



WRITE LINES

Special Edition -

A fond farwell from our outgoing H&I CAUK Chair - Terry W

As I rotate out of service, I would like to thank all those individuals who have taken the time to write their personal stories or sent prayers or contributed any material, so that Write Lines can be produced. I would like to thank Jo N, who has singlehandedly produced this over the last two years.

One of my highlights, was being asked to share at a Kent Prison forum and to have the pleasure of hearing a serving prisoners poem, that you will find included in this edition.

I hope that the recovery stories will encourage you, the reader to join us!

We are here and we are free
God Bless you all.

'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.

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A fond farwell to current
H&I UK Chair Terry W

"WAYNES WORLD"

PRAYER CORNER
- Your specific prayers
used by you

Answers to previous
crossword & wordsearch

POETRY IN MOTION or
PERSONAL STORIES
or **SONG LYRICS**

**SOMETHING TO GET YOU
THINKING!**

TEA BREAK TEASER

**Cocaine Anonymous
Helpline:**

0800 612 0225
(FREE from UK landlines)

From **OUTSIDE** the UK
+44 800 612 0225
(calls charged via overseas
operator)

**Helpline open 10am-
10pm Every Day**

Email:
helpline@cauk.org.uk

WAYNES WORLD

**Through many years of quitting
Restored here I am sitting
Taking time
Walking the line
I feel fine
One day at a time
Some days are long
Some days I get it wrong
But God forgives
Since I was a little kid
I tried to live
Very selfish
Was my outlook
Then in amazement
Foundations shook
Took a look in the big book
God has healed
Now I feel comfortable
And above all content
This I believe
Is heaven sent
Now life as I live it
This is what God meant**





PRAYER CORNER



St Francis Prayer - Step 11 Meditation Prayer Choice

“Sought by Prayer and Meditation, to improve our conscious contact with God as we understood Him, praying only for knowledge and power of His will for us and the power to carry that out”

Lord make me a channel of thy peace,

Where there is hatred, may I bring love
Where there is wrong, may I bring the spirit of forgiveness,
That where there is discord, may I bring harmony,
That where there is error, may I bring truth,
That where there is doubt, may I bring faith,
That where there is despair, may I bring hope,
That where there are shadows, may I bring light,
That where there is sadness, may I bring joy,

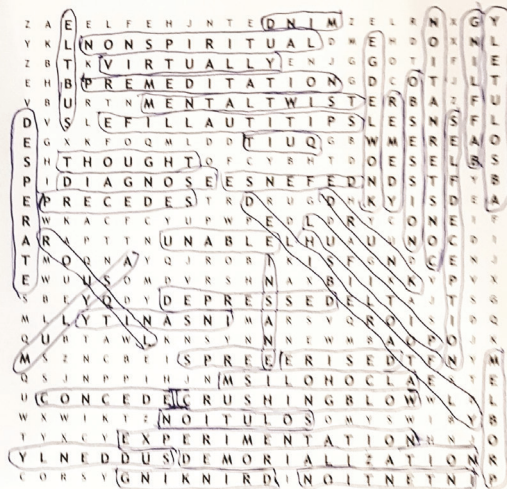
Lord grant that I may seek to comfort than be comforted,
To understand, than to be understood,
To love, than to be loved,
For it is by self-forgetting, that one finds,
It is by forgiving, that one is forgiven,
It is by dying, that one awakens to eternal life.

Amen



ANSWERS FROM ISSUE 30:

More About Alcoholism



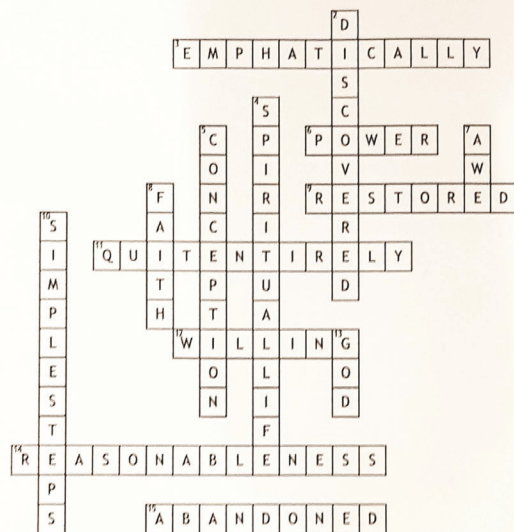
solution	defense	virtually	concede	crushing	blow
precedes	subtle	depressed	problem		
remedy	insane	unable	absolutely		
premeditation	drunk	deliberately	foolish		
knowledge	mind	thought	suddenly		
intention	spiritual	life	consternation	asylum	
desperate	baffling	nonspiritual	quit		
mentaltwist	liquor	desire	drinking		
spree	selfdeception	diagnose	alcoholism		
experimentation	demoralization	pitiful	insanity		
obsession					

CROSSWORD

WORDSEARCH

We Agnostics

S P I R I T U A L E X P E R I E N C E



Across

1. which only a ----- can conquer
3. without doubt or in a forceful way
6. lack of was our dilemma
9. bring back or re-establish
11. cannot stop
12. prepared to do something
14. finally beat into a state of
15. left behind

Down

2. found unexpectedly
4. we must find it or else
5. our own
7. a feeling of wonder
8. belief without evidence
10. provided we took other
13. we are going to talk about



POETRY IN MOTION

**Be Safe - James
- HMP Rochester**

**We seem to be treading water in a sea of doom and gloom
We are all fighting addiction in this little room
Emotions bounce back from heated conversation
Then every now and then we feel some elation
Everyone has their own tale to tell
It usually involves some form of living hell
Statistics say some of us will OD and not many will make it to be old
and wrinkly
So we sit here and cover a lot of in depth stuff and everyone says I've
had enough
Drink and drugs the lifestyle we choose
I wonder how will I die, the drugs, fate, the booze?
Or will I make the decision to be the best I can and
Not to seek oblivion in a needle, smoke a spill or spark a can
It doesn't matter what is your drug of choice
If you continue using it may take away your voice
Drugs aren't racist, they dont care for creed or class
But you can covet them so much you hide them up your arse
This is when you realise it's getting to the point
That all your drug use started from one joint
We talk about gateways and paths to here and there
So I plead to all my peers just be safe and take care
In an ideal world we will all be here next year
And none of our mothers will have to shed a tear
But this is a serious message and the truth must be told
Not all of us will make it to be happy, grey and old
Be safe class of 2018 - Graduate**



SOMETHING TO GET YOU THINKING!

How It Works

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

awakening	spiritual	prayer	direct
entirely	remove	humbly	character
defect	admitted	inventory	moral
searching	him	understood	sanity
restore	turn	decision	greater
believe	unmanageable	admitted	recovery
program	steps	abandon	protection
availed	half	measures	God
alcohol	powerful	baffling	cunning
thorough	fearless	balked	honesty
rigorous	grasping	incapable	constitutionally
cannot	fail	path	followed
rarely			

Answers will be printed in the next edition



MARTIN'S STORY

I grew up the youngest of three siblings in a house that I suppose society would deem dysfunctional. A home full of lies, secrets and aggression. With a heavy drinking Dad and an adulterous mum, it's unsurprising that the family home was full of secrets and, looking back in hindsight, I felt quite isolated. I don't know if these circumstances made me an addict or if I was born with addiction in my veins and, to be honest, the answer to this riddle does not concern me. What 'DOES' concern me is the 'FACT' that 'I KNOW WHAT I AM'... 'I AM AN "ADDICT"'. Doing 90 meetings in 90 days showed I'm an addict (not that I needed convincing) and that there IS A SOLUTION.

Knowledge is power & in the same way that I'd seek medicine if I had a serious illness and now knowing that I am an ADDICT I sought recovery (medicine) for my addiction. Make NO MISTAKE, addiction is an illness (disease). I had a constant dis-ease, a feeling of boredom and restlessness that, without a solution, I would eventually treat with drink and drugs.

I didn't have drink and drug problem, I had drink & drug solution to shut my head up but the drink & drugs stopped working. Using had brought me to a place where I could no longer imagine life either with, or without, drink & drugs.

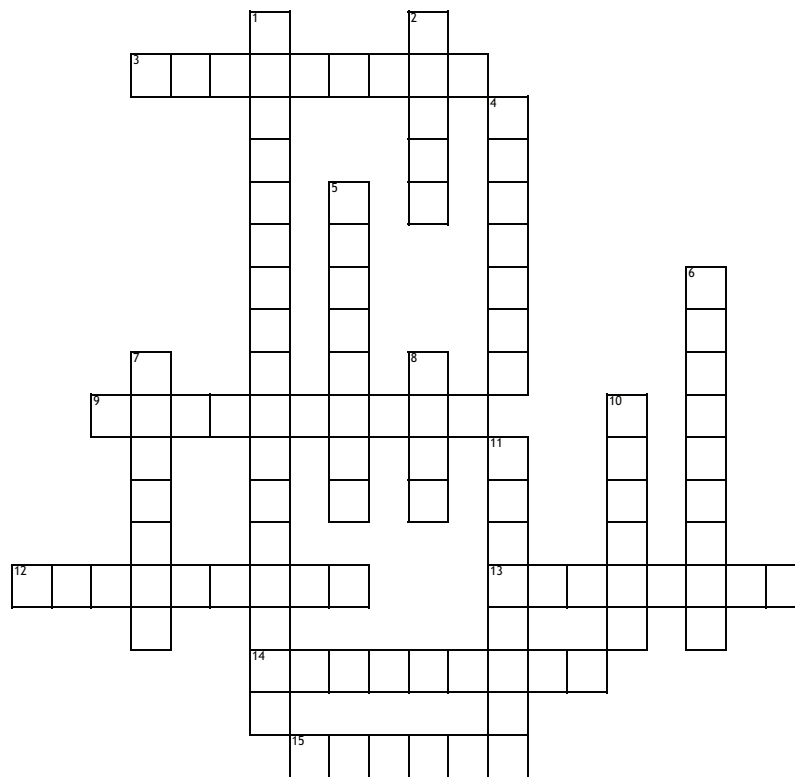
Having isolated myself from friends, family and loved ones- I was at the jumping off place wishing for the end. Mentally tortured, by the age of 26 suicide had become a very sad but very viable option.

If you are reading this and can identify with the feelings I mention then you may very well be an addict also. Let's pause for a second... Take a deep breathe, hold it...exhale and honestly ask yourself... AM I AN ADDICT?. Think over your life and think about the pros and cons of having drink and drugs in your life and if, like me, it's stripped you of enough already then I'd like to welcome to the Cocaine Anonymous- it saved my life and it can yours too....



TEA-BREAK TEASER

Into Action



Across

- 3. written
- 9. we will be more
- 12. this brings us to our
- 13. chance for
- 14. branded fanatics/bores
- 15. the alcoholic leads

Down

- 1. having made a
- 2. we must pocket
- 4. a new relationship with our
- 5. turned to easier methods
- 6. things in our way
- 7. -----s of character
- 8. he is under constant
- 10. requires
- 11. if we skip this vital step

Word Bank

- | | | | |
|-----------|------------|--------------------|------------|
| action | overcome | pride | religious |
| inventory | creator | obstacles | recovery |
| fear | reconciled | personal inventory | fifth step |
| double | humbling | defects | |

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