



CONNECTIONS

Official Newsletter for the Greater Saint Louis District of Cocaine Anonymous

OF GREATER ST. LOUIS

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H & I Workshop Sunday, December 3 at 2 pm

C.A. of Greater St. Louis District's H&I Committee will have our 1st H & I Workshop!

Do you want to know what you can do for the addict still suffering and how you can give back? H&I is one of the main ways to reach the still-suffering addict.

Come on out and share in this experience, bring your sponsor, sponsees, willingness, and an open mind!! Workshop will be held at 206 Emerling. Snacks and coffee will be served.



Thank you!

A very special Thank you is in order to the Greater St. Louis District for making the annual area picnic a great success! Well done!

C.A. Online

Have you visited CA Missouri online? Well, what are you waiting for! If you need meeting times, dates, locations, literature and more, go to www.camissouri.org. Have a great visit!

Psssssst. . . . We're still meditating!

The C.A. Literature, Chips and Format Committee needs YOU to help write C.A.'s first daily meditation book! Please send your experience by December 31, 2006. Please see your home group's GSR for more information! How cool would it be to see your writing in a meditation book?!

Basic Ingredients

Step One: We admitted we were powerless over cocaine and all other mind-altering substances – that our lives had become unmanageable.

Tradition One: Our common welfare should come first, personal recovery depends upon C.A. unity.

Concept One: The final responsibility and the ultimate authority for C.A. world services should always reside in the collective conscience of our whole Fellowship.

Service Opportunities

Are you following your God conscience? Have you had an urge to just go and see what's happening at those C.A. district meetings? Have you volunteered to help out your home group by serving as group chair, secretary, coffee person or GSR? Are you growing in your sobriety? Would you like to do something different? Do you understand how our fellowship works? All these answers and more can be answered. Your istrict meets the first Sunday of each month to aid in the continuation of local meetings, get literature and chips to groups, organize activities, communicate with our area and world service office and so much more. Move out of your comfort zone and attend the next C.A. district business meeting. November 5 and December 3. Take the challenge!

The principal of consistent rotation of responsibility is followed by all C.A. service positions – C.A. World Service Manual

Calling all GSRs!

The GSR position is probably the most important service position for which a member can be elected. Great care should be taken with this choice; the quality of the District/Area Services and ultimately World Services can only be as good as those choices the individual Groups make. As with the Secretaries, GSR candidates should only accept positions for those Groups that they regularly attend (50% of the time). They are the ones who will carry the information back to the Group as to what is going on in our Fellowship on a District/Area level as well as the World level.

It should be understood that a GSR does not require Group approval to vote on matters affecting the Group or C.A. as a whole, although it is the GSR responsibility to vote mindful of the group conscience. (See Concept 3). A good GSR is familiar with the A.A. World Service Manual and the Twelve Concepts of World Services. If the GSR cannot attend, an Alternate should attend. The person elected GSR should be trusted with the Group vote. Before accepting a nomination for GSR, the nominee must consider the level of commitment as well as the sacrifice of time involved. (C.A. WSM 2006)

Our area is putting a process in place that involved our district GSRs. In order to continue to conduct the business of our area, our district GSRs are requested to be present at district meetings and area meetings. Area meetings are held January, March, May, July, September and November, the 3rd Sunday of the month. Please be mindful and committed to the work at hand. Plan and attend your monthly district meeting and consider attending the bi-monthly area meeting. In order to help keep the doors of C.A. open and help our fellowship grow, we need everyone's active participation. How many times have we heard, it takes action and more action! We need you!



Memorial Day Weekend 2007!
May 24 - 28
23rd Annual World Service Convention
Hosted by the
Greater Missouri Area
Midwest Region
Kansas City, Missouri

We need the entire state of Missouri to show up and show out for a show time convention in the Show Me Recovery state! Sho' you're right! Want to get involved? Call Kay C at 369-3581. Make your hotel reservations today. Register early for discounted registration rates! If you've not attended a world convention, we're hosting the biggest and the best, right here in your backyard. Reserve the date!



Congratulations!



<p>Fried Pipers & Coconuts Wednesday Dave J. - 30 Days Erin K. - 30 Days John L. - 30 Days Kent H. - 30 Days Vicki S. - 30 Days Shelly - 60 Days Wren M. - 60 Days Chris O. - 90 Days Eric J. - 90 Days Mark B. - 90 Days Sharon D. - 90 Days Steve S. - 90 Days Dan D. - 6 Months Kenny H. - 6 Months Jim L. - 9 Months Bill R. - 1 Year Earl S. - 1 Year Glen F. - 1 Year Joe B. - 1 Year Sarah S. - 1 year Mike H. - 2 Years Randy G. - 2 Years Michael M. - 16 Years</p>	<p>End of the Line - Sunday Monica W 7/12/02 4 yrs LaWanda R 8/27/01 5 yrs Rick M 8/25/02 4 yrs Smitty 9/17/88 18 yrs Darrow W 9/19/99 7 yrs Carolyn M 9/27/94 12 yrs Shirley H 7/15/90 16 years</p> <p>No Reservations Needed - Tuesday Jennifer 18 months Nancy L 18 months Angie N 18 months Natalie L 2 years Kathy 9 months</p> <p>Use This - Thursday Shannon G. 9 months Debbie D. 6 months Megan C. 30 days</p> <p>In the Light - Monday Steve G 8/15/01 5 yrs</p>	<p>Mens Meeting George - 60 days Carl W - 5 years Wilie - 6 months</p>  
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One day at a time!

Name that Trusted Servant



She celebrated 3 years of sobriety. Her birthday was missed being published in the newsletter three issues in a row (last chance, editor!). She holds three service positions as secretary (we need you to help with service work, people!) at three different levels of service, She is a committed member of the district's H & I committee, currently chairing a meeting at a treatment center and coordinating chairs at other H & I facilities. She serves as group treasurer, and alternate GSR. You will no doubt see her at just about all C.A. events held in the greater metropolitan St. Louis area, she has a sponsor and has sponsees. She even sponsors a woman in prison through the mail! She believes in this program with all her heart and is a great example of what the promises gives us, one day at a time, as we live it! One more clue - she's tall and beautiful! So go ahead and name that trusted servant!



Greater Missouri Area of CA
Annual Unity Workshop



We Are NOT A Glum Lot!



We Absolutely INSIST on Enjoying Life!



Do you like laughing until your sides hurt? Do you enjoy hanging with other people in recovery? Do you want to *feed* your program and watch it grow? "Yes, YES, **YES!**," you say?

Then start making plans now to join us at the GMAOC Annual Unity Workshop January 20 & 21, 2007 in Columbia, Missouri. It starts at high noon (not THAT kind of high!) on Saturday with a line-up of speakers and activities so dynamic you will not want to miss a single moment! It's all about having fun, and the folks we've drafted to head up the party are guaranteed to entertain you well into the evening hours of the day.

On Sunday morning, get gratefully nourished at the Unity Breakfast. Chat and chuckle about all the merriment you had on Saturday while you enjoy a lavish breakfast buffet in a private dining room at the hotel.

Stay later if you dare and participate in the regular Greater Missouri Area bi-monthly business meeting. See the traditions in action as your trusted servants take care of the business end of keeping CA alive and kicking in our local area. This is service in action and something every CA member ought to experience first-hand.

What's the best news about all of this? 95% of it is **ABSOLUTELY FREE!!!** The workshop all day Saturday is open to everyone without charge, as is the area meeting on Sunday. The only cost is for the Unity Breakfast, which is \$15 per person; but remember, that piece is a totally optional segment of the activities. Whether you decide to eat or not, you owe it to yourself to come and join in the rest of the fun!!!

The venue is the Holiday Inn Select, 2200 I-70 Drive Southwest (take Exit 124 from Interstate 70). They are offering a special CA room rate of \$74.95 for up to quad occupancy (grab three friends and save \$\$ by splitting the cost!). Columbia is an easy less-than-two-hour drive from Saint Louis, so you also have the option of commuting if you prefer. If you decide to sleep over, however, call 1-800-HOLIDAY (465-4329) and ask for the group block "CA".

See you there!!!!

Yours in service,

Vicky M.

