



HOPE, FAITH & COURAGE

# WRITE LINES



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

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## What's your problem?

When I came into recovery this question was asked of me, what's your problem? In my arrogance I'd still be blaming others for my situation and often used the line myself to be aggressive and keep people away or start a fight, which I thought showed that I had courage and no fear. But my problem was explained by a few patient old timers, it was me, my thinking, attitude and the way I viewed the world.

My mind was so taken up with the thought of drugs and my opinion being right that I had no acceptance of anyone else's will but mine! As I could kind of see I needed to stop reacting to every situation by using drugs as my emotional counterweight. Controlling my feelings with drugs had stopped working and I felt insane because I'd become numb to reality and was killing myself with my habit. I knew I had to do something I hadn't done before, take responsibility for my life and try something new.

As I began to become open to another way of living (12 steps and abstinence) first I admitted my addiction and inability to live life, then went with the idea of needing to accept the help of others, a power more than me and my thinking got me to the stage of making an inventory (list) of my thinking and actions. This was shocking and scary but the greatest habit I now have is to be able to stop, think and way up my thinking around something. This has really helped me stay in recovery and recover. Sometimes I may not know what the problem is so I seek help from others.

Say my car wasn't running properly, I'm no mechanic and don't have the answer to technical problems. I may have an idea where the problem is, but not the solution to it. So help from others in the program that may see it different from me and can suggest a solution are as time has gone on been my way of doing things.

Taking personal inventory is my way of getting back to reality, maybe on the spot or at the end of the day pausing to see my part in pain I may have caused myself or others. This has shown me 9 out of 10 times I'm the problem! The odd occasion it isn't me I see the need for patience, tolerance & forgiveness as anger today is poison in my life and living with it is really uncomfortable, niggling and biting away at me affecting my ability to see the truth and live in a useful way.

My experience now 6 and a half years clean has been when I'm taking care of my resentments my ability to have joy happiness and excitement increase, I'm no longer living under a raincloud of my own making, I'm not wishing the day away becoming impatient and angry over nothing. Someone maybe looking at me so today I don't say in an aggressive way "what's your problem?" I look to myself and my defects, what is it in me that is affected why can I feel discomfort? My hope today is your hope and with taking care of your personal inventory you can live a life full of hope, faith and courage,

## Alive and kicking

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. Never the less 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.

How can anything you lot do in the rooms of C.A possibly help me and what can you offer to get and then help me stay clean?

This was a question I spent years asking myself. Again and again I would see the results in the people I knew in recovery, but some how I just couldn't make the connection enough to get me through the door.

Again and again I kept hearing things like, keep coming back and one day at a time but some how I couldn't .

So what about this bloody resentment thing you all keep on about? Why is it my sponsor keeps telling me if I don't deal with resentments I'm gona end up using again?

This is how it is with me. When you do something to piss me off, it tends to stick in my mind for quite some time. I don't seem able to just let go and forget about

## What can you offer me?

Then one day the penny dropped. I don't know how, I just know that I reached a point where I couldn't fight any more. It got so hard for me that I took the easier sorter option, I came to C.A. And stayed.

Once this happened things started to get a lot simpler, and they got simpler quick.

I got myself a sponsor (a experienced C.A. Member) who took me through the twelve step and showed me how he is able to stay clean based on his own experience

A short while latter I found myself sponsoring others.

My sponsor also told me about the importance of service and pointed me in a direction I could be useful. All along he did this he led by example.

Its been quite a few years since I last used and I can truly say my life is mostly a happy one.

I no longer need ask what either you or C.A. Can do for me, I ask what I can do for you and C.A.

## Resentments

what ever it was. Even if I do forget it seems to make no difference, I still pissed at you.

It was only after going through this time after time I was able to see the damage I was doing to myself every time I started to hang on to these resentments.

Once it became obvious I was doing myself more harm

then good I was a little more able to think about doing some thing to move on.

My sponsor told me the best thing to do was to pray for the people I had the resentments with. Trouble is I wasn't going to do that because I was resentful with them.

Then he said OK, just pray for the ability to cope with them. I did and it worked.



### Just a thought

There's no elevator, you have to take the Steps.

### Just Joking

Two snowmen are standing next to each other in a field.

One turns to the other and says "Can you smell carrots?"

*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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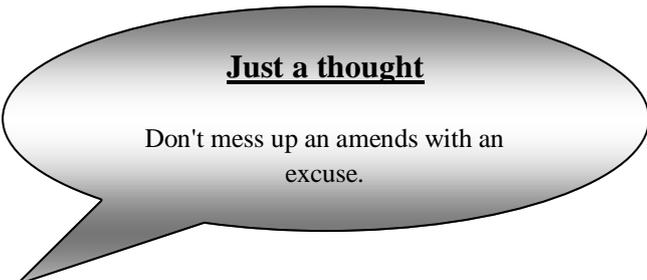
# **DON'T FORGET THE TECH**

**Taking advantage of technological advances, for example,  
C.A members with computers  
can participate in meetings online,  
sharing with fellow addicts across the country  
or around the world.**

**Fundamentally, though, the difference between  
an electronic meeting and the home group around the corner  
is only one of format.**

**In any meeting, anywhere, C.A's share experience,  
strength, and hope with each other,  
in order to sober and help other addicts.**

**Modem-to-modem or face-to-face,  
C.A's speak the language of the heart  
in all its power and simplicity.**



### Just a thought

Don't mess up an amends with an  
excuse.

### My Lover

Ever morning when I wake, I ache,  
I ache for my lover,  
The lover & destroyer of all the good  
Things in my life.

I no you will strip me again today of  
My dreams my hope & my faith,  
I hang on to the thought that today  
Will be a brighter day, but in my  
Heart I no you will let me down,  
Hurt me & have me doing things  
I wish I didn't.

I gave my life my love & my soul to you  
My dearest love heroin & crack cocaine

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## Write Lines Need Your Help.

Write lines is written by C.A members for C.A. Members  
and we need your input to keep it going.  
This is a great way to give something to C.A. No matter  
how long you have been clean.

We need you experience on recovery, the steps, jokes,  
poems, etc,etc.

Why not give it a try and put pen to paper, you never  
know who you might be helping and the difference you  
might make.

If you have any comments or questions related to this  
publication please email: [hi@cauk.org.uk](mailto:hi@cauk.org.uk)  
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### 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 ex-  
tremes 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.

# Boredom

I have gotten rid of most of my boredom. One of the hardest things that a new member of C.A. has to understand is how to stay clean and not be bored. Using was always the answer to all kinds of boring people or boring situations. But once you have taken up the interest of C.A., once you have given it your time and enthusiasm, boredom should not be a problem to you.

A new life opens up before you that can be always interesting. Being clean should give you so many new interests in life that you shouldn't have time to be bored. Have I gotten rid of the fear of being bored?

## A Cool Place To Be

After cocaine had beaten me into a state of reasonableness, I arrived into the rooms of cocaine anonymous emotionally and spiritually empty.

A smiling face met me at the door providing me with a glimmer of hope that happiness was inside.

With a sponsor to guide me through the steps and a connection to a higher power, I have found a happiness I never dreamed possible that I am able to transmit to the newcomer through my actions.

The gifts I have received in our fellowship go far and beyond anything I could have ever imagined, it's a real cool place to be.

### Just a thought

Trying to pray, is praying.

## The very thing I need the most

How often I have sat in a meeting thinking this is not right, or they shouldn't do this or that. The new members who seem so restless, the ones who never stay behind to help clear up, the smokers going in and out all the time, the list goes on and on.

I seemed to battle with this sort of thing for a long time, then one day a fellow in Cocaine Anonymous took the time to sit and talk to me.

He explained that a fundamental principal of our fellowship is every members right to be wrong, mine included.

He went on to say that the love and tolerance I show others could be the very thing I need the most. Some how this seems to make since, things stayed the same, but I changed and for that I remain grateful to this day.

## 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

## Just My Story

Cocaine Anonymous has given me many wonderful things in my life - freedom from drug addiction being the most amazing gift for starters and if I am to try and break it down I believe it has done this in 2 ways.

Firstly by giving me some productive and life affirming things to do and secondly by allowing me to explore a relationship with a Higher Power and letting me discover what works for me. I clearly needed some instruction on how to stay clean, sober and happy as my life was a mess. I was taking drugs on a daily basis and doing things to get them which I never would have imagined doing, I was lonely, depressed and certainly didn't think too highly of myself. So I met a member of Cocaine Anonymous who told me he had a way to stay clean and sober and we shared our stories.

He then gave me some things to do such as read The Big Book (our guide at Cocaine Anonymous) do some prayers, get to meetings and stay in touch with him.

I was blessed really as I had a strong support network around me, I stayed with my friend who was around six months clean and enthusiastic about the 12 steps program of action (which is a spiritual way of living which many thousands of people have found to be affective in counter-ing addiction). So I did positive things, its quite simple in that respect really, before I would lie cheat and steal, so I started to do good on top of the actions I was given by my sponsor.

Now my only real question is seems to be it working? and the answer that came back to me was that I was still clean and sober and the days had become weeks had become months.

Additionally I was excited about life, I really could see a new way of living opening up and this happiness I was experiencing seemed to be in direct proportion to how self-less I could be.

Formerly I had looked out for number one not really caring about other people (unless it fitted in with my plans and I was sorted), and do you know what, it had taken me to a place of utter failure, now strangely if I looked to help others in practical ways I felt useful and part of life again.

The other factor was that I was allowed to discover what A Higher Power meant for me and did not have anything rammed down my throat. I found it meant to find the peace within myself that wasn't concerned with what I got but just felt content to be alive, this I believe (from talking to others is available to all, and if it don't fit in with your ideas of a higher power then you are free to find out something that does).

This has been a wonderful journey and the great thing is it needn't end, there is a resource of happiness within me that I can tap into whenever I am aware enough to do so, it certainly beats having to get together large sums of money in the hope of feeling ok and waiting hours on a street corner for someone to turn up with a package of goodies that always seems to run out sooner rather than later!

I hope everyone gets the chances I do and can experience a happy life lived clean and sober.

### Just a thought

I can't, God can, I think I'll let him.

Steps one, two and three.

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**COCAINE ANONYMOUS HELPLINE**

**TEL: 0800 612 0225**

**[www.cauk.org.uk](http://www.cauk.org.uk)**

**Cocaine Anonymous World Service Convention**



**is coming to the U.K.**