



# WRITE LINES

## A Thirst for Recovery

Awake from this nightmare  
I just can't face  
Living this reality  
There is no break  
All you plastic people  
You are so fake  
Got to get real  
For God's sake  
No longer on the make  
'Aint life great  
Who would think  
To take another drink  
Or mind altering chemical  
To me that's incredible  
My thirst for recovery  
Is insatiable

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*'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. Any article published within 'Write Lines' is not necessarily endorsed by the 'Write Lines' committee, CAUK or C.A. as a whole.*

## 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 12 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. I could not pay my bills except to 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. I went to a local CA 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 & what I was doing.

Within a week I was working again and worried about being paid. We started working the 12 Steps, going meetings, doing service (as a greeter), calling other addicts and meeting my sponsor twice a week. Within 30 days I was

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 & 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 an H&I commitment as secretary in a detox centre, and then another treatment centre at 1 year which helped me to start giving back to CA 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 CA 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.

**COCAINE ANONYMOUS  
HELPLINE**

**TEL: 0300 111 2285**

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

# WE ARE NOT A GLUM LOT

## Searching in the Preamble

- |            |              |
|------------|--------------|
| BAFFLING   | NATURALLY    |
| CUNNING    | PROGRAM      |
| DEVELOPING | RARELY       |
| DISORDERS  | RECOVER      |
| EMOTIONAL  | REMEMBER     |
| FOLLOWED   | RIGOROUS     |
| HONEST     | SIMPLE       |
| HONESTY    | THOROUGHLY   |
| INCAPABLE  | UNFORTUNATES |
| MENTAL     |              |

A 15x15 grid of letters for a word search. The letters are arranged as follows:

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



Sobriety is like sex.  
If it doesn't feel good, you're not doing it right!

How many addicts does it take to change a light bulb?  
Just one. He holds the light bulb and the whole world revolves around him!

Can you write, draw or illustrate? Are you witty or wise?  
 Are you a comedian, a poet or a dreamer?  
**What is your gift?**  
 Whatever your gift is you can be part of this publication,  
 see page 6 for details...

## ADDICTION AND ME

Sad, tearful and all alone,  
 I'm your disease and you've always known.  
 I was there for you in the good times,  
 but mostly bad,  
 I have made you feel so happy  
 but in the end you was always sad.

I will turn you from everyone that tries to take you from me,  
 Together we will spend all eternity.  
 Don't let those people tell you what I'm all about,  
 You'll find a way to kick me out.

You have a master of an evil kind,  
 Who controls your body, soul and mind.  
 I will make you feel good cos I'm so bad,  
 I will make you give up all you've ever had  
 If you still doubt which way to go,  
 when you see just say NO.  
 A life that's wasted a breath that's gone,  
 you know you've been fighting this addiction so long.

So when you think I'm gone,  
 and you can finally be at ease,  
 Just remember,  
 I will always be your DISEASE.

God,  
 I have no idea where I am going. I do not see the road ahead of me. I cannot know for certain where it will end. Nor do I really know myself, and the fact that I think that I am following your will does not mean that I am actually doing so. But I believe that the desire to please you does in fact please you. And I hope I have that desire in all that I am doing. I hope that I will never do anything apart from that desire. And I know that if I do this you will lead me by the right road though I may know nothing about it. Therefore will I trust you always though I may seem to be lost and in the shadow of death. I will not fear, for you are ever with me, and you will never leave me to face my perils alone.

~ Thomas Merton



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

## It's on the Literature Table

Here is an excerpt from the Cocaine Anonymous pamphlet:

### **A Higher Power**

As a newcomer, you said, "What's this talk of God? I came here to stop using cocaine, not to join a new religion." Don't feel alone. Many of us were put off with the talk about God when we first came to meetings.

It is easy enough to confuse the word spirituality with religion. As it relates to God, Cocaine Anonymous is a spiritual program, not a religious one. In C.A., we believe each individual can choose a Higher Power of his or her own. In short, a God of his or her own understanding.

If you are like many of us, you came to C.A. without a conscious belief in a Higher Power. Or, perhaps you chose to avoid a Higher Power because you were taught about a punishing God. It doesn't matter. All that is necessary to start is that you are open-minded to the idea that some Power greater than yourself may be able to restore you to sanity.

If you are having trouble with the talk about God, remember:

- Be open-minded
- C.A. is a spiritual program, not a religious one
- All you have to do is be willing to believe
- Your Higher Power can be the group as a whole
- You start with belief, your experience will come
- Don't leave before the miracle happens!

Do you know the 'WE' version of the Serenity Prayer?

*God*

Grant us the Serenity to accept the things we cannot  
change, Courage to change the things we can and  
Wisdom to know the difference.

After all, our experience shows that we can't do this alone!

## Love & Service – You Can Help

The greatest thing about C.A. is that there is a place for every addict who wants help – whatever your substance of choice.

The Twelve Steps of Cocaine Anonymous simmer down to two main principles: *Love & Service*.

With this in mind, each and every one of us is capable of love and service.

Whether you are an hour, a day, a month or a year clean and sober. Whether you are in a meeting, a treatment centre or an institution. There is always a way to help another addict who is still suffering.

This publication, which is sent in to prisons, hospitals and treatment centers across the United Kingdom, is entirely written by members of Cocaine Anonymous – members just like YOU.

You have got a story we want to hear, you have got an experience to share with others.

What was your first CA meeting like? Have you been writing to another member through the Inmate Correspondence scheme? Have you heard a funny recovery joke? What was your experience of becoming open minded to a Higher Power? Can you remember how it felt when you realized that you never had to use again?

Whatever your experiences please share them with us - they may benefit others.

Whether it is a story, a poem, a joke or a drawing – we'd love to receive it and share it with others through this magazine.

If you would like to contribute an article please post to:

**CAUK H&I, PO Box 6258,  
Bournemouth, BH1 9DR.**

## 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 complete your details below and post the form to:

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

Name:	<input type="text"/>
Prison:	<input type="text"/>
Prison Number:	<input type="text"/>
Address:	<input type="text"/>



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

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**'Write Lines'** is published by members of Cocaine Anonymous as a means of practicing our Twelfth Step.

It is not our intention to endorse any individual member's opinion or offend anyone.