

'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.

W

R

I

T

E



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 CA 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"

STEP ONE: We admitted we were powerless over cocaine and all other mind-altering substances—that our lives had become unmanageable. Our powerlessness operates on three levels:

(1) **A physical allergy** to cocaine, which makes it virtually impossible for us to stop using once we start;

(2) **A mental obsession**, which makes it impossible to stay sober permanently on our own (pages 24 and 34); and

(3) **A spiritual malady**, which separates us from our Higher Power's ability to get and keep us sober. Many of us assumed that Step One meant we couldn't get high anymore because we couldn't handle using at all. In fact, it really means that barring divine intervention, we are unable to stay away from that first hit, line, or whatever (*pages 24 and 34*), and that we will use again and again, no matter how much we want to stay sober.

The second part of Step One refers to how we are unable to manage our lives, even when we are sober. One example of this unmanageability is being "restless, irritable, and discontented" (*page xxviii; other examples are found in the second full paragraph of page 52*).

Step One is the foundation of the entire Twelve-Step process. Without a full understanding of what this Step means to us personally, we can't expect to make much progress on the other eleven Steps. For more information, study Dr. Bob's experience on pages xvi and 155 (Dr. Bob was one of A.A.'s co-founders). Two useful questions for deciding whether we are really addicts are, "*Can I stop permanently, if and when I want to?*" and, "*Can I control the amount I use once I start?*" If the answer to either question is no, we probably are addicts, according to the Big Book.

(from the C.A. leaflet 'A Guide to the 12 Steps')

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.

(by Tara S, 3.61 years clean and sober)

My personal 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 gonna 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 CA, 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 CA, got a sponsor , worked the 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 CA, where there's abundance of love, understanding and affection.

(by Clair LC)

So, What Does "... And All Other Mind-Altering Substances" Mean?

It means that it is the collective experience of the members of Cocaine Anonymous that addiction is a problem not limited to any one substance. It means that C.A.'s Twelve Steps are not drug-specific, and that Cocaine Anonymous is not a drug-specific Fellowship. It means that 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 here!

(from the C.A. leaflet '...And All Other Mind-Altering Substances')

What is a Sponsor?

A sponsor is a recovering addict who shares one-on-one how to maintain sobriety by working the Twelve Steps of C.A. A sponsor's primary tools are his or her own experience, strength and hope. The Steps can seem like a foreign language at first, but a sponsor can help us understand this new way of living and explain how each Step brings us closer to a Higher Power that can remove our obsession to use. Sponsors are not professional counsellors and are not certified to offer legal, psychiatric or medical advice. Nor should we become dependent on our sponsors to get us jobs, clothing or food. However, sponsors may have experience with how to obtain professional help or other resources.

(from the C.A. leaflet 'Choosing Your Sponsor')

If you want to read more about the program of recovery, and for information about what Cocaine Anonymous can do to help you and your families and friends, and for U.K. meetings lists please have a look at the official C.A. website:

www.cocaineanonymous.org.uk

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