



WRITE LINES

CONTRIBUTIONS FROM KENT MEMBERS

“Being an Addict”

***Being an Addict is the worst
disease ever, in a constant battle, it’s certainly not
clever.***

***The depths that you go, so dark in the mind, a more
painful illness you will struggle to find.***

***The self hate, the torture you put yourself through,
believe me I’m and addict, what I am saying is true
The darkness, the thoughts, the obsessions are
torturous.***

***An addicts life’s hard, you couldn’t believe how
strenuous - Suicidal thoughts, the broken hearts.***

***A normal life and an “Addicts” are oceans apart, no
words explain, the way that you feel.
Some damage external, but it’s inside that you kill
your head a mess, you can’ttake no more.***

***The feeling’s so real, the pain so raw
can’t you stop for your children, I hear people say.
Believe if you could, in money I would pay***

***Sadly no concequence, is enough to stop
Heartbeat is pounding, so fast it could pop,
adrenaline pumping, again suicidal
Like a stray boat in the ocean, like fighting a tidal.***

***An addicts life, has killed me inside, could fill up the sea,
with the tears I have cried.***

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**Cocaine Anonymous
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or

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From OUTSIDE the UK
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(calls charged via overseas
operator)

Helpline open 10am-10pm
Every Day

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In the spirit of Tradition Six, C.A. is not allied with any sect, denomination, politics, organisation or institution.

H & I And Me!

I am able to write this story because if it wasn't for C.A. (the CA soldiers of the H& I committee), that came and reached out to me I would probably be dead! But, today I am free and that's what they told me; they said there's a way out (the 12 Step Programme) and more importantly they would show me the way (fellowship). And even more importantly, if I continued these things and helped others I would remain free daily for the rest of my life.

I had chased the idea and illusion that drink and drugs weren't a problem in my life - I was living in denial and I pursued this with reservations for many years to the brink of insanity and near death. I had started drinking underage at the age of 15 and looked up to the 'hard men' and criminal fraternity in my local pub and they seemed to like me and said "you're an acorn, one day you will be an oak tree!". I left school and proceeded to work for my family firm and began a double life, hanging around the pubs and clubs and mixing with these exciting characters. I worked hard and played hard and my life seemed to move along nicely and drinking and puffing weren't really a problem. Although consequences came along quite quickly, I could never differentiate the true from the false and whenever there was a problem, drink and drugs were always there alongside.

By age 21 I had my first drink drive conviction as well as a string of other convictions that followed over the years.

The rounds of police cells and magistrates courts always ended up with me getting bailed/fined, for drink and drug related behaviours, always just avoiding custody. By age 25 with many failed relationships later, one Friday on my day off, having been out all day, I fell through the door of my local and my friend took me to the toilet and said "this will straighten you up", and I just said "OK"! Out came a bag of white powder. I took the line and walked out the toilet (and in my head) I was taller, better looking and funny as f**k, and all my friends had turned into CID! And thus began a 20 year class A drug life! My life had started fun, then fun with consequences and then just consequences!

Stuff came into my life, women, money and stuff went out, but whenever I used I could not stop and if I stopped I couldn't stay stopped. Today, I understand why that is; the programme contained in the Big Book explains my condition but I had to qualify myself first.

By 2004, I was 40 years of age and in my first Rehab, so coming out of denial, after 30 days I left but without knowledge of my true condition - I had just been separated from drink and drugs for 30 days! On leaving, I went to another fellowship, where the 'differences' and my 'illness' separated me and took me back out to using. I experienced the progressive nature of this illness and went from having a family business, to none and from sniffing cocaine in pubs and clubs to running around crack houses with guns!

Two years later, now with several mental health diagnosis, drug induced psychosis, I was separated from drink and drugs for the second time in 30 years, when I entered a Rehab for the second time. God, has a plan for all of our lives and custody wasn't part of mine, everytime I was ready to leave, God would place an H&I soldier across my path. Two rehabs and a section later, by the time I got to my 'jumping off point', I then got a sponsor, worked the steps got commitments and put my faith in God. And at 90 days, I was in Brixton Prison, doing a chair with a tag on and I was able to walk out free after 90 minutes, unlike so many others, not afforded my chance. I was told people in H&I pick up black key rings (multiple years) and thus started my journey in H&I.

I rotated through the commitments and continually do so, within the committee, learning my trade so to speak. I do this because, if we continue to carry a message of 'depth and weight' to you guys behind the door, that you can recover and we do have a way out. You may be the ones that end up sitting talking to one of my family members (in this illness) someday, so never give up.

Join us we're here and we're free living a life full of Hope, Faith and Courage.

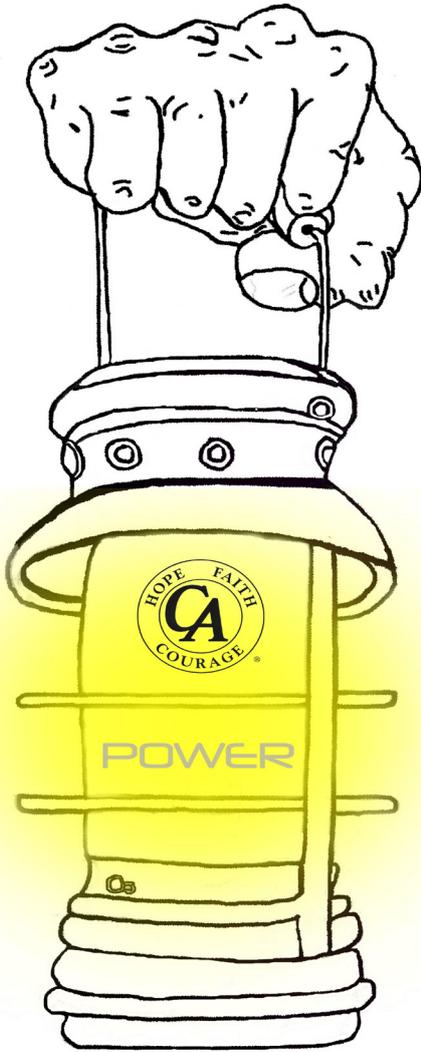
God Bless you all

Terry W

UK AREA H&I CHAIR



Carrying The Message..



As I started my recovery journey, I was told very quickly on, in order to keep my sobriety, I have to do service and carry the message to other addicts/alcoholics and get a close concious contact with a higher power, a God of my own understanding! What was a higher power? Who was this God and if there was one what hadnt it helped me before now? And pray, what was that and how could speaking to the sky help me stay sober?? So many questions, which were answered once I had completed the work with a sponsor! These 12 steps which have become a vital part of my recovery are now an integral part of my daily routine, saved my life and today I can safely say after five continious years of sobriety and carrying the message, I am a very grateful member of CA and I'm here to stay.

I was a bingeing addict, who used every two weeks, so I set to working the steps within two weeks of coming in via another 12 step fellowship, from the back end of another failed relationship! But this time, I was lucky to have a boyfriend at the time, whose friend was in CA and 9 years recovered! I was scared and desperate for recovery and was willing to do as suggested, started sponsoring immediately and as I take my recovery very seriously; I quickly volunteered for as many different service posions as I could including going into Hospitals and Institutions.

To be able to carry the mesaage of recovery to both men and women, knowing it doesn't matter if you are not the same sex as me - knowing you will relate to the madness of my addiction. Especially IF you drank and used drugs the same way as me, drinking and using against your own will, obsessing about the next line/drink and how to get them, without any money and waking up in dangerous situations, not knowing where my children were and frantically running to their bedrooms and finding them fast asleep and perfectly well, then looking at myself in the mirror thinking it had all been a dream LAST night!!

But, in all reality and unbeknownst; to me I had been in a 'blackout'! Blackout is a term we often get confused with, a blackout means I can have a perfectly normal coversation, cook meals, drive a car, goto work or even have sex with you and seem perfectly 'normal'! BUT to an addic/alcoholic of the hopeless variety, I will not know any different and think my behaviours are perfectly normal until these blackouts become my daily reoccurance and it feels like groundhog day, over and over! I suffered alcoholic poisoning, suicidal thoughts and tendancies, concussion, broken bones and unidentified 'party' bruises, having to deal with social services and an abusive ex partner, I couldn't cope with daily life without a drink or drug inside me. Being a single mother, I was unable to use as much as my addition wanted me to, so; I would change the way i feel with perscriptive drugs, food and sex - just to blott out my sad existance I called LIFE!

Recovery has not been all plain sailing, I've suffered an emotional breakdown, loss of the full time care of my children, five house moves and a house flood, but Ive managed it all sober and even checked into one of the very institutions I carried my message in! Yet today, I have helped produce this publication creatively because, its part of my 12th step, I love being of service, I live in the 12 step solution AND have been lucky enough to complete a childhood dream to return to full time college and gain an excellent qualification. All this I could only have dreamed of BEFORE obtaining recovery.

The image above is my artistic interpretation of CA and what it means to me - it brings me into the Light, gives me Power that I carry around with me EVERYWHERE & I get Strength & lend my Hope, Faith & Courage to others!



Poetry in Motion

A Beautiful Book

Feel incomplete, a hole in the soul
searching for something, to make me feel whole
Looking for something, to make me complete
When all the answers were laid at my feet,
the answers are there in a beautiful book
Admit defeat, open it up, have a look
In it says action, and an inner concede
to turn into a flower, you must start as a seed
All the answers are laid out simply
Reading it gives goosebumps and my arms go pimply.
So take the action, to turn things around.
Remember to stay grateful, keeping your feet on the ground.
Nothing changes, if nothing changes.
Trying to get this, been trying for ages.
Now I have surrendered, my life is great
Having a Higher Power, you have a true mate
I confess my sins, and all my dark thoughts.
Listen for the answers, be willing to be taught
So take the action to get yourself well
The book is the answer, I'm not here to sell.

What is a Higher Power?

It's 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 understanding.

If you are like many of us, you came to C.A. without a conscious belief in a Higher Power.

Or, perhaps

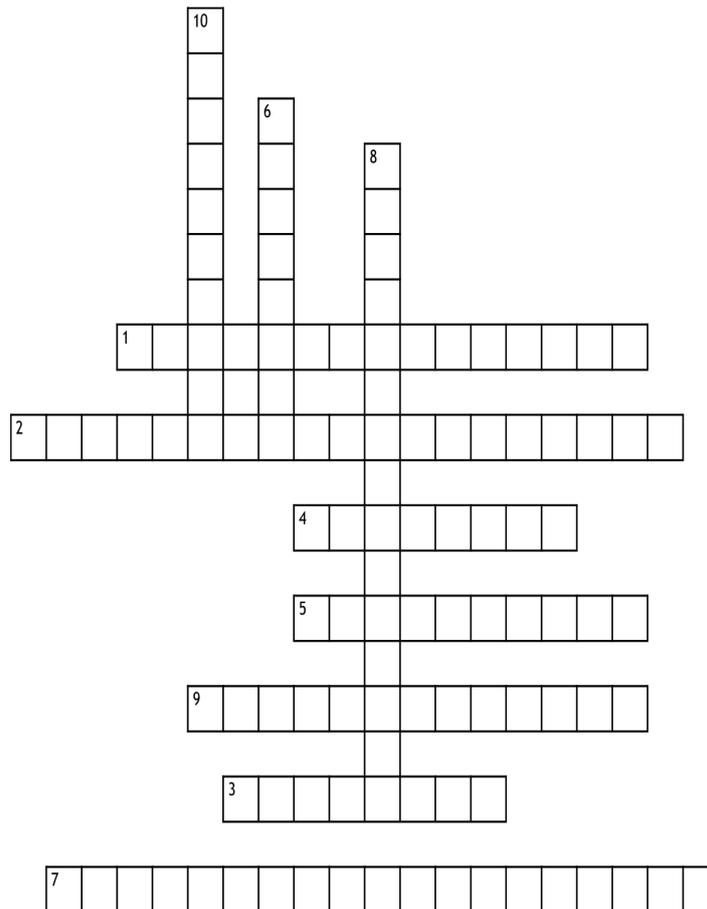
you chose to avoid a Higher Power because you were taught about a punishing God. It doesn't matter. All that is necessary to start is that you are open-minded to the idea that some Power greater than yourself may be able to restore you to sanity.

Adapted from CA approved literature - A Higher Power.



Something to get you thinking!

Doctors Opinion



Across

- 1 In full flight from reality?
- 2 Allergy, unable to stop, abnormal reaction?
- 3 Others take with?
- 4 Repeating the same thing over and over, is the definition of?
- 5 The only relief is complete?
- 7 It doesn't take will power it takes a "moral psychology" known as a ?
- 9 This is required for a full recovery?

Down

- 6 Drink and drugs were my?
- 8 Can't stop thinking about it, its always on my mind, how can i get another?
- 10 A three fold illness diagnoses me as havingthis disease of?

Answers will be printed in the next edition



Why do we Pray?



GOD, grant me
Serenity to ACCEPT the things
I cannot change,
Courage to CHANGE
the things I can, and
Wisdom to know the difference.

"GOD, grant me the SERENITY to ACCEPT the things I cannot change, COURAGE to CHANGE the things I can and the WISDOM to know the difference."

This prayer is the closing prayer used by CA as a whole and has got many addict out the depths of hell or saved them from that next fix /drink and has helped us all to gain faith in our 'Higer Power's' ability to save us all and also gives us 'the sense of ease and comfort' we all crave and used to get from our old solutions of drink and drugs, to try and fix our problems in addtion. We used to walk around restless, irritable and discontented. But now by having a prayer life (mainly twice a day - morning and night p86 Big Book of AA.) these feelings quickly dissipate.

This is the most simple prayer we can start off using daily, sometime every minute, every hour and all throughout the day and night in the early days. As our sobriety grows, we continue to attend meetings, we share and gain the trust of a sponsor and closed mouthed felllows and we work the steps and suddenly we feel different. We can also see where our higher power has 'shown' up in our lives, we might think many things were just a 'coincidence' - but as time passes, the more we grow through daily prayers, we see it was not a coincidence but what we came to beleive a 'GOD-incidence'!

Before recovery, many are scepticale about how praying either on our knees or out loud could stop us using? But by following daily suggestions and checking in with a sponsor and others that have travelled this path before us, WE gain a strong GOD - Conciousness and can fully trust in our higer power!

Praying is difficult at first - BUT persevere and almost instantly you will see your life turn around and be able "to handle situations that once used to baffle us"!

Let "GOD do for you what you cannot"! We choose the word GOD because it fits and is not related to the Religious GOD as you may be thinking! If the word GOD puts you off for whatever reason, call it what you will but; as long as you pray it doesn't matter what others may think - it's what you think works for you that matters!

This is a spiritual program not a religious one and we use the Big Book Of Alcoholics Anonymous because the 12 steps of AA is what our 12 Step programe is based upon, it works!

"I earnestly advise every alcoholic to read this book through, and though perhaps he came to scoff, he may remain to pray" - William D, Silkworth, M.D.



Tea-break teaser

RECOVERY

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

ACTION
CLOSE CONNECTION
EXPERIENCE
FRIENDSHIPS
GRATITUDE
HOPE
MEETINGS
POWER
SERVICE
SPIRITUALEXPERIENCE
TRADITIONS
TWELVESTEPS

ADDICTIONS
COCAINEANONYMOUS
FAITH
FUN
HIGHERPOWER
INVENTORY
NEWLIFE
PRAYER
SHARING
SPONSORSHIP
TREATMENTCENTRES
UNITY

AMENDS
COURAGE
FELLOWSHIP
GOD
HONESTY
LOVE
OPEN
RECOVERY
SOBRIETY
STRENGTH
TRUTH
WILLINGNESS

Answers will be printed in the next edition.

