



CONNECTIONS

Volume 97

Official Newsletter of the Greater Saint Louis District of Cocaine Anonymous

July 2026

From Addiction to Renewal Part 2

by Scott D. (con't)

(See Part 1 CONNECTIONS Vol. 96 April 2026)

*Behold, the sower went forth...and when he sowed, some seeds fell by the way side and the fowls...devoured them up. **

In spite of this miracle, when I was released I had nowhere to go but to the dope house. My P.O. strongly suggested that I find another place to live, so I moved in with my mom whose alcoholism was out of control. She stopped paying rent and we both were evicted. I moved in with an ex-girlfriend and dived right back into my addiction, as if greeting an old friend.

*Some (seeds) fell upon stony places...and when the sun was up, they were scorched because they had no root. **

Because of God's grace, I reached another terrifying bottom and was allowed to move into a facility as part of a faith-based program. I was now surrounded by people who were successfully changing their lives. I completed the program in seven months, made peace with my mom before she died (she even said she was proud of me), and was offered a job as House Manager. Things were looking up! I turned down the job and decided to marry my ex-girlfriend. I convinced myself that it was God's will.

*And some (seeds) fell among thorns, and the thorns sprung up and choked them. **

Obviously, seven months isn't long enough to transform from a hard-core addict to husband/father material. Neither she nor I had the maturity required to commit to each other or our children. It wasn't long before my using destroyed our marriage. We divorced and I moved into my own apartment where I could indulge in self-pity and drugs. I didn't want to live the way I was living, but I couldn't bring myself to end my life. I knew if I killed myself, my children would be more devastated after all I had dragged them through. So, I reconnected with my sisters. Both were in 12 Step recovery programs and it seemed to be working for them. One of my sisters offered to let me move in with her if I quit using all drugs (even prescriptions!) and go to AA meetings. I quit my job, the drugs, moved out of my apartment to her house with nothing but the clothes on my back, my truck, and my Bible.

I began working the Steps and had 28 days clean when I relapsed. The pain of separation from my children was overwhelming and I had not yet learned how to use the tools of recovery instead of drugs. I wrecked my truck when I fell asleep while driving and my sister, who took a huge risk letting me stay with her, put me out. My other sister let me move in with her and even let me use her car and bought me new glasses.

*But other (seeds) fell into good ground, and brought forth fruit, some a hundredfold, some sixtyfold, some thirtyfold. **

It's been over 6 months now and I'm taking my program seriously. With my CA sponsor, I'm learning new solutions to dealing with life without resorting to drugs. God has turned my disability into an ability; I'm overcoming my struggles with reading and writing. I'm forming healthy relationships while making amends to those I hurt. The principles of forgiveness, acceptance, accountability, and serving others have replaced depression, anxiety, and suicidal thoughts. I am a new creation and one day at a time, I continue that renewal.

My previous spiritual experiences were not wasted; they were just incomplete individually. A seed cannot grow unless it has good soil, water, and sunlight. In CA, I found all that and more. I have a relationship with God, the Ultimate Gardener. He helps me to be fruitful through prayer, meditation, and discipline. Maybe one day I can bring forth fruit a hundredfold, or sixtyfold, or thirtyfold. But if I only make a difference in one person's life, it will all be worthwhile.

The End

**From the Parable of the Sower (Matthew 13:1-23)*

IN MEMORIAM



Deborah J.
End of the Line

March 21, 2026
39 years sober

CONNECTIONS Newsletter Committee

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

Letters, articles, cartoons, etc., related to C.A. and living in recovery are welcomed. Please call Linda Smith. at 314-607-8919 or email theljaysmith2@gmail.com with your ideas and/or contributions.



2026 Midwest Regional Convention



**OCTOBER 23-25
FINAL!**

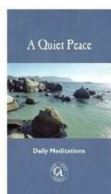
Stoney Creek Hotel
18011 Bass Pro Drive
Independence, MO
Hosted by
The Greater Missouri Area



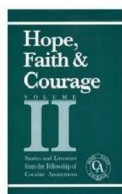
OUR TOOLS FOR RECOVERY



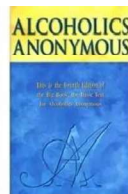
\$15.00



\$15.00



\$12.50



\$12.00



\$11.00

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, denomination, politics, organization or institution.*

DISTRICT DONATIONS			
Meeting Name	April 2026	May 2026	June 2026
End Of the Line	\$15.00	\$15.00	\$20.00
Men's Meeting	\$30.00	\$30.00	\$30.00
Fried Pipers & Cocanuts	\$25.00	\$50.00	\$25.00
The Meeting		\$32.65	
Come and Get It			\$17.00
Get to Steppin'		\$25.00	
Saving Lives	\$25.00	\$27.36	\$25.00

Meeting of the Month

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!!!

Service Work Heros/She-Ros by Yolanda P.

As CONNECTIONS co-chair, Yolanda P. (33 years) has the responsibility of shining the light on those who find that service work is the cornerstone of our recovery. Yolanda interviewed Charlotte R.

I have been clean and sober since December 26, 1990. While in treatment at St. Mary's Hospital on Clayton Road in St. Louis, I attended Thursday Night Meeting located on the lower level of the hospital. After treatment and a few months at the Harris House on South Broadway, I moved into a sober living facility for women called the Oxford House. The message I heard at the Thursday Meeting was really about me and that attraction made me stay. I made the Thursday Night Meeting my home group and although it is currently an online meeting it is still my home group.

I do have a sponsor and I sponsor women in recovery. Working with others is one of the ways I stay clean and sober today. When I was using, I lost everything that meant something to me. After my family took me to treatment, I saw and heard somethings that made me think I could get back what I was losing... if I tried this simple program.

Service for me in the beginning was chairing meetings, setting up the room before and breaking down afterward, making coffee, and fellowshiping before and after the meeting.

I moved back home to Illinois and joined a recovery club where there were all kinds of service to be done. Whatever was needed to be done I did it including picking up women to get them to the meeting and taking them home. Getting involved in service kept me from worry about the life I had before recovery. I made new friendships, and made myself available to newcomers, encouraging them to get a sponsor and do what they to do and go where they to go to study and work the steps and live them. My motto is not original but it is mine: Trust God - Clean House - Help Others.

Charlotte R.



Joy L.'s Smothered Cabbage

Ingredients

Two heads of cabbage cut in 4 sections (remove core)

¼ stick of butter

2 cups of assorted bell peppers (green, red, orange, yellow)

Teaspoon of salt

Teaspoon of pepper

Sauté peppers in butter for about 10 minutes

Add cabbage and simmer for 30-35 minutes

Season to taste and eat up!

Relapse Prevention

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

healthy relationships

coping skills

treatment

recovery

family

accountability

higher power

gratitude

healing

amends

support system

integrity

triggers

sponsor

For the St Louis District Meeting Schedule go to

<https://camissouri.org/st-louis/>

**Greater Missouri Area of
Cocaine Anonymous**

"Cocaine Anonymous welcomes anyone with a
drug or alcohol problem and offers a solution"

Need help right now?

Call our 24/7 Help line

833-662-6322



CONVENTION FUNDRAISER IS UNDERWAY!!!

\$\$\$\$\$ 50/50 raffle tickets! \$\$\$\$\$

Congratulations to our second winner
Melissa K. of Minnesota Ave.

The next round is now underway, get your tickets today!
The sooner we sell out of the current tickets the quicker we
can move on to having another one, with another winner of
\$500!



**2027 CELEBRATE AROUND THE
WORLD THEME:
"BEYOND HUMAN AID"**

**DESIGN OUR CELEBRATE AROUND
THE WORLD 2027 LOGO!**

COCAINE ANONYMOUS WORLD SERVICE CONFERENCE
UNITY COMMITTEE NEEDS YOUR SUBMISSIONS!

FOR MEDIA RELEASE FORM, EMAIL UNITY@CA.ORG





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

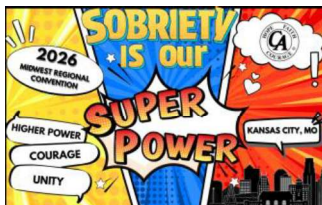
Come and Get It
212 Club 6 p.m.
 Laura N. 25 years
 Kenny 19 years
 Dustin 18 months
 Scott D. 9 months

End of the Line
Baden Facility
Sunday 6 p.m. Hybrid
 Joe M. 32 years
 Stacy L. 28 years
 Linda S. 22 years

Fried Pipers & Cocanuts
Tuesday 7 p.m. Zoom
 Tim L. 19 years
 Patricia B. 1 year
 Catherine B. 90 days
 Sarah A. 60 days
 Sean F. 30 days

Get to Steppin'
Wednesday 5:30 p.m. Zoom
 Donna Y. 29 years

The Meeting
Baden Facility
Saturday 6 p.m.
 Dwanna R. 34 years



Kansas City

Free At Last
 Katelynn W. 2 years
 Tyler E. 2 years

Living Free
 Kyle M. 2 years

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



One day Bob hoped to be clean and sober. But for now, clean would do.

CartoonStock.com

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 thejaysmith2@gmail.com.