



OF GREATER ST. LOUIS

CONNECTIONS

Official Newsletter for the Greater Saint Louis District of Cocaine Anonymous

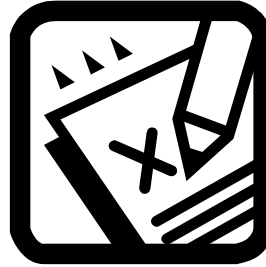
Volume 45

January 2007

The Results Are In!

2007 District Elected Officers are:

Michael M, District Chair
Shirley H, District Secretary
Vicky M, Public Information/CPC Chair
Michele P, District Service Representative
Earl S, H & I Chair
Matt S, Literature, Chips & Format Chair
Joe R, Archives Chair
Jamie H, Newsletter Chair
Gerald R, Treasurer
Deborah J, Unity Chair



The Greater St. Louis District meeting is held the first Sunday of the month at 206 Emerling at 5:00 p.m. All GSRs should attend to represent your home group.

Special Events Chair needed!

This is a position that helps our district stay unified and helps keep a prudent reserve healthy in our district. To fill this position, you must have a desire to see C.A. grow and flourish. You will work closely with the unity committee to organize fun events that will enhance our recovery. It is an opportunity to perform 12th step work at its best! If this position sounds like the opportunity you've been waiting for, attend our next district meeting, held the first Sunday of each month and join the ranks of your fellow members who are working at the heart of fellowship!

Having Fun in Recovery!

WE laughed until our sides hurt! WE hung out with people in recovery! WE fed our program and now we're watching it grow! We are not a glum lot. We absolutely insist on having fun! Was the theme of the 2007 annual Unity event held in Columbia, Missouri this past weekend. 70 people!!! Wow! We had 70+ eager C.A.ers attend the event this year – some who traveled as far away as Chicago, Illinois! What a blast! Who ever heard of creating a play themed from a paper sack full of stuff? Yes, I was taken aback to my childhood days when I was allowed to let my imagination fly! Thanks, to the Greater Missouri Area Unity Committee for hosting what has been our best turnout yet! Unity, Unity is our cry – U-N-I-T-Y! All we've got is today.

C.A. Online

Have you visited CA Missouri online? Well, what are you waiting for! If you need meeting times, dates, locations, literature and more, go to www.camissouri.org. Have a great visit!

C.A. Meditation Book, Psssst. . . . We're still meditating!

The World Service Chips, Literature and Format committee is looking for submissions to create our first ever, C.A. meditation book! Are you a creative writer? Is there some saying, phrase, spiritual awakening that could enhance the recovery process for your fellow members? Jot it down. 250 words or less. The deadline for submissions has been extended to June 30, 2007. See your GSR for details. See a piece of your story in print!

Basic Ingredients

Step Two: Came to believe that a power greater than yourself could restore you to sanity.

Tradition Two: For our group's purpose there is but one ultimate authority, a loving God as He may express himself in our group conscience. Our leaders are but trusted servants, they do not govern.

Concept Two: The C.A. group's delegate to the World Service Conference the complete authority for the active maintenance of our world services and thereby make the Conference – excepting for any change in the Twelve Traditions – the actual voice and the effective conscience for our whole Fellowship.

Recovery in the Heartland Registration Deadlines Fast Approaching!

Did you get your World Convention 2007 registration form in before the first early registration package deadline? If not, the next one is coming soon. March 31 is the deadline to register early. If you get your registration in now, you can use that extra money to buy an extra event ticket. Work smarter! C.A. members in St. Louis, Kansas City and Columbia are working, working, working to bring you one of the world's finest C.A. World Service conventions yet! It doesn't get any closer than in your own back yard, folks. Put the date on your calendar, May 24 -28, 2007. The convention hotel is actually quite luxurious. You don't get to experience a spiritual experience like this in your hometown everyday. This is not an everyday event. You've got to be there to take it all in for yourself. I'll be there and with my whole family, too. There should be registration forms available at your local C.A. meeting and if not, just ask somebody in C.A. and we'll make sure you get the information you need. Call the hotel and make your room reservation, too, before the rooms are all gone!



It's Showtime!

Midwest Regional Assembly – March 10 at Crowne Plaza Hotel

Please join the Greater Missouri Area of Cocaine Anonymous as we host this year's Midwest Regional Assembly. The assembly is an opportunity to gather with your service delegates from our regional – Nebraska, Illinois, Ohio, Wisconsin, Missouri, Indiana, Michigan, Canada, and Iowa. We assemble to discuss issues and concerns, share knowledge and fellowship for the greater good of the fellowship as a whole. The assembly is open to everyone! You don't have to have a C.A. title to attend. We'll enjoy a buffet pasta lunch around noon. Again, we need you to show up and support the fellowship that's giving us a life. Saturday night, we'll have a potluck dinner speaker meeting where we'll have maybe a few of our regional service junkies give us talk about his or her experience, strength and hope. We'll have flier's out soon with more information on our evening event soon! The assembly will start bright and early Saturday morning at 8 am. Come at 8 or anytime during the day. Crowne Plaza Hotel on Lindbergh at Highway 70.

People-raising Pancake Breakfast!

March 17 at 9 am

You are cordially invited to join your convention workers in a great Pancake Breakfast and hear first hand the work that's being done to organize this year's World Service Convention! Did you attend any of our past Pancake breakfast meetings? If you did, you missed a treat. If you were there, put March 17 on your calendar and plan to come out and have breakfast with us again. A nice hot stack of hot cakes, warm maple syrup, fluffy scrambled eggs and sausage and juice or coffee! Ummmmm! Yummy! Bring the whole family to eat and hear what to expect at the convention in Kansas City, Thursday, May 24 through Monday, May 28. Take a load off and your mind off the every day grind and unwind with a hot pancake breakfast. Tickets will be available the second weekend in February. *Hosted by the 2007 World Service Fundraising Committee.*

The importance of anonymity – We believe 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.

- excerpt taken from the 2006 World Service Manual, p. 10

Happy Birthday to You! Congratulations, One Day At A Time!



Fried Pipers & Cocanuts

Carrie J. – 30 Days
Jennifer W. – 30 Days
Jennifer M. – 30 Days
Jim W. – 30 Days
Jimi V. – 30 Days
Kelly M. – 30 Days
Mike C. – 30 Days
Neal – 30 Days
Rob G. – 30 Days
Tom M. – 30 Days
Tom P. – 30 Days
Wayne E. – 30 Days
Chrissy K. – 60 Days
John E. – 60 Days
John R. – 60 Days
Kent H. – 60 Days
Paul C. – 60 Days
Tiffany M. – 60 Days
Bruce D. – 90 Days
Christa S. – 90 Days
Erin K. – 90 Days
Jon C. – 90 Days
Krissy H. – 90 Days
Meghan B. – 90 Days
Steve M. – 90 Days
Eric J. – 6 Months
Mark B. – 6 Months

Fried Pipers (cont.)

Wren M. – 6 Months
Kenny H. – 9 Months
Libby H. – 9 Months
Rod – 9 Months
Jim L. – 1 Year
Mindy G. – 1 Year
Chris A. – 18 Months
Glenn F. – 18 Months
Joe B. – 18 Months
Monte T. – 2 Years
Lori L. – 3 Years
Skip W. – 3 Years
George O. – 12 Years
Vicky M. – 17 Years
Deric M. – 31 Years

End of the Line

Chris G 5 yrs
Yvonne M 8 yrs
Kay C 15 yrs
Will W 8 yrs
Joy L. 17 yrs
Gerald P 8 yrs
Yolanda P 14 yrs
Joy L. 17 yrs
Constantine A 10 yrs

Serenity

Men's mtg.

Carl R. 11-27-92 14 yrs

Reaching Out

Paul U 1-23-01 5 yrs

No Reservations Needed

Amy C. 60 days
Ashley P. 90 days
Brian W. 90 days
Kathy K. 90 days
Gary S. 90 days
Michele P. 4 years

Peace



New C.A. Meeting, Hope, Faith & Courage!

There's a new C.A. meeting that meets on Saturday evenings at 6 p.m. at Hagar's Coffee & Snack Shop, 2411 North Union (and Wabada). Check it out!

C.A. Meetings need support! All C.A. meeting date, times and locations are listed on the C.A. Missouri website, www.camissouri.org. For a complete listing of C.A. meetings in Missouri, visit the website for times, dates and locations and visit your friends and get a different perspective.

Tools of Recovery

Total Abstinence, meetings, literature, a sponsor, the Twelve Steps, a Higher Power, service, telephone, one day at a time, prayer and meditation. We hope that by using these tools, you will find the same joy and freedom we have found. Just remember to be patient and keep coming back!

- excerpt taken from the C.A. pamphlet, Tools of Recovery

Did you know. . . .

C.A. is publishing a new storybook? That's right, **Volume II of Hope, Faith & Courage** will hit the shelves in the Spring of 2007. A book full of new stories. A must read. Look out for the new edition of our C. A. storybook in 2007.

C.A. is a worldwide fellowship. We now have C.A. not only in the United Kingdom, and Canada, but new areas have been approved in Africa, & Spain! You'll get to meet these recovering cocaine addicts at the world service convention that's being hosted in your hometown May 24 - 28 in Kansas City!

St. Louis is hosting this year's **Midwest Regional Assembly**. See page two of this newsletter for details.

The St. Louis District needs a special events committee chair. Are you available to share some of your time?

We have an annual Unity Event in Columbia, Missouri in January and we participate in World Service's annual Celebrate Around the World Event? Celebrate Around the World is the first Saturday in March and is a time when fellow cocaine addicts around the world join together in hand and in heart and celebrate our recovery! We'll celebrate with our entire Midwest region on Saturday, March 10 at the assembly 8 am - 5 pm at Crowne Plaza and then again Saturday night at a potluck speaker meeting.

Celebrate Around the World t-shirts are being sold by the Greater Missouri Area Unity Chair. See your home group GSR for an order form. Hurry, the limited edition shirt is only available through the middle of March.

The **St. Louis C.A. Women's** luncheon committee is working on this year's luncheon and is looking for new committee members. Ask a girlfriend in C.A. for more information.

The **2008 Midwest Regional Convention** will be hosted in St. Louis, Missouri! That's right. The region and our area voted to host the next regional convention here in St. Louis! Get ready to help organize marathon meetings, hospitality, workshops and more. Got ideas? Bring them to the planning meetings that will begin this April. More information coming. Stand by. . . .

Becoming Part of

It is the common experience for many of us to feel like we didn't fit in anywhere. Drugs gave us that instantaneous feeling of belonging. When we get sober, that drug-induced feeling of belonging disappears. Finding a group of sober people we can relate to is a new start for us. We go to meetings as often as possible, preferably every day. Before long, we find we are most comfortable at one particular meeting. Because we feel "at home" there, we join the home group and commit to attending regularly. Other home group members get to know who we are, and we get to know them. We never have to be alone again. On a bad day, we find there is usually someone there who understands and who can help us get through it sober. As newcomers, we hear the suggestion to get a "Home Group," but we aren't sure why. Many of us have been isolation for the last months or years of our using. We feel apart from society and need to connect with people who understand. We find those people at meetings of Cocaine Anonymous.

- Excerpt taken from the C.A. pamphlet "The Home Group"
