



CONNECTIONS

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Step Twelve Trifecta

By Vicky M.

Step Twelve was explained to me by my first sponsor, Penny, as a three part endeavor.

Part One—Having had a spiritual awakening as the result of these steps:

Penny told me this was a no brainer. Having worked Steps One through Eleven to the best of my ability, BECAUSE of that fact, a spiritual awakening had occurred for me. No maybes about it. As I considered my life prior to recovery, I couldn't deny that she was right. I most definitely recognized the profound psychic change described in the Big Book. As with most people, it had happened slowly, over time, and others recognized it in me long before I perceived it in myself. My willingness to follow directions in the steps process was the key to this success, resulting in the spiritual awakening promised in Step Twelve. Penny assured me this awakening would continue to evolve, deepening and expanding with time and my continued Twelve Step work.

Part Two—we tried to carry this message to addicts:

Can't keep it unless we give it away. How often do we hear this? Penny had clearly illustrated the mechanics of carrying the message through her sponsorship work with me. She was a fellowship member who willingly took on service commitments and had encouraged me to do the same. Carrying the message, she pointed out, came in many shapes and sizes. Service work of all kinds ensured the fellowship would *perpetuate* and always be available for the newcomer seeking help. In addition, being open with my recovery outside the rooms might generate occasion to enlighten someone about the program. These opportunities were priceless, provided we adhered to the *attraction not promotion* premise indicated in Tradition Eleven. At that very point in my recovery, I now recognize how Penny's loving guidance instilled "carrying the message" as an integral facet in the awesome new existence unfolding before me.

Part Three—and to practice these principles in all our affairs.:

And so a new lifestyle has begun. Penny reminded me of the innovative spiritual tool kit I'd begun building, affirming that I'd find it a valuable aid in dealing with life on life's terms. Recovery isn't ever confined to sobriety alone. It's meant to encompass everything about living and being the best me I can be. What **are** the principles mentioned in Step Twelve? Although not a complete list, honesty, hope, faith, courage, integrity, willingness, humility, love, forgiveness, discipline, awareness and service are frequently recognized as the basics (check out C.A.'s new pamphlet, 12 Principles, for a nifty synopsis of how these principles work in our lives). Applying my program outside the rooms wasn't a skill that came overnight. Even today with a good many 24 hours under my belt, practicing these principles in all my affairs can be a challenge. Interestingly enough, it can be particularly difficult in my closest family relationships. This is why continued sponsorship is such a necessary component. When I'm having difficulty with some piece of human nature—my own or someone else's—seeking objective feedback from someone who knows me well will generally provide a fresh perspective.

Arriving at Step Twelve's trifecta finale for the first time signified not the end but a new beginning. It was the start of experiencing peace and serenity as constants in my day to day existence. Little did I know these traits that were alien to me in my active addiction would become my most valued assets in recovery. Don't quit before the miracle happens. Use a sponsor to work those steps and discover your own spiritual awakening.

Annual Missouri Area Unity Event Employs Fun Family Feud Format Delivering Hope & Recovery Message To Standing-Room-Only Newcomer Group



By Jeannette J.

We reached out to the newcomers in Mid-MO, and they came out and participated in our annual January Unity event! Three local Columbia treatment centers brought their clients to spend the day with us for C.A. Unity Day, and we had an afternoon full of fellowship, fun, food and games.

We started the day with open networking time. The Big Book, page 89 states, "Practical experience shows that nothing will so much insure immunity from drinking [using] as intensive work with other alcoholics [addicts]. In other words, we set out to carry the message to a hefty crowd of newcomers, and they were open and eager to receive. We sat in small groups to promote one on one bonding, relating to the newcomers our new way of life after the fog has lifted. "Frequent contact with newcomers and with each other is the bright spot of our lives," Big Book, page 89. What a joyful experience!

A panel with speakers from Kansas City, Saint Louis, Columbia and Milwaukee answered a list of questions about various recovery subjects – continuing to carry the message of recovery. We ate a hearty pizza and salad lunch and participated in one of our infamous cup drawings which filled a few tables and racks with great prizes from books to hand-crafted wall hangings to shirts, blouses and dresses to soaps, lotions and oils. A first-time opportunity to have our members donate new or like-new recovery tee-shirts to give to the newcomers was a big hit! We had almost enough donated shirts for every newcomer present! It really helped them connect and feel a part of and not apart from.

Next, we played Family Feud with four teams of five from Saint Louis, Kansas City, Mid-MO and the newcomers. I couldn't believe this group of old-timers had the gumption to challenge a group of newcomers at answering recovery questions. And the survey said . . . ! You're not going to believe it when I tell you Team Newcomers won! I was so proud of that team of newcomers, and they, too, beamed smiles of accomplishment. Go Team Newcomers!

Released from care, boredom and worry, we were able to have the best time! Thanks to all who participated! Hoping to help life mean something to a group of newcomers is so fulfilling, we can't wait for the new annual summer Unity event planned for Saturday, August 22 at Stephens Lake Park in Columbia. See you there!

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

<i>Meeting Name</i>	<i>November 2014</i>	<i>December 2014</i>	<i>January 2015</i>	<i>February 2015</i>
Come & Get It		\$10	\$7	\$5
End Of The Line			\$38.25	
Friday Night Into The Solution		\$20		
Fried Pipers & Cocanuts			\$20	\$10
Men's Meeting		\$95		
Serenity On Saturday			\$10	\$20
THE Meeting	\$5	\$5		\$5
There Is A Solution			\$20	\$20

H & I DONATIONS

<i>Meeting Name</i>	<i>November 2014</i>	<i>December 2014</i>	<i>January 2015</i>	<i>February 2015</i>
Fried Pipers & Cocanuts	\$10	\$25	\$16.84	\$16.30
Serenity On Saturday		\$17.00	\$16.41	\$19.59

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 Pitman, 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, Leonard B. 314/591-2453.

2015 District Election Results



Elections for our 2015 Saint Louis District officers were held in December with the following results:

District Chair	Jenifer W.	Archives Chair	Vacant
Vice-Chair	Vacant	Newsletter Chair	Vicky M.
Secretary	Laura N.	Literature Chair	Aman L.
Treasurer	Jim L.	Hotline Chair	Laura N.
District Service Representative	Darryl J.	Public Information/Cooperation With	
Hospitals & Institutions Chair	Leonard B.	The Professional Community Chair	Vacant

Congratulations to all our newly elected trusted servants. If some of these names look familiar, it's because they've been around for a while, swapping hats now and then to keep things running. Nothing would please us more than drawing in a few more new willing bodies. Notice we do have several openings for service. If you are interested in getting involved at the District level, please come to one of our monthly business meetings (see info above on time and location). We're saving you a seat. You'll be helping Saint Louis C.A. and yourself at the same time. Contact Jenifer W. for more

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 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.

Come & Get It

Sunday 6:00 PM
212 Club

Doug P. 6 Years
Phil K. 9 Years
Joe L. 25 Years

End Of The Line

Sunday 6 PM
Baden Facility

Corolelya A. 60 Days
Keith 60 Days
Chartroose F. 90 Days
Arlene F. 90 Days
Darlene T. 90 Days
Al 2 Years
Patrick C. 2 Years
Jimmy 4 Years
Tina H. 12 Years
Chris G. 13 Years
Yvonne C. 16 Years
Carl S. 19 Years
Yolanda P. 22 Years
Kay K. 23 Years
Walter S. 24 Years
Joy L. 25 Years
Greg G. 27 Years
Lessie S. 27 Years
Deborah J. 28 Years

Fried Pipers & Cocanuts

Wednesday 7 PM
First Unity Church

Scott M. 6 Months
Amy E. 18 Months
Eileen D. 22 Years
Vicky M. 25 Years

The Thursday Night Meeting

Thursday 7:30 PM
Saint Mary's Hospital

Charlotte R. 24 Years

There Is A Solution

Friday 7:30 PM
Father Dempsey's

Andre T. 30 Days
Dan 30 Days
Greg D. 90 Days
Don S. 30 Years

Serenity On Saturday (S.O.S)

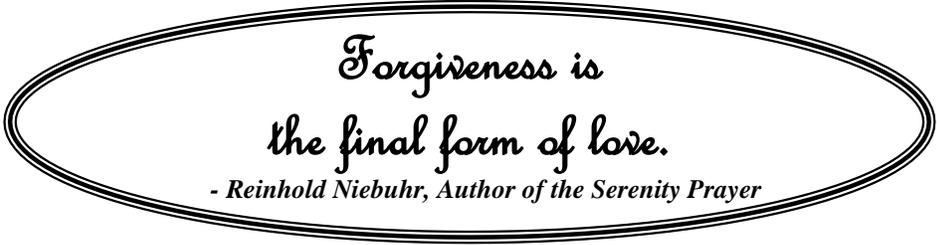
Saturday 1:00 PM
Harris House

Michaela H. 30 Days
Delando 60 Days
Jetan 60 Days
Ashley L. 90 Days
Gary 90 Days
Karen S. 90 Days
Kelly C. 1 Year
Kyle P. 2 Years
Beverly S. 4 Years

Men's Meeting

Saturday 6:00 PM
Saint Mary's Hospital

Carl R. 22 Years



COMING TO SAINT LOUIS IN 2016

MIDWEST REGIONAL CONVENTION

Help Needed In All Service Capacities

Get Involved By Attending Convention Committee Meeting

The Third Sunday of Odd Numbered Months Beginning 3/15/15

Immediately Following the 9 AM Missouri Area Business Meeting

Boone Electric, 1413 Rangeline Street, Columbia, MO 65201

For More Information Call Carl R. 314/602-7740