



# CONNECTIONS

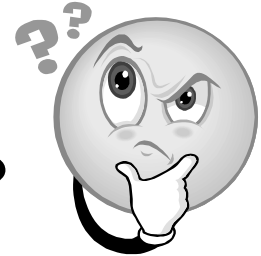
Volume 53

Official Newsletter of the Greater Saint Louis District of Cocaine Anonymous

February, 2009

## District Election Results

# Who Are Your 2009 Trusted Servants?



By Vicky M.

Most of you out there might never give a second thought to who is filling your District service positions. Oh, you may probably be aware your group has a "GSR," but do you really know what that is? It stands for Group Service Representative; and once a month, your GSR attends a business meeting of C.A. to participate in the process of ensuring Saint Louis Cocaine Anonymous stays alive, well, and connected. (If you DON'T have a GSR—it's time to have a group conscience and elect one!)

Every year, members of the fellowship, usually GSR's, are voted in as officers, each with a specific responsibility to the Saint Louis District for that one-year term. This is service work at its finest, my friends. A volunteer effort necessary in both keeping our fellowship healthy at a District level and linking us with the Missouri Area; the Midwest Region; and our C.A. World Service Office. The following constitutes your 2009 roster:

**District Chair** – Laura N. 636/577-4760

**District Vice Chair** – Gerald R. 314/346-0202

**District Secretary** – Ozie N. 314/313-1498

**District Treasurer** – Michael M. 314/846-2346

**Hospitals & Institutions Committee Chair** – Earl S. (Acting Chair—looking for a replacement) 314/956-0145

**Hotline Telephone Committee Chair** – Robyn T. 314/368-4808

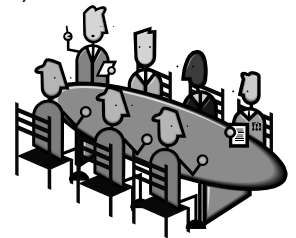
**Literature Committee Chair** – Sarah S. 314/353-5044

**Newsletter Committee Chair** – Vicky M. 314/846-2346

**Public Information/Cooperation With The**

**Professional Community Committee Chair** – Matt S. 314/488-9742

**Unity Committee Chair** – Matt R. 314/995-9963



In addition to the positions listed above, there are some slots that **DID NOT** get filled and are open. We are actively looking for dedicated C.A. members to step up and take on these jobs:

**Archives Committee Chair** – maintains the district Archives of records and memorabilia

**Special Events Committee Chair** – plans outside meeting activities and fundraising events

**Hospitals & Institutions Committee Chair** – oversees our network of meetings that are taken into hospitals/treatment facilities/jails where addicts cannot get out to attend a meeting

**District Service Representative (DSR)** – represents Saint Louis District at the Missouri Area meeting held in Columbia, Missouri on the third Sunday of every other month.

Do you think you might be willing to assist any of the Committee Chairs with their jobs or perhaps fill one of the vacant slots? Please contact Laura N. to express interest in a vacancy, or reach out to the appropriate chairperson for the committee with which you would like to help. You can read about the details of these service commitments and much, much more by visiting the official C.A. website [www.ca.org](http://www.ca.org). From the home page, click on SERVICE in the upper left hand corner.

C.A. is your fellowship. Get active and be-a-part-of so that C.A. will be here for any addict seeking recovery in years to come.

# Déjà Vu



Some of you old-timers out there may remember me as a previous editor of Connections. Well guess what? "I'm baa—aaaaa—ck!" Over the past ten years, I've been out fulfilling my service work responsibilities in other areas (my goodness, *WHERE DO* the days/weeks/months go?!), but the time has come for me to again pick up my pen and word processor for the benefit of reporting local C.A. news. I like this job, but I can't do it alone. If you would care to write an article about your recovery, your group, the steps and/or traditions, or anything else that might be pertinent to our audience, please contact me at 314/846-2346 and let's chat!! I'm open for ideas and input to make this the best ever *Connections* yet!

Yours in service,  
*Vicky M.*

## How's Your 10<sup>th</sup> Step Going?

*"Continued to take personal inventory and when we were wrong, promptly admitted it."*

Possible list of questions to ask yourself each day as a tenth step inventory:

1. Am I isolated and not talking about what is really going on with me?
2. Did I view anyone as an authority figure today and feel frightened or rebellious?
3. Did I dissociate, fantasize or become involved in self-harm today?
4. Am I keeping secrets and feeling unique? Am I talking about my feelings?
5. Am I being honest in my relationships or am I seeking approval over honesty?
6. Am I acting "perfect" and obsessing over making mistakes?
7. Do I overreact or isolate from others when I perceive I've been criticized?
8. Am I attending meetings to nurture myself and to give back what has been given to me?
9. Have I acted helpful recently to manipulate others?

**HOLIDAY**

**UNITY EVENT**

**SCORES BIG**

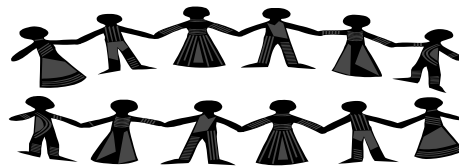
*By Matt R.*

A C.A. holiday recovery event was held at the Saint Patrick Alumni Center downtown on Saturday, December 20, 2008. The action-packed evening had four marathon speaker meetings, a pot luck dinner, opportunity drawings for recovery gift baskets, and fun fellowship a-plenty!

Turn out couldn't have been better. The holiday feast was delectable; and the agenda of speakers and give-aways went very well. The District would like to thank all who helped out with planning, donating food or just plain attendance, offering a special mention of gratitude to our four marathon meeting speakers **Aarron J., Icie G., Robyn T. and Treon P.** Everybody's enthusiasm was awesome!

Although this was not a fundraiser, because of the raffle tickets and sodas sold, plus the voluntary \$2 donation at the door, \$163.76 was raised and donated to the District.

Stay tuned for our next Unity event, which will be a Traditions Workshop. Plans are currently underway for this happening and we are looking for people to get involved. Please let Matt R. (314/995-9963) know if you might be willing to help.



***Together  
We Can  
Make A  
Difference!***

10. Am I secretly angry with someone, but avoiding talking about it?
11. Have I listened to my Higher Power today?
12. Did I judge myself or someone else without mercy today?
13. Am I remembering that I can ask for help today and that I can call someone?

## *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's a fabulous resource for anyone feeling squirrely—pick up the phone—NOT THE DRUG!!!

## *Staying Connected . . . .*

The Missouri Area website ([www.camissouri.org](http://www.camissouri.org)) has lots of helpful information, including a link to the C.A. World Services pages. Here, you can not only learn many things about C.A. and their upcoming events, but you can also be directed to one of our on-line meetings, accessible anytime, anywhere you have a computer.

# DISTRICT DONATIONS

Meeting Name	October 2008	November 2008	December 2008
Come & Get It			\$100.00
End Of The Line	\$33.50		
Fried Pipers & Cocanuts	\$7.50		\$45.00
How It Works		\$10.00	\$9.00
In The Light	\$4.00	\$3.00	
It's All Good	\$5.00	\$5.00	\$5.00
Living Our Recovery Daily	\$9.72	\$9.91	\$7.50
Men's Meeting	\$31.00		\$42.00
Message Of Hope	\$5.00	\$5.00	
No Reservation Needed	\$8.00		\$27.00
There Is A Solution			\$1.00

# H & I CAN DONATIONS

Meeting Name	October 2008	November 2008	December 2008
End Of The Line		\$28.82	
Fried Pipers & Cocanuts	\$68.00	\$33.07	\$31.01
How It Works		\$17.00	\$9.00
In The Light	\$3.00	\$2.00	
It's All Good	\$25.00	\$33.58	\$37.79
Living Our Recovery Daily	\$25.55	\$26.00	\$30.77
Men's Meeting		\$31.00	
No Reservation Needed	\$25.00	\$10.00	
Reaching Out		\$1.00	
The Thursday Night Meeting	\$8.00		

Detailed financial information is available at our monthly business meetings. All C.A. members are welcome and urged to attend if possible.

The Greater Saint Louis District Central Service meeting is held the first Sunday of each month at 4:30 PM at *New Horizon Church*, 206 Emerling in Saint Louis, Missouri 63121. If the first Sunday falls on a holiday weekend, this meeting is held the second Sunday. Confirmed meeting dates are always available on our website [www.camissouri.org](http://www.camissouri.org). Directions—church is located just north of Highway 70, between Florissant & Hanley Roads—Use Florissant exit—Emerling is first side street on the left (across from fuel station).

The Hospitals & Institutions Committee takes meetings into facilities where addicts cannot get out to attend a meeting on their own. H & I volunteers meet at 3:00 PM the same day and location as the District Central Service meeting (see last paragraph).



## **Can't Keep It Unless You Give It Away**

Are you doing your part to help C.A. keep carrying the message? Two areas of service that need ongoing assistance are our Hospitals & Institutions Committee and the Greater Saint Louis C.A. District telephone line (Hotline).

Volunteering for H & I means that you pick up a commitment to take a meeting into a treatment facility or perhaps into the county jail. Usually this would be a once a month obligation but time frames may vary from facility to facility. Can you spare an hour or more each month to reach out to an addict who is trying to get help?

Our local phone line operates on a call forwarding system and you don't even have to leave your house to help with this commitment. You are assigned a weekly four-hour shift, and after a simple orientation/training session, you can then field Hotline calls for the fellowship. Callers may be addicts trying to get sober, family members concerned about someone close to them using, out of town visitors looking for a meeting, or treatment professionals looking for more information about Cocaine Anonymous. Four months of sobriety or more is all that is required to become a Hotline volunteer.

For further information or to get involved, contact the committee chairs—Earl for H & I (314/956-0145) or Robyn for the Hotline (314/368-4808).

## **MEETINGS BEING DROPPED**

Recently, a couple of our regular weekly meetings indicated that they might have to close due to lack of participation. Reaching Out on Tuesday nights at the St. Patrick's Alumni Center has already gone dark, and Message of Hope (women's meeting) on Wednesday nights at New Beginnings is hanging on by a thread.

If you could be interested in assisting either of these meetings stay afloat by volunteering to chair, please get in touch with someone on the District Committee (see front page for contact info).

*Connections is a quarterly publication published by the Greater Saint Louis District of Cocaine Anonymous. It is intended solely to provide information for the fellowship of Cocaine Anonymous. We hope to communicate the experience, strength, and hope of C.A. members reflecting recovery, unity, and service, within the bounds of friendliness and good taste. This Newsletter presents experiences and opinions of Cocaine Anonymous members. Those opinions expressed herein are of the individual contributors and are not to be attributed nor taken as an endorsement by Cocaine Anonymous, Cocaine Anonymous World Service Office, Inc., Greater Saint Louis District of Cocaine Anonymous, or Connections. The editors reserve the right to edit any submissions in adherence to the Twelve Traditions of Cocaine Anonymous. If you would like to know more about Cocaine Anonymous, the Twelve Steps and the Twelve Traditions, please write and ask for C.A. World Service Conference approved literature at CAWSO, 3740 Overland Avenue., Suite C, Los Angeles, CA 90034; e-mail to [info@CA.org](mailto:info@CA.org) or fax to (310) 559-2554. Contact C.A. by phone at (310) 559-5833. Also note that the C.A. World Service Office web page is [www.ca.org](http://www.ca.org). This publication and all its contents are copyrighted by the Greater Saint Louis District of Cocaine Anonymous. Any unauthorized duplication or publication is prohibited.*

*"In the spirit of Tradition 6--We are not allied with any sect, denomination, politics, organization or institution."*



# Happy Birthday

Congratulations to each of our members who celebrated a sobriety milestone this issue. Birthdays are generally reported via your group GSR, so if you don't 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.

## No Reservation Needed

Tuesday 8 PM  
212 Club

Carol H.	60 Days
Ji M.	60 Days
Kyle J.	90 Days
Larry T.	90 Days
Michelle S.	6 Months
Justin T.	1 Year
Rich S.	1 Year
Michelle J.	18 Months
Ken W.	2 Years
Michele P.	6 Years

## Fried Pipers & Cocanuts

Wednesday 6:45 PM  
First Unity Church

Laura E. (12/20/08)	30 Days
Mike J. (11/24/08)	60 Days
Kara B. (8/18/08)	90 Days
Kelly C. (11/5/08)	90 Days
Tom P. (10/26/08)	90 Days
April D. (7/7/08)	6 Months
Don D. (7/11/08)	6 Months
Doug H. (7/11/08)	6 Months
Jenifer W. (4/12/08)	9 Months
Donna D. (7/8/07)	18 Months
Tom S.	18 Months
Lori L. (1/15/04)	5 Years
Vicky M. (1/20/90)	19 Years
Derrick N. (1/3/76)	33 Years

## It's All Good

Wednesday 7:30 PM  
Carondelet Church of Christ

Angie I. (12/12/09)	30 Days
Cory M. (12/9/08)	30 Days
June D. (12/7/08)	30 Days
Kevin R. (10/26/08)	30 Days
Mike J. (11/24/08)	30 Days
Jeff L. (11/28/08)	30 Days
Bob B. (8/28/08)	90 Days
Cherise M. (9/30/08)	90 Days
Chrissy C. (8/4/08)	90 Days
Laura S. (9/2/08)	90 Days
Mandy M. (9/28/08)	90 Days
Matt L. (8/5/08)	90 Days
Mike G. (9/27/08)	90 Days
Steve P. (10/28/08)	90 Days
Will M. (8/7/08)	90 Days
Amy S. (2/25/08)	9 Months
Kyle M. (3/13/08)	9 Months
Steve Z. (3/2/08)	9 Months
Missy J. (12/6/07)	1 Year
Nicole L. (7/7/07)	18 Months
Stephanie W. (7/15/07)	18 Months
Mindy G. (12/28/05)	3 Years

## The Thursday Night Meeting

Thursday 7:30 PM  
Saint Mary's Hospital

Daryl F. (12/08/02)	6 Years
Yvonne M. (12/2/98)	10 Years
Art J. (12/18/85)	23 Years

## Hope Faith & Courage

Saturday 7:00 PM  
Haggar's Coffee Shop

Latif S.	30 Days
Trina	60 Days
Speedy	90 Days
Lamond	6 Months
Sonja	6 Months
Deondra	1 Year
Marie	1 Year
Melody	1 Year
Amber	18 Months
Dale	18 Months
Linda S.	4 Years
Melissa Mc.	4 Years
Marissa J.	6 Years
Wendell	13 Years
Carolynn M.	14 Years
Cynthia C.	16 Years
Yolanda P.	16 Years
Kay K.	17 Years
Mike	18 Years
Walter S.	18 Years
Marie J.	19 Years

## Come & Get It

Sunday 7 PM  
Saint Patrick's Church

Loretta K. (12/30/09)	30 Days
Mike D. (12/27/09)	30 Days

"Speaking of Birthdays . . .  
Did you hear about the  
**Fried Pipers & Cocanuts**  
**15<sup>th</sup> Anniversary Party**  
**on April 15 at 6:00 PM?"**



"Wouldn't miss it, Dude! Free eats  
followed by a killer speaker meeting!  
*Everybody's* going—I'll see you there!!"  
**First Unity Church - 4753 Butler Hill**  
**Road, Saint Louis 63128**