

#### COVERING NEWS FOR SCTA OF COCAINE ANONYMOUS

San Antonio Austin Laredo The Valley Kerrville Cedar Park Pflugerville



#### 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.

# 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

# GROUP DONATIONS

### Area Donations:

Jane B. (Step Sister's Group) 2/3-\$200/Area, \$100/SCTA PI Fund CAWSO 3/16-\$3,750/Area Area meeting 7th Tradition 3/18-\$74/Area Downtown C.A. 3/18-\$75/Area 4th Dimension SA 3/18-\$20/Area Meditation meeting 3/18-\$20/Area Area Meeting 7th Tradition 5/20-\$74/Area Robyn G. (Nameless Speaker) 5/20-\$50/Area Debbie (Drop Kick Rocks) 5/20-\$100/Area Debbie (Happy Hour) 5/20-\$100/Area Ken (4th Dimension) 5/20-\$50/Area Corey (Properly Armed) 5/20-\$50/Area Mark (Bottom Line) 5/20-\$254/Area Crystin (Front Line) 5/20-\$25/Area

### H&I Donations:

No Information Provided for this Newsletter Release

# CAWS 2024 Holland

## **Hope Faith and Courage**

38th Annual C.A. World Service Convention

July 11 – 15, 2024

The 2024 World Convention of Cocaine Anonymous (C.A.) is coming to Holland!!!!!! Our World Convention will bring together C.A. members from all around the world to share their experience, strength, and hope. The 2024 convention is scheduled to take place in Noordwijkerhout, Netherlands, from 11 till 15 July, under the theme of "Hope, Faith, Courage." For those who are not able to physically attend the convention we will have a tailored online experience to ensure everyone can get a taste of CAWS 2024. Our convention is a momentous occasion for C.A. members, you will have the opportunity to attend various meetings, speakers, workshops, and excursions. These events will be geared towards promoting the spirit of camaraderie and support, which are critical to our recovery. One of the main objectives of the World Convention is to provide support to the newcomer. Together we can achieve this if we all bring newcomers to the convention [#BRINGANEWCOMER] and putting them "on fire", through sharing our personal stories, discussions on how we stay clean & sober, and various workshops aimed at helping our members develop and maintain their recovery. If you are financially unable to pay for (part of) the registration you can apply for the Fellow2Fellow fund (Scholarship). The Fellow2Fellow fund is made possible by voluntary contributions from members of our fellowship. To apply for a scholarship please send an email to our convention chair: chair@caws2024.nl. The NH Noordwijk Conference Centre Leeuwenhorst is a four-star hotel located in the Netherlands' beautiful flower bulb region only 15 mins from Schiphol International Airport. Convention-goers will find plenty to do, as the centre is perfectly situated for excursions to Amsterdam, or Noordwijk, a well-known beach resort only a stone's throw away. Our team has made an amazing deal with the hotel for our convention guests. Book your room for single use for only 115 euro per night including breakfast. Want to share the room with a fellow? Only 25 euro per night extra. If you want to share a room with more then 1 fellow we have limited triple and quadruple rooms that are only bookable by direct contact with the hotel. NH Leeuwenhorst + 31 252 378 888

# AREA ELECTIONS

Nominations for Area Chairs:

Public Information: Eddie, Christian Archives: Open H&I: Scott, Arish Hotline: Jennifer Structure & Bylaws: Bea Unity: Corey Convention Chair: Danny, Jesse

Please visit <u>www.ca-scta.org</u> to view the Structure requirements.

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

# UNITY EVENTS

### C.A. Unity Drag Show

The C.A. Unity Drag Show was an enormous success and featured performers from all over the SCTA Fellowship. It featured musical talent and dance artists from our Area. The event raised \$3,674.07 after all bills were paid out. We want to thank the C.A. San Antonio Unity Committee for all of their support.



C. A. Ocean Party

#### The Austin – Karaoke Party

This will be the first C.A event hosted in Austin since the World Convention. The event will be put on by our Austin Fellowship and will feature food, karaoke, raffles, and some soon-to-be-announced surprises. We are currently needing C.A. Austin Area members to help get this event planned.

### C.A. Tubing Trip

This event has more than tripled in size since it first began in 2017. The event will be held on Saturday August 26<sup>th</sup> and will feature a BBQ, music, raffles, and of course tubing. The event will be at Hinman Island Park in New Braunfels, T-shirts will be created for this event and Unity planning meeting for this event will being in June via zoom.

### C.A. Camping Trip

The 6<sup>th</sup> Annual Camping trip will be held November 3-5, 2023. The event will feature camping, hiking, volleyball, tubing, speaker meetings, and much more. It will be held at Mountain Breeze Camping Grounds at 9250 Red River Rd. in New Braunfels

#### \$\$\$ Treasure Hunt \$\$\$

This is a new feature of the newsletter. Somewhere, imbedded in the newsletter are two questions. The answers will be in one of the archived newsletters. If you find the answer, write it on an index card and be the first one to give it to the newsletter chairperson at the area meeting. Two winners, \$10 each Happy Hunting!

Congratulations to Jesse G. for correctly answering the Treasure Hunt questions for the Spring Edition. Jesse won \$20

# Pipeline Nostalgia

#### (This Feature will appear when there are NO SUBMISSIONS)

Fun in sobriety takes a lot of different forms for me now. I used to think that sober fun, like so many other aspects of the program, had to be done 'right', had to look a certain way, but I've learned that isn't the case for me. Fun is a meeting where I see all of my people; a Unity event that I'm nervous to go to because I know I won't know everyone but go anyway and love meeting new people as well as connecting with friends; hanging out with a family member who I never thought I'd be able to have a relationship with again; spending time by myself truly enjoying it and not being terrified of being alone with myself; working with a sponsee or my sponsor. Saying going to work is a little bit of a stretch but you get the idea lol. According to the Pipeline of Spring 2022 how many people attended the camping event? I didn't realize I'd find so many different kinds of things enjoyable. It's not all about game nights and outings, really simple things are truly fun to me now that never used to be, including hanging out by myself watching Netflix with my kittens sometimes. I feel blessed God brought me that realization; that there isn't a definition of sober fun, that I can always make sobriety fun.

Learning to have fun in sobriety is one of the most challenging yet most important aspects of this way of life. Early on, I was under the impression that I was destined to live a boring life; that was not the case. I have learned a few things - to get out of my comfort zone, and that it's more about who I am with than what we are doing. We have thrown sober parties and events where I learned to let loose, but sometimes it's as simple as a small game night at home or trying a new hobby. Life is full of opportunities to have fun, and I stay open to trying whatever is thrown my way.

Before I got sober, I wasn't sure if I could even have fun while being sober. I have found that is absolutely not the case. With almost two years of sobriety, I have found out how to really enjoy the little things. Who was the scheduled Sunday morning Speaker at the November 2019 Camping Trip? Being able to connect with people is by far my favorite. I was an extremely shy person before, and now (while still a little shy) have been able to connect with people from all walks of life and have fun, supportive friends that keep me laughing constantly and really enjoying life. The fun I have today is far better than any "fun" I used to have before getting sober.

I used to be unable to fathom that sobriety would ever be fun. But now that I've been sober awhile, I can't remember what was so fun about using. Sure, it was fun and exciting at first, mostly because it was my coping mechanism and an escape from the pain and trauma of my childhood and adolescence, and euphoria and oblivion was the main goal. But once dope became sustenance in my life, it lost its luster. When I got sober in 2018, I was like "what in the world am I going to do sober? Who am I going to be ?" And asking that question today I have so many answers ... many more than I could have ever had in my addiction... the possibilities are endless. I didn't do much of any living when I was using, and now I realize I can do all of the things (some I didn't even KNOW I wanted to do !) for me, those things include dancing, writing and playing music, laughing at any given chance, enjoying the outdoors, anything art or creativity related, and so much more. In addiction I thought "I need to be high to enjoy these things" but I've realized then I only needed to be high to find ways and means to get high again. the spiritual program of action opens many doors, and fun is definitely one of them, and more important than I think people in the rooms let on. We didn't get sober just to mire over our addiction. We got sober to help others find their way, be part of the fellowship, but also to LIVE LIFE. I've realized there is a whole world i didn't know about, or have the capacity to care about at the time. But now that there are so many options. I get even more

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

excited about being sober every day. It's important for me to try something new, and not be judgmental about the outcome, and to enjoy the process.

Fun in sobriety for me today is nothing like how I imagined it would be - I had and still occasionally struggle with having a negative perspective on fun. Getting sober made me feel like I had used up all of my "fun" times and I had to make myself be this serious, reserved adult because I didn't deserve to have fun anymore. That's not true at all! Today my definition of fun is so much more broad. I can make jokes and have the same amount of fun while grocery shopping on a Tuesday morning as I do riding in a boat with friends on Lake Travis! What it really comes down to is my attitude, perspective, and being at peace with myself, aka my spirituality. Might sound corny but it's true! I can be happy and have fun anywhere at any time. It's wild! If my spiritual life is vibing, then so am I

## Experience, Strength & Hope Future Submissions Scan QR Code to Submit Summer Newsletter Theme:

 What does the word "recovery" mean to you? Or
How did you get introduced to recovery?



newsletter@ca-scta.org

## UPCOMING C.A. EVENTS

Texas Area Service Gulf Coast 2023 Convention August 4-6, 2023 Location: Hyatt Regency Houston West, 13210 Katy Freeway, Houston, Texas 77079

> 2023 CA Arizona Area Convention August 18-20, 2023 Doubletree Resort 5401 N. Scottsdale Rd. Scottsdale, AZ 85250

38th Annual CALA Convention August 24 – 27, 2023 Doubletree Golf Resort by Hilton 67967 Vista Chino, Cathedral City, Ca. 92234

2023 Arkansas Area CA Convention

Sept 8 - 10, 2023

Marriot Delta Hotel

201 S. Shackleford Rd

Little Rock, AR 72211