



CONNECTIONS

Volume 92

Official Newsletter of the Greater Saint Louis District of Cocaine Anonymous

April 2025

Conventions This Year!

I have been asked to put together some information on the conventions that are coming up this year. I know we have a lot of new members who are not familiar with the different conventions so hopefully this will help.

The CA World Convention normally takes place every year over the Memorial Day weekend. It starts the Thursday before, and ends on Memorial Day. Please note, if you aren't going for the entire event, make sure you are there for Sunday night! That is when the banquet, keynote speaker, auction, and the main events take place. Go to caws2025.org to register and to get more information. This year's convention is being held in Scottsdale, Arizona, at the Paradise Valley Doubletree Resort. There are also rooms available at an overflow hotel about a block away.

The next convention is OURS, the Show Me Recovery Convention, hosted by the Greater Missouri Area. We have it every two years and alternate between KC and St. Louis. This year's is in St. Louis, August 1-3. Go to www.camissori.org to get registered and to reserve your room. It's a lot of fun hosting a convention but also a lot of work and we need help! If you want to be of service and don't know what you can do to help, maybe show up on Sundays zoom committee meeting? It will be at 11:30 am.

The last one is the Midwest Regional, being held in Omaha. The dates are Oct. 31-Nov. 2. Go to www.nebraskaca.org for registration form and more info. We will be hosting next year's convention in KC, so you really might want to check out Omaha!

Ellen U.
Working With Others
Kansas City

Service Work...Not again!

Taken from *CONNECTIONS* Volume 33 January 2004

If I read one more article on the benefits of service work, I don't know what I'll do. I mean, almost every Sunday in my home group someone mentions how service work helped them to keep coming back in the beginning of their sobriety. You know for example, making the coffee, helping to set up the meeting, and my all-time favorite, cleaning up after the meeting! Then, when I attended other groups/meetings, I heard sponsors saying that they suggested service work to all of their sponsees. I asked my sponsor one question about one of the trusted servant duties within my home group and she hauled me off to the next district meeting! If you think that's bad, the next move she pulled was she nominated me for one of the duties. I tell you, she spoon fed me service work just to give me a taste. Next thing I knew, I had been doing service work in some way or another for almost a year! The next thing I realized was...I had been sober for almost a year

During this time, I got to know a few people up close and personal. Don't get it twisted, some I could not get as close or personal with but somehow, we were always able to get the job done. Yeah, we had to put principles first a lot. So anyway, I'm staying sober, helping the group, the district, even the area to a small degree just by taking care of a responsibility on a regular basis. In the meantime, there were dances, workshops, and conventions to keep me occupied. We always kicked it-had a ball at each gathering; I mean people from Columbia, KC, everywhere!

After some years passed and I had been doing service work for a while, I finally realized a part of what it is all about service work that is. It's about giving back. I mean, I'm sober; been part of some great CA functions. I have received some lasting relationships. Some relationships have been restored. My life is full. Yeah, I am happy, joyous and free. If I had not made coffee, set up meetings, chaired meetings, cleaned up after the meeting, worked on committees...would I be as happy, as joyous, or as free? Would I have received anything worth giving back?

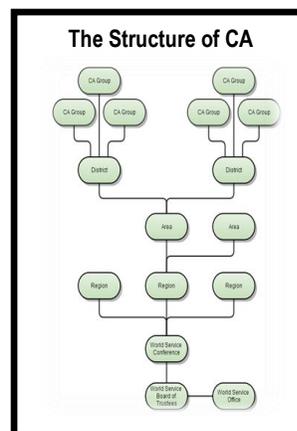
I think not.
Thanks for letting me be of service.
Denise A. 10-7-97

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).

Contact Linda S. to submit your stories, anecdotes, and artwork at 314-607-8919 or email at theljaysmith2@gmail.com.





Greater Missouri Area of C.A.
Celebrate Around the World
Unity Speaker Jam!

There is an overriding principal, which is a solution to every Unity issue – that is Love and Tolerance

Saturday, May 3

10 am – 4 pm
 Boone Electric
 1513 Range Line Drive
 Columbia Missouri

This event is free and everyone is welcome!!!

- ❖ Out of town and amazing local speakers
- ❖ The Traditions in Social Media Workshop
 - ❖ CA Family Feud!
 - ❖ 50/50 and Cup Raffle

Lunch provided by the Area Unity Committee!
 Questions – Ellen in KC 816.668.6473 or Jeannette in STL 314.494.3055

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



CAWS 2025
Convention
May 22nd - May 26th
Scottsdale Arizona
+1-480-947-5400

FACEBOOK: CAWS 2025
Arizona World Convention
INSTAGRAM:

@2025arizonaworldconven0on



Attitude of Gratitude



The Greater Missouri Area of C.A. Presents
2025 Show Me Recovery Convention
August 1-3, 2025
St. Louis

Holiday Inn 3400 Rider Trail South Earth City, MO
 314.291.6800 to reserve room(s) option 0
 2 Queen Bed OR 1 King / Nightly room rate \$134.00 Book by
 7/4/2025 at midnight to guarantee availability.
 Convention Registration Online:
<https://camissouri.org/gmoa2025/>

*For further information, or if you have questions,
 please contact one of the following:*
 Convention Chair: Linda S. 314.607.8919
 Registration Chair: Darci R. 913.219.6486

Midwest Regional
Convention 2025



October 31st –
 November 2nd, 2025
Omaha Comfort Inn & Suites
Central
7007 Grover St
Omaha, NE. 68106
402.934.4900

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MEETING OF THE MONTH

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	

DISTRICT DONATIONS			
Meeting Name	January 2025	February 2025	March 2025
End Of the Line		\$20.00	\$10.00
Fried Pipers & Cocanuts	\$25.00	\$20.00	\$20.00
The C.A. Meeting	\$5.00		\$10.00
Get to Steppin'	\$15.00		\$65.00
Men's Meeting			\$20.00
Saving Lives	\$27.00		\$25.00

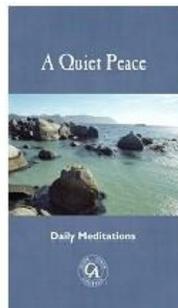
If you would like to be a service at the district level, the Co-Chair, H&I, and Archive positions are open. You are invited to attend District Meetings on the 2nd Sunday, 2:30 p.m. at the 212 Club, 207 East Pitman, O'Fallon, Missouri 63366. This is a hybrid meeting and may also be attended virtually 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.



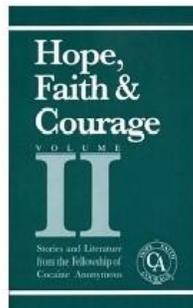
CA China has new merch!! New shirts are available for \$25, and the panda bears are \$10!! Truman has these, and he will be in Scottsdale Az. for CAWS if you want to get them there. The shirts are available in sizes M through XXXL. Call him at 913-375-7799 or email him at trumanyeh@yahoo.com to reserve yours now!



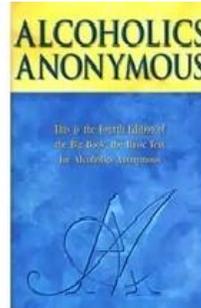
\$15.00



\$15.00



\$12.50



\$12.00



\$11.00

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 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.



St. Louis

End of the Line Baden Facility

Sunday 6 p.m. Hybrid

Deborah J. 38 years
Joy L. 35 years
Allen B. 33 years
Yolanda P. 32 years
Constantine A. 28 years
Joanne W. 13 years
Damien 7 years
Virgie Y. 5 years

Women's Winner Circle

Monday 6:30 PM Zoom

Alyssa R. 9 mnths
Jay P. 9 months
Anetra A. 6 months
Angelique D. 90 days
Dawnte H. 90 days
Jennifer W. 90 days

Fried Pipers & Cocanuts

Tuesdays 7 PM Zoom

Wendy Mc. 38 years
Eileen D. 32 years
Donna R. 29 years
Paul G. 6 years
Dane B. 90 days
Mike B. 30 days
Samantha D. 30 days
Stuart Mc. 30 days



Kansas City

Working With Others

Walter M. 18 years
Keith P. 6 years
Adrian P. 2 years
Zach E. 1 year

The Roc

Darci R. 26 years
Dennis R. 26 years

Free At Last

Talia M. 3 years

Northland C.A.

Eve W. 24 yrs)
Scott S. 13yrs



"I don't like cocaine. I just like the way it smells."

CartoonStock.com



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

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 with your ideas and/or contributions.