

WRITE LINES

EDITION 39, MARCH 2025

**A PUBLICATION WRITTEN BY C.A MEMBERS FOR
C.A MEMBERS IN HOSPITALS AND INSTITUTIONS**



**IF YOU ARE LOOKING FOR A. C.A.
MEETING ANYWHERE IN THE UK, PLEASE
USE THE C.A. WEBSITE:
WWW.COCAINEANONYMOUS.ORG.UK**

COCAINE ANONYMOUS 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.

WE USE THE TWELVE STEPS OF RECOVERY, BECAUSE IT HAS ALREADY BEEN PROVEN THAT THE TWELVE STEP RECOVERY PROGRAMME WORKS.

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HOW WE CAN HELP

OUR MEMBERS ARE ALCOHOLICS AND ADDICTS WHO HAVE FOUND RECOVERY THROUGH THE TWELVE STEPS. AS AN ORGANISATION WE HAVE MEMBERS WHO CAN SUPPORT PEOPLE IN PRISON OR RESIDENTIAL SETTINGS IN WORKING THAT SAME PROGRAMME. PRISON SPONSORSHIP IS ONE OF THE MAIN PRIORITIES WE HAVE AS A COMMITTEE, IF YOU WOULD LIKE TO GET A SPONSOR OR WANT TO KNOW MORE ABOUT SPONSORSHIP, PLEASE WRITE TO US AT:

PO BOX 1337
ENFIELD
EN1 9AS

OUR MEMBERS ALSO BRING C.A. MEETINGS INTO HOSPITALS AND PRISONS ACROSS THE COUNTRY, PLEASE ASK A MEMBER OF STAFF TO SEE WHAT MEETINGS ARE RUNNING. TO REQUEST A MEETING HAVE SOMEONE REACH OUT TO US AT **HI@CAUK.ORG.UK**

EXPERIENCE, STRENGTH AND HOPE

I WAS IN A HOUSE SURROUNDED BY MY CONSEQUENCES, ALONE IN THE HIGHLANDS OF SCOTLAND. MY PARTNER I'D BEEN WITH AND USED TOGETHER WITH FOR 10 YEARS HAD JUST LEFT, TAKING MY 3-YEAR-OLD DAUGHTER.

TO SAY I WAS AN ADDICT LOST IN THE DARKNESS WAS AN UNDERSTATEMENT, AND I STILL HAD 10 YEARS OF USING IN FRONT OF ME.

I LET GO. LITERALLY – OF THE STEERING WHEEL OF THE CAR I WAS DRIVING. MIRACULOUSLY I WAS FOUND AND CUT OUT OF THE CAR. I RETURNED TO MY FAMILY HOME, 'STABILISED' ON MEDS, BUT WITH THE OCCASIONAL BLOW-OUT, SMOKING WEED EVERY DAY; I TRULY BELIEVED I'D BEGAN REBUILDING MY LIFE...

I KNEW NOTHING ABOUT RECOVERY. EVERYTHING WAS EXTERNAL STUFF TO ME – THE DRUGS ARE THE PROBLEM – IF I'VE GOT A JOB AND BUY MY OWN HOUSE I'M DOING WELL.

2017 I DISCOVERED I WAS THE PROBLEM AND THE ONLY WAY TO FIX A ME PROBLEM WAS TO GET AMONGST OTHERS WHO'D FOUND A WAY TO SUCCESSFULLY LIVE IN THE WORLD WITHOUT NEEDING TO USE.

I FOUND FELLOWSHIP, SPONSOR, 12 STEPS AND BEGAN THE BEAUTIFUL, PAINFUL, ENLIGHTENING JOURNEY OF LOOKING INSIDE. WHAT A GIFT, TO FIND UNDERSTANDING AND PEACE WITHIN MYSELF.

RECOVERY WORKS – MY DAUGHTER HAS BEEN LIVING WITH ME FOR 5 YEARS NOW, I'M WORKING AND SELF-SUPPORTING AGAIN. PASSING ON WHAT WAS FREELY GIVEN AND AT MORE COMFORT IN THE WORLD THAN I COULD HAVE EVER IMAGINED.

-AND I

EXPERIENCE, STRENGTH AND HOPE

I HAD A NORMAL CHILDHOOD, I ENJOYED BEING THE CENTRE, SEEKING ATTENTION AND MAKING PEOPLE LAUGH. I STARTED USING DRUGS AT 13 AND OVER THE YEARS THIS ESCALATED, AFTER MEETING MY FUTURE WIFE I BEGAN TO USE COCAINE, I WAS ABLE TO HIDE IT UNTIL SHE FOUND AN EMPTY BAGGIE IN MY WALLET WHEN SHE WAS PREGNANT WITH OUR FIRST CHILD. THINGS GOT WORSE AS I MANIPULATED OUR FINANCES AND STOLE FROM EVERYONE AROUND ME TO FUEL MY HABIT. AFTER STEALING A LARGE SUM OF MONEY AND GETTING CAUGHT BY THE IN-LAWS - I HAD FINALLY HIT ROCK BOTTOM,

I WENT TO MY FIRST C.A. MEETING AND FOUND SO MANY PEOPLE JUST LIKE ME. I THOUGHT MEETINGS WOULD BE ENOUGH TO KEEP ME CLEAN, BUT AFTER A RELAPSE I REALISED THAT I NEEDED TO PUT IN ACTION. I EMBRACED THE TWELVE STEPS, AND FOUND GOD.

I'M NEARLY FIVE YEARS CLEAN AND SOBER NOW, STILL HAPPILY MARRIED AND NOW HAVE TWO DAUGHTERS. RECOVERY WORKS IF YOU'RE COMMITTED. IF YOU REALLY DON'T WANT TO USE DRUGS OR ALCOHOL ANYMORE THERE REALLY IS A WAY OUT AND THIS PROGRAMME DOES WORK. I HOPE SOMEONE GETS SOMETHING OUT OF THIS BECAUSE I REMEMBER FEELING LIKE THIS AND NOT KNOWING OF A WAY OUT.

-TOM.M

ARTWORK FROM ASH



Send your artwork into hi@cauk.org.uk

SPIRITUAL EXPERIENCE

"DON'T CONGRATULATE, NOR BERATE YOURSELF TOO MUCH." AFTER ALL, EVERY CHOICE IS HALF A CHANCE. THESE ARE THE WORDS THAT ARE ECHOING THROUGH ME AS I SIT FACING THE WRECKAGE OF A RELAPSE TO START OFF ANOTHER YEAR AS ANOTHER VICTIM OF THE DISEASE OF ADDICTION. BY NO MEANS TO BELITTLE MY OWN ACTIONS OR THE CHOICES THAT LED ME HERE, BUT RIGHT NOW I FEEL SAFE IN THE KNOWLEDGE THAT EVEN HOMELESS, JOBLESS AND WITHOUT MY PARTNER, THAT SOMEHOW THIS IS WHAT WAS MEANT TO BE, AND PRECISELY WHERE GOD INTENDS ME TO BE.

IN LIFE I HAVE FOUND FEW PLACES AND PEOPLE IN WHICH PROVIDE ME A FEELING OF SAFETY, YET AS I SAT OPPOSITE A FRIENDLY FACE IN A FAST FOOD RESTAURANT, FILLING IN A FORM FOR REHAB, AS THAT MAN RE-INTRODUCED HIMSELF, IT WERE AS THOUGH MY GOD HIMSELF WERE THE ONE THERE LETTING ME KNOW THAT EVERY ROAD CROSSED PRIOR WAS MEANT TO LEAD ME HERE. IT TRULY ALL HAD PURPOSE TO GET ME TO THIS EXACT JUNCTURE. NOT A MOMENT HAS PASSED SINCE, WHERE I HAVE FELT ALONE. MANY SPEAK OF THEIR SPIRITUAL EXPERIENCE, OR THEIR GOD-MOMENT. THIS IS INDEED MINE.

-S



LIFELINE

CONTACT HELPLINE:

0800 612 0225

EMAIL:

LIFELINE@CAUK.ORG.UK

MAIL: POBOX 1337. ENFIELD. EN1 9AS

MY FAVOURITE CHAPTER

THE CHOICE OF CHAPTER IS EASY FOR ME, IT IS THE CHAPTER CALLED "THERE IS A SOLUTION".

JUST THE TITLE OF THE CHAPTER SPEAKS TO HOPE. AFTER A DRINKING AND DRUGGING CAREER THAT EXCEEDED 3 DECADES IN LENGTH, I WAS VERY WELL ACQUAINTED WITH THE PROBLEM.

WHEN I ARRIVED AT THE FRONT DOOR OF THE FELLOWSHIP, I WAS VERY READY TO LEARN WHAT THE SOLUTION TO THE PROBLEM WAS. THIS IS BROADLY OUTLINED IN THIS CHAPTER

THE CHAPTER BEGINS BY OUTLINING THE FACT THAT I SUFFER WITH AN ILLNESS OF THE BODY AND MIND. IN THE EARLY DAYS OF MY RECOVERY, I FOUND THIS VERY INSIGHTFUL IN EXPLAINING MY BEHAVIOUR IN ACTIVE ADDICTION. MY FIRST LIGHTBULB MOMENT!

THE CHAPTER THEN PROCEEDS TO HIGHLIGHT THE ROLE OF A SPONSOR & THE PURPOSE OF THE BOOK ITSELF. IT CONCLUDES THAT WE ARE WITHOUT DEFENCE AGAINST THE FIRST DRINK IN SUMMARISING THE PROBLEM.

WHAT I LOVE MOST ABOUT THE CHAPTER IS THAT IT MERELY HINTS AT THE SOLUTION RATHER THAN SHOUTING IT FROM THE ROOFTOPS. IN THIS WAY I FELT DRAWN INTO THE PROCESS. IT FELT AS THOUGH I WAS AFFORDED A PEEK BEHIND THE WIZARD OF OZ'S CURTAIN. PUT SIMPLY, I WAS FACED WITH GOING ONTO THE BITTER END OR ACCEPT SPIRITUAL HELP. AN ALCOHOLIC DEATH OR A SPIRITUAL LIFE.

THE REAL GENIUS FOR ME, HOWEVER, COMES ON THE LAST PAGE OF THE CHAPTER, PAGE 29. IT EXPLAINS HOW THE INDIVIDUALS IN THE 42 PERSONAL EXPERIENCES AT THE END OF THE BOOK ESTABLISHED A RELATIONSHIP WITH GOD. BEARING IN MIND WE ARE TALKING ABOUT A BOOK CALLED ALCOHOLICS ANONYMOUS, YOU WOULD HAVE THOUGHT THAT THE PURPOSE OF THESE STORIES WAS TO DOCUMENT HOW THEY GOT SOBER. THEY AREN'T! THEY DOCUMENT HOW THE WRITER ESTABLISHED A RELATIONSHIP WITH GOD. THIS IS THE SUBTLE GENIUS IN THE CHAPTER FOR ME.

THE TWELVE STEPS OF COCAINE ANONYMOUS

1 WE ADMITTED WE WERE POWERLESS OVER COCAINE AND ALL OTHER MIND-ALTERING SUBSTANCES — THAT OUR LIVES HAD BECOME UNMANAGEABLE.

2 CAME TO BELIEVE THAT A POWER GREATER THAN OURSELVES COULD RESTORE US TO SANITY.

3 MADE A DECISION TO TURN OUR WILL AND OUR LIVES OVER TO THE CARE OF GOD AS WE UNDERSTOOD HIM.

4 MADE A SEARCHING AND FEARLESS MORAL INVENTORY OF OURSELVES.

5 ADMITTED TO GOD, TO OURSELVES, AND TO ANOTHER HUMAN BEING THE EXACT NATURE OF OUR WRONGS.

6 WERE ENTIRELY READY TO HAVE GOD REMOVE ALL THESE DEFECTS OF CHARACTER.

7 HUMBLY ASKED HIM TO REMOVE OUR SHORTCOMINGS.

8 MADE A LIST OF ALL PERSONS WE HAD HARMED, AND BECAME WILLING TO MAKE AMENDS TO THEM ALL.

9 MADE DIRECT AMENDS TO SUCH PEOPLE WHEREVER POSSIBLE, EXCEPT WHEN TO DO SO WOULD INJURE THEM OR OTHERS.

10 CONTINUED TO TAKE PERSONAL INVENTORY AND WHEN WE WERE WRONG PROMPTLY ADMITTED IT.

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.

12 HAVING HAD A SPIRITUAL AWAKENING AS THE RESULT OF THESE STEPS, WE TRIED TO CARRY THIS MESSAGE TO ADDICTS, AND TO PRACTICE THESE PRINCIPLES IN ALL OUR AFFAIRS.

*TAKEN FROM PAGE 59 OF THE BIG BOOK OF ALCOHOLICS ANONYMOUS.
REPRINTED WITH THE PERMISSION OF THE ALCOHOLICS ANONYMOUS WORLD
SERVICE OFFICE.*

WHAT I LIKE ABOUT SPONSORSHIP

IN RECOVERY, SPONSORSHIP STANDS AS A BEACON OF SUPPORT, GUIDING INDIVIDUALS THROUGH THE DARK WATERS OF ADDICTION TOWARD THE PROMISE OF A BRIGHTER TOMORROW.

WHAT RESONATES DEEPLY WITH ME ABOUT SPONSORSHIP WITHIN COCAINE ANONYMOUS IS THE PROFOUND SENSE OF CONNECTION IT FOSTERS. IT'S NOT JUST ABOUT GUIDANCE; IT'S ABOUT FORGING AUTHENTIC RELATIONSHIPS GROUNDED IN EMPATHY, UNDERSTANDING, AND MUTUAL GROWTH.

SPONSORSHIP ALLOWED ME A SAFE SPACE WHERE VULNERABILITY WAS EMBRACED, AND HONESTY REIGNED SUPREME.

THROUGH THE MENTORSHIP OF A SPONSOR, I'VE FOUND SOLACE IN SHARING MY STRUGGLES, KNOWING THAT I'M NOT ALONE IN THIS JOURNEY.

THEIR WISDOM, BORNE FROM THEIR OWN EXPERIENCES, ILLUMINATED THE WATERS AHEAD, PROVIDING INVALUABLE INSIGHTS AND PRACTICAL ADVICE.

MOREOVER, SPONSORSHIP EMBODIES THE PRINCIPLE OF SERVICE, UNDERSCORING THE TRANSFORMATIVE POWER OF GIVING BACK.

BEING BOTH A SPONSOR AND A SPONSEE HAS ENRICHED MY LIFE IMMEASURABLY, INSTILLING WITHIN ME A PROFOUND SENSE OF PURPOSE AND BELONGING. IN THIS SYMBIOTIC RELATIONSHIP, WE NAVIGATE THE TURBULENT WATERS OF RECOVERY TOGETHER, BUOYED BY THE UNWAVERING SUPPORT OF OUR FELLOW TRAVELLERS.

TO ME, A SPONSOR IS A LIGHTHOUSE GUIDING US TOWARDS THE SAFE HARBOUR THAT IS GOD.

-ANONYMOUS

WRITE LINES WORDSEARCH

THE PRINCIPLES BEHIND THE STEPS

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

AWARENESS
COURAGE
DISCIPLINE
FAITH
FORGIVENESS
HONESTY

HOPE
HUMILITY
INTEGRITY
LOVE
SERVICE
WILLINGNESS

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