

Spring 2025 March, April, May

# 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](mailto: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:

\$100- Drop Kick Rocks – Austin

\$100- Spiritual Lines – CC

\$80- Cornerstone – CC

## H&I Donations:

\$75- Heart & Soul Sisters – Austin

\$80- Spiritual Lines – CC

\$100- Cornerstone – CC

## 2025 SCTA Area Convention Donations:

\$50- Area Convention Fundraising

\$50- Drop Kick Rocks – Austin

## SCTA CAWS Donations:

\$75- Heart & Soul Sisters – Austin

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# AREA ELECTIONS

## **Elected Positions (January 2025)**

Charly- Alternate Delegate

Kenyon- Vice Chair

Jackie- Treasurer

Roger- Newsletter Chair

Kyle- Public Information

Brooklyn- Interim Unity Chair.

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

Archives

Internet Chair

Chips & Lit

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.

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# EVENTS

**2025  
SCTA CONVENTION  
CALENDAR  
FUNDRAISER**



## *12 Step Themed Sobriety Calendar for 2026*

### *Month*

ADD YOUR HOME GROUP

•  
NAME

•  
LOCATION

•  
PHOTO/ ARTWORK

**\$75**

### *Sobriety Date*

•  
NAME

•  
SOBRIETY DATE

**\$25**

### *Individual*

OPENS TO INDIVIDUALS  
BEGINNING MARCH 2025

**MAX BID \$300**

*Place  
Your Bid  
Today!*



Bidding & outbidding will  
continue through May  
2025

•  
2026 calendar will be  
available for sale at the  
Area Convention in  
November

### *Contact*

Jesse G.  
512-504-6464

### *Cash & Venmo*

*Payments  
Accepted*



**venmo**

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*Hotel Registration Now Open!!*



### *Inn at Baron Creek*

*308 S Washington St, Fredericksburg TX 78624*

*Phone: +1 (830) 990-9202*

#### *Rates*

- Double Queen & Single Kings
- \$129 Wed & Thurs
- \$209 Fri, Sat, & Sun
- Each room has a seating area with a sleeper sofa, coffee maker, & microwave

#### *Features*

- Free breakfast
- Free parking
- Free coffee 24hrs/day
- Access to amenities
- Heated pool
- Fitness Center
- Business center
- Spa
- Gift shop

Don't forget to mention South Central Texas Area (SCTA) when booking.

Credit cards will not be charged until departure.

**Book Your Room!!** <https://www.innonbaronscreek.com>

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# SUBMISSIONS

## Experience, Strength & Hope

Dear readers,

I am grateful to have the opportunity to serve CA for the South Central Texas Area! The theme of this Newsletter is “The Steps” and I have asked people share their, “Recent experience with the Steps.” Working, and continuing to work the steps is such an integral part of my sobriety, as well as my serenity. Whether a person is getting through the steps for their first time, or walking their first sponsee through the steps, it is such an amazing journey! The only way I can keep what I have is to give it away and giving it away has become a bright spot of my life. I want to thank everyone who made a submission!

-Roger H

Recent experience with step 12. I did an h and I at cttc a state funded rehab out in granger that is optional for people in court to not go to prison. Very strict program, I can't even shake their hands. A man asked me to sponsor him. Being his first sponsor, showing him the cycle of addiction drawn out for the first time. Seeing the book make sense to someone for the first time. Him being so hungry for the solution and willingness to dive in has just encouraged me and inspired me so much. Working with a sponsee that has the book memorized but not internalized much can be frustrating sometimes so this experience with this newer sponsee who is desperate and willing has been quite refreshing and very fulfilling. Step 12 is where the gold is!

-Ira H

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There is one question that comes up frequently when our fellowship goes to our local rehab for H&I; "Which step is the hardest, and why?". For some people, it may be step four. For others, step nine might bring up a lot of fear and anxiety. For me, step one was and continues to be the hardest step I've taken in my recovery. Step one requires honesty, open mindedness, and willingness to admit that not only was I powerless over drugs and alcohol , but my life had also become unmanageable. I had to admit that fact- not only to myself, but to someone else. I had to admit that no matter how hard I tried, I was not the person I believed I was my entire life. I believed I was the victim and the hero of every situation I found myself in, when the truth was, I was the common denominator in all of the chaos happening in my life. Once the pain of so many years of denial and struggle became too devastating to bear, what at first seemed like defeat in admittance of my powerlessness became the first true strength I had gained in my entire adult life. Uselessness, self hatred and bitterness towards myself and those around me were turned very quickly into not only spiritual, but physical relief. My powerlessness didn't mean that there was no power. My powerlessness, when admitted, then became an understanding that a power greater than myself could restore it all. This power could restore my unmanageable addiction, my unmanageable life, my unmanageable pain and suffering, and restore my sanity. What an absolute relief that was, and continues to be, as I work step one continually in my life. I don't know about you, but I still try to be in control of my life, and believe if I control me, (and sometimes you!) things will be a whole lot better for everyone! I am finding if I begin my day with a heartfelt step one- admitting that I am powerless over drugs and alcohol, my life becomes much more manageable. Step one is the first step, but it isn't one and done. It's a daily step for me, as are most of the steps depending on the day! I'm grateful for the steps, and without the first, I could never have done the rest.

-Brooklyn H

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I recently began carrying the message to SATF, a jail alternative for drug offenders. This was a new experience and I was very excited to have a new avenue to carry the message. I was concerned I would not be able to connect with this new group. As it often turns out, it has been an experience beyond my wildest expectations. From a great connection with the new group of men, about 40 of them, and after the first meeting picked up 4 new men to sponsor. My plan was to have them all meet with me at the same time for steps 1-4, then meet with them individually for 5,6 &7. Our first meeting was about a week ago and we ended up getting through step three, which concluded with the third step prayer as a group! It was a phenomenal experience of four men who were on fire by the end of the day, and so was I! They were already talking about how many people they can help while still in the facility, which is up to 10 months or more, for some. Getting these 4 men through the steps quickly, having them form a group with the other men at the facility to share their new experience with The Solution, as outlined in the book, will bear witness to the power of God and this program! I can't wait to pick up where we left off this Sunday on this new CA journey in Corpus Christi!

-Owen S

I am currently working on Step 4 and I can see why my sponsor told me that alot of people relapse or go back out of this step. It's hard. It's hard to look back at those who caused you pain, hurt, and trauma. It's hard reliving those childhood memories and feelings that were buried away. It's painful to relive those moments. I did 5 recent and "easier" ones first. Then, it was on to my big twenty. The deepest, hardest, most excruciating ones I had. On the third one I had to stop in the middle because I felt like shit. I felt dirty, upset, and really down reliving all that stuff over again. Not only what it did to me then, but realizing how it affected me all my life. I was not feeling great at all. Until my sponsor came along and made me realize there are certain traumas or pains that we don't have a part in. That it may affect us, but

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what was done to us, it wasn't our fault. That made me feel better, but also a little taken aback. To process a resentment or trauma that your fourth column was pretty much blank. It took me a little bit to wrap my head around that and realize how truthful that was. I've been on step 4 for a little bit now, but am finally wrapping it up for the resentments. It is a challenge. It is painful. And it can make us feel like a "bad" human being. But that's the point. We're human. We're not perfect. We are under construction and works in progress and that's what I had to understand. I'm not perfect. But I'm strong. Strong enough to get into all that bad, icky feeling, darkness and guilt to come out on top. Better than before. Giving it to my Divine Spirit and letting it go. Stronger and wiser than before, and feeling on that extra baggage just gone. I look forward to the day I can help someone make it through these steps and inspiring them to keep going.

-Chad Y.

When I came into this program Broken and Beaten down to the point of not wanting to live, I walked into a room and laid my previous prejudices aside. This program of action is 100% effective if followed and Honestly wanted. I made it to Step 5 before I started to have an understanding of what was happening. I then set out to probe into the 12-Steps and learn what they meant and why they work. It was not until I reached the 10th Step that I began to look into the Principles. I had been told the Principles, by my Sponsor, and yet thought of them only as character traits I was to strive for. I have since made it my duty to myself to define the Principles and find where they fit into the 12-Step program of Action. These are my views and do not reflect on C.A. or any other entity. We need to imagine the Program as a Stairway of which we shall climb to Freedom. The Steps themselves are the action of taking steps up these stairs. So what then are the Stairs themselves? The stairs we climb through the action of following the Steps are the Principles. Step 1- "We admitted we were powerless over Cocaine and all other mind altering substance — that our lives had become unmanageable." We are to set aside our nature of lying to ourselves and admit we have a problem. This step must be done Honestly or this program will not work as it should. This is the Principle of Step 1 '**Honesty**', we are meant to learn honesty and carry that principal with us through the remaining Steps. **Honesty**- Starts with being truthful to ourselves, thus we can learn to live being truthful to others and to our Program.

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Step 2- "Came to Believe that a Power greater than ourselves could restore us to sanity."

We have just admitted that we were powerless, so where then shall we gain the power to recover? We need to now accept that there may be a Higher Power that will help. There is no requirement to instantly discover a God or universal Power. Simply put, accept that there is something larger than self. This Step teaches us **Hope**, the Principle of Step-2.

**Hope**- The internal feeling that we can live free of Drugs and Alcohol, not just through abstinence but through recovery. The understanding that our lives will improve and we will be made whole.

We find that with **Honesty** in our taking of the First Step, and in all our affairs, we have found a capacity to garner **Hope**.

Step 3- "Made a decision to turn our will and our lives over to the care of God, as we understood Him."

Now we have to surrender our will, our ego, our idea of self as we have created in our addiction, to God. We shall now embark on a path of good and trust that a Higher Power will guide and protect us. Prayer starts becoming a part of our lives as well as good deeds and correct treatment of our fellow persons. We must now live with **Faith**, the Principle of Step 3.

**Faith**- A belief in a Guiding Power. We do not know what God is nor will we likely ever fully understand. Our Higher Power will be revealed to us as we are ready to receive this understanding.

**Faith** is built upon **Hope**, as **Hope** came from **Honesty**.

Step 4- "Made a searching and fearless moral inventory of ourselves."

We now look to our past and name every person or institution that we have held a resentment towards. We put these to paper and list the reason and how it affected us. Once we know the affect we ask ourselves why it affected us so. We can then find where our own faults lay. We must be Honest and have Hope and Faith that this undertaking will guide us to right our behavior and wrong thinking. Yes this takes **Courage**, that is the point and the Principle we should learn in doing Step 4.

**Courage**- Mentally able to withstand fear and act with a firmness of mind, even in extreme difficulty. We now see we can face some of our problems that would have sent us to our drug/drink of choice before.

As before, with **Faith** we can learn **Courage**. Now we are starting to gather a set of Principles that must be used daily.

Step 5- "Admitted to God, to ourselves and to another human being the exact nature of or wrongs."

This sounds daunting and can be. We pray for God to be with us as we lay bare our darkest deeds to another, trusted, individual. Typically our sponsor. We do not do this with an expectancy of judgement but to build our **Integrity**, the Principle of Step 5. Upon completion of our lengthy unveiling we should seek a quiet place and pray. The immense feeling of relief given by our High Power is a beautiful feeling.

**Integrity**- To be whole and have strong morals through **Honesty**.

We **Courageously** set out in Step 5 to gain **Integrity**.

Step 6- "Were entirely ready to have God remove all these defects of character."

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With a combination of our resentment list in Step 4 and our admittance of fault in Step 5, we can now define our defects of character. Had we been arrogant, angry, procrastinators, glutinous, impatient, self-seeking, self-centered? Did we harbor fear? We come to find where our faults were and where they came from in our lives. Now we address these defects and become **Willing** to turn them over to God. **Willingness** is our 6th Step Principle.

**Willingness**- The act of doing what is needed, when needed, joyfully. We do not shy away from what needs doing and we meet it with a smile.

By now we have an idea of why the Steps are numbered in their particular order. The Principles build off one another to give us our moral way of living and prepare us for the following Step.

Step 7- "Humbly asked Him to remove our shortcomings."

We pray that our Higher Power remove our defect as He see fit. We watch our actions and emotions and take note when they are wrong. We do not dwell on negativity but attempt to better ourselves with every opportunity. We are learning **Humility** our Step 7 Principle.

**Humility**- The desire to become what we can be, what we were born to be. With the removal of Pride we can have a clear understanding of what we are.

We must be **Willing to Humble** ourselves, with Gods direction. God may have use for our faults so we must not blindly act to be perfect in every way, only try daily to improve in God's will.

Step 8- "Made a list of all persons we had harmed, and became **willing to** make amends to them all."

Straight forward enough, we look to our Step 4 and search our past for any person, place or institution we wronged. We place these down on paper and prepare our selves Mentally and Spiritually (Sometimes financially) to right our wrongs. We learn to show **Love** to all even if it is not reciprocated. We do not judge as to judge is to question God's own work, we are all children of God.

**Love**- Love is a Devine act. We are all people no one greater than the next. We as addicts/alcoholics can understand what it is to be sick of spirit and know how it feels to be judged. We master our defects and set out on the God like path of **love**.

Step 9- "Made direct amends to such people wherever possible, except when to do so would injure them or others."

Here we set out righting our past misdeeds and do so face to face where possible. We do not waste apologies but admit our faults and seek to make up for them. We ask how we can remedy our past actions and do so. We do not hurt someone so as to save ourselves nor do we lay any blame or fault on them. We simple correct our actions. We learn **Discipline** ourselves. **Discipline** is our Principal in Step 9.

**Discipline**- The strongest form of self-love. **Discipline** is ignoring something you want now for something better later. **Discipline** reveals the commitment you made to your dream, especially when you do not want to. **Discipline** is the future you counting on the current you to keep the promises you made yesterday.

Step 10- "Continued to take personal inventory, and when we were wrong promptly admitted it."

Now we are in the maintenance steps. These require **Discipline** as they are a

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fulfillment of our promise in Step 1. We promised ourselves we would go to any lengths to get Sober. Now we must practice the Action Steps daily and constantly. We stop when we feel resentment and instantly inventory it. We pray and tell another person. We wake each morning with prayer and meditation to start our day and get our bearings. We review our day each night seeing where we were wrong and also where we were good. We pray and meditate over this and work to better ourselves for every tomorrow, we **Persevere**, the Principle of Step 10! Thus, we gain back our will power to be used in accordance with our Higher Powers will.

**Perseverance**- To be steadfast no matter what adversity or opposition we face. To be sure and not fall victim to outside influence.

Step 11- "Sought through prayer and meditation improve our conscious contact with God, as we understood Him, praying only for knowledge of His will for us and the power to carry that out."

Having, by this point, found a sense of peace and serenity in our own lives and a newfound ability to handle our daily situations, we now seek to build a stronger connection with God. We ask constantly to be molded into the person we were born to be through God's will and what we can do to further God's will in our community and our own lives. We are getting comfortable with meditation and it is working in our lives, we seek to improve this. In this way we gain **Awareness** of God's will and the world around us. This is the 11th Step Principle. We move into the realm of the spirit and open ourselves to the needs of others, setting aside our wants.

**Awareness**- Conscious Knowledge. To have a working understanding.

Step 12- "Having had a spiritual awakening as a result of these Steps, we try to carry this message to addicts, and to *practice these principles in all our affairs.*"

Thru working the Steps we should have already felt a desire to help others, often have already started helping even sponsoring. We are now to Serve others. **Service** is our new **Purpose**. This is the Final Principle of our 12 Steps. We must give it away. Not to fear we cannot all serve in the same ways. God, as we understand Him will use our qualities and defects to His will. There are endless avenues of service, seek them out and find your place.

**Service (Purpose)**- The act of following God's will and helping others. Give away Love with no request in return.

*We must now keep these Principles in the forefront of our daily actions and live everyday to further our understanding of God and Service.*

It is my hope that this writing (My attempt to organize my own thoughts) may serve God's will and come to help others.

-Anonymous C.A. Member

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## Future Submissions Scan QR Code to Submit



[newsletter@ca-scta.org](mailto:newsletter@ca-scta.org)

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