OF GREATER ST. LOUIS

CONNECTIONS

Volume 98 *Official Newsletter of the Greater Saint Louis District of Cocaine Anonymous* *October 2026*



Service in Action!

Hello, I'm Jeannette and I'm an addict.
It has been a pleasure serving as your Greater Missouri Area Chair for the past six-plus years! Our Area meets on Zoom every other month to conduct C.A. business throughout Missouri, which includes St. Louis, Kansas City, Columbia, Springfield, and the many towns and cities in between.

The Area serves the Fellowship by distributing chips and literature, carrying out local translations in accordance with the World Service office translation policy and process, handles financial contributions of the Area, and communicates the flow of information between the groups, district, area and with the C.A. World Service Office. The primary function of the Area is to serve the common needs of its District Members and to facilitate unification. The Area is a vital function in our local structure. We provide information to the public that we are here and we are the connection between the fellowship and recovery at hospitals and institutions. Please come check us out! We have plenty of service opportunities to enhance and expand your growth as well as to keep C.A. alive in Missouri! Service is how we learn the Traditions and the Concepts! The Traditions are service in Action!

Also, there's the **spirit of rotation** which is a very important guiding principle that limits how long members can hold a specific service position. We want new members to come and share in the growth of our fellowship and to use your voice! Members are needed in order to activate rotation. Here are some of the other benefits of the spirit of rotation:

- **Prevents fixed power:** Stops members from becoming "frozen in office" or acting as governing authorities.
- **Invites new voices:** Gives newcomers and other members a chance to serve.
- **Keeps the group alive:** Encourages fresh energy and prevents burnout or stagnation.
- **Promotes humility:** As outlined by our World Services, stepping down reminds members to place principles above personal prestige or titles.

Spiritual and Structural Roots connecting the Traditions

- **Tradition Two:** Reminds the fellowship that leaders are "trusted servants; they do not govern".
- **Tradition Nine:** States that A.A. needs the least possible organization and that "rotating leadership is the best".
- **Anonymity:** Helps members let go of personal fame and see service as a temporary duty rather than a career.
- How rotation helps prevent the **"Bleeding Deacon"** issue in local groups.

Members are nominated for positions in November and elections are held in January. We are not a glum lot and we have fun in our service positions! Our current open positions are, Area Chair, Vice Chair, Secretary, Delegate, Structure and Bylaws, Information Technology, H&I and Cooperation with the Professional Community. See… we have plenty of service opportunities so please consider joining us!

For more information visit the website at camissouri.org or call me! And, we hope to see you at the next Area meeting on November 15 at 9:00 am on Zoom!

IN MEMORIAM



Deborah J.	**March 21, 2026**
End of the Line	**39 years sober**

***CONNECTIONS* Newsletter Committee**
Linda Smith, Chair/Editor
Yolanda P. Co-Chair
Joy W. Co-Chair

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

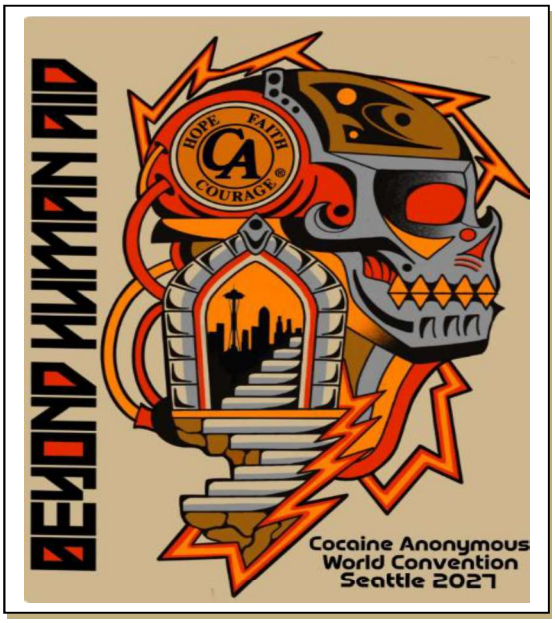
2026 Midwest Regional Convention



OCTOBER 23-25!
Stoney Creek Hotel
18011 Bass Pro Drive
Independence, MO

Hosted by
The Greater Missouri Area

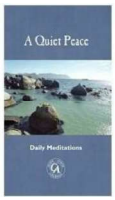




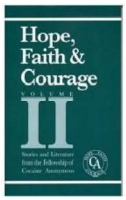
OUR TOOLS FOR RECOVERY



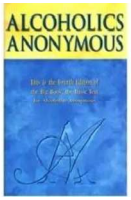
$15.00



$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	*July 2026*	*August 2026*	*September 2026*
End Of the Line	*$20.00*	*$20.00*	*$20.00*
Men's Meeting		*$30.00*	
Fried Pipers & Cocanuts	*$25.00*	*$25.00*	
The Meeting	*$40.00*	*$25.00*	*$25.00*
Come and Get It		*$10.00*	*$20.00*
Get to Steppin'	*$25.00*	*$25.00*	
Saving Lives	*$30.00*	*$30.00*	*$40.00*

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 squirrelly—pick up the phone-NOT THE DRUG!!!



Claudia G.'s Banana Pudding

Main Ingredients

2 packs of Pepperidge Farm Chessman Cookies
5 medium bananas

2½ cups of whole milk
4 eggs
1¼ cups of sugar
¼ cup of flour
¼ teaspoon of salt
2 teaspoons of vanilla extract
Lemon juice or lemon powder for the slice bananas to keep them from turning dark.

>Preheat oven to 350 degrees.
>Slice the bananas and lay the aside in a bowl with lemon juice or lemon powder.
>Use a double boiler but a regular pot will do if you continuously stir the mixture.
>In the pot add sugar, salt, flour (sometime I use sweet rice flour), egg yolks, and milk.
>Stir with a metal whisk until the mixture thickens into a pudding.
>Add vanilla extract at the end.

>In a 5x9 glass dish, or pie dish, or casserole dish (whatever you have) place a layer of cookies on the bottom with the with sliced bananas and a ⅓ of the pudding.
>Repeat the last layer with the cookies, bananas, and pudding standing the remaining cookies around the sides of the dish with the emblem facing outward. The pudding should be level with the standing cookies.

>For the meringue, beat eggs in a glass or steel bowl starting on medium slowly incorporating the sugar for 1 to 2 minutes.
>Jump to high speed, add second vanilla beating until you see peaks when you left the beater.
>Spread the meringue on top of the pudding covering to the corners without leaving and pudding exposed.
Bake until meringue is golden brown.
Enjoy!

Quiet Peace

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

keep it simple
reflection
don't quit
tolerance
great motivator
character defects
primary purpose
a vision for you
awakening
live in the solution
pain
serenity
willingness
miracle
spiritual
growing faith
selfishness
daily inventory



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

Do you like to plan parties?
Contact Linda Smith
Chair District Unity Committee
314-607-8919



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

Steve G.	25 years
Tom D.	3 years

Come & Get It

Laura N.	25 years
Kenny	19 years
Dustin	18 months
Scott D.	1 year

End of the Line

David W.	38 years
Carl W.	25 years
Tony W.	19 years
Tracy	16 years
Joy W.	8 years

Women's Winner Circle

Wendy M.	39 years
Margo G.	33 years
Karlie W.	2 years
Tasha L.	18 months
Allie B.	1 year
Audrey M.	1 year
Emilia D.	1 year
Frances W.	1 year
Kayla H.	1 year
Emilia D.	1 year
Saylor O.	6 months
Deandrea E.	90 days
Jocelyn H.	30 days
Tashira M.	30 days

Fried Pipers and Cocanuts

Susan C.	45 years
Cathy G.	14 years
Hermin	90 days

Get To Steppin'

Donna Yates	29 years

The Meeting

Dwanna R.	34 years
Claudia G.	5 years



Kansas City

Working With Others

Pearl B.	32 years
Angela W.	27 years
Melissa G.	2 years
Lori S.	1 year

Free At Last

Chris W.	18 years

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.

