



# CONNECTIONS

Volume 59

Official Newsletter of the Greater Saint Louis District of Cocaine Anonymous

August, 2010

## Who Needs A Mega-Dose Of C.A. Recovery?



We ALL Do!!!!



On August 20, 21 & 22, a cluster of community members in recovery will converge on the Sheraton Westport Chalet Hotel (191 Westport Plaza, Saint Louis 63146) for a weekend of fantastic fellowship. The Missouri Area *Show Me Recovery* Convention is ON, and it promises to be a terrific time! Themed “Trudging The Road Of Happy Destiny,” the event will offer the usual fare of key speaker meetings, stimulating workshops, round-the-clock marathon meetings, hospitality room fun and rockin’ dances. Also, shop-a-holics can indulge in their addiction at the memorabilia and cup raffle tables.

One thing that the convention committee is doing a bit differently this time around is that there will NOT be a Saturday night banquet. Instead, in an effort to keep participation costs down, they opted for a Saturday luncheon. The Sunday morning spiritual breakfast is still being offered. Overall, the convention cost is very reasonable with a \$15 registration fee and only \$63 for the full package including meals. Mail-in registrations are still being accepted—print a registration form from the [camissouri.org](http://camissouri.org) website (look under “Events”). And it’s still not too late to get a room at the hotel for only \$79—Why not just make it a recovery get-away weekend?! (Hotel reservations-314/878-1500)

This convention comes at a time when C.A. seems to be experiencing a dip in member support, so let’s all get out there and generate some enthusiasm. We **KNOW** how incredible our organization is—extremely effective in helping addicts and alcoholics of all types, and ever-so *friendly*. Hopefully, this event will re-charge our fellowship and spark renewed interest in C.A. participation in general. Thanks to the entire committee who are working so very hard to make the whole thing happen!

Okay—on-site registration opens at 4:00 PM on Friday, August 20 and so the fun begins. Don’t miss out—we’ll be “**TRUDGING**”\*\*\* and see you there!!!!



\*\* **trudge** (trəj)  
*origin unknown*

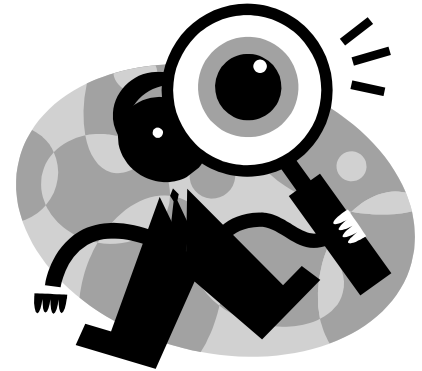
to walk or march steadily,  
with purpose



## **Meeting Update:**

# **WHERE HAVE ALL THE MEETINGS GONE?**

Newsflash!!! Saint Louis C.A. District meetings have been disappearing at an alarming rate! In the past several months, two of our groups have closed down—Wednesday's "It's All Good" at Carondelet United Church of Christ (7:30 PM) and Saturday's "Hope, Faith & Courage" at Hagar's Coffee & Snack Shop (6:00 PM). In addition, the Friday night 8:30 PM "There Is A Solution" meeting came dangerously close to shutting its doors; and even now, it's only being kept open by a handful of people who are sharing the chair position on a weekly rotation. Even many of the meetings still in existence are experiencing a down-turn in attendance.



What is happening here? *Connections* does not have an explanation for this disturbing trend, but we can make our readers aware of the fact and ask for an increased effort to sustain our local C.A. community. "What can I do to help?" you may ask . . . and we can offer several viable suggestions. First of all, would you be willing to commit to chairing the Friday night "There Is A Solution" meeting for several months to build up a home group of regulars? Continuity in a meeting lays the groundwork for return customers, and although our "band-aid measure" of securing a new chair person week by week has sufficiently plugged the hole in the dam; having a committed trusted servant to ensure the meeting is covered lends a much better foundation for group support. Contact the Editor (see bottom of page 4) to volunteer with this task.

But what if Friday night is not a good fit for your schedule? Well then, why not start a *NEW* meeting in a location and time frame convenient to your needs? All the District Board asks of those starting a new meeting, (aside, of course, from following the twelve traditions!), is that the person make a six month commitment to be there every week or make sure someone else shows up to cover the chair. The early days of a new meeting can be discouraging, but perseverance pays off and, soon enough, warm bodies start to roll in.

Here's a novel idea that the Wednesday night "Fried Pipers & Cocanuts" has instituted in their group. Each month, at their group conscience gathering, they choose another Greater Saint Louis District C.A. meeting to support that month. A pre-determined date is selected enough in advance to allow the event to be announced at least two meetings prior to the outing. Any home group member who can make it goes to the chosen visitation group for the month, sometimes car-pooling with other home group members. This is a great way to support other meetings and also spend some nice quality time with your fellow homies. We are hoping more groups will adopt this practice.

Meetings are the life-blood of our fellowship—the more we have, the greater number of suffering addicts we can reach. Let's not loose ANY more of our precious groups. Reach out and do what you can, when you can, to ensure the continued growth of our beloved Cocaine Anonymous.

### *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	May 2010	June 2010	July 2010
End Of The Line	\$5.31		\$26.20
Fried Pipers & Cocanuts	\$25	\$20	\$20
In The Light	\$12		\$30
It's All Good		\$5	
The Thursday Night Meeting	\$50	\$50	\$20
Twilight Zone	\$10	\$5.58	\$9.50

## H & I CAN DONATIONS

Meeting Name	May 2010	June 2010	July 2010
End Of The Line	\$18.40		\$11.23
Fried Pipers & Cocanuts	\$32.62	\$17.36	\$30.53
In The Light		\$12	\$15
It's All Good		\$5	
The Thursday Night Meeting	\$21	\$15	\$15
Twilight Zone		\$10	

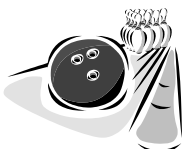
Detailed financial information is available at our monthly business meetings. All C.A. members are welcome and urged to attend if possible.

The Greater Saint Louis District Central Service meeting is held the first Sunday of each month at 4:30 PM at *Christ Memorial/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).

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# HOW TO HAVE FUN IN THE FELLOWSHIP? WHAT ABOUT 10 PIN BOWLING!!!



There's more to recovery than just going to meetings, calling your sponsor, reading the Big Book and doing service work. It's called FUN! Gathering together with your fellow members to enjoy life is very much a part of working the program; and the Wednesday night Fried Pipers & Cocanuts group has found a great venue to exercise this privilege at a local bowling alley. Concord Lanes happen to be right around the corner from the FP&C meeting location at First Unity Church on Butler Road in south county, and very coincidentally (if you believe there ARE such thing as coincidences—wink wink) the lanes offer a special deal on Wednesday nights of only \$1 per person per bowling game, plus \$1 to rent shoes. This is a considerable discount from the normal price of bowling and provides a totally affordable recreational activity for anyone who wants to participate. At these prices, it's even easy to invite penniless newcomers along and treat them to a game or two without breaking the bank in your own pocket book.

For a couple of years now, the Fried Pipers and Cocanuts have been continuing their Wednesday night meeting fellowship at the bowling alley. Anywhere from 4 to 20 program bowlers will show up. Many people who aren't able to make the 6:45 meeting still show up to bowl at 8:30 or 9:00. It's absolutely LOADS of fun. No one is worried about their scores—we are all mostly amateur bowlers—it's strictly all about the entertainment and learning that it IS possible to enjoy sober social activities.

Everyone is invited to come out and join in the fun. No reservations are required. Just show up—bring your bowling ball and shoes if you have them—or do like most do and use the alley equipment. We're always done by 11 PM at the latest. Come early and attend the meeting from 6:45 til 8, or simply show up at Concord Lanes, 11801 Tesson Ferry Road (corner of Baptist Church & Tesson Ferry), South County 63128.

*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 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.

## Men's Meeting

Saturday 6:30 PM  
Saint Mary's Hospital

Darryl J. 11 Years

## End Of The Line

Sunday 5:30 PM  
Blessed Hope Bible Church

Wardell K. 7 Years  
Robyn T. 8 Years  
Pam S. 15 Years

## Twilight Zone

Wednesday 10:30 PM  
212 Club

Leslie E. 9 Months

## Fried Pipers & Cocanuts

Wednesday 6:45 PM  
First Unity Church

Heather O. 30 Days  
Jenifer W. 30 Days  
Tim B. 30 Days  
Mike B. 90 Days  
Kelly C. 18 Months  
Tom P. 18 Months  
Mark B. 2 Years  
Angie F. 3 Years  
Mark B. 4 Years  
Glenn F. 5 Years  
Joe B. 5 Years  
Rachel S. 6 Years  
Michael M. 20 Years

## The Thursday Night Meeting

Thursday 7:30 PM  
Saint Mary's Hospital

Charles 30 Days  
Heather 60 Days  
Tony 60 Days  
Richard 90 Days  
Jeff 90 Days  
Sherry Y. 6 Months  
Ferlandis C. 18  
Months  
Carl 2 Years  
Linda S. 6 Years  
Dwanna R. 18 Years  
Shirley H. 20 Years

## 13<sup>th</sup> Annual G.A. Women's Luncheon

**October 16, 2010**

*Moonrise Hotel*

*6177 Delmar Boulevard*

*Saint Louis 63112 (In The Loop)*



*Speaker: Deborah G. - Kansas City, MO*

*\$30/person - Registrations Must Be Mailed*

*See Website For Registration Form (camissouri.org) or Call Pam S. 314/753-5388*