



OF GREATER ST. LOUIS

CONNECTIONS

Volume 58

Official Newsletter of the Greater Saint Louis District of Cocaine Anonymous

May, 2010



On Sunday, May 23, the Hospitals & Institutions Committee will be holding its 3rd Annual outdoor fun event. The venue will once again be Forest Park Site #11 on Wells Drive. Come early (noon start-time) to be sure and get the best pick of the barbecue grill. Bring something edible to share and the food table will be sure to offer a multitude of culinary delights!

Two speakers will grace the day with their experience, strength and hope. Games such as dominoes, horseshoes and washers will be sure to provide extra entertainment; plus the regular Forest Park attractions (bike and walking paths; zoo; Jewel Box greenhouse, etc.) are also available for your family's recreational enjoyment. Perhaps you'll even be lucky enough to win one of the gift baskets to be raffled off! The fun will continue until at least 4 PM.

The Hospitals and Institutions Committee carries the C.A. message into treatment centers and facilities such as the Saint Louis County jail where addicts are not able to get out and attend regular meetings. It's important to recognize that C.A.'s future relies upon a steady stream of newcomers who become involved with the fellowship, and a large percentage of those newcomers come to us as the result of H & I work. Some strong outreach is being extended in conjunction with the picnic to get some of the treatment centers to bring their people. Please come on May 23 and support these efforts—put your hand out to a newcomer and make them feel welcome and “a part of” our fellowship!

To get involved with the H & I Committee and help with chairing one or more of their many meetings each month, please contact Laura N. at 636/577-4760. Or, simply show up at the monthly H & I business meeting, generally held on the first Sunday at 3 PM. See the top of page three this newsletter for specific details.



Hotline Volunteers Needed:

Do You Have A “CALLING”?

by Vicky M.

How many of you out there have ever called the C.A. Hotline? If you have, you know how good it feels to connect with someone in recovery who understands how you feel. We in the Greater Saint Louis District are very proud of the fact that our phones are answered/monitored 24/7 strictly by sober recovering addicts.

Do you have four months or more sobriety, a touch tone telephone, and a willingness to help your fellowship? Why not sign up for a Hotline volunteer slot? What this means is that you commit to a four hour time period once a week to answer the phones for Saint Louis C.A. This is accomplished through a call-forwarding feature that allows you to do your service work within the comfort of your own home, car, at the park—wherever you happen to be that you can answer the phone and give fellowship information to callers interested in learning about Cocaine Anonymous.

We are particularly in need of volunteers who can take a mid-week; mid-day shift. As you can imagine, most people are working during that time frame (surprise, surprise—addicts get sober and get jobs!!!). Currently open are the following time slots:

7 AM – 11 AM	<i>Wednesday</i>
11 AM – 3 PM	<i>Tuesday/Wednesday/Friday/Saturday</i>
3 PM – 7 PM	<i>Monday/Tuesday/Wednesday/Thursday</i>
7 PM – 11 PM	<i>Monday/Wednesday</i>

If you see a day and time listed above that you would be willing to commit to covering each week, please contact Laura N. at 636/577-4760. All that is required is a short orientation which can be done by phone. You will then be ready to step to the plate and serve C.A. in one of the most vital opportunities for service available.

Let's Go Fly a Kite!



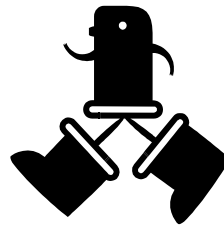
by Vicky M.

On Saturday, March 6, the Greater Saint Louis District of C.A. recognized "Celebrate Around The World" with a kite flying event at Forest Park. The day delivered sunshine and spring temperatures for a perfect outdoor gathering, with just enough wind to get those kites flying high!

Jim L. was the first to arrive and stayed until the party broke up in the late afternoon, so he gets the "Event Longevity" award for the day. Kyle M. succeeded in flying the highest kite—so far out you couldn't even see it—and thus is named C.A. #1 Kiter! At least until next year. (You hear that, Kyle? You WILL have to return in 2011 to defend your title!) Kelly C. brought her son, Ethan, and his friend, Carter—the only two kids who attended. Their presence was a welcome reminder to the rest of us how kids naturally find the fun in everything, and the boys really added a great spark of enthusiasm to the day.

In addition to kite flying, a cup raffle was held to raise a few dollars for the fellowship. Tickets at four for a dollar were dropped into the cup next to the prize you wanted to win. The prizes, all donated by members, varied from sports memorabilia to bath products. Because we had lots of prizes and a limited number of attendees, almost everyone went home with something! Now that's a great day!

Thanks to all who turned out! We sure had a magnificent time! Mark your calendars for next year—the first Saturday in March—to come out and do it again!



Trudge Your Way To This Year's Convention

by Jeannette J.

"Trudge the Road of Happy Destiny" is the theme for the 2010 Greater Missouri Area convention. The convention planning committee is putting a twist on this year's convention with hopes of bringing you a convention fun, a little different, recovery packed and affordable. We're planning a Saturday afternoon lunch meeting! No banquet this year, but we'll still have our power-packed Saturday night speaker meeting with a dance, dance, dance following. Marathon meetings around the clock from start to finish – Friday through Sunday, plus an opening workshop on Friday night as well as our stag workshops on Saturday. The Sunday morning breakfast speaker meeting will wrap up the convention. The Sheraton Westport has a seriously delicious menu, and the meals will no doubt satisfy your tastebuds.

Our area conventions are staged to support enthusiasm and make known the fellowship of Cocaine Anonymous in Missouri. It's a super time to meet with friends, catch-up on what's old and new, eat, drink (overindulge in coffee) and lift the spirit of recovery and fellowship. Will you save the weekend (August 20-22, 2010) and attend this year's convention? We're featuring local speakers, local workshop facilitators, and our very own local members to host the marathon meetings. Are you a local member? Can you sign up to help serve the fellowship that serves your sobriety? Ask your GSR how you can help or call Joy L. 314/448-2038. Pick up your registration form at your home group and mail it in today.

Trudge – to walk steadily but usually laboriously. Cocaine Anonymous gave me my Happy Destiny! And attending conventions has been a big part of that! I have a life today, a life filled with hope, happiness, friends, family, responsibility, and dreams. One more day, one more try. Today, I can call and check on a friend. I can call a family member to just say, hello. I can cook a full course dinner, watch a movie, read a little and prepare for work tomorrow. I can accept love and give a little, too. And, pray. God, please, and Father, thank you! Thank you Cocaine Anonymous for giving me a life!

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) 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	February 2010	March 2010	April 2010
Come & Get It			\$150.00
End Of The Line	\$36.57	\$24.39	\$42.95
Fried Pipers & Cocanuts	\$35.00	\$15.06	\$15.00
In The Light	\$10.00		\$15.00
It's All Good	\$5.00		
There Is A Solution		\$1.00	
The Thursday Night Meeting	\$5.47	\$49.00	\$20.58
Twilight Zone	\$10.00	\$14.00	\$20.00

H & I CAN DONATIONS

Meeting Name	February 2010	March 2010	April 2010
End Of The Line	\$15.66	\$9.71	\$18.40
Fried Pipers & Cocanuts	\$56.23	\$33.25	\$32.62
In The Light	\$10.00		
It's All Good	\$11.00		\$8.00
The Thursday Night Meeting	\$15.00	\$18.00	\$16.00
Twilight Zone	\$8.00	\$5.00	\$14.80

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 *Christ Memorial 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. 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).

Vacant Unity Chair Position Filled



At our last district meeting on April 11, Kay C. graciously accepted the position of District Unity Chair. Kay comes to this job with a very full résumé of service experience including past Greater Saint Louis District Chairperson; 23rd Annual C.A. World Service Convention Chairperson and former Missouri Area Delegate.

As Unity Chair, Kay's job is to spearhead events, activities and/or workshops in the spirit of promoting unity within our fellowship at the local Saint Louis District level. We look forward to hearing some fresh new ideas along these lines.

Kay's dedication to the fellowship of Cocaine Anonymous is strong and committed; and we are delighted that she will be filling the Unity Chair post for this rotation. Our utmost appreciation, Kay, for stepping up to the plate!



Jobs Waiting With Your Name On Them?



Other District level vacancies still waiting to be filled are:

Public Information/Cooperation With The Professional Community Chairperson –

Interfaces with the public and professionals in the recovery community to get C.A. information into the hands of those who can use it the most.

Archives Chairperson – Maintains and adds to our collection of C.A. records/memorabilia.

Special Events/Fundraising Chairperson – Initiates ways for C.A. to generate money (within the parameters of the 12 Traditions) in order to keep our District afloat financially.

How to claim one of these titles for yourself? Simply attend one of our monthly District business meetings (see details above on this page). Hope to see you soon!

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 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. 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 Six, C.A. is 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.

End Of The Line

Sunday 5:30 PM
Blessed Hope Bible Church

Jeannette J. (2/10/89) 21 Years

Fried Pipers & Cocanuts

Wednesday 6:45 PM
First Unity Church

Scott W. 30 Days
Tina H. 30 Days
Jeff B. 60 Days
Tanya S. 6 Months
Angela A. 9 Months
Kara B. 18 Months
Angie F. 3 Years
Fried Pipers & Cocanuts 16 Years

It's All Good

Wednesday 7:30 PM
Carondelet Church of Christ

Mike B. 60 Days
Debbie V. 2 Years

The Twilight Zone

Wednesday 10:30 PM
212 Club

Laura N. (4/1/01) 9 Years

The Thursday Night Meeting

Thursday 7:30 PM
Saint Mary's Hospital

Lee W. 60 Days
Tony P. 60 Days
Tyrone K. 60 Days
Debbie 6 Months
Mary K. 9 Months
James V. 14 Years
James S. 16 Years
Willie 18 Years
Jackie W. 21 Years

**Is Garage Sale Shopping Your Untreated Addiction?
Then We Have GOOD NEWS FOR YOU!**

ANNUAL C.A. WOMEN'S LUNCHEON FUNDRAISER

YARD SALE

Saturday, May 15, 2010 7 AM - 1 PM

9257 Cozens Avenue, Jennings, MO 63136



To Donate Clothing and/or Household
Items For The Sale, Please Contact
Kay K. at 314/369-3581

In Memoriam

Willie P.

August 27, 1949 - April 16, 2010

Willie came to us excited and happy to be sober. He dove right into service work and served as the Hotline Chair for a time after learning how to answer the phones for C.A. He continued to work several Hotline slots every week for years, right up until he got ill before he passed on; and there is no way of knowing how many countless addicts and family members he helped while volunteering in this capacity. Willie was devoted to his program, and once he became sober, he stayed that way, showing us that relapse is not a necessity. He left this world with over 15 years in recovery and will be sorely missed by those of us who knew him.

Rest in peace, Willie. Hope you are now enjoying
that meeting where God is chairing for eternity!