



Connections

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Official Newsletter for the Greater Saint Louis District of Cocaine Anonymous

Service Promotes Unity— And Unity is PERMANENT!

By Vicky M.

Okay Gang—mark your calendars *right now!* January 19 & 20, 2008 will be our annual Missouri Area Unity Workshop in Columbia, Missouri. This year's theme, "Service Promotes Unity—And Unity is PERMANENT," promises to be inspirational and educational—but most of all FUN! The speakers and presenters have a lineup of activities to keep everyone entertained all day long. What's the BEST part about this event? ATTENDANCE IS FREE!!!!

As in years past, the Holiday Inn Select will be our host location. Situated right off Highway 70 at Exit 124, it's an easy two hour (or less) drive from the heart of Saint Louis or Kansas City. They offer a special room rate of \$77.95 (call 800-HOLIDAY and ask for group block "CA"). For that price, you can house up to four people, making it very cheap when rooms are shared.

In conjunction with the weekend activities, you'll hear GSR's selling raffle tickets in your meetings. Donate \$1 to win and support the cause. Also, for Sunday morning, you can buy a ticket to the Unity Breakfast for \$15, a fabulous buffet provided by the hotel. This, of course, is optional, but if you can afford it, we're asking individuals to buy a ticket even if they can't attend the breakfast.



Donate it to a newcomer. We need to sell 40 breakfasts to cover the cost of getting the meeting room free for the weekend. Do your part and support the cause!! It's so easy to give back just a little of what's been freely given to you in your recovery!

Now, if you were fortunate enough to attend last year's workshop, you know how much fun we had—so don't miss out and start making plans to be there on January 19 & 20. Show starts at noon on Saturday!

INSIDE THIS ISSUE

CA Greater St. Louis Area Elections page 2

2008 Midwest Regional Convention page 3

Birthdays page 4

Contributions page 3

Elections for Trusted Servants

On December 2nd your peers were nominated and elected to serve in the following positions. Post are held for a period of one year. We thank each participant for volunteering their time and energy to assure Cocaine Anonymous will be available to the next newcomer.

Positions in District:

Chairperson - WARDELL K.

Home Group: Men's Meeting

Responsibility: arranges agenda, presides over monthly meeting, only votes in case of a tie, coordinates all activities with the District and encourages trusted servants to chair various committees.

Vice Chairperson – MICHAEL W.

Home Group: Hope, Faith & Courage

Responsibility: coordinates all committee functions, in absence of Chairperson, performs duties of Chairperson

Secretary – ROBYN T.

Home Group: Spiritual Experience

Responsibility: keeps accurate minutes of each meeting, handles correspondence and maintains business records of the District.

Treasurer – GERALD R.

Home Group: End of the Line

Responsibility: receives and deposits contributions from meetings and special events, keeps accurate bookkeeping system, maintains checking account, pays all expenses, handles all taxes, passes on contribution to Area and World Services

District Service Representative – MICHAEL M.

Home Group: Fried Pipers and Cocanuts

Responsibility: represents a district in the Area Service Committee, provides communication between district and area, informs GSR about WSC activities, attends all area and district service meetings and communicates to group's importance of general service work.

Alternate DS Representative – MICHAEL W.

Home Group: Hope, Faith & Courage

Responsibility: same as DS representative

Telephone Chairperson – ROBYN T.

Home Group: Spiritual Experience

Responsibility: for providing information and assistance to individuals seeking aid by phone, ensures volunteers available for 24 hour coverage

Public Information/CPC – VACANT

Archives – VACANT

Chips and Literature – MATT S.

Home Group: St. Charles Men's Facility

Responsibility: distribution of literature and chips to CA districts, groups, members and interested institutions.

Newsletter – DONNA D.

Home Group: Fried Pipers and Cocanuts

Responsibility: design, produce and distribute the CA quarterly newsletter

Positions in H&I Committee:

Chairperson – EARL S.

Home Group: Fried Pipers and Cocanuts

Responsibility: coordinate and direct all committee activities, attend all meetings, keep informed on all matters affecting the committee, supply and discuss with new meeting chairperson "Requirements, Duties and Responsibilities",

Co-Chairperson – CHRISTY W.

Home Group: Fried Pipers and Cocanuts

Responsibility: attend all meetings and proceed as usual if Chairperson is unavailable.

Secretary – LIBBY H.

Home Group: Fried Pipers and Cocanuts

Responsibility: keep minutes and attendance records of H&I business meetings and supply them to members.

Treasurer – SARAH S.

Home Group: Fried Pipers and Cocanuts

Responsibility: account for all monies of the committee, and maintain the accounting for monies received and distributed for expenses.

Chips and Literature – MATT S.

Home Group: St. Charles Men's Facility

Responsibility: keep sufficient inventory and distribute literature at monthly committee business meeting

PI/CPC (Public Information) - LAURA N.

Home Group: Preferred Family St. Charles

Responsibility: set up and visit institutions, hospitals, etc to determine needs of meetings, reports all contacts at monthly meeting.

H&I Day Chairperson – DONNA D.

Home Group: Fried Pipers and Cocanuts

Responsibility: Plan the annual H&I Day fun-raising/people raising event. Appoint such people necessary to help with these duties.

When You've Reached the End... There's A New Beginning!

The Midwest Regional Convention St. Louis 2008

That's the theme of the 2008 Midwest Regional Convention that will be held October 10, 11 and 12th at the Sheraton Westport. We'll host a grand recovery celebration for brothers and sisters from Michigan, Indiana, Ohio, Pennsylvania, Manitoba, Nebraska, Illinois, Kentucky, Minnesota and Wisconsin – the Midwest Region of C.A.

We've got the entire hotel reserved for us that weekend. Have you been to Westport lately? It's a quaint resort within itself where you won't even have to leave the grounds. That's right, even us locals should reserve a hotel room for the weekend. What a nice treat! Westport has great restaurants, shops, and beauty and barber shops! The Sheraton Hotel is rolling out the red carpet for C.A. too. Some of the committee members have met with the hotel staff several times and sampled their menu items and for sure – start saving for the meal tickets because the food is fabulous, gourmet cooking at its best!

So, that takes us to the recovery part of the weekend. I know the marathon meeting chair is compiling a list of topics and will be looking for speakers and chairs, the speaker chair is gathering speaker tapes for review, and the workshop chair would be happy to hear from you regarding a workshop topic and/or facilitators you think would be perfect for our regional convention. This will be a weekend of fun, wholesome food, fellowship and recovery. Start planning now and call the chair, Joy L., to find out where we need service and get ready!



YOUR CONTRIBUTIONS



Seventh Tradition

Every C.A. group ought to be fully self-supporting, declining outside contributions.

District

September

Fried Pipers & Cocanuts	\$32.50
Living Our Recovery Daily	\$ 9.00
Men's Meeting	\$15.00
Hope, Faith & Courage	\$ 5.00
The Thursday Night Meeting	\$42.45
H&I Donation	\$75.00

October

Fried Pipers & Cocanuts	\$15.00
Come & Get It	\$86.00
Living Our Recovery Daily	\$ 9.42
Men's Meeting	\$10.00
Hope, Faith & Courage	\$ 5.00
The Thursday Night Meeting	\$35.00
No Reservations Needed	\$ 6.00
7 th Tradition	\$20.10

November

Fried Pipers & Cocanuts	\$25.00
Come & Get It	\$56.00
Living Our Recovery Daily	\$11.45
The Thursday Night Meeting	\$18.00
7 th Tradition	\$18.00

Hospitals and Institutions

September

Fried Pipers & Cocanuts	\$90.71
Living Our Recovery Daily	\$38.00
The Thursday Night Meeting	\$14.75

October

Fried Pipers & Cocanuts	\$49.96
Thursday Night Meeting	\$14.00
Living Our Recovery Daily	\$23.00
Come & Get It	\$26.00

November

Fried Pipers & Cocanuts	\$75.07
Living Our Recovery Daily	\$15.75
Come & Get It	\$31.00
No Reservations Needed	\$22.00
The Thursday Night Meeting	\$ 5.50



Congratulations to each of our members who celebrated their sobriety birthday in September, October and November. Each milestone is achievable One Day at a Time!

FRIED PIPERS AND COCANUTS

Randy G.	09/19/04	3 YEARS
Jim L.	10/09/05	2 YEARS
Jon C.	10/13/06	1 YEAR
Sarah D.		1 YEAR
Libby H.	04/28/06	18 MONTHS
Mark B.	05/05/06	18MONTHS
Tiffany H.	01/22/07	9 MONTHS
Christy W.	03/13/07	6 MONTHS
Jennifer W.	03/09/07	6 MONTHS
Angie F.	04/25/07	6 MONTHS
Jerry A.	07/04/07	90 DAYS

The Thursday Night Meeting

Big D		19 YEARS
Theresa T.		16 YEARS
Walter D.		14 YEARS
Wendell W.		13 YEARS
Michael K.		12 YEARS
Sylvester I.		12 YEARS
Debbie		30 DAYS

Use This

Jim L.	10/09/05	2 YEARS
Chris F.	01/14/07	9 MONTHS
Heather P.	04/11/07	90 DAYS
Sarah G.	05/20/07	90 DAYS
Matt M.	09/04/07	60 DAYS

HOPE, FAITH & COURAGE

Bob W.	09/26/80	27 YEARS
Sylvia W.		21 YEARS
Cynthia C.	10/09/92	15 YEARS
Marissa J.	10/07/02	5 YEARS
Marissa M.		3 YEARS
Ann		2 YEARS
Mark V.	08/06/06	1 YEAR
Angie S.		18 MONTHS
Janet S.		18 MONTHS
Edlethia V.	05/03/06	18 MONTHS
Denise M.		6 MONTHS
Robert D.		6 MONTHS
Mario M.		6 MONTHS
Carlos T.		6 MONTHS
Francise M.		90 DAYS
Alfred H.		90 DAYS
Eddie A.		60 DAYS
Trina T.		60 DAYS
Lisa H.	09/06/07	30 DAYS
Mario H.	09/14/07	30 DAYS

No Reservations Needed

Sean R.		6 MONTHS
Darryl M.		90 Days
Michelle L.		90 Days
Rich R.		60 Days

Spiritual Experience

Karen Nicole	11/24/06	1 YEAR
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