



HOPE, FAITH & COURAGE

# WRITE LINES



A NEWSLETTER WRITTEN BY C.A. MEMBERS FOR C.A. MEMBERS IN HOSPITALS AND INSTITUTIONS

**Issue 4**

**Dec 2009**

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If you would like to contribute an article please post to: CAUK H&I, PO Box 6258, Bournemouth, BH1 9DR**

## STEP TWO:

### **Came to believe that a Power greater than ourselves could restore us to sanity**

So here we are, I have admitted that I am powerless and that my life became unmanageable as a result of being Powerless and now I learn that the solution is a Power greater! I have no concept of a higher power or at least I didn't when I first went through the Steps. It was suggested to me to speak to other people about their concept of a Power greater, which I took on board and started to explore the possibility of this "Power" that could restore me to sanity.

I sure needed to stop the madness going on in my life due to my drug taking. After 20 years of using drugs my world had become pretty insane. If you are reading this I am sure you know what I am talking about, so did I need to be restored to sanity? Hell Yeah!!

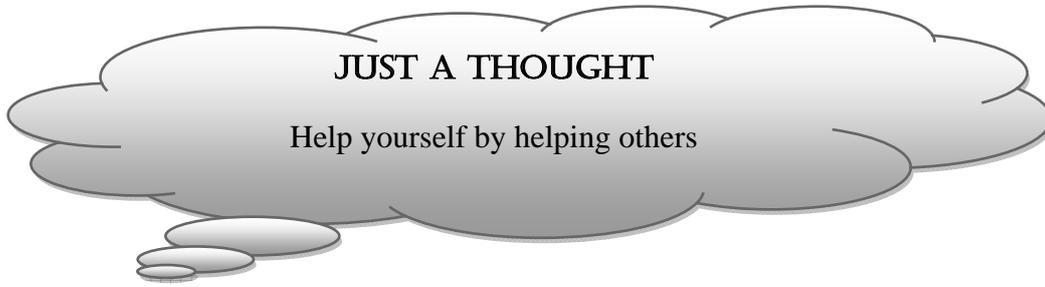
So here we are again at the second step where I am informed that this "Power" could restore me to sanity concerning drink and drugs. I have realised that I have no control over drugs and have accepted that abstinence would be a good idea and that if I work the Twelve Steps I would never again have to suffer from the terror, misery and pain of addiction. The only thing necessary is to come to believe in a "Power greater" that I have no understanding of, Great! What am I going to do?

I decided I needed to speak to my sponsor about the dilemma I was facing. I told him I was struggling with this

"Power" it talks about in Step Two. He asked me if I believe in the Twelve Steps, Cocaine Anonymous, meetings and the Big Book of Alcoholics Anonymous, to which I answered "Yes, of course I do" it is evident that the Twelve Step programme has saved many people from the scrapheap. I have heard many stories similar to mine while attending meetings who have overcome their own battle with addiction through working the Twelve Steps and attending meetings. C.A. has been working just fine for 27 years, how could I not believe?

"Exactly" my sponsor pointed out. "Is that not a Power greater than you?" Step Two states we *came* to believe, you don't have to believe at this stage, all that is needed is a willingness to believe. My experience was that I did believe yet I was complicating this simple step. It took asking someone else for help to "Keep It Simple" and assure me that there is a "Power" and that anyone can access this "Power" as long as they are willing to believe.

That episode in my journey was over 6 years ago and today I do believe in a "Power" greater than me. I still work the Steps, attend meetings regularly, commit to service positions within meetings, sponsor, and talk to my sponsor and try to live my life a day at a time. Today I am not obsessing about drugs, I feel at peace with myself and the world, I am a happy customer of Cocaine Anonymous.



**HOW ALIVE AM I TODAY?**

Torn and tattered I came to Cocaine Anonymous. A shell of a man with a feeling of death inside, I had nowhere else to go and no one else to turn too.

At first I did not understand the things I was hearing. Words like sponsor, powerless, inventory and amends were a mystery to me.

Nevertheless I stayed and pretended I could understand the things I was hearing.

Without me noticing, things had started to change. I found myself wanting to be around my fellows in cocaine anonymous, beginning to understand powerlessness. I started working with my sponsor, taking

inventory and making amends.

Then one morning I realised, I am alive. When I say this I mean internally, spiritually.

My soul had been revived and I knew God was with me. This was a few years ago and this feeling has grown more and more every day.

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***COCAINE ANONYMOUS HELPLINE***  
**TEL: 0800 612 0225**  
**www.cauk.org.uk**

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**STEP ELEVEN CRYPTOGRAM**

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## A Life I Could Only Dream Of...

To those of you who read this story I want to welcome you to the life giving fellowship of Cocaine Anonymous.

Hopefully you can relate to some of the things I am about to share with you if not please read other stories as it is my experience that I never related to the first person I heard.

As I write this today I am 22 months clean and sober with a life that I could only dream of on the streets.

I am a 29 year old female and I was brought up in a small town called Peckham in south east London. As far back as I can remember I always seemed to crave some sort of high whether it be stealing, fighting, or bunking school. I just loved excitement.

I started taking drugs when I was 14 using weed and alcohol. By 15 I was smoking crack cocaine on a daily basis, stealing from family and friends (and helping them look for the stuff I had stolen) robbing members of the public you name it I have done it.

With the life style I was leading I was also introduced to prisons, meetings and rehabs.

By 17 I had been to meetings and done two or three sentences. In 1999 I received a 4 year prison sentence. I finally admitted I needed help so I

moved to a seaside town and started attending Cocaine Anonymous meetings.

At first I listened like only the dying could. People were telling me what I needed to do to stay sober like get a sponsor, work the steps, and attend meetings.

I was ok for a while then; I got lazy and stopped doing the things I needed to do to stay clean and sober. After 4 years I used again. In 9 months I had lost everything I worked to gain in 4 years. When I was using first time I used to judge people who took heroin. But to my amazement I became the very person I used to judge.

I started stealing again from family and friends, hurting loved ones and taking from anyone I could. And yes you guessed, it jail followed shortly after.

It was around this time I tried to commit suicide, I really couldn't take any more. In 2007 I got locked up yet again. By then I was begging to be sent to a jail where I could attend a rehab and go meetings. I began to see all the years around in recovery before had shown me the 12 Steps really worked if I worked it.

Upon leaving jail I moved back to the seaside town and got a sponsor again. I listened to the suggestions and did what they were doing. I have not looked back since.

Nearly two years on and I still attend C.A. meetings, still have a sponsor and my life is amazing. I have a beautiful relationship with my family today and have lovely real friendships with people who don't want anything from me just friendship.

I have a job, a home and most of all my head is quiet most days with a feeling of inner peace.

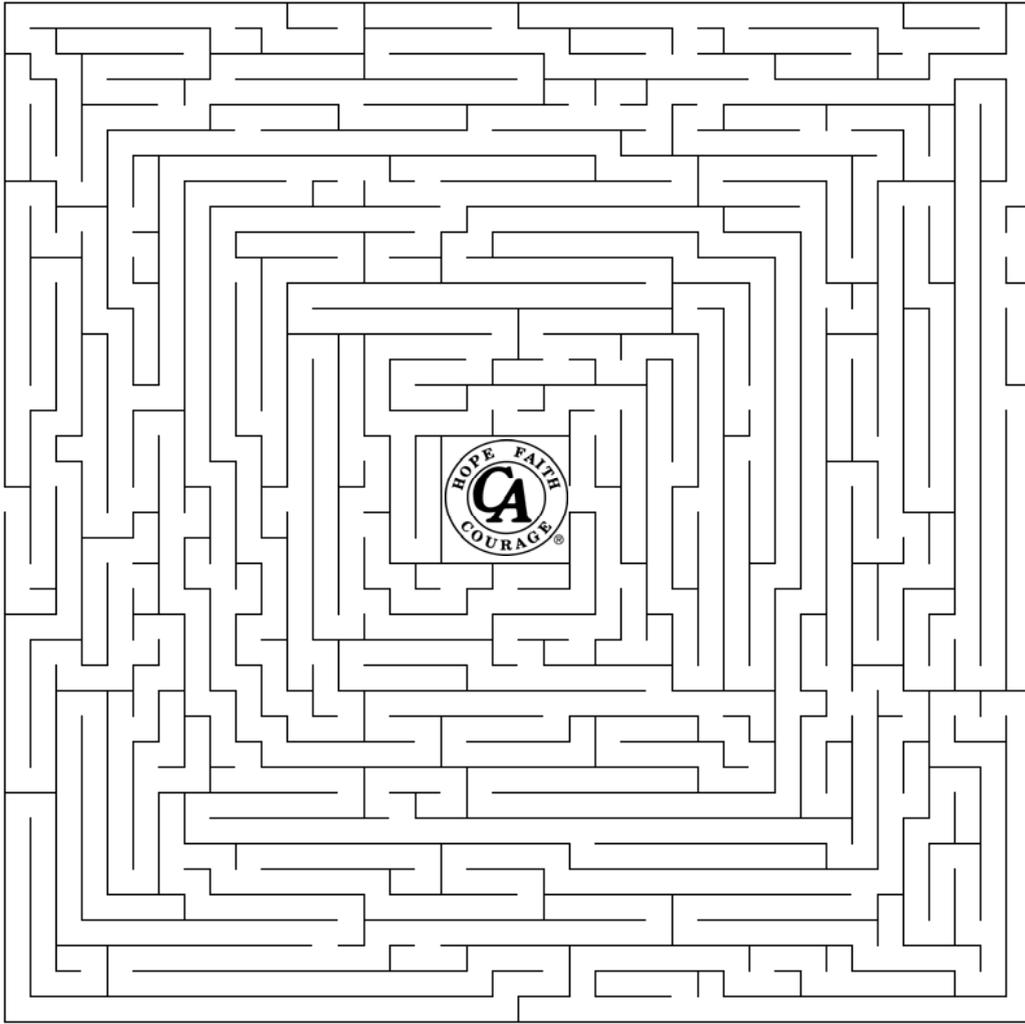
I urge everyone who reads this to ask themselves honestly if they think they may have a problem with drugs and/or alcohol, if so please come join as. All we want to do is help you just as someone helped us when we first got here.

Freedom is on offer here I am proof of that.

*God grant me the  
Serenity  
to accept the things I  
cannot change...  
Courage to  
change the things I  
can  
and Wisdom to  
know the difference*



# We're Here and We're Free™



## Poetry Corner

What is this life if, full of care, we have no time for praise and prayer?  
No time at dawn to kneel and pray for guidance through the coming day.  
No time, when duties crowd, to ask the needed strength for every task.  
No time at noon amid the throng to breathe a silent song.  
No time to sit beside the brook and reads a chapter from the Book.  
No time when evening comes to bring our "Thank you God, for everything".  
No time to look up in his face and ask for forgiveness and more grace.  
A poor life is this if dull and clod we have no time to walk with God.

## TODAY...

This morning I got up this morning washed and shaved and got dressed for work.

Now that would be a miracle just in itself... but it gets better.

I then spent twenty minutes reading some spiritual literature including pages 84 to 89 in the Big Book of Alcoholics Anonymous. This always sets me

up to consider my plans for the day. I then spent the next twenty minutes in prayer and meditation raising my consciousness to the realization that the love of God fills and surrounds me and that Gods will for me today is good.

I was then able to go to work with assurance that I was going to be as happy as I make up my mind to be. I'm now coming to

the end of my working day and guess what? Not once have I thought about using any mind-altering substance, I've not wanted to hurt any body and I'm looking forward to getting home and reviewing my day when I retire tonight.

Today I am a grateful recovered addict with the love and the power of God in his life.

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**For more information about the fellowship of Cocaine Anonymous please contact;**

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**If you have any comments or questions related to this publication,  
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**DO YOU THINK  
YOU HAVE A PROBLEM WITH  
  
COCAINE  
OR OTHER DRUGS?  
  
COCAINE ANONYMOUS  
CAN HELP  
  
“We’re Here And We’re Free”™**

### **Answers to Issue 3 puzzles**

We Agnostics Cryptogram – Page 2

We found that as soon as we were able to lay aside prejudice and express even a willingness to believe in a Power greater than ourselves, we commenced to get results, even though it was impossible for any of us to fully define or comprehend that Power, which is God. *Big Book of Alcoholics Anonymous – Page 46*

The Solution Word Search – Page 4

We had to have Gods help

## Literature Corner

Through applying the Twelve Steps and the Twelve Traditions, we grow in love, tolerance, and respect for each other. This spiritual growth allows us to rise above prejudice, regardless of religion, ethnicity, economic status, age, gender, or sexual orientation, to carry the C.A. message. Though we are different, we are the same. Regardless of the author, we share the same story.

Recovery is possible – together.

*Taken from Approved Literature: Unity  
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## AS A DIRECT RESULT OF LIVING THE STEPS

Everything that has happened to me in the ‘play’ of life has a very profound significance. If I was to alter my journey in any way, I might not have arrived at the same destination and that in itself would be a tragedy. For from my defeat rose a wonderful victory, a true state of inner peace and happiness. If I was to remain happy, I had to learn to love and appreciate, while always maintaining my independence, freedom and responsibility for my own life.

Today, I live according to my purpose, here and now to serve God and my fellows. My prayers continue to nourish my spirit, rousing a state of wholeness, love had awakened and with it a desire to share and give. I now appreciate all I have and all that I am; I’m everything I am meant to be!



## JUST A FINAL THOUGHT

I remember well the day I sat down with my sponsor to share my step five. Fear or what he would think of me seemed to burn through every vein and my chest felt tight and painful.

I knew I needed to take this step, I knew if I used again I would be done for; I knew my only hope was in the programme of recovery I had found in cocaine anonymous.

I took a deep breath and shared what I had written.

The more I talked, the better I felt. The more I continued to walk through the fear, the less I felt it, the freer I became.

This early lesson has kept me in good stead for a few years now. No matter how strong the fear feels to me at the time, experience has shown me that the power I found in CA has never let me down.

***THOUGHT: Can I walk through fear today?***