be able to maintain all administrative functions and still take orders for chips during the transition period with a temporary fulfillment commitment of two weeks. We unfortunately will be unable to take orders for literature, books, or manuals until the Grand Opening on October 1<sup>st</sup>.

All complete orders submitted by July 15<sup>th</sup> will be processed as normal, but the office will be able to fulfill orders from July 15<sup>th</sup> to October 1<sup>st</sup> for CHIPS ONLY. The website will also reflect the "chips only" ordering and fulfillment for that period.

In love and service,  
The C.A. World Service Office Board

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

**Meeting of the Month Schedule July 2024 – January 2025**

11	WED 5:30PM	Get to Steppin'	ZOOM	250 491 053/ PW: G2S	July 24		
12	SUN 5:45PM	Saving Lives	Warrenton Church, 25891 South State Hwy 47, Warrenton 63383	In Person	August 11		
13	SUN 6PM	End of the Line	Baden Facility, 8334 North Broadway, St. Louis 63147 HYBRID In Person & Zoom	828 5473 2741/ PW: EOL	Sept 8		
14	WED 7:30PM	Jefferson Barracks	Veterans Hospital, Building 51, 1 Jefferson Barracks Drive, St. Louis 63125	In Person	Oct 23		
15	FRI 6PM	What Does The Book Say	ZOOM	811 9919 9303/ PW: bigbook	Nov 15		
16	SUN 6PM	Come & Get it	212 Club, 204 West Pitman, O'Fallon, MO 63366	In Person	Dec 8		
17	TH 7:30PM	Thursday Night Meeting	ZOOM	649 143 859 /PW: 259741	Jan 9-2025		

<b>DISTRICT DONATIONS</b>			
Meeting Name	April 2024	May 2024	June 2024
End Of the Line	\$20.00	\$20.00	\$20.00
Fried Pipers & Cocanuts	\$25.00	\$25.00	\$26.40
CA Meeting	\$9.56		\$10.00
Get to Steppin'	\$30.00		\$50.00
Saving Lives	\$51.00	\$30.00	\$50.00
What Does the Book Say	\$20.00	\$20.00	

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 2<sup>nd</sup> Sunday, 2:30 p.m. at the 212 Club, 207 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.



**November 1-3, 2024**  
**Hilton Rosemont Hotel**  
**5550 N. River Road**  
**Rosemont, IL 60018**  
**(888)452-6943**

Creative? Artistic?  
 Want to see your artwork and logo featured on  
 flyers & t-shirts?  
**THIS IS YOUR OPPORTUNITY**

**COCAINE ANONYMOUS  
 WORLD UNITY  
 COMMITTEE NEEDS  
 YOUR SUBMISSIONS!**

2025 Celebrate Around the World Theme  
**"Awakening"**

In the spirit of Tradition 8, C.A. is seeking creative and artistic submissions from individuals, organizations or institutions.

**REQUIREMENTS:**

- Create new logo for 2025 (artwork with the design and theme "Awakening")
- Should contain the event name "Celebrate Around the World"
- Cannot be signed - should sign release form (link below)
- Artwork is to be sent to World Service Conference Unity Committee at unity@ca.org for approval.
- Artwork must be submitted in vector format - High resolution pdf/300dpi

Please note: The Unity Committee will review all submissions, vote and present their selected piece to the World Service Conference Floor for final approval.

**C.A. SPEAKER JAM '24**  
**AUGUST 3RD AT 10AM**

- AMAZING SPEAKERS
- CONCEPTS WORKSHOP
- SPAGHETTI DINNER
- CRACKHEAD BINGO
- 50/50 RAFFLE
- CUP RAFFLE
- BAKE SALE

THE EVENT IS FREE! EVERYONE IS WELCOME!

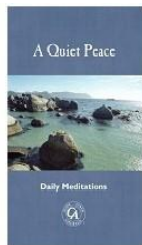
DINNER TICKETS  
 \$10  
 KC-ELLEN 816.668.6473  
 STL-JEANNETTE 314.494.3055

**BOONE ELECTRIC**  
 1513 RANGE LINE ST.  
 COLUMBIA, MO

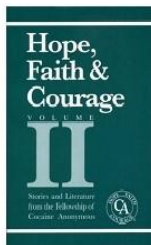
**OUR C.A. TOOLS OF RECOVERY**



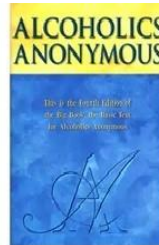
\$15.00



\$12.50



\$12.50



\$12.00



\$11.00



**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**

Joe M. 30 years  
Stacy L. 26 years  
Linda S. 20 years

**Women's Winner Circle**

**Monday 6:30 p.m. Zoom**

Jennifer S. 1 Year  
Desdamona Mc. 18 Months  
Anetra A. 90 Days  
Mandy G. 90 Days

**Fried Pipers and Cocanuts**

**Tuesday, 7 p.m. Zoom**

Wendy Mc. 37 years  
Laurie N. 23 years  
Frankie S. 9 years  
Angie R. 3 years

**The Meeting  
Saturday, 6 p.m.  
Baden Facility**

Dwanna R. 32 years



**Kansas City Birthdays**

Mike S. 8 years  
Jessica B 8 years  
Piper B. 2 years  
Runer 2 years  
Aaron B. 1 year  
Kendra L. 1 year  
Josh P 1 year  
Caleb M 1 year  
Eun 1 year

**ROC**

Darci R. 25 years  
Dennis R 25 years  
Abbie R. 23 years

**Working With Others**

**Monday, 6 p.m. Zoom**

Walter M. 17 years  
Joel B. 17 years  
Keith P. 5 years  
Adrian P. 1 year



CartoonStock.com



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

**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 [thelajsmith2@gmail.com](mailto:thelajsmith2@gmail.com) with your ideas and/or contributions.