



HOPE, FAITH & COURAGE

WRITE LINES



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

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The Five Stages of Drunkenness

Stage One: SMART

This is when you suddenly become an expert on every subject in the known Universe. You know you know everything and want to pass on your knowledge to anyone who will listen. At this stage you are always RIGHT. And of course the person you are talking to is very WRONG. This makes for an interesting argument when both parties are SMART.

Stage Two: GOOD LOOKING

This is when you realize that you are the BEST LOOKING person in the entire bar and that people fancy you. You can up to a perfect stranger know they fancy you and really want to talk to you. Bear in mind that you are still SMART, so you can talk to this person about any subject under the sun.

Stage Three: RICH

This is when you suddenly become the richest person in the world. You can buy drinks for the entire bar because you have an armoured truck full of money parked behind the bar. You can also make bets at this stage, because of course; you are still SMART, so naturally you win all your bets. It doesn't matter how much you bet 'cause you are RICH. You will also buy drinks for everyone that you fancy, because you are now the BEST LOOKING person in the world.

Stage Four: BULLET PROOF

You are now ready to pick fights with anyone and everyone especially those with whom you have been betting or arguing. This is because nothing can hurt you. At this point you can also go up to the partners of the people who you fancy and challenge to a battle of wits or money. You have no fear of losing this battle because you are SMART, you are RICH and heck, you're BETTER LOOKING than they are anyway!

Stage Five: INVISIBLE

This is the Final Stage of Drunkenness. At this point you can do anything because NO ONE CAN SEE YOU. You dance on a table to impress the people who you fancy because the rest of the people in the room cannot see you. You are also invisible to the person who wants to fight you. You can walk through the street singing at the top of your lungs because no one can see or hear you and because you're still SMART you know all the words.

Learning to Meditate.

Eventually the day came, after years of using I was done. With nowhere else to go I came to Cocaine Anonymous beaten and ready to finally ask for help. I did the things the folks in the meetings talked about, got a sponsor and started working the steps.

For me the real problem came when I reached step eleven. I had worked out what meditation was and try as I might I just could not clear my mind. I also found it incredibly difficult to sit cross legged on the floor.

Thank God there were people who had gone before me and were willing to share their experience. It was suggested I think more along the lines of contemplation, not meditation. I learned to sit and contemplate Gods will for me. The more I've practiced, the easier it seems to have got.

Now I am able to contemplate Gods will for me and thanks to the people in cocaine anonymous I can also meditate on it once in a while.

I came to Cocaine Anonymous because years of using had hammered me to my knees and I wanted to die. I knew I could not carry on using and you guys told me I would not have to. I now know that not using is only a tiny part of the gifts this programme has given me.

A few days ago on the anniversary of my sixth drug free year, my baby son was taken in to hospital. He had lost 10% of his body weight and was really very ill. One of the nurses held his little

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.

I well remember getting to step eleven and saying to my sponsor "I can get the prayer thing, but no way can I meditate" I had this vision in my mind that it would be

Power That Leaks Out

arm as the other was trying to find a vein so they could get some fluids in to him. While this was going on he just looked at me with that 'help me Daddy' gaze, unable to move.

At that point I realized I was in the middle of yet another spiritual experience. I was able to look my son in the eye and say "don't worry, it will be ok". In slightly less than a week he was ok and is now home and well. My point is this; six years ago I could have done nothing else but run and hide. The

fear that dominated my life would not have let me do anything else.

The power I have found in Cocaine Anonymous has truly changed every area of my life. Today that power is with me everywhere I go, it has leaked in to all areas of my life.

I came here because I could not stand life any more; I stay here because I love life so much more.

Wondering About Step Eleven

absolutely imperative I learn to sit cross legged for hours on end humming and staring at blank spots on the wall.

He smiled at me when I said this and went on to say that maybe, just maybe the whole word of meditation had enough room for me to find something I was comfortable with. I liked the idea of that, I liked the idea of something comfortable.

As time has passed I have discovered that for me meditating is the simple practice of listening for Gods will for me. My meditation often becomes contemplation, walking, or simply relaxing in the bath. That's simple enough for me to handle.



Just Joking

A guy walks into a bar, sits down and says to the bartender, "Quick! Pour me twelve drinks."
So the bartender pours him twelve shots and the guy starts shooting them back really fast, one after another.
The bartender says to the guy, "Boy you're drinking those drinks really fast."
The guys says, "Well, you would be drinking really fast too if you had what I've got."
"The bartender says, "What've you got?"
The guy says, "£1.50."

*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 CAN HELP

**Cocaine Anonymous offer a unique
and valuable opportunity to
correspond with recovered addicts**



**If you would like to be put in touch with a
member of our fellowship please send
your contact details to:**

**CA SCD ICC
PO Box 6258
Bournemouth
BH1 9DR**



We in C.A. want to share what we have learned with other addicts.

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WORD SEARCHING

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

recovered
stepwork
meditation
bigbook
convention
newcomer
sponsorship
hope
faith
courage
meetings
sharing

The Man in The Glass

When you get what you want in your struggle for self
And the world makes you king for a day,
Just go to a mirror and look at yourself,
And see what that man has to say.

For it isn't your father or mother or wife,
Who judgment upon you must pass;
The fellow whose verdict counts most in your life
Is the one staring back from the glass.

He's the fellow to please, never mind all the rest.
For he's with you clear up to the end,
And you've passed the most dangerous, difficult test
If the man in the glass is your friend.

Some people may think you're a straight-shootin' chum
And think you're a wonderful guy,
But the man in the glass says you're only a bum
If you can't look him straight in the eye.

You may fool the whole world down the pathway of years.
And get pats on the back as you pass,
But your final reward will be the heartaches and tears

Just a thought

Integrity is doing the right thing when
no one else is watching.

What do I have to offer

When I first landed in the rooms of cocaine anonymous I would hear people sharing the most amazing things. Stories of crazy extremes and mind blowing spiritual experiences. I remember thinking; I can never match this stuff.

In time I realized that every one has a different story, a different spiritual experience, and a different way to carry the message of recovery in cocaine anonymous. More importantly I discovered that we have people from all walks of life in our fellowship and the diversity in our stories guarantees our message is there for everyone.

A New Set of Tools

I am an addict and I am writing this letter to share my experience with you as part of my Twelve Step programme which requires me to give freely to you what was given to me in what I now know as the fellowship of Cocaine Anonymous also to tell you a little about where I was, what happened and where I am today.

I had unhappily been using crack and alcohol for sometime long, long after the good times had gone, the girls the friends, money and regular contact with my family except when I needed the odd £20 or meal here and there as I did.

I always earned good money working as a self employed builder, but in the end I could not even hold a job down due to being unreliable, could not pay my bills except my dealer and became mentally & physically unwell due to smoking crack and drinking nearly every day despite trying to control it and it got worse.

Two treatment centres, one day programme & one psychiatric wing later I got diagnosed with TB and put on medication to be cured if I took the tablets every day and I couldn't even manage that then I went to a local C.A.

meeting and heard that if I had a problem stopping & staying stopped that there was a solution and I got some identification with others and realised how hopeless my situation had become, from that I got hope that if others could recover then maybe a (small maybe) I could too.

They said to get a sponsor and I did straight away. I was scared but dying on a crack pipe scared me more as I was obsessing about smoking crack 24 hours a day, telling me one more time before you quit for good or that nice girl I fancied was out & about tonight. My mind was doing overtime and playing tricks with me and I never noticed it nor could I be trusted that's where my sponsor helped me a lot by giving me some simple suggestions to help me during the day, and by calling him daily and checking in to say how I was and what I was doing.

Within a week I was working again and worried about being paid we started working the Twelve Steps, going to meetings, doing service such as greeting, calling other addicts and meeting my sponsor two times a week, within 30 days doing Step 4 and 5 within 60 days I started making my

direct amends and because I had not used for 2 whole months I had saved enough money to take me and my mother to Jamaica to see my Granma (my Mothers Mother) and make a direct amend for withholding some money from her.

At around 6 months I took on a H&I commitment as secretary in a detox centre and then another at 1 year which helped me to start giving back to C.A. and the community and services which all weathered my storms this has continued right up until today .

I now have 4 years of sobriety, the same sponsor who is now a dear friend, have a partner of 3 years who is 4 years sober also, have been part of my family throughout as a son, brother and uncle to two beautiful nieces have a host of friends and fellows and my life is full of new experiences. In September I'm going back to college and now I'm learning to drive which I owe all to Cocaine Anonymous and a Loving God, *as I came to understand him she or it*. Life still has its day to day challenges—the difference is I've been given a new set of tools for the job.

Thank you C.A.

Hi

Being a CA member fills me with gratitude when I take time to reflect on it (which I don't always take time to do). However, I'm pretty sure that I wouldn't be doing all the wonderful things I get to do nowadays if I had never connected with this fellowship.

I'm grateful because it has changed my life and what greater gift can you seriously ask for than that - a new pair of trainers? A new girlfriend? A bigger bag of gear? I don't think so! Yet I was conditioned to see and treat my life with total contempt, in truth I couldn't do it any other way as I became enslaved to a force far greater than my will power and that was the need to have a drug inside me and once inside me the desperation for more that was so often overwhelming.

So how does freedom from that sound for starters? I had tried various other methods, detoxes etc but the end result was that I always returned to drug addiction. I only discovered that the way to win this fight was to not fight at all but to surrender and seek support from members of Cocaine Anonymous who helped me to change. Through that initial desire to stop and to embrace a course of actions which set me free and gives life a whole new meaning and real joy and happiness by relying on a power greater than myself.

To me it don't really matter what you call this power I'm far more into the results business than words and explanations, and I can't argue with the results I have received so far. I can take joy from the simple things in life and be content in myself and in truth that's all I ever really wanted. May all addicts get the same opportunity to turn their lives around as I have.

Thank you CA

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.

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Lets not miss the obvious.



For so very long I seemed to miss the obvious when it came to the Twelve Steps of Cocaine Anonymous. I would spend hours upon hours trying to work out what was behind it all, how you guys could stay clean and sober, why you all looked so dam happy. It took me quite a while before I could see what has since become the obvious.

You see I had been trying to think my way through the twelve steps, to work it all out in my head, a head that was battered through years and years of drug and alcohol abuse. My chances were slim at best. Then the truth was revealed.

The twelve steps are not for thinking through, they are for working through. Once this became clear to me I was able to start putting in some action. With the guidance of a sponsor I have been able to continue doing this with happiness and sobriety. Seems so obvious to me now.

COCAINE ANONYMOUS HELPLINE

TEL: 0800 612 0225

www.cauk.org.uk

Cocaine Anonymous World Service Convention



is coming to the U.K.