



## Honoring My Word

I will never forget my deal with God.  
So many times~ broken promises.  
So many deals I proposed.  
Yet, this time was different.

"I'll do your will and help others if you help me get off this addiction from crack."

After 29 deals with God, I had to surrender. Attending meetings and seeing how others were recovering, I finally listened and did the things suggested to me. Went to meetings - got a sponsor - worked the steps - helped others - got involved in service work.

I began to attend District meetings in O'Fallon, MO after being 4- 5 months clean. I started the first C.A. meeting in St Charles on Monday nights called In the Light. Then to follow we started a Saturday morning group at 8 a.m. Those months turned into a whopping 15 years of sobriety!

Years later a few other groups formed out this way, but the C.A. groups shut down except for the Sunday night group that I started. I moved to Warrenton and who knew - God said "help others here," so I formed a group in Bellflower to help a childhood friend and to maintain my own recovery as well. After a year or so, that meeting was unsuccessful due to low attendance. Soon, it occurred to me to ask my church in Warrenton and they allowed us to start a C.A. meeting. Our group, Saving Lives, meets on Sunday nights 5:45 p.m., and a year later another meeting started here on Thursday nights at 6:30 p.m.

Throughout my sobriety, I have always been involved in service. I served on the Public Information Committee (P&I), and the Hospitals and Institutions (H&I) committee. I have taken speakers to schools, jails, shelters, and treatment centers. Our fellowship needs growth. We must remain in the light so others see.

Thank you all for *your* service and for allowing me to pass on what was taught to me.

Steve G., Chair  
St. Louis District  
Saving Lives  
8/15/01



## From the American Red Cross

### Check on Yourself

Stay ahead of the heat by being prepared and staying protected. These simple steps can help anyone stay safe when temperatures rise.

### Stay Hydrated

- Drink a cup of water every 20 minutes, even if you aren't thirsty.
- Avoid sugary, caffeinated or alcoholic drinks.
- Eat healthy food and snacks to help replace the salt lost when you sweat.
- Check your urine color—dark yellow means to drink more water.

### Stay Cool

- If your home gets too hot, know where air-conditioned places like local malls, libraries or cooling centers are located. Being in the shade outside may be cooler than staying inside without air conditioning.
- Take cool showers or baths. You can also use a wet cloth, spray water on your skin or wear damp clothing.
- Limit outdoor activity to when it's cooler, like the early morning or after sunset, and stay in the shade.
- Wear lightweight, loose-fitting clothes in light colors.
- Protect yourself from the sun by wearing a hat with a wide brim, sunglasses, and sunscreen (SPF 15+).

### Stay Connected

- Talk to your doctor if you have a medical condition, are pregnant or are taking medicine.
- Sign up for free emergency alerts from your local government to get updates about cooling centers open in your community.

### Extreme Heat and People Who Use Drugs (Taken from the New York State of Public Health)

Climate change has contributed to an increase in rising temperatures and extreme heat in the United States. The average temperature is projected to rise another 2.7°F by 2050. Extreme heat is the leading weather-related cause of death in the United States. Warmer temperatures and extreme heat pose additional health risks for people who use drugs.

Our cardiovascular system works harder to cool our body during hot weather. This can cause heat illness – hyperthermia. Higher temperatures and frequent heat waves pose these major risks to people who use drugs:

1. Increased risk of heat-related illness.
2. Increased risk of accidental overamping\* in people using cocaine.

[Go to New York State of Public Health for more information.](#)



**SO, LET'S TAKE CARE OF OURSELVES  
AND EACH OTHER**

\*Overamping occurs when a person experiences adverse reactions from using one or more stimulant drugs – i.e., cocaine, crack, methamphetamine.

*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*

**POTLUCK  
PICNIC**

**IN KOCH PARK**  
305 Howdershell Rd,  
Florissant, MO 63031

**Sunday, July 20, 2025**  
12 P.M. - 4 P.M.  
**SPEAKER 2:00 P.M.**  
**CRACKHEAD BINGO 3 P.M.**  
BRING YOUR FAVORITE SIDE DISH  
OR DESSERT  
HOT DOGS HAMBURGERS  
SODA & WATER  
PROVIDED  
In the spirit of Tradition Six, CA is not  
affiliated with any outside  
facilities or enterprise.

**Midwest Regional  
Convention 2025**

**BY LIVIN' THE 12  
STEPS**



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

Go to <https://nebraskaca.org/> to register.



**May 21 – 25, 2026**  
Go to website to register  
Caws2026.org  
**EARLY REGISTRATION PRICES. PRICES SET TO  
INCREASE ON 08/31/2025**



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

## MEETING OF THE MONTH

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
Come and Get It			\$50.00
Fried Pipers & Cocanuts	\$25.00	\$25.00	\$25.00
The C.A. Meeting			\$10.00
Get to Steppin'			\$40.00
Men's Meeting	\$20.00		
Saving Lives	\$30.00	\$30.00	\$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 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.*



### Having Fun in Recovery

"... we aren't a glum lot. If newcomers could see no joy or fun in our existence, they wouldn't want it. We absolutely insist on enjoying life."

One of the most surprising things a newcomer may hear at a C.A. meeting is the sound of laughter. How is it possible that the same people who probably started drinking or using drugs in the pursuit of a good time are now having an even better time without mind-altering substances? At first out of necessity, and then from an honest desire to be open to new experiences, we have allowed those who came before us to teach us how to have fun in recovery.

Here are some suggestions you may wish to try:

### The Meeting After the Meeting

Many groups get together for coffee or a meal after the meeting is over. This is a great way to get to know other members and share a laugh or exchange support. There's no need to be shy about asking where folks go; remember, everyone else has had the experience of being there for the first time, too.

### C.A. Activities and Conventions

Dances, campouts, picnics and potlucks are just a few of the activities which may be organized by the local C.A. fellowship. Fellowship events help us learn to enjoy such activities sober in a safe and supportive atmosphere, perhaps for the first time.

Conventions are generally on a larger scale, where members may come from other areas or even other countries to participate. Conventions offer the opportunity to attend workshops and hear speakers we might never have heard before, so that we can experience the C.A. message of recovery in a new way.

### Service Work

How can something called work be fun? It all depends on who your co-workers are. Getting involved in service, whether at your home group or perhaps on a committee planning a C.A. activity, can lead to new friendships with others who are seriously committed to their recovery. In the process, we have the opportunity to learn about service structure, the 12 Traditions, and everything that happens behind the scenes to keep C.A. going strong.

### Willingness and Open-Mindedness

We may still occasionally find ourselves asking, "What am I going to do now that I'm sober?" At these times we can ask a trusted servant, such as the group's Secretary or GSR, or look on the internet at [www.ca.org](http://www.ca.org) for information on C.A. activities and events. We can also ask our sponsors, friends, or fellow home group members for suggestions on new, fun things to do.

Each time we make the effort to have open minds, try something new and end up enjoying ourselves, we add to our recovery foundation. As we grow more spiritually fit, we may find we can participate in activities we chose to forego when we first got sober. Before long, it becomes easy to have fun in recovery. Instead of feeling like we are missing out on having a good time, we become grateful for the new opportunities we have to celebrate being happy, joyous and free.



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

**Come and Get It**

**212 Club**

**Sunday 6 p.m.**

Kenny G. 18 years

Steve 12 years

Ryan 90 days

**End of the Line**

**Baden Facility**

**Sunday 6 p.m. Hybrid**

Joe M. 31 years

Stacy L. 27 years

Linda S. 21 years

**Women's Winner Circle**

**Monday 6:30 p.m. Zoom**

Imma B. 6 months

**Fried Pipers & Cocanuts**

**Tuesday 7 p.m. Zoom**

Tim L. 18 years

Stephanie E. 60 days

**Get To Steppin'**

**Wednesday 5:30 p.m. Zoom**

Anne D. 33 years

Donna Y. 28 years

Tina R. 14 years

**The Meeting**

**Baden Facility**

**Saturday 6 p.m.**

Dwanna R. 33 years



Kansas City

**Working With Others**

Yvette M. 7 years



"My A/C is broken."

CartoonStock.com