



CONNECTIONS

Volume 95

Official Newsletter of the Greater Saint Louis District of Cocaine Anonymous

January 2026



Rags to Riches

Most people from my era (born in the mid 1960's) are familiar with the phrase, "From Rags to Riches." And when they hear that phrase they probably think about going from being broke to getting rich, which I know personally can be a very delightful experience. I know this because by the Grace of God, the C.A. fellowship, and other 12 Step recovery programs, I am spiritually rich today.

Yes, I am rich today, but on October 11, 2001, I walked across town, in St. Louis, in the rain, after spending my last \$2.00 on a bottle of Country Club Gin, to John Cochran Veteran VA Hospital. Although I was broken and broke I chose to spend my last \$2.00 on a cheap bottle of alcohol. Prior to that, I spent five years from 1996 to 2001, after my discharge from the Army, chasing that last hit of crack and alcohol.

I stole to support my addiction. I was very irresponsible in all areas of my life. I told a lot of lies; I would say: "I'm done after this," or "It's not what you do, but how you do it," or "Damn, I did it again." I couldn't stop and did not know what to do or where to go. Then I came up with what turned out to be a life-changing idea: "I'll try to get into treatment through VA. Unemployed with a college degree, homeless, "broken and broke," I staggered into VA Hospital.

My mother raised me to be a decent and respectable person teaching me about God as she understood God. And yes, even though I had a good education and military training, none of this mattered because alcohol and drugs had become my master.

The emergency room doctor advised me that my blood pressure was at stroke level and suggested I enter a 5-day detox program. I rejected the suggestion because I came to get into treatment. Since they could not guarantee me a bed in treatment I would not go to detox.

When I reflect on it today, I was prideful, egotistical and foolish. They tried to explain that there were no treatment beds available, but I only wanted what I wanted. When I threatened to leave they sent Roy, another staff member, over to talk to me. As we talked, I was able to see the insanity of not caring about my blood pressure and potentially having a stroke. I agreed to go to detox at Jefferson Barracks VA Hospital, and Roy helped me make one of the best decisions I have ever made. I still see Roy, from time to time around the tables of recovery and each time I see him I tell him how grateful I am for what he did for me.

In detox, I got the needed nourishment, medication, and rest to safely taper off of alcohol and drugs. After three days they began planning to release me after the 5th day. I asked if I could leave on a pass to find a treatment program, not because I really wanted treatment (still insane), but because I was homeless and did not want to hit the streets (skid row). So, I caught the bus to Salvation Army Harbor Light and secured a treatment slot in their Spiritual Growth treatment program. When I returned to detox, another act of God occurred. A nurse on the unit came running up to me saying "We've been looking all over for you because we have a treatment slot for you!"

Looking back over my life, I believe those were some of the best words I have ever heard. I entered the 21-day in-patient SATAP treatment program at JB. While treatment was very insightful and effective, I received a very intense introduction to the 12 Step Recovery through Alcoholics Anonymous (AA), Narcotics Anonymous (NA) and Cocaine Anonymous (C.A). Each fellowship had members that brought meetings into the treatment facility. AA came four nights a week so my introduction into their program was stronger. More importantly, I learned through all the programs that although I was in treatment, I needed to treat my addiction disorder "one day at a time" for the rest of my life. Through the C.A. group that came once per week, I was encouraged to get a sponsor, a home group, and to work the 12 Steps. I took those suggestions to heart. After leaving treatment, I aggressively sought to work the program and went to places where the people who had a desire to stay clean and sober gathered. I joined AA Group 460 at the Baden Facility and I am still a member today. I attend meetings at the Lindell Club, where I am a member. I also have a C.A. home group, "The Meeting," which meets at the Baden Facility.

Step One and Tradition Three of the C.A. program encourages members to seek recovery from "Cocaine and ALL OTHER MOOD ALTERING SUBSTANCES." This was the most valuable principle I obtained. It helped me seek total recovery from all substances. It helped me understand that a drug is a drug and any other drug or alcohol can lead me back to cocaine and therefore seeking to totally abstain and recover from all drugs/alcohol was best.

As a member of C.A. I can now carry the message to any individual with that same desire. I have had two sponsors: PM Brown, now deceased, and Charles B., who helps me immensely. I could say so much more but time and space won't allow me to, so I will say this: I thank God for "The End of the Line" C.A. group that meets at the Baden Facility in St. Louis, MO. That was the first C.A. group I visited when I got out of treatment. There were and still are so many experienced C.A. members in that group who have helped me in my recovery throughout the years of whom I am eternally grateful. To the Newcomers and those alcoholics and addicts still suffering: "Keep Coming Back" and try to stay clean and sober "Just for Today." The 12 Step Recovery program truly works, I know because, although my life was once raggedy, today I am spiritually RICH, living in the solution, "One Day at a Time."

Allif D.
10/12/01



May 21 – 25, 2026

Go to website to register
Caws2026.org

Go to <https://caws2026.org/> to register.



March 13 - 15, 2026
Hilton Rosemont Hotel
5550 N. River Road
Rosemont, IL 60018
(847)678-4488

Contact: Sheree H. 773 569-1220
or Charlene S. 708 870-6154

"In the spirit of Tradition six, we are not allied with any sect, denomination, politics, organization or institution"



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.

**2026 MIDWEST REGIONAL
COCAINE ANONYMOUS CONVENTION**
HOSTED BY THE GREATER MISSOURI AREA

SAVE THE DATE



-EITHER-
OCTOBER 23RD - 25TH, 2026

-OR-
OCTOBER 30TH - NOVEMBER 1ST, 2026



STONE CREEK HOTEL
18011 BASS PRO DRIVE
INDEPENDENCE MISSOURI

STAY TUNED
FOR FINALIZED
DATES

IN THE SPIRIT OF TRADITION SIX, C.A. IS NOT ALLIED WITH ANY SECT, DENOMINATION, POLITICS, ORGANIZATION OR INSTITUTION.



The World Service Conference Literature, Chips, and Formats (LCF) Committee is actively seeking new members to help create what the Fellowship has asked of us.

Our Fellowship Needs YOU...
Any C.A. Member Can Join!

Main Committee meets on the 3rd Sunday of every month at
10:00 am PST / 6:00 pm GMT
https://us02web.zoom.us/j/88147614236?pwd=BUZCPCk6TyJGJ660J8hKf6ulc_bKFNf.1

Meeting ID: 881 4761 4236 / Passcode: lcf
Project Subcommittees Meet Separately
Have questions? Email lcf@ca.org

Put your creativity into service!



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

AVAILABLE NOW

C.A. Meeting Finder App

Find your fellows
anytime, anywhere!

- Connect to a meeting near you
- In-Person & Online Directory
- Sobriety Tracker
- Available on iOS & Android

Search for "C.A. Meeting Finder" or scan below.







MEETING OF THE MONTH SCHEDULE - SAINT LOUIS CA DISTRICT - 2026

DATE/TIME	MEETING NAME	LOCATION	Meeting ID/password	2026
THUR 7:30PM	Thursday Night Meeting	ZOOM	649 143 859 /PW: 259741	January 15
SAT 6PM	The Meeting	Baden Facility, 8334 North Broadway, St. Louis 63147	In Person	February 21
TUES 7PM	Fried Pipers & Coconuts	ZOOM - NOPASSWORD Enter through a waiting room	625 745 668	March 10
THUR 6:30PM	Saving Lives	Warrenton Church, 25891 South State Hwy 47, Warrenton 63383	In Person	April 16
MON 6:30 PM	Women's Winner Circle	ZOOM (Drug Court/H&I)	870 0383 8083/ PW: winner	May 11
SAT 4PM	Men's Meeting	Baden Facility, 8334 North Broadway, St. Louis 63147 HYBRID In Person & Zoom	138 524 729/ PW: 254608	May 16
WED 1PM	Drug Court H&I	Courthouse, 1114 Market Street, Room 512, St. Louis 63101	In Person	June 17
WED 5:30PM	Get to Steppin'	ZOOM	250 491 053/ PW: G2S	July 15
SUN 5:45PM	Saving Lives	Warrenton Church, 25891 South State Hwy 47, Warrenton 63383	In Person	August 9
SUN 6PM	End of the Line	Baden Facility, 8334 North Broadway, St. Louis 63147 HYBRID In Person & Zoom	828 5473 2741/ PW: EOL	September 20
WED 7:30PM	Jefferson Barracks	Veterans Hospital, Building 51, 1 Jefferson Barracks Drive, St. Louis 63125	In Person	October 14
SUN 6PM	Come & Get it	212 Club, 207 East Pitman, O'Fallon, MO 63366	In Person	November 8

Women only
Men only



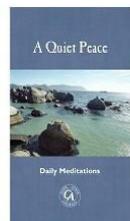
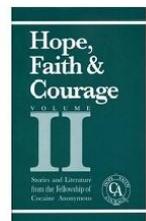
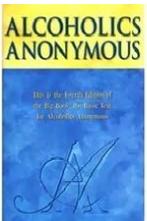
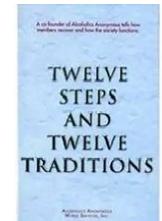
“Our common welfare should come first; personal recovery depends upon C.A. unity.” – Tradition 1

DISTRICT DONATIONS						
Meeting Name	July	August	September	October	November	December
Fried Pipers & Coconuts	30.60	25.00	25.00	25.00	20.00	25.00
Men's Meeting					10.00	20.00
End of the Line	10.00	10.00		10.00	10.00	10.00
Saving Lives	30.00	25.00			40.00	25.00
Get 2 Steppin'	20.00	10.00				

Hello, welcome to Flight #2026. We are prepared to take off into the New Year. Please make sure your Attitude and Blessings are secured and locked in an upright position. All self-destructive devices should be turned off at this time. All negativity, hurt and discouragement should be put away. Should we lose Altitude under pressure, during the flight, reach up and pull down a Prayer. Prayers will automatically be activated by Faith. Once your Faith is activated you can assist



OUR TOOLS FOR RECOVERY

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

Staying Connected

Our local Saint Louis Cocaine Anonymous Hotline (833.662.6322) 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!!!

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.



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

Saving Lives
Warrenton Christian Church
Sunday, 5:45 p.m.
 Rick C. 13 years
 Chelsi H. 6 months

Come and Get It
212 Club 6 p.m.
 Dustin 1 year

End of the Line
Baden Facility
Sunday 6 p.m. Hybrid
 Kay K. H. 35 years
 Calvin M. 32 years
 Chris G. 25 years
 Tina H. 24 years
 heila J. 24 years
 Kennie R. 5 years

Women's Winner Circle
Monday 6:30 p.m. Zoom
 Tasha L. 9 months
 Audrey M. 6 months
 Heaven M. 6 months
 Valerie S. 90 days
 Becky W. 30 days

Fried Pipers & Cocanuts
Tuesday 7 p.m. Zoom
 Carolyn J. 34 years
 Edith J. 22 years
 Mike C. 6 months
 Izzy M. 90 days
 Katya C. 90 days
 Zena T. 30 days

Get to Steppin'
Wednesday 5:30 p.m. Zoom
 Julius J. 27 years

Thursday Night Meeting
Thursday 7:30 PM Zoom
 Charlotte R. 35 years
 Cynthia C. 33 years

The Meeting
Baden Facility
Saturday 6 p.m.
 Allif D. 24 years
 Grayling R. 23 years
 Keith McC. 13 years



Kansas City

Working With Others
 Still Johnny 33 years
 Calvin P. 33 years
 Ellen U. 31 years

C.A. Out-of-Towners
 Yvonne C. 27 years Atlanta
 Rhonda M. 9 years Indiana



"Oh, Rudolf! How did I not spot the warning signs?"