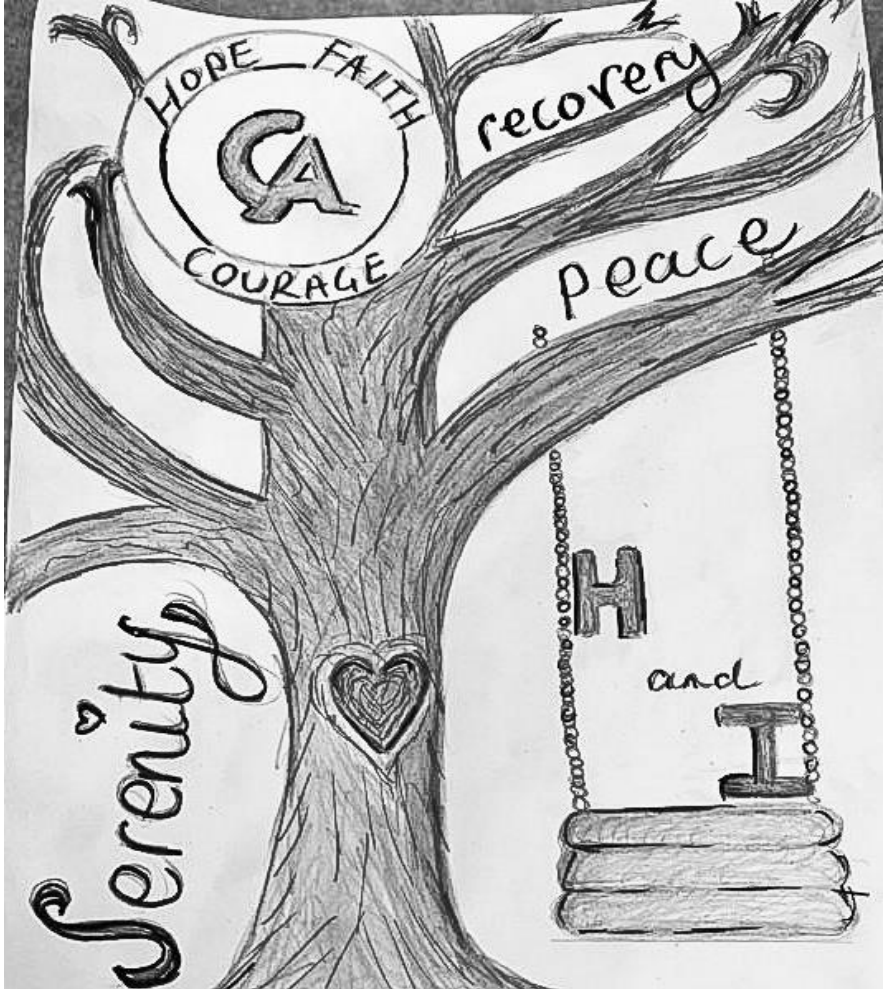


'Write Lines' magazine is published by the Cocaine Anonymous Hospitals and Institutions committee. All the contributions in this magazine are by men and women who started using, drinking and drugging and lost the power of choice about how much they used. They came to a C.A. meeting and found people there who had once been like themselves but had found a sure way out from their problem and could now help them to do the same. We hope these stories and articles will inspire and help you believe that recovery is very possible and it can be real for you too. Please come along to one of our C.A. meetings that are held in the detox or institution where you are; we will gladly answer any questions you may have and pass on to you how we got well using a 12-step program of recovery.



WRITE LINES edition 36, 2021

In the spirit of C.A. Tradition Six, C.A. is not allied with any sect, denomination, politics, organisation or institution

'Write Lines' is produced by individual members of Cocaine Anonymous. Any opinion, idea or belief expressed is that of an individual and is not representative of C.A. as a whole.

WELCOME!

While the name "Cocaine Anonymous" may sound drug-specific, we wish to assure you that our program is not. Many of our members did a lot of cocaine; others used only a little, and some never even tried coke. Whether we focused on a specific mind-altering substance or used whatever we could get our hands on, we had one thing in common: eventually we all reached a point where we could not stop. Over time, virtually every single one of us has realised that our real problem is not cocaine or any specific drug; it is the disease of addiction. (*Preamble of C.A. that is read out at our meetings*)



LIFELINE

I REMEMBER HOW SCARED I WAS GOING INTO MY 1ST CA MEETING. I DIDN'T KNOW THERE WERE PEOPLE JUST LIKE ME INSIDE. I WAS ABOUT TO WALK AWAY WHEN BY CHANCE ANOTHER ADDICT ASKED ME WAS I LOOKING FOR THE MEETING.

I DIDN'T HAVE TO WALK IN ALONE AND NEITHER DO YOU. LIFELINE HAS BEEN SET UP TO HELP PEOPLE GET INTO THEIR FIRST FEW MEETINGS. WE'RE HERE TO WALK WITH YOU SO YOU DON'T HAVE TO DO THIS ALONE.

IF YOU'RE COMING OUT OF A RESIDENTIAL REHAB OR A JAIL OR ANY INSTITUTION AND YOU WANT HELP GETTING TO YOUR FIRST MEETING.

PLEASE CONTACT LIFELINE WE'RE HERE TO MEET WITH YOU AND GET YOU INTO MEETINGS.

IT'S EASIER TOGETHER.



**CONTACT HELPLINE:
0800 612 0225**

**EMAIL:
LIFELINE@CAUK.ORG.UK**

**MAIL:
POBOX 1337.
ENFIELD. EN1 9AS**

To the reader,

My name is Nathan and I am an addict.

When I say those words today "*I am an addict*" it's so freeing, I am no longer in denial as to what I am, it was that denial that was killing me. I came into the rooms of recovery in June 2019, at this point in my life I say life it was more of just an existence, I came in broken physically and mentally I lost everyone around me that I loved dearly but the one person I lost the most was myself. I couldn't imagine a life where I wasn't using drugs, it's all I ever knew from being the age of 16 right up until the age of 30, I didn't think it was possible to have that mental obsession to use removed.

It took me 13 months in Recovery until I truly surrendered to the fact that no amount of clean time I have will ever cure me from the illness that I live with better known as addiction, I would get weeks clean and then believe I was fixed and each and every time I went back out it got worse because I had a heart full of recovery, and I kept getting told "keep coming back", I am so glad I did at the time of writing this I am nearly 11 months sober.

There is a solution to the problem and it's in the rooms of C.A. and working the 12 steps, it's saved my life and millions of other lives worldwide. I can today say "My name's Nathan and I am a grateful recovering Addict" (*Nathan*)

Addiction by Suzanne

When you start do you think about your heart? And what about your mind, body and soul? What is your addiction of choice? To stop that nagging voice. The lines of lies that talk in your head, "you need this to make you make you feel whole, just one more and you'll close the door".

"Where do I get the money from?" "as because of it I have none". "I'll ask him, I'll ask her, I'll ask anyone, I'll get it from somewhere". "What about the money I already owe?" Don't worry, you'll pay it, you know". The whining in my head carries on to and fro as my anxiety continues to grow. "When will it all stop? it feels like my head is going to pop!" Ah, I sigh at my relief. Got my bag, at least today I'm not a thief". "Quick pull off the knot, I don't want it getting lost in my snot". "Ah, that feels good, I told you it would". "God are you still there?" "Now it feels like it's in my hair, I told you it was crap". As that nag continues to rap, once again I fell into its trap. "Oh no! It's nearly all gone, don't let it grab you, this time it will be you who won". Stay strong and remember it's wrong. Remember the path, the journey that it has took, to drag you in on its hook. Come on think about how far it really goes, just so you can put it up your nose. People die, people fight, people kill, people lose everything and their free will. Just so you can get high, as if you're on top of a hill. I've already lost everything, my home, my hearing, my money, my job, my car, and most importantly my soul. I have been given new things, to help me feel whole. A new start and what I have always wanted: a renewed heart. So I'm stopping again, but this time, is last time, so it's time to say, no more cocaine, no more.

I was a mum, so I thought,
But what I was doing, I had not been taught.
Sneaking around, leaving my kids home alone,
When I was with them all I did was moan.
Smoking crack, drinking wine,
I didn't deserve what was mine.

I'd had enough and went to my first meeting,
Happy people and an amazing greeting
A message of hope, that I was so blessed to hear
All I wanted was to shed a tear.
I did what they said, and kept coming back,
My life transformed and I'm so grateful for that.

Today, God is with me every step of the way,
I'm happy, clean and sober today.
For anyone new grab a big book,
And take the amazing steps we took,
You too will become free,
Living clean and sober and in harmony.
God bless you.

(Tara S)

A personal ode of experience that the Cocaine Anonymous 12 Step program works, by Clair...
As I open my tired eyes to the glare of the brightest lights above me, and the beeping sounds in my mind, I Think to myself, am I having a nightmare, and what do I find?
OH NO! WHY am I here AGAIN?
YES I AM. It's the hospital bed, what the hell is wrong with my head?
A busy nurse says "hello Claire, you're back again."
Oh my god I'm really insane. I also think I'm driving them to despair, taking a bed again , it's so unfair. Paranoia's kicked in. And anxiety jail are my four walls, prison of my mind, detox does not feel kind. Reality Hits, I am going through yet another start of Alcohol withdrawal. You see, my friend, me picking up that first drink again, I was a very sick fool
I WANT TO GO HOME AND DO IT ALONE!
No drink at my flat, no credit on my phone, not a penny in the bank, again my heart sank. Not again I internally scream, this is hell, YOU know what I mean. Shaking, shivering, sweating is rough, but this is the start, it's going to feel really tough. I consider my life, from a point of despair, never going to make it anywhere. Then as I finally come around from a bad dream, I hear a kind gentle voice...YES; it's the alcohol Team. My recovery worker has firm wise words: try C.A., you have tried every other way. Carry on like this until the bitter

end or go insane. YOU have EVERYTHING TO LOSE, or EVERYTHING TO GAIN! I had exhausted every avenue, and had a last chance on what I could do. I entered the rooms of C.A., got a sponsor, worked the C.A. 12-step program and was on my way. By way of living a spiritual life, one at peace with no self-made trouble or strife. I am joyous, Grateful, peaceful and free today, YOU MAKE YOUR CHOICE...LIVE FOR TODAY! Stick with it my friend, you can do it, don't beat yourself up or slip into morbid reflection. Come see us in C.A., where there's abundance of love, understanding and affection. *(Clair LC)*

I couldn't be happy unless I was on extasy/alcohol/research chemicals. I spent my adult life on substances and was never more than a few days sober. I didn't know it was possible to be as happy as I am today, after working the C.A. 12-steps and keeping my sobriety. This program works. I thought happiness was man-made by drugs and drink. How wrong I was! It has changed my life and I never thought this was possible. This isn't a religion. Take the steps, I promise you it's worth it. I promise you that you will be rewarded with deep gratitude and new happiness. There is a life worth living sober. I'm currently on day 90 as I write this and I have never been more grateful for a program in my life. These steps saved my life. *(by Elizabeth R)*

Spirit in me
Give me
Clarity
Although ill
This is the deal
Walking up the hill
Without a drink hit or pill
Need to feel real
Sometimes surreal
Dream like
Not stuck in night
But drenched in light
The only thing that is right
Can't buy for a tenner
This feeling
That is surrender

(Wayne)

Definitions of some words used in the 'Big Book' of Alcoholics Anonymous, the basic 12-step program text that C.A. also uses:

Spiritual - connected with the human spirit, rather than the body or physical things. 'How it Works' page 64

Malady - an illness. 'How it Works' page 64

Pocketbook - used to refer to the financial situation of a person or country. 'How it Works' page 64

Imperious - expecting people to obey you and treating them as if they are not as important as you. 'How it Works' page 70

Humility - the quality of not thinking that you are better than other people; the quality of being humble. 'Into Action' page 73

HONESTY is the ability to differentiate the true from the false. Becoming honest takes a willingness to change our perception. Getting honest is essential to sobriety and is a key element of making a beginning in our new way of life. In C.A, we are encouraged to be honest, open-minded and willing. Honesty is necessary if we are to be happy, joyous and free.

INTEGRITY results from using the principles of C.A. to guide our motives, intentions and actions. We strive to have our actions mirror our intentions. Working the Steps of Cocaine Anonymous helps us to build character. We demonstrate integrity when we are authentic, truthful and real.

WILLINGNESS is the key that opens the door to sobriety. We need willingness to let go of our old ideas. We surrender and become open to our Higher Power's will for us. We become willing to go to any lengths to stay sober and to grow in our recovery.

HUMILITY comes from understanding where our disease has taken us. We learn that we are not special or unique. We are finally able to see the truth about our addiction and our inability to stop using on our own. We make an effort to set aside all the things we think we know in order to become open to the sunlight of the spirit. Becoming humble is an opportunity for complete surrender to our Higher Power. We learn further humility by being of service to others.

LOVE. In the beginning, others love us until we can love ourselves. As we work the Steps and our spirits heal, we become able to receive love. We begin showing love to others and to ourselves. The spirit of love reveals our true self, which is no longer hidden by the veil of addiction.

(From the C.A. leaflet '12 Principles')

"We're here and we're free"

If you are looking for a C.A. meeting anywhere in the U.K., and for more information and literature about Cocaine Anonymous, please go to the

C.A. website: www.cocaineanonymous.org.uk

COCAINE ANONYMOUS HELPLINE

call **0800 612 0225**

Email: helpline@cauk.org.uk

A member of Cocaine Anonymous will put you in contact with a C.A. member in your area. 10:00 - 22:00, 7 days a week. You can also leave a message 24/7, and we'll call you back as soon as we can.



According to C.A.'s Third Tradition, the only requirement for membership is a desire to stop using cocaine and all other mind-altering substances. It doesn't matter to us if you drank or what type of drugs you used; if you have a desire to stop, you are welcome in Cocaine Anonymous!

G	K	E	Z	X	W	B	J	G	L	A	P	K	C	A	R	C	S	B	J
F	N	L	K	S	E	L	P	I	C	N	I	R	P	Z	E	O	U	W	M
O	B	D	F	P	T	Y	U	F	X	L	Z	D	T	K	P	C	T	Y	E
P	Q	J	P	O	W	E	R	L	E	S	S	U	S	B	V	A	W	L	E
A	H	I	R	N	K	Z	F	D	Y	O	B	M	E	T	S	I	P	X	T
G	T	K	A	S	D	C	H	J	B	U	X	D	R	Q	L	N	T	M	I
R	F	U	Y	O	J	A	Q	R	V	L	E	O	V	L	B	E	K	W	N
S	W	I	E	R	T	Z	I	O	M	J	X	G	I	F	H	Z	D	E	G
P	J	A	R	S	P	E	F	L	T	N	O	A	C	W	K	Y	Q	U	S
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E	A	G	Z	L	W	M	S	L	P	T	Z	G	W	O	R	E	L	A	F
V	F	C	K	I	O	A	K	Q	W	U	Y	P	G	D	N	K	I	U	S
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T	J	K	T	A	D	W	G	T	I	Y	B	M	U	F	H	U	I	A	O
M	U	H	L	K	X	Z	V	I	F	P	N	I	G	S	E	J	B	O	I
L	A	H	T	I	M	S	B	O	B	T	A	L	C	O	H	O	L	K	N

These words below can be found horizontally, vertically, diagonally and reversed:

Twelve Steps

Alcohol

Unity

Prayer

Sobriety

Heroin

Crack

Cocaine

Bill Wilson

Sponsor

Fellowship

William Silkworth

Big Book

Powerless

Daily Suggestions

Meetings

God

Principles

Bob Smith

Service