



CONNECTIONS

Volume 90

Official Newsletter of the Greater Saint Louis District of Cocaine

October 2024

Step Nine

Made direct amends to such people wherever possible, except when to do so would injure them or others.

"Making amends has allowed me to hold my head high and look people in the eye." Hope, Faith & Courage Volume II, page 167

Here I am at Step Nine. I have been praying for those resentments and to have willingness to be able to make the amends necessary to clean my side of the street. It opens me up to the sunlight of the spirit and the gifts offered me by Cocaine Anonymous.

Working with a sponsor is a must for me. I reviewed my 8th Step with her and discussed who requires an amends and who doesn't. I don't not want to hurt anybody which would be the opposite of this step. I have to let go of outcomes because it's none of my business how they perceive the amends. Sure, I want the relationships to be better, but in the end, this step is for my program.

Here's how one of my amends played out. One day when this person on my list called on the phone (it was a family member), we chatted for a few minutes before they asked to speak with my husband. As I handed him the phone, I heard my HP say, "It is time." I immediately called my sponsor on another line. We discussed how when I made these amends, I wanted to be alone with the person. We rehearsed what I would say. Afterwards, I was able to go to the person's house, where we were alone. I stated what I did and why I was wrong. I stated how I would do my best to do better. (An event had occurred, and I had not been considerate of this person's feelings and how it would affect them emotionally.) We both started to cry. They told me that they were "trying to change too." It was a beautiful experience. We had a wonderful relationship from then on until the day the person passed. When I think of this person, I get choked up because I miss them in my life every day.

There was a person with whom I was so angry I couldn't even say their name in prayer. That was a very rocky relationship my whole life. At times I had to distance myself from this person. I was blamed for things that wasn't all my fault, but I wanted to take care of my part. I went to where the person would be alone and as I started to share my wrongs, the person pushed their chair back away from their desk and put their hands behind their head as if to say, "oh I can't wait to hear THIS." I ignored their body language. It didn't matter, I kept going. In the end, my amends was accepted. I was so happy and relieved that it was over. Check and check. One more off the list.

Again, I did this all with the help of my sponsor. I now could hold my head up without being ashamed of my past. It was WAY worth it, and if it ever came down to it, I would gladly repeat the process. Going to C.A. meetings and working with my sponsor, I learned how to offer a healthy amends. Which is a skill I have taught my children and other CA members. Now go out there and clean your side of the street!

Susan C.
Fried Pipers and Coconuts



"Cocaine Anonymous? I Didn't Know About That!"

By Vicky M.

September 22, C.A. participated for the first time in a free event here in Saint Louis called **Recoveryfest**. It was held at Kirkwood Park where live music by three local bands; plus a "midway" of sorts where various recovery community entities set up booths to educate and increase awareness about themselves and the resources available for people in recovery. 12-step programs, recovery centers and sober living facilities from all over the city showed up to talk to attendees about how they work assisting people in their recovery journeys. Nothing was being sold, but plenty of give-aways like pens, cups, bags, treats, and, most importantly, **INFORMATION**—all in the hopes of helping folks remember that help is available for the taking!

In spite the storm that wrecked many of the tents and tables the night before, organizers and participants all pitched in to straighten things up Sunday morning. The sun came out, and we had an amazingly beautiful afternoon of fun and fellowship. Our C.A. booth was well-stocked with flyers, pamphlets and meeting directories, which eager professional-capacity visitors snapped up to take back to their facilities. Everyone was interested in learning about C.A. and particularly about the new free phone app which will pull up C.A. meeting info worldwide at the press of a button.

Many thanks to **Bev W.**, who was my all-day booth buddy, coming early to help me set up and staying until we packed it in—a full eight-hour shift! The Greater Missouri Area of C.A. has been working hard over the past year to participate in these kinds of happenings and has already attended a couple of large conferences in other parts of the state geared towards professionals in the recovery community. This event was the first opportunity to carry the C.A. message in our own Saint Louis neighborhood. We want to establish C.A. as a viably accessible body for individuals to glean support in their sobriety. Those of us who are already C.A. members don't need to be told about how wonderful C.A. is in welcoming addicts/alcoholics of ALL persuasions, but outsiders who hear of Cocaine Anonymous for the first time couldn't possibly know about our all-inclusive first step and third tradition.

Rod D., from Kansas City, who is our Area level Public Information/Cooperation with the Professional Community Committee Chairperson, has been doing a bang-up job of guiding a dedicated group of C.A. members in working to spread the good news about C.A. In addition to attending conferences, this committee has also established a social media presence for Greater Missouri C.A. (**Like and follow us on Facebook and Instagram—Greater Missouri Area of C.A. on Facebook, greatermissouriareaca on Instagram.**)

Rod and his committee meet every month via Zoom on the first Thursday at 8:30 PM CST. Zoom ID is 876 6989 2951. All members are invited and encouraged to attend this group to see how you can help with carrying the message in this way.

How much of what has been so freely been given to you are you willing to give back?



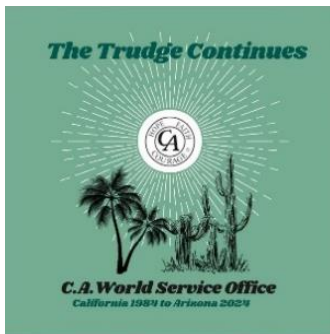
Whether you use an Android or an iPhone, go to your app store and search “**Cocaine Anonymous Meeting Finder.**” Download the free app and you will have the world of C.A. meetings at your fingertips. The beautiful thing is that it converts all the meeting times into the time zone where YOU are located, so you can see what is happening, for real, right at this minute. It lists both live and online meetings, so you can take advantage of virtual meetings all over the world. The filtering options allow you to zone in on exactly what you are looking for—sweet!



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



MAY 22 – 26, 2025
WHERE: DOUBLETREE RESORT BY HILTON
SCOTTSDALE
5401 SCOTTSDALE ROAD
SCOTTSDALE, ARIZONA 85250
+1-480-947-5400
FACEBOOK: CAWS 2025 ARIZONA WORLD
CONVENTION
INSTAGRAM: @2025arizonaworldconvention



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 will be able to take orders for literature, books, or manuals after the Grand Opening on October 1st. All complete orders submitted by July 15th will be processed as normal, but the office will be able to fulfill orders from July 15th to October 1st 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

The End of the Line Meeting of Cocaine Anonymous Invites you to Our 36-Year Reunion

Chili Party and Dance!

OCTOBER 19, 2024 6-10:00 PM

CELEBRATE OUR 36 YEARS OF CARRYING THE MESSAGE WITH FUN - FOOD - LAUGHTER

Jennings Place Residences
 2355 Middle River Road | Jennings, MO 63136

Doors Open @ 6 PM
 Speaker Meeting at 6:30 PM
 +
 Featuring Joy L.!

Dancing Karaoke!

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

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

Meeting of the Month Schedule October 2024 – January 2025

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		

DISTRICT DONATIONS			
Meeting Name	July 2024	August 2024	September 2024
End Of the Line	\$20.00		
Get to Steppin'		\$30.00	
Saving Lives	\$30.00		
Come & Get It	\$25.00		

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 2nd 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.

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"

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 from (link below)
- Artwork 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 (final for final approval).

**2024
Midwest Regional
Convention**

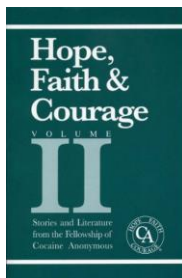


November 1-3, 2024
Hilton Rosemont Hotel
5550 N. River Road
Rosemont, IL 60018
(888)452-6943

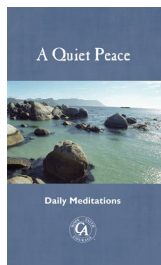


If you are interested in buying the area-fundraiser premium version of this bag for \$20, please contact Vicky M. at 314/660-3828. Only a very limited supply are left for sale, so act fast. (Premium canvass totes are well-made, heavy-duty with a zipper closure on top and a small zipper pocket inside—size 15 X 17.5 inches excluding handles).

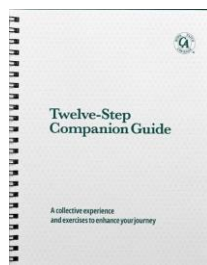
OUR TOOLS OF RECOVERY



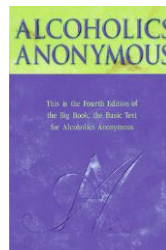
\$12.50



\$15.00



\$12.50



\$12.00



\$11.00

Easy does it.





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

- David W. 36 years
- Diane D. 34 years
- Pam D. 33 years
- Carl W. 23 years
- Tony W. 17 years
- Joy W. 6 years
- Al H. 1 year

Women's Winner Circle

Monday 6:30 p.m. Zoom

- Desdamona M 18 months
- Jennifer W. 6 months

Fried Pipers and Cocanuts

Tuesday, 7 p.m. Zoom

- Susan C. 43 years
- Tim L. 17 years
- Cathy G. 12 years
- Jeremy L. 6 years
- Bev W. 1 year
- Mary C. 60 days
- Natalie M. 60 days
- Mary C. 30 days

The Meeting

Saturday, 6 p.m.

Baden Facility

- Mr. Jones 5 years



Kansas City

Northland Group

- Rod D. 29 years

ROC

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

Working With Others

- Angela W. 25 years



Saving Lives

- Steve G. 23 years



"Don't worry dear. This is diet coke."

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 thelijaysmith2@gmail.com with your ideas and/or contributions.