

## STEP ONE: I ADMIT MY POWERLESSNESS OVER ALCOHOL, DRUGS, AND MY SISTER

All my life, I have had a contentious relationship with my younger sister. The earliest memory of my resentment was when I grew too heavy for my daddy to pick me up, she was daddy's favorite. When I disobeyed my mother, she would snitch on me, so I would beat her up. When I was the caregiver for my mother, I resented her for not helping me more often. Yet, there were many times when we did get along, like when I was recovering from surgery, she was there to help me...thank God! I have encouraged her to stop drinking and smoking weed, although we used to get high together. She has expressed anger toward me because I admonished her for cursing her husband at our family gathering. She feels she cannot share her frustration with her husband with me because I ask her about her part she plays in her relationship with him. She accused me of being jealous and I accused her of being selfish and self-centered. She feels like I take her husband's side against her and that I'm interfering with her marriage. I tell her that I'm worried about her behavior, not her marriage. Three years ago, her oldest daughter passed away and she, understandably, still struggles with her grief by drinking and smoking weed and cigarettes despite her diabetes. I insist that she needs to admit she needs help.

So, who am I? Single, never been married, have issues with relationships; romantic and platonic. I like to isolate myself, I'm diabetic, lack control over sugar and carbs, and I watch too much TV. Twenty years clean, actively participating in my recovery, and sponsoring women, studying with my sponsor, going to meetings and I still fail to apply the first half of the first sentence of Step One: We admit we are powerless." I love my sister, and I know she loves me even with all our disagreements, but she believes that I fall short for being supportive. I feel I have to agree with her complaints to get along with her. Hell...I Got Issues!!! What a dilemma!

I thank God for the fellowship of Cocaine Anonymous. Our closing reading, "Reaching Out," explains it all. I am so glad that my sponsor of 25 years continues to help me to see that I must expand my conscious contact with my Higher Power and that my spiritual progress is not a theory, I must live it! I admit I am powerless over alcohol, crack cocaine, and people, including my family, otherwise my life will continue to be unmanageable!

From Wikipedia:

*Al-Anon Family Groups, founded in 1951, is an international mutual aid organization for people who have been impacted by another person's alcoholism. Al-Anon was co-founded in 1951, 16 years after the founding of Alcoholics Anonymous on June 10, 1935, by Anne B. and Lois W. (wife of AA co-founder Bill W.). Before the formation of Al-Anon, independent groups of families of alcoholics met. "Bill thought these groups could be consolidated and that Lois should be the one to take it on."*

*Al-Anon adopted the Twelve Steps of Alcoholics Anonymous for their own use, changing the word "alcoholics" in the twelfth step to "others" ("we tried to carry this message to others"). Its name derives from the first parts of the words "Alcoholics Anonymous./Alateen, part of Al-Anon, began in California in 1957 when a teenager named Bob "joined with five other young people who had been affected by the alcoholism of a family member."*

*In the organization's own words, Al-Anon is a "worldwide fellowship that offers a program of recovery for the families and friends of alcoholics, whether or not the alcoholic recognizes the existence of an alcohol-related problem or seeks help. Al-Anon/Alateen literature focuses on problems common to family members and friends of alcoholics such as excessive care-taking, [which is] an inability to differentiate between love versus pity and loyalty to abusers, rather than the problems of the alcoholic. The organization acknowledges that members may join with low self-esteem, largely a side-effect of unrealistically overestimating their agency and control: attempting to control another person's drinking behavior and, when they fail, blaming themselves for the other person's behavior. Al-Anon members are encouraged to keep the focus on themselves, rather than on the alcoholic. Although members believe that changed attitudes can aid recovery, they stress that one person did not cause, cannot cure, and cannot control another person's alcohol-related choices and behaviors. Al-Anon's program is adapted from Alcoholics Anonymous (AA) and follows the 12 Steps and 12 Traditions. The only requirement is having a loved one struggling with addiction. At meetings, members realize they are not alone and cannot control the addict's behavior.*

Anonymous



"It's not gas...it's sibling rivalry."

CartoonStock.com



**Greater Missouri Area of C.A.**  
**Help Line: 833.662.6322**



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N.E.O.D.C.C.A 29th ANNUAL UNITY CONVENTION – FEBRUARY 21, 22, & 23, 2025

**“RECOVERY IS FIRE!!!”**

The DoubleTree by Hilton  
Cleveland-Westlake  
1100 Crocker Rd | Westlake, OH 44145  
FEBRUARY 21, 22, & 23, 2025

[Download – 2025 29th Annual NEODCCA Unity Convention Registration trifold](#)

AND

**“SEE HOW WE RECOVERED”**

March 14-16, 2025  
LaQuinta Inn & Suites  
5120 Victory Dr  
Indianapolis, IN 46203  
317-783-7751  
Rooms \$109.00 per night until February 1, 2025  
Full early registration \$100.00 until March 1, 2025  
For more info contact Calvin F. at 317-941-9109 or Sam S. at 317-292-2955

[2025 Tri State Convention Registration \(#2\)](#)

**SERVICE WORK OPPORTUNITIES**

Growth~Fun Fellowship

YOU ARE INVITED TO BI-MONTHLY AREA MEETING. FOLLOWED BY THE AREA CONVENTION COMMITTEE MEETING 9:00 AM.

THE THIRD SUNDAY OF JANUARY, MARCH, MAY, JULY, SEPTEMBER, NOVEMBER.

Zoom meeting ID: 812 7535 8169  
Passcode: GMOA

*In the spirit of Tradition Six, C.A. is not allied with any sect, denomination, politics, organization or institution.*



MAY 22 – 26, 2025

WHERE: DOUBLETREE RESORT BY HILTON SCOTTSDALE  
5401 SCOTTSDALE ROAD  
SCOTTSDALE, ARIZONA 85250  
+1-480-947-5400

FACEBOOK: CAWS 2025 ARIZONA WORLD CONVENTION  
INSTAGRAM: @2025arizonaworldconvention



**The SHOW ME RECOVERY CONVENTION**

Is returning to

**THE LOU!!**

(aka St. Louis, Mo)

**Aug. 1-3, 2025**

at the Holiday Inn

3400 Rider Trl S, Earth City, MO

(near the airport)



In the spirit of Tradition Six, C.A. is not allied with any outside enterprises.



Whether you use an Android or an iPhone, go to your app store and search “Cocaine Anonymous Meeting Finder.” Download the free app and you will have the world of C.A. meetings at your fingertips. The beautiful thing is that it converts all the meeting times into the time zone where YOU are located, so you can see what is happening, for real, right at this minute. It lists both live and online meetings, so you can take advantage of virtual meetings all over the world. The filtering options allow you to zone in on exactly what you are looking for—sweet!


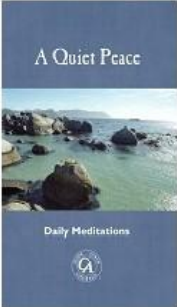
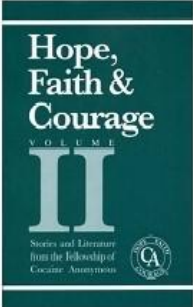
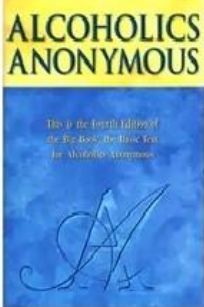

## MEETING OF THE MONTH SCHEDULE - SAINT LOUIS CA DISTRICT - 2025

DATE/TIME	MEETING NAME	LOCATION	Meeting ID/password	2025	
THUR 7:30PM	Thursday Night Meeting	ZOOM	649 143 859 /PW: 259741	January 23	
SAT 6PM	The Meeting	Baden Facility, 8334 North Broadway, St. Louis 63147	In Person	February 15	
TUES 7PM	Fried Pipers & Coconuts	ZOOM - NO PASSWORD Enter through a waiting room	625 745 668	March 11	
THUR 6:30PM	Saving Lives	Warrenton Church, 25891 South State Hwy 47, Warrenton 63383	In Person	April 17	
MON 6:30 PM	Women's Winner Circle	ZOOM (Drug Court/H&I)	870 0383 8083/ PW: winner	May 12	Women only
SAT 4PM	Men's Meeting	Baden Facility, 8334 North Broadway, St. Louis 63147 HYBRID In Person & Zoom	138 524 729/ PW: 254608	May 17	Men only
WED 1PM	Drug Court H&I	Courthouse, 1114 Market Street, Room 512, St. Louis 63101	In Person	June 18	
WED 5:30PM	Get to Steppin'	ZOOM	250 491 053/ PW: G2S	July 16	
SUN 5:45PM	Saving Lives	Warrenton Church, 25891 South State Hwy 47, Warrenton 63383	In Person	August 10	
SUN 6PM	End of the Line	Baden Facility, 8334 North Broadway, St. Louis 63147 HYBRID In Person & Zoom	828 5473 2741/ PW: EOL	September 14	
WED 7:30PM	Jefferson Barracks	Veterans Hospital, Building 51, 1 Jefferson Barracks Drive, St. Louis 63125	In Person	October 15	
SUN 6PM	Come & Get it	212 Club, 207 East Pitman, O'Fallon, MO 63366	In Person	November 9	

<b>DISTRICT DONATIONS</b>			
Meeting Name	October 2024	November 2024	December 2024
<i>Come and Get It</i>			\$10.00
<i>End Of the Line</i>	\$20.00	\$20.00	
<i>Fried Pipers &amp; Cocanuts</i>	\$20.00	\$20.00	\$25.00
<i>The C.A. Meeting</i>	\$5.00		\$10.00
<i>Get to Steppin'</i>	\$20.00		
<i>Thursday Night Meeting</i>	\$50.00		
<i>Saving Lives</i>	\$51.00	\$30.00	\$50.00

If you would like to be a service at the district level, the Co-Chair, H&I, and Archive positions are open. You are invited to attend District Meetings on the 2<sup>nd</sup> Sunday, 2:30 p.m. at the 212 Club, 207 East Pitman, O'Fallon, Missouri 63366. This is a hybrid meeting and may also be attended virtually on Zoom. (841 2777 2063 passcode CADistrict). If the second Sunday falls on a holiday weekend, this meeting is held the first or third Sunday. Directions—Take I-70 west to Exit 217 Highway K. Follow outer road to Main Street, turn right .3 miles to right on Pitman.

## OUR TOOLS OF RECOVERY

				
\$12.50	\$15.00	\$12.50	\$12.00	\$11.00



# CONNECTIONS

### WE NEED TO HEAR FROM YOU

Your recovery stories are a perfect way to share your experience, strength and hope with other addicts in the St. Louis area and beyond. The newsletter is also shared with the Kansas City district and is posted on the Missouri C.A. website ([camissouri.org](http://camissouri.org)).

Contact Linda S. to submit your stories, anecdotes, and artwork at 314-607-8919 or email at [theljaysmith2@gmail.com](mailto:theljaysmith2@gmail.com).

# HAPPY Birthdays

Congratulations to each of our members who celebrated a sobriety milestone this issue. Birthdays are generally reported via your group GSR, so if you do not 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.

## End of the Line Baden Facility

### Sunday 6 p.m. Hybrid

Kay K.H.	33 years
Calvin M.	30 years
Carolyn M.	30 years
Chris G.	23 years
Claudia G.	22 years
Tina H.	22 years
Sheila J.	22 years
Dee D.	4 years
Kennie R.	3 years

## Women's Winner Circle Monday 6:30 PM Zoom

Krystal Harvey	1 year
Jennifer W.	9 months
Mary P.	9 Months
Karlie W.	60 days
Anetra A.	90 days

## Fried Pipers & Cocanuts Tuesdays 7 PM Zoom

Carolyn J.	33 years
Edith J.	21 years
Alex A.	90 days
Sean M.	90 days
Breanna B.	30 days

## Men's Meeting Saturday, 4 p.m. Baden Facility

Carl R.	32 years
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## Kansas City

### Working With Others

Calvin P.	31 years
Still Johnny	31 years
Ellen U.	29 years

### Free At Last

Leslie R.	22 years
Ian G.	2 years

## Staying Connected . . . .

Our local Saint Louis Cocaine Anonymous Hotline (833-851-8340.) is answered 24 hours a day by volunteer members of our fellowship. It is a fabulous resource for anyone feeling squirrely—pick up the phone—NOT THE DRUG!!!



**EDITOR'S NOTE:** Letters, articles, cartoons, etc., related to C.A. and living in recovery are welcomed by the Editor. Please call Linda S. at 314-607-8919 or email [theljaysmith2@gmail.com](mailto:theljaysmith2@gmail.com) with your ideas and/or contributions.