



CONNECTIONS

Official Newsletter for the Greater Saint Louis District of Cocaine Anonymous

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Show Me Recovery Convention 2004!

August 13, 14, 15

KCI Marriott
Kansas City, Missouri



We have found much of heaven and we have been rocketed into a fourth dimension of existence of which we had not even dreamed.

- Big Book p. 25

*When we came into the fellowship of Cocaine Anonymous, it was a relief to know that we weren't alone! Other addicts had traveled the path to freedom from their addiction. They were here to **Show Me Recovery**, that there is a solution! Plan for a weekend filled with nonstop CA fun! Marathon meetings, workshops, speaker meetings, and dances! Register early for package discounts. Pickup registration forms at your local CA home group and talk to your meeting chairperson if you are interested in being of service for this year's convention. See you in KC in August!*

District News

Workers Needed!

The Greater St. Louis district is in need of new ideas, new faces, new hands to do the work and new feet to carry the message! One of the greatest lifelines for a recovering addict/alcoholic is to jump into service work. Making coffee, setting up the meeting, cleaning up after the meeting, really does begin the process of recovery. Start building your service resume by getting involved. Stay for your home group's business meeting after the meeting. Go to a district meeting and find out where you "fit in." Good ideas and hard workers are always in need. Put the cement in your foundation and join a committee!

Correction: The District chair is Michael W (not Michael M as reported in the January 04 issue).

A new high with H & I!

Please be encouraged to come by the **Hospitals & Institutions committee meeting** on the first Sunday of the month at New Horizons Church, 206 Emerling Road at 3:30 p.m. Come on over and be a part of! WE want you! We have several H & I meetings that are need of support – Chairpersons and speakers. Give back what was so freely given to you! Don't forget to "pat, pat," that cement in your foundation!

Looking for something to do? See "**What's Happening**" in the CA fellowship on page 7!

Editors Note: Letters, articles, cartoons, information, prayer requests, etc. related to C.A. for the newsletter and living in recovery are welcomed. Please notify any of the newsletter staff to submit information. Your feedback/input regarding Connections is also welcomed. Connections staff: Donna Y, Jeannette J, Kim C, Yvonne M. You may also submit contributions electronically to jeannettejohnson@sbcglobal.net. In love and service.

Service Work on the Area Level

by Pearl B.

The Kansas City District is part of the Greater Missouri Area of CA, which also comprises Columbia, St. Louis, East St.

I have been involved in Service work since I was 9 months sober. Being involved has allowed me to grow spiritually.

Louis and Springfield. The Area was formed in 1994, the year that I was reborn. I remember attending the first Area meeting in Jefferson City at Lincoln University, Student Hall one Sunday afternoon. This meeting was for nominations for the different positions in the Area. I had no idea what was going on. I just felt like I was a part of life at last and it was new and exciting (and, it still is)!

When they came to position of Unity Chair, I raised my hand, because that word kind of grabbed my soul. I was somehow elected to serve in this capacity. I had some crazy ideas that we could wear the same colors on a particular day or celebrate each other's birthday, not sobriety birthdays, but the bellybutton birthday. My presentation was corny, but it went over good. A few people approached me afterwards and wanted to be on my committee. I was just following instructions. They told me to contact the Regional Unity chair and he would send me all the information that I needed. And this got me started on Service work at the Area Level. I was Unity Chair for a year. I have served as Area Chair for 2 years, Vice Chair for 2 years, Archives Chair Convention Chair and am presently CPC/PI chair for the Area. I have been involved in Service work since I was 9 months sober. Being involved has allowed me to grow spiritually. It has allowed me to see some of my character flaws and work on them. It really helped me with the Tradition 12.

Being involved has given me a sense of purpose and a genuine caring for this Fellowship.

I don't understand how I can still be as excited with recovery and sobriety as I was over nine years ago. I still don't understand why I am still linked to CA. The only sane thought that I can come up with is that My Higher Power has not led me in any other direction. So I will keep coming back.

My passion is still on the Unity Committee. My flimsy attempt to give back to this Fellowship and this District is a commitment to edit the Kansas City Pipeline, our District's newsletter. This is an attempt to promote unity as well as help carry the message of recovery to the still suffering addict.



(CA Gossip Column)

And now they are expecting a new bundle of joy! Constantine A and Denise A were joined in holy matrimony on Friday, November 9, 2003. And the greatest gift of all is love! Congratulations Stan and Denise!

Brian and Mandy has a new addition to their family! Mandy delivered a beautiful baby boy on Tuesday, March 9. Little Tommy is the spitting image of his pop! Congratulations Brian and Mandy!

Rod D and fiancé Debbie will join hands in holy matrimony on June 12! Yep, Rod is getting married. Congratulations Rod & Debbie!

Tyler Davis (son of our very own Donna Y) was inducted into the National Honors Society this past March 2004. Tyler has carried a 3.8 GPA while also participating heavily in sports. Way to go, Tyler!

Patrice H is seeing bells in her future. Bells? Yep, bells. What kind of bells, you ask? Wedding Bells! Her knight has arrived and asked if she would be his bride. Listen up, because the date has not been set yet. We are wishing you the best, Lil' sis!

Are these extravagant promises? We think not. They are being fulfilled among us. Sometimes quickly, sometimes slowly, but they will always materialize. . . . (Back to that work thing again!)

Our Prayers are with you. . . .

Prayers are going up for Vicky M's father in Pennsylvania who is recovering from surgery.

Ellen U in KC lost her father on Sunday, March 28 after a long stretch of illness.

Gratitude



And we're going to party like it's your birthday!

End of the Line

2 years – Michael F 3 years – Paul U 4 years – Tom H 5 years – Gerald P 7 years – Gerald R
11 years – Yolanda P 12 years – Allen B 14 years – Joy L

Fried Pipers & Cocanuts

30 days – Bill P, Skip W 60 Days – Bruce D, Glenn F, Jacob McD, Lori L, Tom M
6 months – Bob B 9 months – Cathy B, John M 3 years – John S 11 years – Diane B

In the Light

60 days – Jason, Michelle L. 90 Days – Donna S, Natalie 6 months – Jennifer P 9 months – Melinda
year – Michele, Renee 18 months – Dale D 14 years – Victoria 16 years – Kevin H

Reaching Out

15 years – Jeannette J

What's Happening!

April 14 – Fried Pipers & Cocanuts **10 Year Anniversary celebration!** Lasagna buffet dinner, *yummy*. First Unity Church, 4753 Butler Hill Road (between I-55 & Tesson Ferry Rd). 6:45 pm

May 1 - *Unity Speaker Jam!* Food and speakers (4) starting at 6 pm. Dance immediately following! New Providence Church located at 367 & Chambers Road. Admission is free.

May 15 – **CA Women's Luncheon Yard sale.** 3832 McDonald Ave. 7 am – 12 noon. For more information call Kay T 369-3581.

Serenity, Boundaries, Options



Reflection: In my first life, there was no such thing as boundaries. There was nothing I would not attempt if I desired. . . In everything I endeavored, the extreme was common. I was too (tee-double o) everything! I hurt too much, I sought too much, I was too angry, sad. . .too scared. . .too courageous. . .much, much too judgmental and many times I remember being too right. Those were the times I wound up in jail, hurt or losing someone and/or something I though I loved; or hurt someone for something I loved TOO much. . .in a nutshell, I was too self-serving! After nearly half a century, that life is over! "It is by dying that one awakens to eternal life." (St. Francis) My new life is filled with boundaries, because past experience has taught me that not to have boundaries is foolhardy, dangerous and completely self-destructive. "He who by reanimating the old can gain knowledge of the new is fit to be a teacher," says Confucius. In the process of change, I'm learning that boundaries are what help create a balance in life; laws, rules and morality are the nucleus of boundaries. I've learned as I seek through prayer and meditation to improve my conscious contact with God that knowledge of His will for me will guide me to make the right choices, from the options available to me in my new life. I know today that my serenity is directly related to the options I choose as I face life's boundaries. Today I know what too much of anything can hurt me back through space and time, in a heartbeat into my old life. The last place I want to be!

Prayer – God, I pray that through self-forgetting, I may find that self that you would have me to be, that you help me to clearly see the boundaries that I must respect. And God grant me the courage in my heart to choose the right options daily. Father, grace me with serenity that I may know that I have honored your will for today. Amen!!!

"Too much of anything can be detrimental to anyone." Leonard B.

“Why Do We Need CA?”

By Vicky M.

I'm sure I'm not the only CA member who has heard questions from people in other twelve step fellowships such as--“Why do you need Cocaine Anonymous? Isn't Narcotics Anonymous enough? What, do you guys think you are so *different* that you need a separate program?”

In the past, when I've received these types of questions, I've tried to explain CA's existence as a means for cocaine

addicts to address their own special addiction without stepping on AA's primary purpose which is dealing with alcohol. I explain that NA (while it is a good and strong fellowship which works for many people) does not use the Big Book as the basis of their program of recovery. CA does.

Since crack is the substance that brought me personally to my knees, I understand as only a cocaine addict can how cunning, baffling and powerful this drug can be. When trying to explain this to someone who has never experienced the phenomenon of craving produced by cocaine, I have often felt that some individuals think CA is some kind of “specialist” group for an elite sect of us who perceive ourselves as better than or different from people with other addictions.

A while back, I found an incredibly persuasive answer as to why we need CA in, of all sources, *Time Magazine*. Check out the November 27, 2000 issue for the complete article about a Colombian guerrilla war fighter titled “King of the Jungle,” but here I'd like to share with you the piece of that article that literally BLEW ME AWAY. It was a little side box with statistics

provided by a combination of drug and law enforcement agencies. They listed the top three illegal drugs, along with their worldwide production quantity.

Check it out. Third on the list was heroin, with a worldwide production rate of 3,072 metric tons per year. Second in line was (one of my personal favorites!) marijuana. Grass is produced at a worldwide rate of 11,200 metric tons per year. Now, pay attention. The #1 drug on the list was (no surprise) our dear old friend,

cocaine. But listen to the statistic on the worldwide production rate of this particular drug—**613,400** metric tons per year! That's an astounding jump in quantity from the number two and number three substances!! The ratio of increase in the amount of cocaine compared to heroin and marijuana is nothing short of

enormous! It is inconceivable to me that cocaine could be that much higher than the other two in the top three!

I absolutely knew that cocaine is a serious problem in today's world, but this data (*613,400 metric tons!!!!*) clarifies that understanding into a whole new light. Cocaine Anonymous is not only needed, it is **ESSENTIAL**--even more than I imagined possible!

I thank God on a daily basis for the recovery I've found in the rooms of Cocaine Anonymous. Unfortunately, a lot of people out there will die from abusing cocaine. Let's be sure we all continue to work together in helping CA grow and become more accessible for the addicts who are still suffering. And the next time someone asks you why we need CA, you can educate them in no uncertain terms about the incredibly widespread saturation of this insidious killer.

The Program
The Program

Steps 4-5-6 of Cocaine Anonymous

4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.

Traditions 4-5-6 of Cocaine Anonymous

4. Each group should be autonomous, except in matters affecting other groups or C.A. as a whole.
5. Each group has but one primary purpose — to carry its message to the addict who still suffers.
6. A C.A. group ought never endorse, finance or lend the C.A. name to any related facility or outside enterprise, lest problems of money, property or prestige divert us from our primary purpose.

Concepts 4-5-6 of Cocaine Anonymous

4. Throughout our Conference structure, we ought to maintain at all responsible levels a traditional “Right of Participation,” taking care that each classification or group of our world servants shall be allowed a voting representation in reasonable proportion to the responsibility that each must discharge.
5. Throughout our World Service structure, a traditional “Right of Appeal” ought to prevail, thus assuring us that minority opinion will be heard and that petitions for the redress of personal grievances will be carefully considered.
6. On behalf of C.A. as a whole, our World Service Conference has the principal responsibility for the maintenance of our world services, and it traditionally has the final decision respecting large matters of general policy and finance. But the Conference also recognizes that the chief initiative and the active responsibility in most of these matters should be exercised primarily by the Trustee members of the Conference when they act among themselves as the World Service Board of Cocaine Anonymous.

THE IMPORTANCE OF “ANONYMITY”

Traditionally, C.A. members have always taken care to preserve their anonymity at the public level: press radio, television and films. We know from experience that many people with drug problems might hesitate to turn to C.A. for help if they thought their problems might be discussed publicly, even inadvertently, by others. Newcomers should be able to seek help with complete assurance that their identities will not be disclosed to anyone outside the Fellowship.

We believe that the concept of personal anonymity has a spiritual significance for us: it discourages the drives for personal recognition, power, prestige, or profit that have caused difficulties in some societies. Much of our relative effectiveness in working with addicts might be impaired if we sought or accepted public recognition. While each member of C.A. is free to make his or her own interpretation of C.A. Tradition, no individual is ever recognized as a spokesperson for the Fellowship locally, nationally or internationally. Each member speaks only for themselves.

Cocaine Anonymous is grateful to all media for their assistance in strengthening and observing the Tradition of anonymity. Periodically, the C.A. World Service Office sends to all major media a letter describing the Traditions and asking their support in observing it. A C.A. member may, for various reasons, “break anonymity” deliberately at the public level. Since that is a matter of individual choice and conscience, the Fellowship as a whole has no control over such deviations from Tradition. It is clear, however, that they do not have the approval of the group conscience of C.A. members.

DESCRIPTION OF A DISTRICT AND DISTRICT SERVICE COMMITTEE PREFACE

The primary level of organization of Cocaine Anonymous consists of the individual meetings/Groups.

DISTRICT

A District is a geographical unit within an Area containing a number of groups within a close proximity, which find it necessary to unify. A District has the primary function of the unification of its groups by keeping in frequent contact with them, learning their problems and sharing ways to contribute to their growth and well being. It is suggested that ten (10) or more groups comprise a District and that each ten (10) groups elect a District Service Representative to sit on the Area Service Committee. When districting or re-districting, approval of the groups within each current or proposed District is essential. The proposed districting or re-districting should be approved by the Area Service Committee. As the number of groups within a District increases, the District should either split into two Districts or elect more District Service Representatives from such groups to the Area Service Committee.

A DISTRICT SERVICE COMMITTEE (DSC) is a group made up of the Group Service Representatives from the individual groups in the District, the District Service Representatives and the DSC officers. The DSC meets on a monthly basis to handle the business needs of the District. The DSC may create committees to service such needs as Telephone (Helpline), Public Information, CPC (Cooperation with the Professional Community), Hospitals and Institutions, Literature and Chips, and Special Events.

The most important function is to serve the needs of the local meetings. If a meeting has a situation it cannot handle, it can come to the District Service Committee. The active participation of each GSR is essential for a successful DSC. Whatever endeavor or extracurricular activity is taken on by the District, they should at all times try to use or take advantage of Area resources, in order not to duplicate efforts or expenses already incurred by the Area.

OFFICERS OF THE DSC

The District should elect officers yearly, which include:

- a. Chairperson
- b. Vice Chairperson
- c. Secretary
- d. Treasurer
- e. District Service Representatives — one for every ten (10) groups in the District, elected by the groups' GSR
- f. Alternate DSR (optional)
- g. Chairpersons of District Service Standing Committees (optional) — elected by the respective standing committees and approved by the DSC.

There should be one Group Service Representative (GSR) elected from each group. The DSC officers should be elected from among the active GSR. Upon election, the DSC officers shall no longer serve as GSR. Those groups, which they represented, must elect new GSR.

The District Service Representative (DSR) is the essential link between the groups' GSR and the Area's Delegates to the World Service Conference. As a member of the District Service Committee, the DSR is exposed to the group conscience of that District. As a member of the Area Service Committee, the DSR passes on the Group's tenets to the Area's Delegates and the Area Service Committee.

DISTRICT SERVICE OFFICERS DUTIES AND QUALIFICATIONS

CHAIRPERSON

- a. Two years continuous sobriety.
- b. One year commitment.

- c. Six months of active service in C.A.
- d. Arranges agenda.
- e. Presides over monthly meetings.
- f. Only votes in case of a tie.
- g. Assumes the responsibilities of coordinating all activities within the District.
- h. Encourages trusted servants to chair various committees.

VICE CHAIRPERSON

- a. One year continuous sobriety.
- b. One year commitment.
- c. Six months of active service in C.A.
- d. Coordinates all committee functions.
- e. In absence of Chairperson, performs the duties of Chairperson.

SECRETARY

- a. One year continuous sobriety.
- b. One year commitment.
- c. Six months of active service in C.A.
- d. Keeps accurate minutes of each meeting.
- e. Handles correspondence and maintains business records of the District.

TREASURER

- a. Two years continuous sobriety.
- b. One year commitment.
- c. One year of active service in C.A.
- d. Gainfully employed.
- e. Receives and deposits contributions from meetings and special events.
- f. Keeps an accurate bookkeeping system.
- g. Maintains bank account(s) with checks requiring two (2) signatures.
- h. Gives monthly financial report.
- I. Timely filings with regulatory agencies (e.g. state and local taxes, nonprofit corporation forms).
- j. Pays all expenses.
- k. Passes on contributions to the Area and World Service.

DISTRICT SERVICE REPRESENTATIVE

- a. Two years continuous sobriety.
- b. One year commitment.
- c. Six months of active service in C.A. including prior service as a Group Service Representative (GSR).
- d. Represents a District in the Area Service Committee.
- e. Provides communication between the District and the Area.
- f. Communicates with other District Service Committee members.
- g. Keeps GSR informed about WSC activities.
- h. Acquaints GSR with the C.A. World Service Manual, the Twelve Concepts for World Service, and all other WSC-approved service materials.
- I. Attends all Area and District Service Committee meetings.
- j. Communicates to groups the responsibilities and importance of general service work.

ALTERNATE DISTRICT SERVICE REPRESENTATIVE

Some Districts find it appropriate to elect an Alternate DSR. The Alternate should possess the same qualifications as the DSR.