



CONNECTIONS

Official Newsletter for the Greater Saint Louis District of Cocaine Anonymous

Volume 36

October 2004

"I ain't gonna put
no money in that
basket!"

I bring my own
soda. I
even drink

don't
that disgusting coffee. "They" always want more
money. Makes me wonder where "They" spend it all
anyways! It's not like "They" do anything for me.
Then, there's that stupid H & I can. What's the deal
with that? Aw . . . crap, I'll throw in a buck
*% ^ & \$ # !!!

Do "yourself" a favor, DON'T BOTHER. "We" don't
need your measly DOLLAR! There's nothing, no-
where in any literature that says you have to give any-
thing. Besides it's all really about you! Right?

I guess that sounds exaggerated, but I've been in
meetings from Florida to Alaska and "They" are al-
ways asking for money. Tell me if you've heard this
before- "The same things are said in every meeting
over & over". Then you hear- "I've heard that one a
hundred times before, but that time it hit me like a rock
upside my head". Think about it!

**"I AIN'T GONNA PUT NO MONEY IN THAT
BASKET" "They'll just blow it anyways."
Are you Ready?**

You think I'm going to ask for \$\$, don't you. There
you go- thinking again! I'm just going to give you
TWO FACTS:

- 1) "YOUR" CA District is pretty thrifty. Expenses
average less than \$300/month. "YOUR" greatest
success is the CA Hotline, which takes 1/3 off the
top. Rent is \$45/month (and "WE" finally have a
nice clean place). Literature is bought and resold
back to "YOUR" groups basically at cost. The
balance of "YOUR" District's expenses go for
"YOUR" no-cost-to-the-group's meeting.

- 2) Directories, this official CA "Connections" newslet-
ter of "YOURS", donations to help "YOUR" CA
Area of Missouri when needed, miscellaneous
supplies, etc, etc. And somehow with these minis-
cule amounts of funds, "YOUR" District has
brought "US" several dances, picnics and special
events over the past years, like Six Flags and, my
favorite, the Unity Speaker Jam & Dance (which is
FREE to all).

**"I AIN'T GONNA PUT NO MONEY
IN THAT BASKET"
"Aw . . . crap, I'll throw in a few bucks."**

"Your" CA groups' donations to the district averaged
\$107/month in 2003 & \$105/month so far this year.
May 2004 had total donations of \$28.27. That measly
dollar you put in the basket each week must at least
cover your group's expenses. That's understandable.
But all "YOUR" CA groups together barely cover a
third of "YOUR" District's budget. So, how does the
District pay rent, miscellaneous expenses and do all
those dances, picnics and events? Think about it.

The bottom line is that "WE" are about as cheap as
they come and I am no exception. I once said to my
mother, "I'm just like you, mom." And she said, "No
Michael, I'm thrifty, you're cheap." Can you believe
that? Then there was the time I stuck my neck out
while speaking at a meeting and got my head chopped
off. I challenged everyone at the meeting to consider
putting \$5 in the basket at each meeting they went to
for a week. Just 1 week. Naturally, that was the week
I was asked to speak at two totally unrelated CA meet-
ings. And, of course, a couple of my sponsee's de-
cided this was the week to get sober and they insisted
on going to several meetings right away. That week
cost me about \$40! But what if I look at it with a dif-
ferent perspective?

Your buddy, Michael

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 by calling 314 830-3047 or electronically to jeannettejohnson@sbcglobal.net. In love and service.

Pass it on. . .

“ . . . Progress ”

An honest regret for harms done, a genuine gratitude for blessings received, and a willingness to try for better things tomorrow will be the permanent assets we shall seek.

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District News

A Word from our friends on the Westside

St. Charles CA attendance is up and on the move. Monday night Discovery Church, “In the Light,” has been around 2 ½ years now, growing strong and has many home group members. Tuesday night 212 Club Step meeting is need of support. Wednesday night Salvation Army speaker meeting has established a home group and still needs support. Friday night 212 Club has been around about a year and is going strong and has a home group established. Saturday morning Discovery Church needs support. H & I doing well with Thursday night Bridgeway is going great, St. Charles Jail – Centerpoint, and Bridgeway Troy in the works. St. Charles County CA members invite YOU to visit ANYTIME! We are here and we are free! God Bless!

Michele P.

Area News

Greater Missouri Area’s Third Annual New Year’s **Unity Overnighter** in Columbia, Missouri! You will not want to miss this year’s event the third weekend in **January 15-16, 2005!** Your area’s unity committee is now working to bring you an overnighter that promises to be filled with service-oriented information! Workshops are being planned on Saturday from 12 – 6 pm. And a evening meeting and a late night gathering is also in the works. We will wake to a hot buffet style breakfast before beginning our area business meeting and convention meetings, 9 am sharp! The overnighter should conclude by 1 pm on Sunday afternoon. Room rates are \$79 for the night-double occupancy at the Holiday Inn-Select, Columbia. Watch for a flier at your home group soon to get phones numbers and more information.

Regional News

The 13th Annual CA Regional Convention is being hosted in Troy, Michigan November 5, 6, 7, 2005. You may register on-line or talk to one of our area delegates, Yvonne C or Shirley H for information on registration forms. The Midwest Regional Convention Committee is looking for old CA regional convention t-shirts to have a quilt made to auction at the convention. Do you have one to donate to this great cause?

World News

H&I has finally finalized the video and it is now available for purchase! Please see Yvonne if you would like to view the video. Celebrate Around the World is now a subgroup of WSC Unity Committee. We have four new CA abroad area’s – Hong Kong, Holland, Sweden and Scotland! And thus, we grow! World Service Convention for 2006 will be in Texas, 2007 Missouri and 2008 will be held in Utah. Listen up for more information. I [Yvonne C] am the regional Newsgram representative and I was also elected TEC Alternate (Trustee Election Committee). If anyone has any stories they would like printed in the Newsgram, please get them to me (w/disclaimer attached). I look forward to serving you for another year as delegate elect. For more info on WSC, attend our next district and/or area meetings or call me at 539-6686/814-2071.

Yvonne C.

Promises

*... We will be amazed before we are halfway through.
We are going to know a new freedom and a new happiness!*

Milestone Birthdays (belly-bottom that is)
Happy Birthday to Mike M (6/11), Vicky M (7/23), Donna Y (8/9)!

Outside my Window

Outside my window, a new day I see
And only I can determine what kind of day it will be
It can be busy and sunny, laughing and gay
Or boring and cold, unhappy and gray
My own state of mind is the determining key
For I am only the person I let myself be
I can be thoughtful and do all I can to help
Or be selfish and think just of myself
I can enjoy what I do and make it seem fun
Or grip and complain and make it hard on someone
I can be patient with those who may not understand
Or belittle and hurt them as much as I can
But I have faith in myself and believe what I say
And I personally intend to make the best of each day!
Author unknown

Ca Online www.ca-online.org

CA online is carrying the message, promoting
unity and having fun!

Everyone is welcome at any time 24/7. 6 online
meeting:

- **There is a solution**
- **Keep it simple CA**
- **The Study**
- **Sisters in sobriety**
- **Steps online**
- **Hope, Faith & Courage**



Or go to www.ca.org to get the most current
World Service Office information!

10-11-12 of Cocaine Anonymous

10. Continued to take personal inventory, and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God, *as we understood Him*, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to addicts, and to practice these principles in all our affairs.

The Twelve Steps are reprinted and adapted with permission of Alcoholics Anonymous World Services, Inc. Permission to reprint and adapt the Twelve Steps does not mean AA is affiliated with this program. AA is a program of recovery from alcoholism. Use of the Steps in connection with programs and activities which are patterned after AA, but which address other problems, does not imply otherwise.1

Traditions 10-11-12 of Cocaine Anonymous

10. Cocaine Anonymous has no opinion on outside issues; hence the C.A. name ought never be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, television and films.
12. Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.

The Twelve Traditions are reprinted and adapted with permission of Alcoholics Anonymous World Services, Inc. Permission to reprint and adapt the Twelve Traditions does not mean AA is affiliated with this program. AA is a program of recovery from alcoholism. Use of the Traditions in connection with programs and activities which are patterned after AA, but which address other problems, does not imply otherwise.2

Concepts 10-11-12 of Cocaine Anonymous

10. Every service responsibility should be matched by an equal service authority — the scope of such authority to be always well defined, whether by tradition, by resolution, by specific job description or by appropriate charters and bylaws.
11. While the Trustees hold final responsibility for C.A.'s world service administration, they should always have the assistance of the best possible standing committees and service boards, staffs and consultants. Therefore the composition of these underlying committees

and service boards, the personal qualifications of their members, the manner of their induction into service, the system of their rotation, the way in which they are related to each other, the special rights and duties of our staffs and consultants, together with a proper basis for the financial compensation of these special workers will always be matters for serious care and concern.

12. **General Warranties of the Conference:** In all its proceedings, the World Service Conference shall observe the spirit of the C.A. Tradition, taking great care that the Conference never becomes the seat of perilous wealth or power; that the sufficient operating funds, plus an ample reserve, be its prudent financial principle; that none of the Conference members shall ever be placed in a position of unqualified authority over any of the others; that all important decisions be reached by discussion, vote, and whenever possible, by substantial unanimity; that no Conference action ever be personally punitive or an incitement to public controversy; that though the Conference may act for the service of Cocaine Anonymous, it shall never perform any acts of government; and that, like the Fellowship of Cocaine Anonymous which it serves, the Conference itself will always remain democratic in thought and action.

**The Twelve Concepts are reprinted and adapted with permission of Alcoholics Anonymous World Services, Inc. Permission to reprint and adapt the Twelve Concepts does not mean that A.A. is affiliated with this program. A.A. is a program of recovery from alcoholism. Use of the Concepts in connection with program and activities, which are patterned after A.A. but which address other problems, does not imply otherwise.3*

THE STRUCTURE OF WORLD SERVICES

The following three branches of service within C.A. constitute World Services:

**WORLD SERVICE CONFERENCE
WORLD SERVICE BOARD OF TRUSTEES
WORLD SERVICE OFFICE**

The basic purposes of World Services are:

- 1) Communication
- 2) Coordination
- 3) Information
- 4) Consensus

The three branches are interrelated and work together to benefit all of C.A. Each branch functions within its

own framework and guidelines. Only at this level of World Services do we find service bodies designed to deal with situations that involve our entire Fellowship. Even though all parts of the service structure affect and are affected by the C.A.Fellowship, it is only at this level that decisions are made that affect C.A. as a whole. A new concept in service is found at this level; the concept of the non-addict servant. The non-addict servant has important professional and/or other valuable skills to benefit the Fellowship as a whole.

WORLD SERVICE CONFERENCE (WSC)

The WSC is the nerve center and voice of our Fellowship. The WSC is the one time each year when all our service branches come together. Unlike all other branches of C.A. service, the WSC is not an entity, it is an event. At the WSC, the Delegates, the World Service Board of Trustees, and the managers and Directors of the World Service Office meet to discuss ideas and direction for the Fellowship of C.A. as a whole. The WSC can last up to a week; however, the planning and implementation associated with the WSC is a year-round proposition. The Conference Committee is to provide the planning, organization, logistics, and implementation of the Business Conference to include preparation of the agenda. The Conference Committee will determine the location of the Conference, which will be within a 50-mile radius of the World Service Office. All World Service

Conference contracts must be ratified by the CAWSO Board and executed by two or more board members and/or Trustees. Each Delegate must be knowledgeable about the needs and feelings of their Area and Region.

From general meetings at the WSC, the Conference divides into various committees where all suggestions, questions, and problems are discussed. These topics include all matters of importance to C.A. as a whole.

Each Delegate serves on a designated Conference Committee of his or her own selection. It is suggested that each Committee contains at least one Trustee. Any member of Cocaine Anonymous may serve and vote on any World Service Conference Committee, however, each Participant is limited to voting in one committee. Non-delegates may serve as Committee officers.

The Conference Committees are:

1. Conference
2. Public Information
3. Convention
4. Literature, Chips and Format

5. Hospitals and Institutions
6. Structure and Bylaws
7. Finance
8. C.A. Unity
9. Internet

WSC COMMITTEES STATEMENTS OF PURPOSE

1. CONFERENCE COMMITTEE : The purpose of the WSC Conference Committee is to organize the

World Service Conference, which includes:

- A. Hotel selection and negotiation;
- B. Preparation of the agenda;
- C. Preparation and review of the minutes from each Conference for distribution;
- D. Compile the Delegate packets; and
- E. Develops policies and procedures for the Conference.

The WSOB and its Board of Directors is responsible for negotiations of contracts related to the Statement of Purpose of the Conference Committee. This includes WSC hotel contracts and taping contracts, which will be coordinated with the Conference Committee. A subcommittee of the Conference Committee also serves as a Credentials Committee. This committee reviews all petitions to the WSC for Area recognition, as well as the Delegate Credential forms. A subcommittee of the Conference Committee also serves as the Conference Coordination subcommittee. This subcommittee assists in all aspects of Conference planning. The Conference Coordinator shall chair this subcommittee. The Conference Coordinator is responsible to the Conference Committee and the Conference as a whole for meeting the requirements of the statement of purpose of the Conference Committee. The Conference Coordinator shall not be a voting member of the Conference. The term of service begins with the end of the Conference during which he/she is selected and ending at the end of the second successive Conference.

2. PUBLIC INFORMATION COMMITTEE: In all public relations, C.A.'s sole objective is to help the still-suffering addict. Always mindful of the importance of personal anonymity, we believe this can be done by

making known to the addict, and to those who may be interested in their problem, our own experience as individuals and as a Fellowship in learning to live without cocaine and all other mind-altering substances.

We believe that our experience should be made available freely to all who express sincere interest. We believe further that all efforts in this field should always reflect our gratitude for the gift of sobriety and our awareness that many outside C.A. are equally concerned with the serious problem of addiction. The Public Information Conference Committee develops, initiates, and plans the means of communication to the public, which is presented to the Conference for Fellowship approval.

3. CONVENTION COMMITTEE:

The purpose of the World Service Convention is to promote enthusiasm and unity within the Fellowship of Cocaine Anonymous and financially support World Service efforts to carry the message. The purpose of the WSC Convention Committee is to:

- A. Provide a World Service Convention for members of Cocaine Anonymous;
- B. Create uniform bidding guidelines;
- C. Assist the convention (host) city in all aspects of resources and convention information;
- D. Provide guidance with budgeting;
- E. Oversee the "Celebrate Around the World" fundraiser;
- F. Create World Service Convention guidelines, structures, and policies.

4. LITERATURE, CHIPS, AND FORMAT

COMMITTEE : The WSC Literature, Chips, and Format Committee reviews, edits, and submits literature to the WSC for approval. It is our function to facilitate the expression of our fellowship's hope, faith and courage through the writing of material for distribution.

The literature we deal with is of the following types:

- A. The proposed item will expand the inventory of materials adopted by the Fellowship and aids membership in an understanding and application of the Twelve Steps of Cocaine Anonymous and the Twelve Traditions of Cocaine Anonymous.
- B. The proposed item carries the message of C.A. to the addict who still suffers.
- C. The proposed item supplies valuable information to the professional fields with whom addicts would most likely come in contact.
- D. The proposed item clarifies the nature of addiction to the general public and fellowship.

5. HOSPITALS AND INSTITUTIONS

COMMITTEE : To provide assistance and guidance to individual Fellowships as well as service Areas that initiate hospital and institutional activity.

6. STRUCTURE AND BYLAWS COMMITTEE:

To formulate bylaws, guidelines and structures by which this organization can operate, day-to-day, at Conferences and elsewhere.

7. FINANCE COMMITTEE: To develop and implement policies and procedures in all matters concerning the finances of Cocaine Anonymous.

8. C.A. UNITY COMMITTEE: To enhance our communication and international outreach among the diverse elements within the fellowship in the interest of carrying the C.A. message and to promote C.A. unity.

9. INTERNET COMMITTEE: Responsible for assistance and guidance to the CA fellowship, Districts, and Areas in matters relating to websites linked to www.ca.org. Further, available assist World Service Office Board to Internet-related matters.

What's Happening!

October 16

7th Annual CA Women's Luncheon –at Crown Plaza Hotel. Speaker, food and fellowship.

Greater Missouri Area District Meeting – October 3, November 7, December 5 at 206 Emerling Road (S Florissant at I-70). Please get involved. Service positions are always available.

October 17

Greater Missouri Area of CA quarterly meeting will be held on Sunday, October 17 at the Imani House in Columbia, MO. Talk to the chair at your home group if you are interested in attending.

Happy Birthday!

End of the Line

3 years – Lawanda R
 7 years – Roy W
 10 years – Carolynn M
 16 years – Smitty?? (Smitty who?)

Fried Pipers and Cocanuts

60 days – Michelle B
 6 months – Lori L
 5 years – Leonard B
 9 years – Grant W and Tim W
 10 years – Willie P
 14 years – Michael M



New Hope

6 years – Nancy K



In the Light

6 months – Rhonda W

Reaching Out

2 years – Karen D
 3 years – Anna F



Men's Meeting

90 days – Sidney

Living Our Recovery Daily

60 days – James C
 1 year – Jim W
 3 years – Marc C

7th Tradition

WE are fully self-supporting through our own contributions!

	Apr	May	June	July	Aug
End of the Line					
Fried Pipers	\$3.92	\$10	\$10		
Tues Late Nite Mtg					
In the Light/Morning	\$45				
Tuesday Nite					
Wed Nite					
Living Recvy					\$34.18
Men's Mtg	\$25			\$39	\$18.5
Springfield					
Message of Hope					
Thurs Nite	\$38.82	\$24.35		\$31	
Reaching Out					\$10
Time Change					

SUGGESTIONS FOR GROUP DONATIONS

The decision on how to use 7th tradition monies is up to each individual group. But here's a simple and easy suggestion. Keep at least **50%** of the funds for group expenses (rent, coffee, literature, etc.) and try to build a reasonable prudent reserve (3 months' expenses is recommended). Then, divvy up the rest as follows- approximately **30%** to our local District, **15%** to the Area (in our case, Missouri) and, finally, **5%** to the World Service Office in California.

THE H & I CAN

All the donations from the H & I can go directly to the Hospitals & Institutions Committee. These funds are used to purchase the literature we take into our meetings at treatment and correctional facilities. Pamphlets are distributed at no charge. Generally speaking, your meeting's 7th tradition money does not cover this expense; and without the H & I solicitation, this committee would have no budget. If your group doesn't use an H & I can, you might want to consider earmarking a percentage of your District donation for H & I.

From the article

**"I 'aint gonna put no money
 in that basket!"**

By Michael M