**PIPELINE**

covering news for scta of coCAine anonymous

San Antonio Austin Laredo Rio Grande Valley Kerrville Cedar Park Corpus Christi



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

Corpus Christi (361) 364-7001

Español (210) 739-0588

**GROUP DONATIONS**

Area Donations:

$27- Frontline- San Antonio

$41- Recovery Text- Austin

$100- Drop Kick Rocks- Austin

$75- Heart & Soul Sisters- Austin

$50- Cornerstone Group- Corpus Christi

$60- Hope Faith & Courage- Laredo

$100- Spiritual Lines- Corpus Christi

H&I Donations:

$50- Cornerstone Group- Corpus Christi

$41- Recovery Text- Austin

2025 SCTA Area Convention Donations:

$100- Drop Kick Rocks- Austin

$100- Heart & Soul Sister- Austin

**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

Visit [www.caws2024.nl](http://www.caws2024.nl) for more information.

 **AREA ELECTIONS**

**Elected Positions (May 2024)**

Eddie S.- Unity

Ira H.- H&I

**Open Nominations for Positions to be elected at July Area Meeting**

Hotline

H&I

Structure and Bylaws

Unity

Archives

Newsletter

Please visit [www.ca-scta.org](http://www.ca-scta.org) to view the Structure requirements.

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

**UNITY EVENTS**

2nd Annual Beach Trip

The 2nd annual Beach Trip will take place on north Padre Island again this year on June 22 and June 23. There will be many fun events and camping on the beach is free. There will be speakers on both days. There will also be karaoke, live music, and meetings on the beach.

Annual Camping Trip

Planning is getting underway. Stay tuned for updates.

**SUBMISSIONS**

 **Experience, Strength & Hope**

Dear readers,

Since we received no submissions for this edition, I felt like this would be a great opportunity for reflection on where we were 4 years ago. With that in mind I am sharing the stories from the Summer 2020 edition of the Newsletter. Please enjoy.

ILAS, Robyn G.- Delegate A

Different Versions of the Third Step Prayer

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 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 firsthand, 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 agnostic/atheist but have a power I rely upon to stay sober. Speaking to that higher power, instead of only listening during 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 regard 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

**Gratitude**

**Future Submissions Scan QR Code to Submit**

**Fall Newsletter Theme:**

**Share your experience with Gratitude for the next Newsletter**

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**newsletter@ca-scta.org**