

Winter 2024-2025 December, January, February

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.

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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

Corpus Christi (361) 364-7001

Español (210) 739-0588

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GROUP DONATIONS

Area Donations:

-September 2024

\$48- Area Meeting 7th Tradition

\$100- CC Beach Party Committee

\$50- Cornerstone - CC

\$50- Spiritual Lines - CC

\$75- Heart & Soul Sisters – Austin

-November 2024

\$71- Area Meeting 7th Tradition

\$43- Vision for You - Austin

\$25- Step Sisters – Austin

\$50- Properly Armed – SA

\$100- Spiritual Lines – CC

\$70- Cornerstone – CC

\$20- Primary Purpose – SA

\$75- Heart & Soul Sisters - Austin

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H&I Donations:

\$50- Spiritual Lines - CC

\$80- Cornerstone – CC

\$15- Recovery Text – Austin

\$63.01- Vision for you – Austin

\$500- Downtown CA - SA

2025 SCTA Area Convention Donations:

\$266- Area Convention Fundraising

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AREA ELECTIONS

Elected Positions (November 2024)

Brooklyn H - Unity Chair

Multiple Positions to be elected at the January 2025 Area Meeting

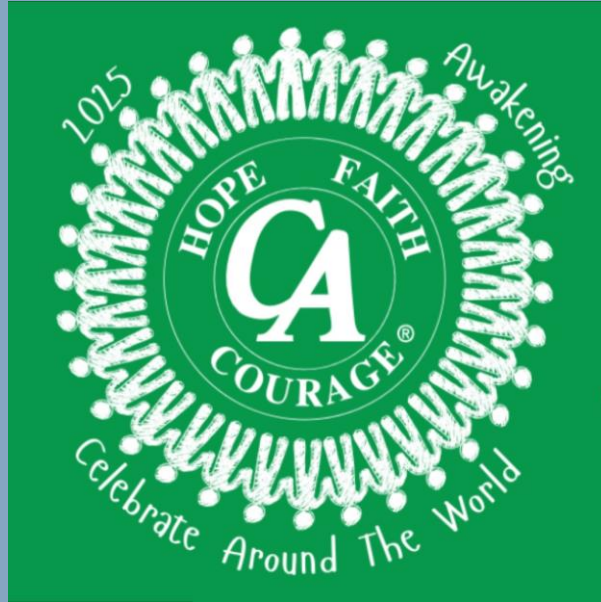
Please visit www.ca-scta.org to view the Structure requirements.

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

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EVENTS



Celebrate Around The World 🌍 Saturday, March 1st, 2025

Location & time to be announced at January Area meeting.

We will be hosting our:

2nd Annual SCTA Olympics

50/50 Raffle

Auction

Food

T shirts available \$25

Get them while they last. Contact Area Delegates

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SUBMISSIONS

Experience, Strength & Hope

Dear readers,

My name is Roger H and I am grateful to have the opportunity to serve CA for the South Central Texas Area! Inspiration is the theme of this Newsletter and I have asked people to make a submission to the following question, "What has been inspirational in your recovery that you would want to share with others so that it might inspire them too?" I want to thank everyone who made a submission!

What inspired me in recovery?

One thing that inspired me is that the doors were always open and someone was always there to hold a meeting for people like me. I never heard of cocaine anonymous before in my life. When I found it, it was all new and strange. I needed to go to a meeting every day, there was a group in Mission Texas on eighth Street that met every day. I am grateful to God that that group was . I did what my sponsor told me to do. I guess my sponsor Steve was also an inspiration to me. He was persistent. He was always there. He guided me through the whole process and actually never left my side early in my recovery later in my recovery, he actually did bow out and tell me he was going to go out and start drinking, but even that was inspirational because he notified me and told me and didn't just leave me hanging. Another thing that I find inspirational in cocaine anonymous is how this society always takes people back in the doors without question without judging this is rare in life. There are not very many places who will take people back if they "failed". Because we are alike and share very many common things we know that taking people back is important because we never know when the miracle will happen. I've seen it

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happen many times in my 18 years of recovery so yes, that is inspirational because it's a rare thing in society today. When I climbed out of my shell in McAllen Texas and discovered the area I also found the area to be inspirational. It's absolutely amazing how so many people can be dedicated to doing what it takes to keep an organization going forward and doing marvelous things for people like me. There are more things that are inspirational. I am sure. But for now this is what I find. This is what I can tell about.

- Ken M.

What I find inspirational is a little unique. What has helped me many times is hearing old-timers get honest about their current struggles. There was nothing worse to me than feeling like people's lives were great and I was still struggling. I felt that I was doing this program wrong. When I would hear other people talk about their current struggles, I felt "part of" rather than "apart from". It was a wonderful reminder that we will have good times and not so good times and if we are struggling, we are not alone. Of course, I am not talking about a bunch of war stories. I was inspired because these people were sharing how they were working through these struggles. I wanted to know I was not alone, but I also wanted to know how to get to the other side. Thank you to all those that were (and are) brave enough to share the mess along with the message because it has been lifesaving to hear both!!

ILAS,

Robyn G.

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My sponsor has been inspirational in my recovery. I thank God for putting him in my life. Not only does he guide me through the steps he is always there when I need him. I can truly count on him. He helps others in CA and through his career. Thanks Sponsor for everything you do for me!!

- Gary G.

God

- Much better understanding of how to connect with my higher power.
- Finally letting go of control and giving it to God
- Seeing the promises; what God is doing for me is the most inspirational experience in my recovery.

Getting to know my true self. Who is Ted?

- I have Finally forgave myself for all the harm I put myself in.
- I can truly say I love myself.
- Whoever thought I could love and trust others the same way I love myself.
- Turned out to be a respectful, caring, smart, fun loving man.
- Being a recovered man

Helping others, service work

- Going back to what I love doing best, helping others.
- Being recovered has connected me with people in recovery.

Letting go of the past. New way of life

- I've Finally forgiven and let go of all the damages I've done to myself. One of the most important things I've done for my mental health.

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Gaining trust back from loved ones

- I am so happy and grateful I've gained trust back from my family and friends.

Ted

I'm most inspired by getting to know God's will for me through seeking Him and asking strength and guidance in everything thing I do and go through. Today I know I'm never alone, He'll always be right there with me, I can depend completely on Him and put all things in His hands. I learn how to grow closer to Him each and every day, and this pleases Him. He has relieved me of the bondage of self and is removing my difficulties that victory over them might bear witness to those I can help of His love, His power and His way of life. He has shown me how to live a life worth living, by helping others and being an example that He is forever faithful to all his promises. For this I'll be forever grateful and am inspired to share this way of life will others that face the same troubles I once did.

- Clarence J

The Character Defects of a Competitive Perfectionist.

Please don't praise me!

My journey in sobriety began a little over a month having found a sponsor and getting quickly into working the 12-step program laid out in the AA Big Book. Without a doubt, I experienced the "spiritual awakening" only this program would have granted me with. God's Grace filled me, giving me the genuine feeling of being reborn, and after Step 9 about 90% of my character defects and fears vanished. My journey in sobriety was **In the spirit of Tradition 6, C.A. is not allied with any sect, denomination, politics, or institution.**

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beautiful, however, I experienced re-occurring shortcomings due to ego and some challenging character flaws that I was attached to.

The principles of the program that I knew could be applied with action and usually lead to a solution. This was a Step 6 and 7 issue, a character defect I still found value in was truly blocking me from growth and that was Perfectionism! You better believe my Step 4 columns had to be perfectly aligned, symmetrical, with no blemishes in structure. I saw this flaw early in my step work, but 4 months later it was still a dark spot in my recovery, I knew it, my sponsor knew it, and so did my Higher Power. While I was aware that this was a major issue, I couldn't go into the lab with my notepad and correct this perfectionist mentality, this character defect. I knew I must let go and let God, however, I couldn't get the essential psychic change necessary.....until...

My sponsor sent me a speaker tape by Tom Brady called "Emotional Sobriety". This presentation has been the single most influential tape in my journey of 1-year. One line, "Perfectionists always Fail". I was hit with a psychological brick. After I came to and iced my head, I could truly Let Go and Let God start to remove this block and shortcoming. There has been substantial rewiring of my thinking on perfectionism since that hour.

Not only did perfectionism have me in competition with myself, I was competitive with everyone in my life in addiction. I could now connect my resentments of Step 4 to this personal defect I carry of competitiveness. If you were better than me at anything I was angry, jealous, and spiteful. If I thought I was better than others, I didn't give respect, understanding, or good will towards them. This type of defect will forever keep me either too prideful, or carrying low self-esteem. Addiction is a disease of separation and my need to compete would always separate me from connecting with others. Step 4 balanced the scale with me in comparison to others, but when I now let go and let God help remove this shortcoming, my life has changed and improved. I have come to believe that when I separate myself from people, I separate myself from God. God's grace saved me, so I must be of service to others and him. God is everything or he is

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nothing, and I am willing that he should have all of me good and bad.

Having been sober for 7 months, many people would send praise my way for what I've achieved in getting sober and even in other accomplishments only the steps could've accomplished with God's will for me. I would not feel comfortable accepting compliments, saying I've done nothing. Don't praise me, it's not much I've done. Again, Tom Bradys-Emotional Sobriety on Youtube came to my rescue. Another line he says, "you're concept of yourself reflects on the concept of God". Wow! If I think I'm nothing I must think God is nothing. That's when I deeply started to consider loving myself and understand the Grace of God and spiritual awakening is what saved me. So, now I can be told positive things that way I can redirect the Glory, Power, Strength and gratitude to God for my miraculous transformation. The program connected me to God and for that I will try and always remain full of gratitude. So, if you're having trouble with these particular defects and applications of transforming yourself, please listen to this speaker tape. God bless.

- Manuel

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Future Submissions Scan QR Code to Submit



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