



# THE PIPELINE

Covering news for the South Central Texas Area of Cocaine Anonymous

Summer 2012 – July, August & September



***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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## **SCTA-CA Contact Phone Numbers**

Austin: (512) 339 – HELP (4357)

Kerrville: (830) 624 – 9467

San Antonio: (210) 232 - 6382

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**Area News**

May Meeting in Austin on 5/19/12

Area offices up for election:	Nominees
H&I	Tammy – Austin Lori – Austin Natalie – Austin
Hotline	Ricky – Austin Jake – SA
Structures & Bylaws	Patty – Austin
Unity	Natalie L – Austin Jason W. – Austin Lauren H. – Austin

Several new meetings announced – for info look in Austin & SA News below

Made a motion to appropriate funds for Delegates to travel to World in Los Angeles and for Delegates to hold fundraiser at next Area Meeting.

July Meeting in Georgetown on 7/18/12:

Another new meeting was announced for Austin – Look for info below

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H&I	Ricky V - Austin
Hotline	Natalie L – Austin
Structures & Bylaws	Patty E. – Austin
Unity	Natalie L – Austin Lauren H. – Austin

**2013 SCTA Convention news: We have some new committee designations and chairs!**

Steering Committee: Jessi G is your Chair, Cliff W is Co-Chair, Susie H for Treasurer, Rob B for Secretary, Tammy L for Program Chair, Debby S for Hotel Liaison and Will S. (Delegate).

For Convention chairs: Rudy V for Speaker chair, Loretta M for Workshop chair, Aimee Mc for marathon mtg chair, Lauren H for decorations, Nancy S for Auction, Natalie L for Special Events & Jane B for registration.

For more convention info, look below in the announcement section.

Next Area Meetings: Sept (Kerrville) and November (San Antonio) – Date to be announced

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# Austin

## New Meetings:

Sharons House (Womens Mtg) Big Book Study Tuesday @ 6:30pm 2212 Palmera Cove (Austin)	Women in Spiritual Principals Thursday @ 7:30pm 9508 Graytills, Classroom 4 (Austin) Starts Aug 2
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# San Antonio

## New Meetings:

Crack of Mid-Morning (COMM) M-F @ 9am (Thurs is BB Study) Sat & Sun @ 8:45am 8600 Wurzbach, Suite 707 San Antonio (Near Med Ctr)
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# Kerrville

Events:

New Meetings:

H & I Meetings:

Announcements:



# Announcements

## **2013 SCTA Convention Info**

If you or anyone you know has a neat idea for a theme, logo and/or artwork for the 2013 SCTA Convention to be held in Austin please email Cliff W @ [convention@ca-scta.org](mailto:convention@ca-scta.org).

We're looking for any and all creative ideas. Please pass on the word! The only disclaimer is anything accepted by the convention does become the property of SCTA. Now get out and get creative.

Also convention organizers held a fundraiser at Club 101 on Wednesday, July 18. Speaker Danny T of Hollywood, CA came and killed it. If you would like to hear this speakers experience, strength and hope – Area has CD's available for \$5. See your area rep or GSR for details!

## **The Delegates Are Headed to Los Angeles for World!**

The Delegates hosted a fundraiser in June to help pay their way to the city of angels for our annual world convention in September over the Labor Day holiday. The event was held in Austin at the Communities for Recovery campus and raised nearly \$800. The night was full of food, fun, fellowship, and speaker, LaDonna.

Thank you to everyone who participated to help send our 3D's to LA! If you would still like to help fund the Delegates trip to world you can make donations to area in their name.

## **Happy Anniversary!**

Boiled as an Owl in Austin will be celebrating their 2-year anniversary on Friday, August 17. The birthday celebration will encompass a potluck feast, big ole party and speaker (TBA). The shindig kicks off at 6pm at the Communities in Recovery campus located at 41<sup>st</sup> & Guadalupe. Come be a part of!

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**Pg. 98 “Some of have taken very hard knocks to learn this truth: Job or no Job—wife or no wife—we simply do not stop drinking (using) so long as we place dependence upon other people ahead of dependence on God. Burn the idea into the consciousness of every man that he can get well regardless of anyone. The only condition is that he trust in God and clean house.”**

I started drinking at the age of 14 and from there it only escalated into other drugs and mind altering substances. Of course, in the beginning, it was fun and a hell of a ride, and it took my life to new heights, but as my disease progressed I could not stop even when I wanted to.

Going on and off the wagon, lying to myself and others, that it didn't matter when I fell off because I wanted to feel that sense of control as if “I got this.”

The drugs and alcohol did not have me. I have learned some extremely hard knocks and nuggets of truth about this disease. I couldn't and wouldn't stop for my position in the military, I wouldn't or couldn't stop for my partner at the time. I couldn't and wouldn't stop on my own. In my disease I was told that I just lacked will power. As I see it now, I did lack will...willingness to believe in a power greater than myself. I was literally ready just to just curl up in a ball and die than keep on living this intolerable life that I was in.

No woman, no job, my mother, my nephew, my military doctors, no geographical changes, nothing could help me. The house that I'm in today - I would have said it had way too many memories and I can't help but drink when I walk in that house.

When I came into the program I had no concept of God or so I thought. But it says in the big book on page 55 “For deep down in every man, woman and child, is the fundamental idea of God.” For me, what I did have is a Willingness to believe in a power greater than myself.

I know for a fact that mustard seed of H.O.W (honesty, open-mindedness and willingness) came in to play and once that seed was instilled, it has flourished ever since. I have put my trust in God, cleaned up the wreckage in my past and I continue to practice these principles in all my affairs to the best of my ability.

For 22 years I have had the obsession to indulge in alcohol and drugs. Today it has been 10 months and 21 days since I've taken a drink or used anything to alter my mind. I didn't do it for my loved ones or a position in life, I did do it for myself and I keep doing it to keep the relationship I have with my creator, because today I'm no longer "on the wagon," today I'm walking along the “Broad Highway.”

Bea B (San Antonio)

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Step 9 – “Made direct amends to such people, wherever possible, except when to do so would injure them or others.” What has been your experience with the amends process?

In my 20's, I borrowed \$1,000 from a man who tried to sexually assault me when I was a teenager. I used what he did to not only manipulate the money I borrowed, but also as an excuse to not pay him back. This person was on my 4<sup>th</sup> step and I also talked about him during my 5<sup>th</sup> step. My kind and loving sponsor helped me to see my part when it came to manipulation and deceit, and helped me to see my part of that manipulation and deceit, and where I was in delusion.

When it came time to make amends I did the footwork to locate him, contact him and then make amends to him as outlined in the Big Book. Admitting my faults, I agreed to send him the \$1,000. I immediately went to the post office and mailed him a check.

I'll never forget the new freedom and a new happiness I felt that day as the envelope left my hands and I dropped it into the mailbox. The power of this program and the reality of the promises are absolutely amazing.

Jessi G (Austin)

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Can I just say Freedom! Complete utter Freedom! From my old ideas of the way I saw “the people who hurt me” once I admitted to God, myself and to that other person my part in the whole grand scheme of things, was I able to let go and let God enter my heart. So that I may forgive them, just as I wanted to be forgiven by God and others.

Bea B (San Antonio)



Some people have said gratitude is more than just a feeling it's an action word.  
What do you DO for your recovery to stay in gratitude?

It's funny because I was just talking with a lady who lives in a sober living home about how I would've liked to have had THAT experience in my recovery. I was kinda jealous! I told her I live with my boyfriend and he doesn't drink or use drugs, and loves me! She said, "I have a husband and a home but felt that I needed to get more recovery under my belt!" I told her, "That's great and keep up the good work!"

I am so thankful that God has worked out everything for me, just as he has, because in the past, a broken heart or living with a family member who used, or really any other person, place or thing or situation would take me back...as if I were a puppet. And that drink or drug instantly became the puppeteer, leading me insanely back to the gates of hell and almost costing me my life.

Now I have one year clean and sober and have gone through a lot. The biggest hurdle was not getting my son back. I am not his "primary conservator" but the time I do get to spend with him - oh how precious it is.

No, matter what happens I know I do not have to drink or drug over it. I have my focus fixed on God. I know he has a plan and a purpose for my life. And today I WANT to help other women on their pathway of recovery. I believe this is God's will for me and for all of us!

So, no matter if a love relationship falls apart and my heart gets broken or if I have to deal with family members that are still using or face people, places, things or life in general, I know it will all be ok. People will die, but I don't have to. I won't allow that old puppeteer to lead me to death! I'll keep praying, talking to my sponsor, doing my steps, getting that "basura," as my sponsor says out, going to meetings, doing service work, and staying connected - all one day at a time!

Thanks for letting me share. My name is Patricia A (San Antonio) and I am an addict and an alcoholic.

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I was explained to early on that gratitude was an action word and my sponsor would always ask me are you grateful? If I said yes then he would ask me what are you doing to pack into the stream of life but most importantly for the alcoholic who still suffers.

Today I can truly say that I am a grateful recovering alcoholic and I practice the 12 step to the best of my ability and most importantly in ALL my affairs.

To me being grateful is the willingness to work with others thru the 12 steps as those before did for me. If I am not working with others I have come to find that I am lacking in gratitude and for that I am truly grateful. Thanks for letting me share.

Linda C (San Antonio)  
07/08/1999

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**(Gratitude cont.)**

I remember when I first got sober, I used to say, "If my parents or my daughter were to die," I knew I would drink. I had given myself an "opt out clause." I knew very little about the program and even less about staying sober.

As the days have passed, I have been very fortunate to have learned a little more about it. Today I know that anything can happen and I can stay sober. The only thing that matters is my spiritual connection with my Higher Power. As long as I maintain this connection and follow the suggestions outlined in the first 164 pages of the Big Book, I can stay sober through the most tumultuous times life can throw at me.

There are very few things in life that are certain. I feel blessed to be a part of a fellowship that has asked so little of me and given me more in return. This program certainly works!

Crissy – San Antonio

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Gratitude is "the way out" for me. When I'm thankful for the good God has for me in people, places and things, then I will find freedom from the power that their imperfections have, to change the way I feel.

When I'm troubled, I may focus on perceived imperfections, instead of what I love about these same people, places and things. I become separated from what I love about them.

In separation from love or acceptance, I become restless, irritable and discontent. I remove myself from the blessings of those relationships. God, I am grateful for all blessings the people, places and things that I love bring to my life.

In troubled times, grant me freedom from my own imperfections, restlessness, irritability and discontent. Grant me the clarity to see beyond imperfections that my mind perceives.

Grant me the sight of my heart, to see all it is that I love. Grant me the peace of knowing that You will never abandon me.

Amen

Charlie A

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I do service work to the club I attend. I volunteer my skills to help people fix their cars. I volunteer my skills for building things. I donate clothes I don't wear to homeless people on the corner. I help my family; they have done a lot for me.

John H (Austin)

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## Recovery Prose

### Faith

As she sat there all alone  
staring at the walls in her cold little home

A tear ran down her face

As she picked up the phone and called  
and found nobody home

A tear ran down her face

As she crawled into the empty bed  
and laid down her head

A tear ran down her face

As she kept thinking, the pain will side  
you just have to stay alive

A tear ran down her face

As she looked at the puddle of tears  
and somehow felt no more fear

A tear ran down her face

As she saw the sunrise  
with more hope in her eyes

A smile came upon her face

### The Shattered Glass

As I sat there staring at the empty glass  
hoping the urge would pass

I could feel my life shattering

As I loaded the pipe and poured another drink  
not stopping to think

I could feel my life shattering

As I was getting high and drinking the time by  
a tear came to my eye

I could feel my life shattering

As my heart tried to fight that drink and that pipe  
with all of my might

I could feel my life shattering

I could feel me dying inside  
not trying to stay alive

I could feel my life shattering

As they laid me to rest  
no more pain was the best  
My life had shattered

**Jonell G (San Antonio)**



Thank you everyone for your submissions this quarter.

We look forward to your contributions for the fall edition of The Pipeline.

The three topics for October, November & December will be:

***1 – What first attracted you to the CA fellowship?***

***2 – Step 11: “Sought through prayer and meditation to 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.”***

***3 – How do you do the holidays “Clean/Sober”***

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Also if you have announcements, new meeting information, event details or other material that you would like to see in The Pipeline please email it to [newsletter@ca-scta.org](mailto:newsletter@ca-scta.org) and we will try to get it included. Please note this is a quarterly newsletter so time your submissions appropriately.



PO Box 80768 ~ Austin, TX 78758 ~ [newsletter@ca-scta.org](mailto:newsletter@ca-scta.org)

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