

Summer 2020 - June, July, August

PIPELINE

COVERING NEWS FOR SCTA OF COCAINE ANONYMOUS

San Antonio Austin Laredo The Valley Kerrville Cedar Park



PREAMBLE

Cocaine Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from their addiction. The only requirement for membership is a desire to stop using cocaine and all other mind-altering substances. There are no dues or fees for membership; we are fully self-supporting through our own contributions. We are not allied with any sect, denomination, politics, organization, or institution. We do not wish to engage in any controversy and we neither endorse nor oppose any causes. Our primary purpose is to stay free from cocaine and all other mind-altering substances, and to help others achieve the same freedom.

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HOTLINE INFO



These phone numbers are available to anyone with questions about recovery.

If you would like to be added to the hotline phone list, please contact:

hotline@ca-scta.org

San Antonio – (210) 232-6382

Kerrville – (830) 719-4889

Austin (512) 339-4357

The Valley (956) 255-2576

Laredo (956) 413-6588

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GROUP DONATIONS

Area

Step Sisters: 40.00

Drop Kick Rocks: 75.00

Boiled As An Owl: 50.00

ATX H&I: 100.00

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Hey Friends! WHEW!!! It has been a whirlwind around the CAWS 2020 convention and the world, in general. First and foremost, thank you all for continuing to support CA by hanging with us, attending meetings online and making your online donations. What a long strange trip it's been!

Today, an amendment to the CAWS 2020 contract has been fully executed and we can officially announce that CAWS 2020 has become **CAWS 2020!** There were many moving parts involved and the Trustees have done their absolute best to see that CA as a whole doesn't suffer. Not everyone will be happy with the changes, but we need you to know that we understand. However, we are so grateful to be able to continue to work and bring forth an epic World Service Convention for y'all!

The actual dates are **May 27-31, 2021**. All registrations will be transferred over the new dates. Cvent will be updated and new registrations will be accepted. The current rates will remain in place until February 28, 2021, after which the "on site" registration price will go into effect.

The Hyatt will cancel all rooms in our block. If you are booked outside the block, you will need to cancel them yourself. Below is the link for the reservations for the new dates.

<https://www.hyatt.com/en-US/group-booking/AUSRA/G-ECWS>

People of Earth (as Cliff would say), we are beyond grateful. Please book your rooms and plan on joining us next May. We will be sooo ready to have you in Austin and we, as a fellowship, will be eternally grateful to be able to be together.

If you need any information or just want to talk, you can reach me at 512.699.8002 or susan.calkins@gmail.com.

If you have any registration questions and wish to speak to Jane, our Registration Chair, please feel to reach her at 512.801.8010 or janebinaustin@gmail.com.

On behalf of the entire Steering and General Committees for the **CAWS 2020!** Convention, we thank you. Stay safe. Stay healthy. Stay recovered.

In love and service,
The Steering Team

CAWS 2020!

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AREA NOMINATIONS

There are currently no nominations for area chairs, but we encourage you all to come to an area meeting and learn the business side of CA!

Please visit www.ca-scta.org to view the Structure requirements.

We hope this is helpful and please consider stepping up for our area.

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UNITY EVENTS

Hello fellow CA members!

With the current state of things, there is unfortunately not much to report for larger scale unity events. We are hoping to have the usual camping trip in the fall, hopefully by the time September rolls around we will have more information regarding that event. When we can all gather in a large mass again, it will be a meaningful moment I am sure we will cherish for years.

In the meantime, some meetings are opening back up. As tradition four states, "Each group should be autonomous except in matters affecting other groups or CA as a whole." In that spirit, each group will be making their own decisions on how to open up safely.

If you are struggling, or cannot get to a meeting, our website has resources and links to meetings that are held online. You are not alone, we may largely be together virtually, but we are still very much connected and unified.

Thank you, and until we meet in person again I hope you continue to find ways to stay unified with your fellow CA members.

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SUBMISSIONS

Experience, Strength & Hope

Letter from the Editor:

Hello fellow CA members! This has not been an easy few months for so many of us. Some days have been tough, and when I find it difficult to find the light in my life, without fail I have seen it in others. This fellowship has found a way to stay connected without meeting in person, which has been a very clear demonstration of the power of spirit to me. We are united, we are strong, and we are all connected through a higher power. In light of that, for this quarter's submissions, I have asked members how being in recovery has helped them deal with the end of the world. This is a moment in time I believe addicts are uniquely qualified to handle, I have enjoyed hearing the triumphs of our fellow members, I hope you will too.

-Lily M.

There's two things I'd like to touch on. The idea I've learned in recovery is to stay sober no matter the circumstance, and in this case, a global pandemic. What has helped me to do this is continuing to practice the spiritual principles and reach out to others, social distancing in mind of course. A global pandemic cannot stop either of those things. Stay. Sober. No. Matter. What. !!

- Sarah M

What has surprised me the most in my recovery, is my return to running. Now each morning I look forward to being tested by new paths, or hills, or inclement weather. I've grown amazed at the reserve of strength my body finds even in its most exhausted moments. Even more impressive seems to be my patience. As an addict usually everything must be immediate. But with running, I am finding pleasure in the journeys I take more than getting to the finish line. Covid 19 and the resulting quarantine is not a sprint, it is a marathon. Although phases are rolled out, we are all still experiencing many restrictions to our life. The patience I've found in recovery has proved invaluable in waiting on a return to "normalcy." The strength I've found running has translated to

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emotional strength in making the right decisions for my sobriety. I know if exposing myself to Covid while trying to cop didn't kill me, then my classic addict impatience would have if I was using during this pandemic.

Now I see how strong I really am. How strong we all really are to be fighting through these times. That is one thing my addict always kept me blind to, my true strength, and I'm so happy to see it again especially during this time.

-Sam H

Alcoholics/addicts know first hand, what it is like to lead a life that looks COMPLETELY DIFFERENT from their previous years, or just completely different from anything they have ever experienced. So, why did the pandemic really take its toll on our recovery community? I can only speak for myself, when I say that any emotional turmoil I went through during the pandemic/quarantine goes back to the story in the Big Book of our stage actor wanting to run the whole show. My loss of control. I had to accept our new reality, and let go of the future-tripping. There was literally nothing I could do about the situation. I had just left my partner of 3 years, the week before Covid-19 had even become a serious issue. I was alone for the first time in a long time. Intimately, and then all of the sudden... literally alone. The rooms of recovery soon there-after began shutting down and we became resourceful, and began holding them via Zoom. It wasn't the same as having that in-person connection, no doubt, but we adapted and were able to do what we had to do to recover. Having a laptop, and phone and nowhere else to be, I was making a meeting or two a day, which is something my recovery had not seen since rehab. And that wasn't the only thing that kept me going through solitude. We, as 12-steppers, actually have a boat load of tools to rely upon that made me even stronger during this time. First, I let go and let god, like previously mentioned. It was "progress, not perfection" that lifted some of the guilt and shame from taking a day or two to just sulk and be where I was. So long as I didn't have plans to sit in my crap long-term. I had to accept the fear and loneliness, the anxiety and constant panic attacks I was suffering from. I had been through worse, and for reasons I had brought unto myself. I had to keep reminding myself that I was not doing anything wrong and most importantly, I was not alone in this suffering and if I felt alone, it was surely by choice. My meditation practice grew as a need to keep my head where my feet are. I began verbally praying for the first time EVER. I am not religious and consider myself and agnostic/atheist but have a power I rely upon to stay sober. Speaking to that higher power, instead of only listening (during

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meditation) can be an awakening experience. I had read a quote that said, “it’s about surviving, but it’s also about thriving” and that is exactly what I set out to do during the quarantined months. I began reading again, running almost every chance I had, regularly attended meetings, took another alcoholic through her steps, I continued to reach out to friends in the program and be honest and open about where I was in my process, and tried my best to hold space for them as well. As I watched fellow addicts fall off the wagon due to stress around this pandemic, I let the fear of going back out push me further into my program. To quote a recent article from the Austin Chronicle in regards to Coronavirus and the threat to those of us recovering from addiction, "I know the coronavirus is a threat, but I don't have COVID-19 yet. I have the disease of alcoholism, and if I don't treat it, it's going to kill me." Is everyday perfect? No. Have I gotten off track, and began seeking validation through social media and dating? Yes. Have I witnessed some of my defects creep back up from their deep dark holes in which they had been hiding? Absolutely. We are allowed to be human. We are allowed to fall. So long as we get back up and do the next right thing.

-Kascidy B

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