



CONNECTIONS

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Official Newsletter of the Greater Saint Louis District of Cocaine Anonymous

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“Reaching Out” Was His Calling

A Tribute To Leonard B.

by Vicky M.

On Sunday, January 31, 2016, Cocaine Anonymous lost a valued asset. Leonard B. was one of Saint Louis District's most devoted members and enthusiastic supporters. His passionate love for our fellowship and genuine desire to help newcomers with recovery will be sorely missed by an indeterminable number of people—those whose lives he touched, as well as those who won't ever get the opportunity to benefit from knowing him.

I first met Leonard about 14 years ago when he got into District service. He was initially involved in the Hospitals & Institutions Committee, a part of C.A. to which he was completely devoted. He later became Chairman of that committee and eventually also took the job of District Chair. Leonard always fulfilled his duties with a great deal of humble gratitude about the chance to serve in such a capacity. With a gentle spirit, he never tired of reaching out to newcomers. This ultimately led Leonard to earning a counseling credential, and his work at the St. Patrick's Center treatment program enabled him to introduce even more addicts to our wonderful twelve step program of recovery. He started a regular C.A. meeting on Tuesday nights called “Reaching Out,” a name which embodied everything he tried to do in the name of sobriety.

The onset of some serious health issues introduced the necessity for a powerful pain killer. These drugs proved to be a slippery slope for Leonard and led him back to active addiction after many years of sobriety. No stranger to run-ins with the law from his pre-recovery days, it didn't take long for Leonard to end up back in jail after his relapse. Ultimately, this turned out to be the best thing that could have happened, because not only did he gain back his sobriety behind bars; but he also worked tirelessly with other inmates to help them find the path to a drug-free life. When he was finally released, he had four years clean and sober, and he was able to collect that coveted five year medallion last July as a free man. In spite of numerous health issues which continued to plague him, he died a sober member of our fellowship, enormously grateful to be so. He constantly spoke lovingly of God's gifts in his life and the fact that he was very much at peace with his Creator.

In August, 2004, Leonard wrote a wonderful article for Connections about serenity and boundaries. This well-written essay was later adapted as a daily reading in our meditation book, A Quiet Peace. Leonard was completely ecstatic about having his work included and was one of the first in line to buy the book once it was published. He was so proud of the fact his anonymous words would be a piece of this important C.A. literature, helping newcomers in a special way for generations to come. I can't think of a greater legacy for him to leave. In honor of his memory, that original Connections article is being reprinted in this issue.

Rest in peace, Leonard. Your memory will remain always with those of us who knew and loved you.



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.

Fried Pipers & Cocanuts

Wednesday 7 PM
First Unity Church

Bill R.	30 Days
Angie R.	9 Months
Frankie S.	1 Year
Caitlin H.	18 Months
Jenifer W.	4 Years
Kay K.	24 Years
Vicky M.	26 Years

The Thursday Night Meeting

Thursday 7:30 PM
Saint Mary's Hospital

Yvonne M.	17 Years
Jeannette J.	27 Years
Greg T	28 Years

Serenity On Saturday (S.O.S)

Saturday 1:00 PM
Harris House

Amy S.	30 Days
Lindsay P.	30 Days
Amy M	60 Days
Danielle Z.	60 Days
Lisa G.	60 Days
Paul D.	90 Days
Stefani B.	90 Days
Carol Ann D.	6 Months
Sylvia J	9 Months
Suzie M	1 Year
Richard M	18 Months
Mamique M.	11 Years
Mike A.	14 Years
Diane D.	25 Years
Joy L.	26 Years
Deborah J.	29 Years

Come and Get It

Sunday 6:00 PM
212 Club

Doug P.	7 Years
Joe L.	26 Years

Serenity, Boundaries, Options

Reprinted from *Connections Volume 34, April, 2004*

By Leonard B.

Reflection: In my first life, there was no such thing as boundaries. There was nothing I would not attempt if I desired. In everything I endeavored, the extreme was common. I was too (tee-double 0) everything! I hurt too many, I sought too much, I was too angry, sad . . . too scared . . . too courageous . . . much, much too judgmental and many times I remember being too right. Those were the times I wound up in jail, hurt or losing someone and/or something I thought I loved; or hurt someone for something I loved TOO much . . . in a nutshell, I was too self-serving! After nearly half a century, that life is over! "It is by dying that one awakens to eternal life." (St. Francis) My new life is filled with boundaries, because past experience has taught me that not to have boundaries is foolhardy, dangerous and completely self-destructive. "He who by reanimating the old can gain knowledge of the new is fit to be a teacher," says Confucius. In the process of change, I'm learning that boundaries are what help create a balance in life; laws, rules and morality are the nucleus of boundaries. I've learned as I seek through prayer and meditation to improve my conscious contact with God that knowledge of His will for me will guide me to make the right choices from the options available to me in my new life. I know today that my serenity is directly related to the options I choose as I face life's boundaries. Today I know that too much of anything can hurl me back through space and time, in a heartbeat, into my old life. The last place I want to be!

Prayer—God, I pray that through self-forgetting, I may find that self that you would have me be, that you help me to clearly see the boundaries that I must respect. And God grant me the courage in my heart to choose the right options daily. Father, grace me with serenity that I may know that I have honored your will for today, Amen!!!

Too much of anything can be detrimental to anyone.

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 2015</i>	<i>December 2015</i>	<i>January 2016</i>	<i>February 2016</i>
Come & Get It	17.00		20.00	15.00
End Of The Line		63.71		
Fried Pipers & Cocanuts		20.00	20.00	20.00
Men's Meeting	60.00	45.00		
Serenity On Saturday				20.00
The CA Meeting		10.00	10.00	

H & I DONATIONS

<i>Meeting Name</i>	<i>November 2015</i>	<i>December 2015</i>	<i>January 2016</i>	<i>February 2016</i>
Fried Pipers & Cocanuts	22.21	25.25	19.52	18.79
Serenity On Saturday	8.07	7.00	15.00	17.00

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 District Chair, at Vicky M. at 314/846-2346.

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."