

# WRITE LINES

edition 38, 2023



If you are looking for a C.A. meeting anywhere in the UK, use the C.A. website: [www.cocaineanonymous.org.uk](http://www.cocaineanonymous.org.uk)

If you are leaving treatment or are due for release, and would like to meet a C.A. member to help you get to a C.A. meeting straight away in your area, you can contact our Lifeline service. Contact Lifeline (via the Helpline or email) at least a week in advance so we can arrange to meet you.



# LIFELINE

**CONTACT HELPLINE:**

**0800 612 0225**

**EMAIL:**

**LIFELINE@CAUK.ORG.UK**

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



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! 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.

## No longer a newcomer

It is two years since I entered rehab. I got to the doors of the house comfortably intoxicated, with narcotics securely stashed - because I knew better than any doctor how to manage the pain of my withdrawals. This was in fact was my nineteenth time doing treatment (possibly because I kept smuggling drugs in with me).

It was however, the first treatment I had paid for (of course when I say "paid for", I mean my parents). I had signed up for a nice easy 28-day detox, some respite, an M.O.T. – a few easy-going groups, meals cooked for me and definitely no housework. Simply due to it being the cheapest available, I ended up in a full-on 12 step rehab. At this point I had tried the fellowships on and off for 17 years (when hope or desperation were at a peak). And so, after a detox completed in isolation – this was the height of the pandemic – I entered the realms of the fellowship again: kicking, screaming and asking awkward questions at every step.

Eventually, I began to buy into the programme and asked one of the Cocaine Anonymous H&I team if he would be my temporary sponsor, despite us living 30 miles apart and me not driving, he is still my temporary sponsor today and probably will be for years to come. Another issue that needed to be overcome was that God had chosen C.A. for me and there

was only one C.A. meeting a week within a 30-mile radius of where I live, so I helped set up two new meetings in my hometown. It is fair to say these meetings are intimate – eight attendees is still a MASSIVE meeting for us – but the spirit of recovery is strong and I am no longer the newest person in the room. I do service at both meetings and attend a district meeting as a Group Service Representative and I am building a network of friendships across the region.

I know that recovery is just for today and literally anything could happen –but I am no longer a newcomer, I am part of the future of this C.A. fellowship. Next step, getting to double figures of sobriety years and becoming an old-timer.

(By Stuart L)



## **12 Principles**

The 12<sup>th</sup> Step of Cocaine Anonymous suggests that we “*practice these principles in all our affairs.*” Principles can be defined as fundamental truths, beliefs, values, or philosophies. Living in

accordance with spiritual principles can be a lifelong challenge, which is where the “practice” part comes in. The following list is by no means all-encompassing, but these are twelve essential principles of the C.A. program of recovery:

**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.

**HOPE**—we find hope in the other recovering addicts who have come before us. Their stories tell us what it was like, what happened and what it is like today. When we realize C.A. offers a way out, hope opens the door to truly connecting with our Higher Power.

**FAITH** is a belief or trust in something. In C.A., it is suggested that we find a Higher Power of our own understanding. Gradually, as a result of attending meetings and working the 12 Steps, we acquire an abundance of faith.

**COURAGE** is the willingness to walk through our fears. It takes courage to walk through the doors of a C.A. meeting and ask for help. It takes courage to ask someone to sponsor us. We develop the courage to change and to take the actions necessary to effect that change.

**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. 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.

**FORGIVENESS**-as we work the Steps, we develop the willingness to forgive ourselves and others. Through taking our own inventory, we discover our own part in situations and become more understanding toward others. Praying for those we resent and for the willingness to forgive sets us free. Forgiveness brings peace of mind and serenity.

**DISCIPLINE** is a new concept to many of us when we first get sober. With direction from our sponsor, we learn good recovery habits. We go to meetings regularly, read literature, work the Steps and get involved in service work. We develop a habit of checking our motives and looking at our actions on a regular basis. This is the beginning of what will become a way of life. These behaviours enhance our experience in sobriety.

**AWARENESS**-through regular inventory, we remain aware of our own motives, intentions and behaviours. Through prayer and meditation, we strive to improve our conscious contact with God as we understand Him. As we continuously seek spiritual growth, our awareness also grows.

**SERVICE** provides an opportunity to get out of ourselves and think of others. Being of service is a good way to share our experience, strength, and hope while enhancing our lives and the lives of others. It also helps us become useful members of society. Working with others for a greater good builds friendships, unity, and helps keep us sober. Service is how we give back what was so freely given to us and express our gratitude to Cocaine Anonymous.



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. *(From the Preamble of C.A. that is read out at our meetings)*

*the Preamble of C.A. that is read out at our meetings)*

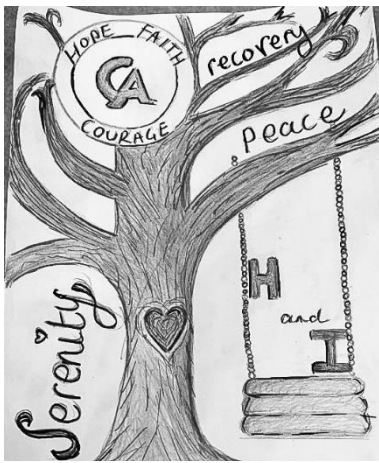
*Veneer of addiction*

You wrapped me up so tight, you had control of my mind,  
your promises so fantastic, that everything was fine,  
Dreams I had kept in my head, nurtured from my youth,  
you smothered & ridiculed them created delusive truth,  
you kept the fire still burning, but so dull and so dim,  
it flickered and was almost lost, felt I could never win,  
but now I see past your besetting blight, All the torture that you bring,  
At last I see a different life, it's the one that you're not in.

*by Ryan H*

I went to Bristol yesterday  
To carry a message for C.A.  
shared on step 3  
Went with Holly and Kyle  
45 minutes by car  
50 miles a long way  
Trusting in God all the way  
Got there 20 minutes early  
Got offered stolen jeans  
Down an alley way  
10 people in the room of recovery  
2 weren't there as they had covid  
Did manage to carry the message  
2 sat in fear  
God was present and near  
3 shared back  
4 never because it's power they lack  
As for me God had my back  
Up since 10 past 4 in the morning  
I was done in, tired and yawning  
Inside the spirit stirring  
Although tired I was buzzing  
The passion for this program  
Shone on Paolo face  
The best is yet to come  
This feeling is great

*(from Wayne S)*



Here I am on 60 days, two months since I last used! I'm looking in the mirror, and I'm smiling but confused.

For the fella' staring back at me, is different than before; what was dead now growing strong! With self control once more.

At last I've found my nicer self, the true me – deep inside me, with the fellowship I'm strong, there's no goin' wrong, with my dad and God beside me.

So to my two beautiful daughters, friends and family, mum and son, I hope you'll see a better me, from now until I'm done!

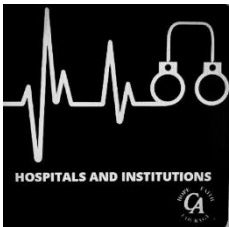
I'm still a Cocaine addict of 37 years, but now I get my

highs from my new best friends, who understand my fears.

So thank you each and every one, for helping me an' others; For helping me to shine again, my sisters and my brothers. (by Allan)

This **WRITE LINES** magazine has been published by the Cocaine Anonymous Hospitals and Institutions committee. All the contributions are from men and women who started using, drinking and drugging and lost the power of choice about how much they used. They went to a Cocaine Anonymous meeting and found people there who had once been like themselves but had found a way out from their problem and could now help them to do the same. Recovery and freedom from drug addiction and alcoholism is entirely possible for you as well.

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.



*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.*



**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.**



# 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**

*Are you about to leave treatment or prison? We're here and ready to help for free*

If you are looking for a C.A. meeting anywhere in the UK, use the C.A.

website: [www.cocaineanonymous.org.uk](http://www.cocaineanonymous.org.uk)

## COCAINE ANONYMOUS HELPLINE

call **0800 612 0225**

email: [helpline@cauk.org.uk](mailto: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.

