



CONNECTIONS

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Official Newsletter of the Greater Saint Louis District of Cocaine Anonymous

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PASSION FOR THE PROGRAM

By Vicky M.

What are you passionate about? If recovery wasn't the first word that came to your mind, perhaps your program could use a tune-up.

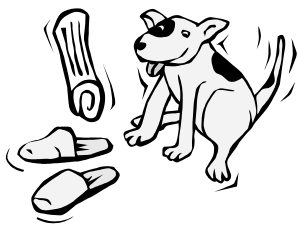
As I write this article, I'm sober twenty-two years, five months and eleven days. What I can honestly say is that I am just as excited to be clean and sober today as I was when I collected my first sobriety milestone chip at one month. In many ways, I'm even MORE zealous; because today I know how FABULOUS life can be, if I chose to make it that way. Today I know how having an evolving spiritual connection fills my life with wonder. Today I know how working with a newcomer creates an incomparable warm glow inside my spirit. Today I recognize peace and serenity to be my most valuable assets.

Not to say that life doesn't come at me—throwing bewildering curveballs when you least expect it. Just last month my youngest nephew ended up in the hospital with a critical brain injury after being violently assaulted. He's twenty-six years old—in and out of rehab since 2001. He never latched on to the spiritual nature of his disease and found no need to stay connected with twelve-step meetings. The incident that put him in the hospital most certainly had everything to do with his life-style choices, which did not include recovery. Unbelievably heart-breaking for his parents and siblings to have to locate him, unidentified, in an intensive care unit after he had been missing over twenty-four hours. Unrecognizable (his injuries were all inflicted from the neck up), he was in a coma. Such are the deadly places our active addiction will lead us. When the dope or money deal goes bad, those still in the midst of this existence won't hesitate to lash out with brutality and bloodshed. In fact, my nephew was left for dead. Happily, it looks as though he is going to make a full recovery, albeit a lengthy ordeal. Still in question is whether he will want to change. Was this a low enough bottom? Only time will tell. Watching my sister and the rest of her immediate family walk through the pain and turmoil spewed off in the wake of an addict's tornado-like behavior isn't easy. They've chosen not to utilize program help and support. I thank God on a daily basis for the tools to understand what my role should and should NOT be. I pray these loved ones will recognize the life lessons being offered, but I totally understand it's God's will not mine.

In the meantime, am I any less happy, joyous and free? No! Because I am in the middle of the boat where my recovery is concerned. My positive attitude is not contingent on another human being. I still go to at least five meetings a week, sponsor women and do service work. I continue seeking to improve my conscious contact with God and am ever-amazed at the daily miracles placed in my path. When something like my nephew's attack happens, I have a place to go share about it and a loving sponsor who will listen and help guide me through. I know how to process feelings instead of stuffing them. I know other fellowship members before me have experienced and survived even worse scenarios. I know God's got our backs.

Do I have a life outside of recovery? Absolutely. My other passions include many things—mostly having to do with utilizing my creative energy, but sometimes just as simple as enjoying an iced latte with a dear friend. The key is my ability to stay in the moment and appreciate whatever is happening around me right this very second.

The truth is—living WITHOUT the shackles of mind-altering substances is a lot less challenging than it was when I was practicing my disease. No wonder I feel like shouting from the roof-tops and spreading the good news—“WE'RE HERE AND WE'RE FREE!” Come join us on the Road To Happy Destiny! Whoo-hooo!!!



DISTRICT DIGEST

Come & Get It (Sunday, 6 PM, 212 Club) – Currently the only C.A. meeting in Saint Charles County, this is a great stop immediately following the monthly Saint Louis District business meeting. Long-time member Joe L. will be happy to greet you!

End Of The Line (Sunday, 5:30 PM, Blessed Hope Bible Church) – What used to be the largest, strongest meeting in Saint Louis has been struggling lately to stay afloat. Please consider adding this meeting to your weekly agenda.

Fried Pipers & Cocanuts (Wednesday, 7 PM, First Unity Church) – Every week following their meeting, this group continues fellowship at the local bowling lanes where they show newcomers it's still possible to have fun without drugs. For a measly \$1 per game, this activity "strikes" a win for everyone!

Men's Meeting (Saturday, 6 PM, Saint Mary's Health Center) – Solid as a rock, this group of guys studies the steps and stays focused on the solutions of living in recovery. Any C.A. male who hasn't tried this meeting is cheating himself big-time!

Serenity On Saturday a.k.a. S.O.S. (Saturday, 1 PM, Harris House) – Now well into their second year, S.O.S. has become "the" spot for Harris House resident newcomers to connect with long-time C.A. members. Their alternating format of step speaker and literature study provides a steady stream of recovery solutions for those who are just getting started or re-committing to the program.

The Thursday Night Meeting (Thursday, 7:30 PM, Saint Mary's Health Center) – Can't tell you how many local C.A. members talk about this being their first meeting when they arrived at recovery's doorstep. So how about speaking there sometime? This group is always looking for a good lead, so stop in and get your name on the schedule pronto!

There Is A Solution (Friday, 8:30 PM, Father Dempsey's) – Their recent relocation from the Coffee House has proved a good move for this meeting. Attendance is up, and they recently hosted an out-of-town guest speaker. Jay F. from Denver took a break from his C.A. meditation book committee work to share experience, strength and hope with a larger-than-usual crowd. Everyone was uplifted by his talk, and the meeting hopes to see many of the folks who came just for this event back again in the near future!

Time For A Change (Thursday, 12 Noon, New Day Social Club) – The eastside boasts our only daytime mid-week meeting, which we recently discovered is on THURSDAY not Tuesday as had been published incorrectly for years! (Makes me wonder if anybody pays attention to anything we publish!) If your schedule permits, stop on over and check it out some lunchtime.

All the Hospitals & Institutions meetings (schedule was published last newsletter) can use help with chairing and speaking. Particularly in need at this time are the Monday night V.A. 8 PM and the Thursday night women's Bridgeway 7 PM meetings. Please contact Vicky M. 314/846-2346 to get involved.

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.

What's Coming Up?



(OR "Are You Willing To Suit Up & Show Up On Your Own Behalf?")

Saturday, July 21 12-5 PM **FISH FRY** 2233 Saint Louis Avenue, East Saint Louis 62205
C.A. Women's Luncheon Fundraiser - \$6/Plate - Drinks/Dessert Available For Purchase - Bid Whist Tournament from 1-4 - 50/50 Raffle

2012 SHOW ME RECOVERY CONVENTION

Friday-Sunday, August 10-12 * Four Points Sheraton, Kansas City Airport 816/464-2345

Greater Missouri Area of C.A. Presents "Reaching Out - Looking Within"

Early Registration Deadline July 10 - Save \$5 on Basic Registration, \$10 on Full Package

Room Rates \$79 Per Night When Reserved by 7/20 - Double Up With Someone and Have Some Fun - Get A Carpool Going!

Excellent Speakers, Marathon Meetings, Workshops, Live Band For Saturday Night Dance

Registration Form Available On Our Website camissouri.org, Click On Events

15TH ANNUAL C.A. WOMEN'S LUNCHEON

Saturday, October 20 12 Noon * Orlando Gardens, 8352 Watson Road, Webster Groves, 63119

Pre-Registration Required - \$25/Person - Guest Speaker Laura L., Lake Saint Louis, MO - Cup Raffle - Sobriety Countdown

Calling All Ladies To Celebrate Your Recovery With The Greatest Bunch Of Women You Could Ever Want To Meet!!!!

DISTRICT DONATIONS

Meeting Name	February 2012	March 2012	April 2012	May 2012	June 2012
Fried Pipers & Cocanuts	\$35.00	\$22.00	\$10.00	\$14.26	\$10.00
Men's Meeting	\$37.45		\$20.00		\$25.00
Serenity On Saturday			\$50.00		\$10.00
The Thursday Night Meeting				\$56.00	
There Is A Solution			\$4.25		\$10.00

H & I DONATIONS

Meeting Name	November 2011	December 2011	January 2012	February 2012	March 2012	April 2012	May 2012	June 2012
Fried Pipers & Cocanuts	\$38.22	\$29.09	\$37.81	\$38.09	\$21.27	\$21.28	\$19.54	\$28.08
Serenity On Saturday	\$46.35	\$25.63		\$65.59				\$56.17
The Thursday Night Meeting		\$21.00	\$26.51				\$48.50	

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 second Sunday of each month at 4:00 PM at the 212 Club, 204 West Pittman, O'Fallon, Missouri 63366. If the second Sunday falls on a holiday weekend, this meeting is held the first or third Sunday. Confirmed meeting dates are always available on our website www.camissouri.org. Directions—Take I-70 west to Exit 217 Highway K. Go Right on Main Street off the exit ramp. Go .3 mile to left on Pitman. Facility on the left.

The Hospitals & Institutions Committee takes meetings into facilities where addicts cannot get out to attend a meeting on their own. H & I volunteers are constantly needed and should express interest by attending a District Central Service meeting or contacting the H & I Chair, Vicky M. at 314/846-2346.

Connections is 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 about C.A. World Service Conference approved literature at CAWSO, 21720 South Wilmington Avenue., Suite 304, Long Beach, CA 90810; 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.

There Is A Solution

Friday 8:30 PM
Father Dempsey's

Joanne W.	90 Days
Sean L.	90 Days
James H.	6 Months
Matt R.	10 Years

Serenity On Saturday

Saturday 1 PM
Harris House

Allen H.	30 Days
Jennifer M.	30 Days
Kurt L.	30 Days
Nancy O.	30 Days
Laura L.	90 Days
Damon C.	6 Months
Wes	6 Months
Donna R.	16 Years
Kate D.	22 Years

Men's Meeting

Saturday 6 PM
Saint Mary's Hospital

Darryl J. 13 Years

End Of The Line

Sunday 5:30 PM
Blessed Hope Bible Church

Linda S.	8 Years
Wardell K.	9 Years
Rick M.	10 Years
Robyn T.	10 Years
James M.	11 Years
Donna Y.	15 Years
Greg W.	15 Years
James	15 Years
Pam S.	17 Years

**KEEP COMIN' BACK!
IT WORKS IF YOU WORK IT!**

Fried Pipers & Cocanuts

Wednesday 7 PM
First Unity Church

Brian T.	30 Days
Dan L.	30 Days
Michael S.	30 Days
Todd R.	60 Days
Jenifer W.	90 Days
Joe N.	90 Days
John S.	90 Days
Kelsey K.	90 Days
Josh G.	6 Months
Doug H.	18 Months
Kyle M.	4 Years
Glenn F.	7 Years
Laura N.	11 Years

The Thursday Night Meeting

Thursday 7:30 PM
Saint Mary's Hospital

Dwanna R. 20 Years



Pearls Of Wisdom Overheard At A Meeting



- ♥ Ego can be used to our benefit when we learn from its mistakes.
- ♥ If you laugh at it, you can live through it.
- ♥ Funny how sometimes it doesn't sound nearly as good coming out of my mouth as it did in my head.
- ♥ We have a choice in life—we either REVOLVE (↺↻) or EVOLVE (↕).
- ♥ Before recovery, my tongue was my Higher Power.
- ♥ Face your fear in small increments—forget Everest, just get out of bed!
- ♥ Step 4 is a spiritual MRI—it reveals but doesn't cure.
- ♥ Happiness is not a destination, it's a manner of traveling.

FEELING LUCKY?

For \$1 You Can Win
A Full Convention
Registration Package
\$95 VALUE!!!



(Hotel Room Not Included)

Greater Missouri Area
Convention Fundraiser



Raffle

Still Time To Win If You Hurry!!

Drawing Will Be Held July 15
At The Area Meeting

*If you've already registered for the
convention and win the raffle, your
money will be refunded!*

Contact Darryl J. **TODAY**
to Get Your Ticket!
314/482-5395

EDITOR'S NOTE: Letters, articles, cartoons, etc., related to C.A. and living in recovery are welcomed by the Editor. Please call Vicky M. at 314/846-2346 with your ideas or contributions.