**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:

$250- CA 183 Cedar Park - Austin

$50- Recovery Text- Austin

$19- Area Meeting 7th Tradition Cash

H&I Donations:

$50- Heart & Soul Sisters

$28- Recovery Text

2025 SCTA Area Convention Donations:

$100- Drop Kick Rocks- Austin

$100- Heart & Soul Sister- Austin

**AREA ELECTIONS**

**Elected Positions (July 2024)**

Stacy B – Structure and Bylaws

Roger H – Newsletter

**Open Nominations for Positions to be elected at the September Area Meeting**

Hotline

H&I

Unity

Archives

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**



**SUBMISSIONS**

**Experience, Strength & Hope**

Dear readers,

My name is Roger H and I am grateful to be a part of CA in Corpus Christi. H&I is an integral part of my own recovery, that is why I chose H&I as the theme for the submissions for the Fall newsletter. I am delighted to share with you the submissions I have received that answer the question, “What does H&I mean to you?” I want to thank everyone who submitted an entry!

-Roger H

What does H&I mean to you?

When I think of hospitals and institutions I think of how important it is for people in rehabs and prisons to hear someone come out to bring hope to anyone that is open to hearing a solution to alcoholism and addiction.

While I was in treatment this past time I was profoundly impacted from people voluntarily coming to share their stories of hopelessness and pain relating to my state and experience and ending with how they have a life, are not full of fear and rage consistently anymore while sober.

I can only pray and hope I'm a similar vessel for someone else.

-Ira H

What does H&I mean to you?

To me, H&I has always been my favorite part of the Third Step Prayer. “..Take away my difficulties, that victory over them may bear witness to those I would help..”. Whenever I speak at H&I, I get to share part of my story, and prove to women and men that no matter how far down your story takes you, it IS possible to come out of the other side. H&I is bringing hope and faith to people who may have never seen it. It’s proving that hard work and patience and selflessness can bring you more peace than you could have ever imagined. It’s saying “If I can do it, I swear to God you can too.” H&I brings me back to a place where I felt hopeless and lost, and seeing the people coming in to speak would give me even the slightest glimpse that there is hope on the other side. H&I is the greatest part of my recovery today, because I know I can’t keep this without giving it away every single day.

-Taylor C

What does H&I mean to you?

Nine months ago, I was hopeless, depressed, suicidal, and found myself in rehab, voluntarily. Addiction took total control of my life and was doomed to continue trying to survive this vicious cycle of destruction. Could I put my faith into rehab being the solution, my first Higher Power? The gift of desperation gave me just enough reason to fight for my life. 7 days in, on a Saturday, “Let me check the Rehab daily schedule. CA H&I Panel, huh!? I have no choice but to attend.” These very panels spoke of Hope, Faith, and Courage through their experiences against the very disease I’m dealing with. I’m 7 days clean and miserable. They spoke of 1-year, 3-years, 5-years sober and living their best lives. How can this be? Steps? God?? This was the very spark that drove me from a little hope to real inspiration that my life could be different. After the H&I panels, I’d thank them for coming and get a hug! Those hugs and encouragement, to a useless addict like me, created the beginning of loving myself and seeking the “Solution” that these respectable people have and are willing to give away for free. What is that about?

Out of rehab, I got a sponsor from these very panels, worked the steps, had multiple spiritual experiences and “awakenings.” At 6-months sober, I was shook with the overwhelming need to give back, to the very program that made me whole. The Big Book suggests to me to help others in addiction / alcoholism still suffering from the horrific disease, by carrying the message. What better way to begin my new journey with God in the very rehab that truly helped to save my life. The precise room where I established my relationship with my Higher Power. The exact same chairs I sat in and was given hope, strength, and courage by the CA H&I panels doing their Great Service.

Upon leaving rehab, I told myself to never look back, not to return here, and focus on rebuilding your life. I could have never anticipated the gift of emotion the program blessed me with. I must go back to my beginnings and try to create a foundation of hope for others, as others did for me. This is God’s will. I must return to share the message and my experience. Although I have a different seat, on a different side of the room, I really stand in their shoes. We’re all God’s children, addicts and alcoholics alike. What does H&I mean to me? Having a true purpose in life for the first time, getting out of self, and being of service to God, my fellowship, and the community. Just as God has done for me, it fills a void in my heart! Amen

-Manuel O

What does H&I mean to you?

High on H&I

Nothing compares to the feeling of immense gratitude that one receives after

carrying the message to a hospital or institution. To have the privilege today of

being able to go back to the very place where my recovery journey began and carry

a message of hope to a still suffering addict, is something that I will never take for

granted.

When I entered treatment in 2012, I had no idea what recovery was. I had lost

everything. I was riddled with shame, guilt, and fear and constantly questioned

how I ever let it get this bad. I truly felt hopeless and that I would never recover

from the mess I made of my life. Then, one Monday night, a group of women came

in to do a 12-step meeting, but what they carried with them was the message of

Cocaine Anonymous. When they read, “Who is a Cocaine Addict?”, I sat up in my

seat and could immediately identify. As I continued to listen to the women speak

and share their stories about being where I was, how they felt like I did, and how

they recovered, it gave me a sense of hope and that I too could recover. I knew

from that point on, I wanted Cocaine Anonymous to be my fellowship when I got

out of treatment. I looked forward to seeing these women every Monday night,

being able to pick up my key tag when I reached milestones, and excited to learn

everything about C.A. that I could. It was because of these women that came back

to carry the message to people like me who were still suffering, that I now have 12

years of continuous sobriety.

Today, I get to go back to those very treatment centers, and let others know that there is a way out. H&I’s are so important because it is a direct reminder of where we once were and the despair that we escaped. Any time that I go do an H&I, I always leave with an elevated sense of spirit. A “high” that you could never get from a drink or a drug. I have the tremendous privilege of getting watch these women

recover firsthand. I get to witness the light come back into them, the growth and

progress that they make, but most importantly, HOPE be restored. And the beauty

of it all is to watch it come full circle as they become the future stewards of this

fellowship.

-Liz T.

What does H&I mean to you?

Hello I'm Clarence an alcoholic and addict. What H & I means to me is group of God's chosen people who get together and bring hope where there is no hope. I remember my first H& I meeting I attended. I was like, “This person is telling my story, but they are clean.” After that I couldn't get enough. How are these people telling my stories and still clean? I was the addict who wanted one of those shirts with the the cool catch phrase about being clean and I promised myself one day I would be sober so I could own and wear them. Today I can and do by the grace of God. That was the start of hope; of something better out there for me and my life. I took me a lot of meetings to understand that it's truly in the steps where the miracle happens. No matter how much they talked about the steps I did not want to believe that they themselves worked them so why are they telling me to? All this stuff about surrendering all to God, and willing to go to any lengths, what does that even mean? Well I stuck around and one day I had enough. I kept seeing that they weren't drinking or using, only I was, and things continued to get better for them not me. So one day I asked God to help me surrender and take all the suggestions and I would do my part as long as all the rest would continue to come true. Well today as long as I stay surrendered and live my life doing God's will and not Clarence's he has kept his part. All the suggestions about step work and being told to help others and it doesn't have to make sense just do it, don't ask why just try, it's all in the book just look,those are a couple I just made up now. The point is as long as I work all that the big book tells me into my life everyday my life has a new meaning and a purpose, staying clean and sober happens automatically while doing what God would have me do. And today I get to return the message that I was freely given and the message that saved my life and the lives of many other alcoholics and addicts today. Today I live free from the pain and misery of addiction and the bondage of self all because someone took the time out of their day to make sure I heard the message. Today it's a blessed to give back what was so freely given to me so I do it every chance I get. To see the sign of hope and light in others eyes is what brings true joy and peace to my life today. Thank you.

-Clarence J

What does H&I mean to you?

Practical experience shows that nothing will so much insure immunity from drinking as intensive work with other alcoholics. – Working With Others pg. 89

Seventeen months ago, I made the decision to enter rehab. I was broken, suicidal, terrified, and thousands of miles away from my lifelong home. I stayed for a little over sixty days, and was introduced to CA, and little did I know at the time, a group of people who would become my family. Most importantly, and miraculously, I was introduced to the twelve steps. The steps led me to a relationship with my Higher Power in whom I found a new and permanent home, no matter my location or present circumstances.

H&I allows me to pay it forward; to give back what was freely given to me, in the very room I received it. Volunteering time with this cause enriches my day, gives me something to look forward to in the week, and greatly blesses my life. My phone may hardly ring, and at times I wonder if I’m doing it “right.” It’s at those times when I turn to God and ask what He thinks, and understand that when I do His will, I can never go wrong. I am truly grateful for the opportunities I have had in carrying the message to those suffering in our community, and thank God for another day, clean and sober, to do so.

-Brooklyn D

**Gratitude**

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**Winter Newsletter Theme:**

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