

From Addiction to Renewal
by Scott D.

It seemed to me that I was destined to be nothing but a weed in the garden of life. I was born into a family where addiction had deep roots. My dad died from alcoholism when I was young. My mom died from cirrhosis when I was an adult. Both of my sisters are alcoholics (now in recovery). I was sexually abused as a child by a trusted family friend, and as a bonus, I was born with spinal meningitis, which affects my ability to read, write, and process thoughts. As Forrest's teacher said to his mother, "Yer son is diff'nt, Mizz Gump." Yes, I was very different!

In 3rd grade, I was put into special classes for my learning disability, and of course, I was teased mercilessly. By 5th grade, I started smoking pot and was suspended from school for fighting. Within a year, I started on harder drugs (acid and cocaine). I also used anger and violence to deter others from making fun of me. My sister's boyfriend taught me how to sell pot at 13 and by 15, I was a highly admired cocaine dealer. This gave me a false sense of self-confidence; I was needed and people wanted to be around me. Even the older high school kids respected me. I was making a lot of money and people were afraid of me. I was now a success! I was extensively hospitalized for alcohol poisoning and four bleeding ulcers from cocaine, which meant I had to be homeschooled. My friends did my homework for me in exchange for drugs. I was living a rock star lifestyle! Until crack.

When I was 17, I burned my dealer and woke up with a gun in my face. I managed to convince him to not kill me and front me more crack so I could repay what I owed him, which I did. Crack magnified my unmanageability to horrific levels. I lost everything: money, possessions, friends, and whatever self-respect I had. My moral compass was broken, I stole from my mom, became depressed and suicidal, full of shame and self-loathing. Soon, the pain from using crack became greater than the pain of not using, so I did what smart addicts do: I switched to other drugs and only used on weekends (sound familiar?) I felt like I had it under Control. Now that I was an adult, I needed to learn responsibility so I went into the manufacturing and distribution business. I started making and selling meth. I was now associating with some disturbingly frightening people. It was a nightmare that I didn't know how to escape. A divine intervention from the county prosecutor helped me by locking me up.

There was a Bible in my cell called "Freedom on the Inside." The word 'freedom' caught my attention. I read the book of Matthew; in spite of my disability, I was able to comprehend and relate to what I read. I strongly identified with the way Jesus suffered; I too, was beaten and ridiculed. I prayed to know if God was real.

The darkness was removed from me and I felt embraced by a sense of peace I never felt before. I continued to read from the Bible while I was in jail and my perspective started to change. (To be continued)



How to Plant your Recovery Garden of Daily Living

Plant three rows of peas

1. Peace of mind
2. Peace of heart
3. Peace of soul

Plant four rows of squash

1. Squash gossip
2. Squash indifference
3. Squash grumbling
4. Squash selfishness

Plant four rows of lettuce

1. Lettuce be faithful
2. Lettuce be kind
3. Lettuce be patient
4. Lettuce really love one another

No garden is without turnips

1. Turnip for meetings
2. Turnip for service
3. Turnip to help one another

TO CONCLUDE:

Our garden must have thyme

1. Thyme for each other
2. Thyme for family
3. Thyme for friends
4. Thyme for God

Water freely with patience and cultivate with love.
There is much fruit in your garden
because you reap what you sow.

(Taken from CONNECTIONS, Vol 40 October 2005)

WHERE ARE WE?
BOONE ELECTRIC COMMUNITY BUILDING COLUMBIA, MO
1413 Rangeledge St.

05/09/26
Noon - 4PM

HOPE FAITH COURAGE

it's Time To **CELEBRATE** Around The World

Unplug, unwind, and recharge with fellowship, food, fun, speakers, opportunity drawing, & auction!

To Be of Service Text Teryn: 719.200.1799 • www.camissouri.org

In the spirit of tradition 6, C.A. is not allied with any sect, denomination, politics, organization, or institution.

RECALLING THE EARLY DAYS OF C.A.

San Diego, California
July 4th, 5th and 6th, 1986

90 DAYS

HOPE FAITH COURAGE

CELEBRATE WITH US THE ONE YEAR ANNIVERSARY COCAINE ANONYMOUS

1987 Program Third Annual

GO TO <https://caws2026.org/>

2026 CAWS CONVENTION

A Last RESORT
Orlando FL

May 21 - 25, 2026

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

2026 Midwest Regional Convention

SOBRIETY IS OUR SUPER POWER

2026 MIDWEST REGIONAL CONVENTION

HIGHER POWER COURAGE UNITY

KANSAS CITY, MO

-EITHER-
October 23rd-25th 2026
-OR-
October 30th -November 1st 2026

Stoney Creek Hotel
18011Bass Pro Drive
Independence, MO
Hosted by
The Greater Missouri Area

OUR TOOLS FOR RECOVERY

Twelve-Step Companion Guide \$15.00

A Quiet Place \$15.00

Hope, Faith & Courage \$12.50

ALCOHOLICS ANONYMOUS \$12.00

TWELVE STEPS AND TWELVE TRADITIONS \$11.00

The World Service Conference Literature, Chips, and Formats (L.C.F.) 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

Meeting ID: 881 4761 4236 / Passcode: 1CF

Project Subcommittees Meet Separately

Have questions? Email lcf@ca.org

Put your creativity into service!

WE ARE ALL IN THIS TOGETHER

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WANTED

2026 Midwest Regional Convention Chairs

Open Positions:
Outreach * Decorations
Entertainment * Survey
Info Host

District, Area, Regional Positions:
Chairs * Secretaries * GSR * DSR
Unity * Newsletter * HR

REWARD

Our self-centered behavior will be replaced with the "attitude of service." We learned that service is about gratitude and learning how to contribute to our lives and the lives of others.

OF GREATER IS LEARN

THE UNITY COMMITTEE OF THE ST. LOUIS DISTRICT OF COCAINE ANONYMOUS

POTLUCK PICNIC

LETS **DO IT AGAIN!!**

JOIN THE UNITY COMMITTEE TEAM

CONTACT LINDA SMITH
314-607-8919
THELJAYSMITH2@GMAIL.COM

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2026 Midwest Regional Cocaine Anonymous Convention
Hosted by The Greater Missouri Area

Sobriety Is Our Superpower!!!

Basket Donations Needed!
We're inviting CA groups to contribute a basket, or items, to help support the convention and strengthen our fellowship. Every contribution - big or small - helps make this event unforgettable.

October 2026
Stoney Creek Hotel
18011 Bass Pro Drive, Independence, MO

For basket donation questions or coordination, please contact:
Susan C. - email: scarens2@stoneyhill.net or Phone 314-409-1887 (text only)

LOOKING FOR SOMETHING EXTRA IN RECOVERY?
YOU ARE INVITED TO BI-MONTHLY AREA MEETING @ 9:00 AM.
FOLLOWED BY THE AREA CONVENTION COMMITTEE @ 11:30
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

DISTRICT DONATIONS			
Meeting Name	January 2026	February 2026	March 2026
End Of the Line	\$15.00	\$15.00	\$15.00
Men's Meeting	\$30.00	\$30.00	\$30.00
Fried Pipers & Cocanuts	\$25.00	\$25.00	\$25.00
The Meeting	\$15.00		\$20.00
Come and Get It			\$34.00
Get to Steppin'	\$25.00	\$25.00	
Saving Lives	\$25.00	\$30.00	\$30.00

Recovery

I S J O B J E C T I V E S R A W W J S W B F R G
 F T Y C E C B O F A W O X Z Z Q T F S D D F E U
 G E P H S E C N A T S B U S K L T Q S Z E V S N
 C O M M U N I C A T I O N F Y C R O Z V S U T Q
 P M Y S O K I S F Y U P U R A U B N A S C S R K
 H C S O N N C J R B Y G V U F R F L M C O T I I
 Z T K U D O K L I O S N F X I D U C E Z Z N C A
 W M N H H Y I D T R I J Y E I A X S O Q X E T S
 I D L E K E Z T M D J V T S T B S F V Q O M I G
 Y C T L M U D C I K A Y A I C F L I O S V E O R
 Q Z S Q A T E M B S H T O H U P A N W Z J C N A
 P Y R C Q G A U T O N N Z L E I B T F E U A M E
 A G F O I V E E G M T A H G N B U E A B P L I S
 R Y N G I T A L R Z W C R Z M G P R M W A P T Y
 T Z A C U S S Q L T G F R T K U G V I Z N E W C
 I Q U V J L Y O O I E L N W G Q V E L F O R Z B
 C C Y N Q A F E N I O K Q N P N P N Y R V L S R
 I N D T O O A B Y G P I H S N O I T A L E R N E
 P U L H O G L Y Y O A U X J I R K I K B K B J C
 A P B E S A M L V A G I H Y A O O O I N S T F O
 T O Z R Y O U L B C H B D D G S V N T G T E V V
 I A U A U R E R T Y K K E C S Q G N I P O C R E
 O K Y P V P A D D I C T I O N C W M Y Z Q H U R
 N O R Y E Z C T I T R I G G E R S Y J Q O U A Y

participation	communication	replacements	relationship
intervention	diagnostics	restriction	successful
transition	evaluation	objectives	substances
addiction	behaviors	treatment	triggers
recovery	sobriety	illegal	therapy
coping	family	goals	

Puzzle designed by Joy W.

Being of Service

In addition to finding a spiritual way of life, recovery is about changing negative aspects of our personalities into positive ones. We came into the program with big egos but little or no self-esteem. We thought we were better than other people yet, at the same time, felt "less than." We were people who took from others and abused friendships all our lives. We had no concept of doing anything for anyone without the thought of some kind of reward. By the sheer grace of our Higher Power, we have found several ways of unlearning such behavior in the program. One way is to be of service to the fellowship of Cocaine Anonymous. We discovered that the best way to serve God was to serve our fellow humans, and we found humility in the process. Our self-centered behavior was gradually replaced with the "attitude of service." We learned that service is about gratitude and learning how to contribute to our lives and the lives of others.

Service can take on many forms at many levels, from sponsorship, to carrying the message to H & I meetings, to being a greeter at a group, to picking up chairs after the meeting, to even serving the group as a trusted servant; to serve at the district and area level and even at the world level of our fellowship. There are countless service opportunities waiting to be filled often just for the asking. We serve with "love and tolerance as our creed." as the saying goes.

Why be of service? To give back what was so freely given to us, to take on a commitment as a symbolic way of making amends, to meet other recovering addicts, to learn how to be a part of a team, to learn humility by doing something selfless for someone else, to learn skills and teach others what we know, to learn responsibility.

(Excerpt from CONNECTIONS, Vol 40 October 2007)

Meeting of the Month

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	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 16	Men only
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	

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!!!



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.
 Chelsi H. 1 year

Come and Get It
212 Club 6 p.m.
 Joe L. 36 years
 Alison M. 6 months
 Billy D. 6 months
 Ryan H. 6 months
 Scott D. 6 months
 Kurt G. 90 days
 Claude D. 60 days

End of the Line
Baden Facility
Sunday 6 p.m. Hybrid
 Deborah J. 40 years
 Yolanda P. 33 years
 Constantine A. 29 years
 Joanne W. 14 years
 Dee D. 6 years
 Kennie R. 5 years.
 George W. 6 months

Women's Winner Circle
Monday 6:30 p.m. Zoom
 Joanie M. 38 years
 Christina R. 1 year
 Tasha L. 1 year
 Valerie S. 1 year
 Audrey M. 9 months
 Becky W. 90 days

Fried Pipers & Cocanuts
Tuesday 7 p.m. Zoom
 Vicky M. 36 years

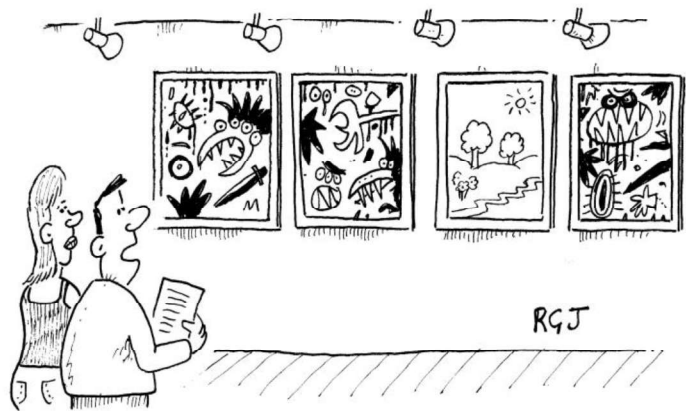
Donna R. 30 years
 Barry B. 60 days
 Mary C. 30 days
 Steven S. 30 days

Get to Steppin'
Wednesday 5:30 p.m. Zoom
 Jeannette J. 37 years
 Joy L. 36 years
 Darci R. 27 years



Kansas City

Northland C.A. Group
 Eve W. 24 yrs
 Scott S. 13yrs



"Apparently he had occasional sober periods."

CartoonStock.com

CONNECTIONS Newsletter Committee

Linda Smith, Chair
Yolanda P. Co-Chair
Joy W. Co-Chair
Joanne W.

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.