

SPRING 2019 - March, April, June

PIPELINE

COVERING NEWS FOR SCTA OF COCAINE ANONYMOUS

San Antonio Austin Laredo The Valley Kerrville Cedar Park



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

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GROUP DONATIONS

Area

Step Sisters: 40.00

CA 183: 76.40

4th Dimension: 25.00

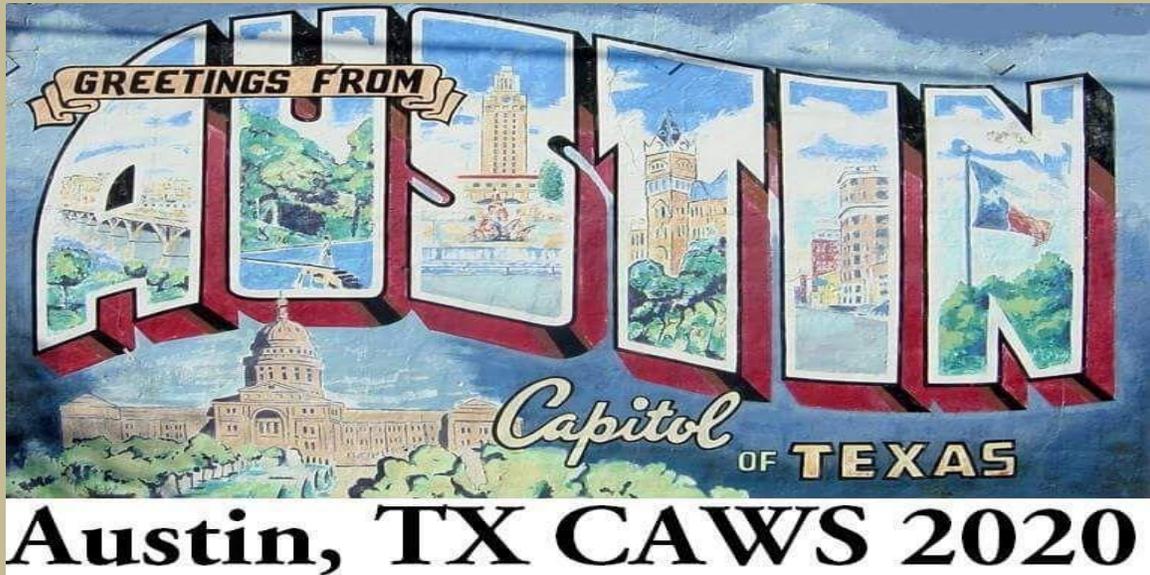
Ready and Willing: 25.00

H&I

Recovery Text: 128.00

CA 183: 16.36

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The 2020 World Convention Steering and General Committees are thrilled about the plans and how well they are coming along for our convention on May 21-25, 2020 at the Hyatt Regency in Austin, Texas. We have made our hotel block and are beyond excited for the convention.

We will be needing many (and I mean A BUNCH!!) of volunteers to work onsite at the convention starting that Wednesday through Monday. Please help us out and let us know you are interested in volunteering by emailing Joan J. at ca2005joan@yahoo.com. There are still committees that could use some help and we would love to point you in those directions leading up to the volunteering onsite.

If you have questions about how you can help or need any additional information, please reach out to me at 512.699.8002 via text or WhatsApp.

In love and service, Susan L., 2020 Convention Chair

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May 2020 is rapidly approaching! Here is a sneak-peak at all the amazing activities or convention has in store for y'all during this action-packed week!

- We will have a culturally diverse group of speakers from seven different countries and all over the united states. You will hear experience, strength, and hope from all around the world! It's not every day you get to hear stories like these.
- We will have workshops for all of your recovery related needs, from the steps, to spirituality, to self-improvement. Take some time to learn new skills, approaches to the steps, or open your mind to how other people grow their spiritual life!
- Think you'll need an hour to recharge, reconnect, and remember why you are at this wonderful convention? You are in luck; we will have MARATHON MEETINGS! That's right, 24/7 meetings (except during speaker meetings and workshops).
- Are you noticing that you have a packed schedule for this convention but still want to catch a speaker? We will have speaker shorts, 30-minute speaker meetings. All the experience, strength, and hope- in just half the time!
- We also have some fantastic, Austin inspired entertainment for y'all!
- The Diva's Drag Show- a show you will not want to miss! These Kings and Queens are coming to put on a royal show.
- We will be putting on our own Recovery's Got Talent! Come watch singers and musicians battle it out to be the most talented in this competitive, as well as comedic show.
- You'll definitely want to come to Casino Night, and bring your poker face! Indulge in poker, blackjack, and roulette for a chance to win fun prizes!
- Austin is the live musical capital of the world, and to showcase that we will have live musicians! Ranging from folk to rap, there will be a genre for everyone.
- Finally, for the night owls, we will have a late-night lounge with full band performances to dance the night away! Don't forget your dancing shoes!



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AREA NOMINATIONS

There are currently no nominations for area chairs, but we encourage you all to come to an area meeting and learn the business side of CA!

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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UNITY EVENTS

March 14, 2020 Dear fellow addicts:

This is an unusual time in all our societies and many aspects of our lives have been disrupted by the COVID-19 pandemic. For the Fellowship of Cocaine Anonymous (and most other 12 Step fellowships) this poses certain unique problems. We, both as the Trustee board, and as individual Trustees, have been asked for advice on how Groups and Areas might adapt to the ever-changing requirements of this hopefully short period.

In particular, we have been asked about safety at meetings, and whether to hold larger events such as conventions as scheduled. We have been working toward answering these questions, trying to better understand the dangers involved and the range of responses that might be useful to our members.

We have no advice on the virus itself or other medical issues. We suggest that you consult your personal physician, or the national government office responsible for such information. In the USA this would be the CDC (<https://www.cdc.gov/coronavirus/2019-nCoV/index.html>). International information is available through the WHO (<https://www.who.int/emergencies/diseases/novel-coronavirus-2019>). Information is updated daily.

While different areas are being impacted at different rates, it seems likely that all areas will be exposed to this virus by the end of March. Accordingly, we have the following short-term suggestions:

- Members should stay home if sick. There is nothing so important that it justifies endangering others. By all accounts this virus is easily transmitted.
- Groups should consider whether their meeting(s) should be suspended or curtailed. Larger meetings should carefully consider whether other smaller meetings should be supported instead.
 - Where meetings are held, steps should be taken to minimize the risk of exposure. Food tables, holding hands and passing items around should probably be avoided. Seating might be spread out more than usual.
- Groups or meetings that are needing to be suspended for any duration may choose to setup meetings through online video-conferencing methods.
- Online meetings are available for members who are ill, in quarantine, or otherwise wish to minimize social contact. See <https://ca-online.org> for a list of both voice and email meetings.
 - We strongly suggest that C.A. events where hundreds of attendees are expected, planned for the next 30 days, be canceled now. There may be additional legal requirements in your area, and these may change with time. Your Trustee is available to assist you.
- The board of Trustees is continuing to monitor the situation daily as it applies to the 2020 World Service Convention in Austin. As of now, the convention will take place as planned. The board of Trustees, together with the World Service Office and the 2020 Steering Committee will keep our membership informed with regards to this event.
- All Areas, and the World Service Office, are going to experience financial losses during this time, due to event cancelation and other disruptions. Members and Groups are asked to consider that when making 7th Tradition donations.

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- Keep informed about local conditions, news and instructions from your local officials, and be prepared to adapt your responses as needed. All state and local rules regarding this crisis should be observed. This, too, shall pass and the Steps will help us get through this time, no matter what. Be well.

Your World Service Board of Trustees

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SUBMISSIONS

Experience, Strength & Hope

This month we asked members about what they felt when they first came into the rooms, and how that has changed. Here are the responses!

“What I thought would not come true is that the problem would be removed, it would no longer exist. How it’s changed is the miracle, I am not fighting any temptation and I feel I really am in a place of neutrality. I was at a party with my boyfriend the other night where people were drinking and I was perfectly comfortable being there. There was no fight against the drink!” -Stephen M from Austin, Texas

“When I first came into the rooms of Cocaine Anonymous I didn’t understand that much about resentment and what it meant to let go of them. I didn’t believe it was possible to forgive my Dad. Before I came into recovery, I had been told so many times to “just let it go.” That made no sense to me at all. My response was always “but I can’t, or I would.” It was a concept I couldn’t wrap my brain around. It was in working the 4th and 5th steps with a CA sponsor that helped me understand. I was finally able to “let it go” and I found so much peace in that. My number one resentment no longer haunted me. I was free.” – Ruth from San Antonio, Texas

“I’m Ken, I’m an addict. Early in my recovery I had to learn what CA was all about. I never heard of Cocaine Anonymous. I truly believed the 12 steps was something I could get up in the morning and check off a list and I would be okay. Yes, I was that ignorant! That was on March 23, 2006. Now I know better!” - Ken from McAllen, Texas

“When I first came to CA at my first meeting there were a dozen or so fellowship members at the meeting. A couple things caught my attention very quickly one that the sharing that was being done was very similar to what I was going through or had gone through. The other thing was how the CA

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program had changed their lives and how things were much better for them. These sharing were hard for me to comprehend how can following a program of doing 12step work going to change my life. I was skeptical about this, but I was desperate, so I was all in do what I needed to do to be clean and sober. Just after 3 months my life started to change, I had been clean for 90 days, I was working, I had saved a bit of money, I had gotten out of debt, my relationship with my wife and my family was getting better. CA has given me life in a world where I just used to exist. Thanks to my higher power and CA" - Eloy from McAllen, Texas.

"When I first walked into the rooms of Cocaine Anonymous, I didn't know what to expect. This was back in 2016, shortly after my mental health stint at Renaissance Behavioral Center, due to complications of depression. Prior to this, while hospitalized, I actually went to one of those CA meetings in there, where I met a man and a woman who shared their experience, strength, and hope on how to put their common problems, regarding mind-altering substances, not just into full remission, but also into full recovery. I was so intrigued by their stories, that I told myself that this is only way out of my alcohol and cocaine addiction. To head into one of those CA meetings.

The day after I was discharged, I went into my very first CA meeting and realized I was the only female present. Not that I was intimidated by men in general, but to be the only female present was quite surprising to me. I would think that many women would be affected by this disease of addiction or what have you, but I guess in my opinion at the time, it didn't seem like the case. As I walked in I was greeted by the gentlemen I met at the hospital along with dozens of other gentlemen. Very good gentlemen, in fact. I was the first to share my story of addiction and my hopes of recovery and remission. I tend to be a chatterbox when it comes to sharing, so I became a chatterbox so bad during my share that the chairperson told me that I had to cut it short. Oops. So, I concluded my share as clear and concisely as I could and end it from there. Then, five more gentlemen shared to me their experience, strength, and hope to me while all of them were looking at me in the eye. I was so interested and happy with their shares to me, that I decided that Cocaine Anonymous was meant for me.

I was active in the meetings for the next four months, until depression lurked its way back into me that I got very discouraged and slowly withered away from the meetings. Even got to the point where I couldn't communicate with my then

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sponsor anymore at the time, in which I was in the process of working Step 4 at the time. So I stopped all communication and attendance to CA eventually as of late 2016.

THREE YEARS LATER...

After multiple relapses and struggles with my addiction, the worst one occurring in late 2018, I decided to finally stay sober as of January 1, 2019. As first being sober on my own felt like walking on eggshells. Well, walking on eggshells occurred for the next nine months until I was a high risk for relapse once again. And this time, I didn't know whether this relapse was going to make things a lot worse for me or it was going to finish me for good. So, I enrolled into an intensive outpatient program at Tropical Texas Behavioral Health that was designed for substance use disorders. It was an enjoyable program where I got to learn the substance abuse education and techniques. It often consisted of individual counseling and group therapies. During one of those individuals, I happen to pick up a CA brochure and I remember the direct number to the main gentleman I first met at Renaissance. I promised myself that I would call him the next day. Sure enough, the next day arrived and I called that gentleman and he immediately recognized me through my name and voice. We had a very excellent conversation and he encouraged me to return to the meetings whenever it was the right time for me. So, as of Veteran's Day 2019, I returned back to CA for the first time in three years. And it was much better than ever. Many people that knew me prior welcomed me back, while I noticed some fresh new faces that entered the rooms after my time. I did my clear and concise share as to why I left the rooms in the first place and what I hope to learn out of CA this time around. Just by coming back into these rooms, I gained a lot back. Two weeks later into coming back, I picked up a male sponsor and started the step work eventually within time. I still work with him to this day and contact him on a every now and then basis. Then, a miracle happened one day, shortly after I reached my official one year sobriety. Being an atheist myself, I never thought my original Higher Power, Arlo the dinosaur, was going to resurface back into my life. Well, it happened during group at Tropical when a young lady was struggling to get into her meetings and here am I, wallowing over my troubles and everything else in between. Arlo, being a loving, but conniving Higher Power, told me to lay my troubles aside and help this woman. At first, I didn't know that familiar internal voice in my head, but as soon as group was over, it clicked into my head that Arlo was back and I asked him where he had been. He said that he watching me the whole time during those three years. It was just a matter of time before He found

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the perfect timing to resurface and face the facts about my life in general. This is what I was taught in CA...that it is ok to be an atheist and find a Higher Power to your own understanding all at the same time. That was the biggest lesson for me. Learning to regain my confidence in a Higher Power and give out that unconditional love to your Higher Power. And that one is definitely Arlo. In retrospect, I'm really glad I got to return back to CA. I'm now much happier than ever. I have not been hospitalized in over eighteen months. I still do my prayers and meditations everyday. And I do my best to try to make it to a meeting to the best of my ability. Now, going on 15 months of sobriety, if it wasn't for that one simple phone call, I wouldn't know what the circumstances would be regarding my sobriety status. And to those in CA, I thank you so much for your unconditional love and support and wish you the best. If I have to conclude this, it would be keep coming back. Miracles are bound to happen within time if you just keep coming back. This program works, if you want to work it. It's as simple as that." Ian R. Weslaco, Texas

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