



CONNECTIONS

Volume 73

Official Newsletter of the Greater Saint Louis District of Cocaine Anonymous

July, 2015

New CA Meeting Takes Life by Candlelight Every Tuesday

by Frankie S.



Have you heard? There's a new C.A. meeting taking place at the West County Club every Tuesday night at 7 PM! We now have at least one C.A. meeting for every day of the week!

I was blessed with the opportunity to start a new C.A. meeting with my sponsor. We named it "*It's Not About Coke*" to reflect the principle that Cocaine Anonymous is not strictly about cocaine addiction; it's about recovery. It's been a resounding success so far, attracting members from several of our sister twelve step fellowships and lots of newcomers alike. This experience has not only been a blast, but it has helped me gain a strong foothold in my newfound sobriety.

I don't like to label things as neither coincidence nor fate, but my Higher Power was definitely watching over me when I stumbled upon this new meeting. At one of the District meetings, not two weeks into my sobriety, someone had decided to open a new meeting on Tuesdays at the West County Club. I was excited to see what it would be like to watch a new meeting take life, so I decided to check it out. However, before it even got started, the meeting found itself without a leader. That's when my sponsor offered to take over, and she invited me to help.

It was loads of fun organizing the meeting. My sponsor and I talked for hours about what kind of format to use, gathered supplies, made and distributed flyers, and pulled topics from the Big Book. We decided to set the format as a candlelight topic discussion meeting, something we didn't yet have in the Saint Louis area. The next week, we held the first meeting and got off to a fantastic start with 11 attendees.

I was touched by the turnout. Not only did we receive support from members of C.A., but other fellowships as well. There were even some newcomers who claimed their white chips, which is always a wonderful sight.

The West County club has also been of great support by graciously working with us, providing us a meeting space and spreading the word.

Helping to set up and chairing this meeting have afforded an invaluable experience. Not only was it exciting to participate in the opportunity to expand the C.A. fellowship, but it kept my priorities in check. I developed accountability and a sense of purpose, which made a huge impact on my still early sobriety. Now I feel a stronger connection than ever with this fellowship and look forward to doing service work.

One of the most important messages here is "Yes, *you* can start a C.A. meeting!" The gifts that come from that experience are unparalleled, and it's a great way to share the message with the addict who still suffers. If you are interested, please check out the "[Yes, You Can Start A CA Meeting!](#)" pamphlet at your home group literature table or by visiting ca.org.



C.A. CAMP &

by Jenifer W.



FLOAT BUST

Two years ago, the C.A. St. Louis District held a camp and float trip for the first time in several years. I volunteered to put this event together, and it generated much interest and a great turnout. Fun, fellowship and nature came together to foster friendships and commune with the earth. This year I was encouraged by several members of C.A. to bring back the event that so many of us had previously enjoyed. I took on the project with determination and enthusiasm, hoping to provide a memorable experience for all. The event was unanimously approved.

I did some research and put together a colorful flier that included pricing information and a schedule of events. Since the next District meeting was not for another month, I wanted to get feedback and approval for the flyer I had created so that people would have plenty of time to plan. I emailed the core group of members who attend the District meeting, asking for feedback/approval of the flier. I also asked that they pass it along to others whom I could not reach. I was disappointed when only one person responded, especially since district meetings are known for plenty of opinions and spicy debates.

I pressed on, and began printing fliers, distributing them at meetings, and announcing the event with anticipation and excitement. I expected that I would get several last minute attendees since that is how it usually works with us addicts, but I never thought that I would only receive payment from one person for floating and four people overall attending the event. As those four other people were staying in a cabin together, that meant I'd be camping by myself. The deadline to sign up came and went. I later found out that some people at other C.A. meetings that I do not generally attend didn't even know about the event. I brought more than a dozen fliers to the district meeting a month prior, asking people to distribute them in order to promote the event. I never expected that word would not get out to everyone.

I was left with no choice but to forfeit our camping reservation and officially call off the trip due to lack of participation. I am disappointed that the float trip did not get the support that it deserved, and that as a group we could not come together. After all this is a "we" program. I harbor no hard feelings towards anyone, but my hope is that we can support each other a little better going forward so that the C.A. St. Louis district can grow and thrive. I appreciate the opportunity to be of service at the District level, and promise to do my best in helping our fellowship continue to carry the message to the addict who still suffers.

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>March 2015</i>	<i>April 2015</i>	<i>May 2015</i>	<i>June 2015</i>
Come & Get It	\$15	\$2		\$20
End Of The Line			\$42.25	
Fried Pipers & Cocanuts	\$10	\$10	\$10	
It's Not About Coke		\$10		\$20.73
Men's Meeting		\$65		
Serenity On Saturday	\$10			
THE Meeting				\$20
The Thursday Night Meeting		\$90		
There Is A Solution	\$20			

H & I DONATIONS

<i>Meeting Name</i>	<i>March 2015</i>	<i>April 2015</i>	<i>May 2015</i>	<i>June 2015</i>
Fried Pipers & Cocanuts	\$12	\$3	\$6	\$15.29
Serenity On Saturday	\$8.50	\$7	\$7.77	\$14.62
The Thursday Night Meeting		\$80.89		

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. at 314/591-2453.

MISSOURI AREA NEWS



Mark your calendars for Saturday, August 22, 2015 for the Greater Missouri Area of C.A. Summer Unity Picnic. Stephens Lake Park (2001 East Broadway, Columbia, MO 65201) is less than two hours' drive from Saint Louis. You'll find us gathered there at the Gordon Shelter from 11 AM to dusk for food, games, swimming, music, opportunity drawings and a special guest speaker from Chicago. Meat and beverages will be provided—please bring side dish to share. This is a family event so come one and all!

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Our Area will be hosting the Midwest Regional convention October 28-30, 2016. Theme is "Look Around This Room" and the venue will be the Sheraton Clayton Plaza Hotel. Many, many worker bees will be needed to pull this off as we will be expecting attendees from all of our surrounding states. Even though the event is more than a year out, plans are well in the works under the capable guidance of Convention Chair Carl R. Please call him at 314/602-7740 to find out how you can be of service. In the meantime, mark your calendars now and plan to attend.

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 PM
212 Club

Curtis N. 10 Years
Laura N. 14 Years

It's Not About Coke

Tuesday 7 PM
West County Club

Anika D. 30 Days
Brian L. 30 Days
Fred D. 30 Days
Leslie K. 30 Days
Frankie S. 90 Days
Jake R. 90 Days
Jim R. 90 Days
Mike K. 6 Months
Dennis S. 12 Years
Donna T. 19 Years

Fried Pipers & Cocanuts

Wednesday 7:00 PM
First Unity Church

Dawn 30 Days
Ellen 30 Days
Mike C. 60 Days
Nickie W. 60 Days
Chastity G. 90 Days
Carol Ann D. 6 Months
Tori A. 6 Months
Diann 9 Months
Jamie H. 9 Months
C.J. 18 Months
Amy E. 2 Years
Jenifer W. 3 Years
Tiffany D. 3 Years
Angie H. 8 Years
Fried Pipers & Cocanuts 21 Years

There Is A Solution

Friday 7:30 PM
Father Dempsey's

Greg 60 Days
Kelly C. 9 Months
Matt R. 13 Years

Serenity On Saturday (S.O.S)

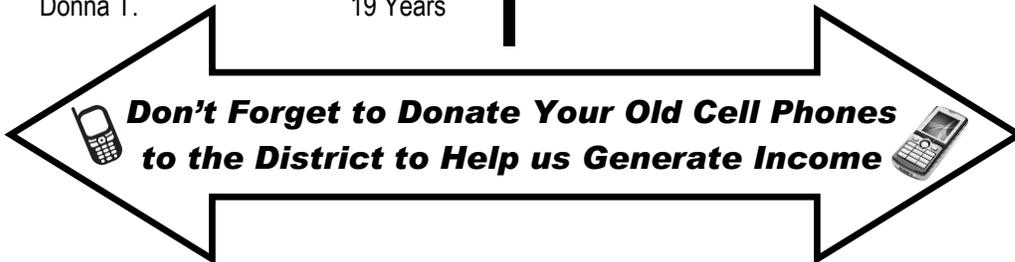
Saturday 1:00 PM
Harris House

Paul D. 30 Days
Stephanie B. 60 Days
Erik L. 90 Days
Joe H. 18 Months
Rick M. 18 Months
Chris W. 2 Years
Nancy O. 3 Years
Leonard B. 5 Years

THE Meeting

Saturday 6 PM
Baden Facility

Dwanna R. 23 Years



Red Hats In Recovery



Join us Saturday, October 24, 2015 for a unique women's social gathering. Venue is Miss Sheri's Cafeteria, 9967 Manchester Road, Warson Woods, MO 63122. Come anytime between 1:00 and 3:30 for lunch, fellowship and an opportunity to win loads of great prizes. Tickets are \$2 in advance/\$3 at the door and include two free cup drawing tickets. Cafeteria style lunch/dessert/beverage purchase is on-your-own on site (please note no outside food or beverages will be allowed). We will have a private room where you can eat, socialize and, if you want, participate in a MEGA cup style opportunity drawing. Female friends and family members welcome. With tons of clothing in many sizes, as well as, assorted miscellaneous items, you are sure to find something you'd love to win, and all will be given away that day! Drawing will be held at 3:15 PM, and winners need not be present. Wearing a red hat and something purple is encouraged (but optional) and signifies our freedom to act outrageously in recovery. Why? Because today we have a choice and know that fun is one of life's greatest necessities. For more information or to purchase a ticket in advance, please talk to your meeting GSR or call Vicky M. at 314/846-2346.