

Written by C.A. members for addicts in Hospitals and Institutions
Issue 33, September 2020



WRITE LINES

'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.

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

'Write Lines' is published by the Cocaine Anonymous Hospitals and Institutions committee. All the contributions in this magazine are written by men and women who were once stuck in a terrifying and seemingly never-ending state of addiction and alcoholism and all the crazy social, personal and financial problems that go with it. Yet they came to a C.A. meeting and found people there who had once been like themselves but had found a way out from their problem and could now help them to do the same. We hope these stories will inspire and help you believe that recovery is very possible and real for you also. Please come along to one of our C.A. meetings that are held in the detox or institution where you are, we will gladly answer any questions you may have and pass on to you how we got well using a 12 step program of recovery.

This Life by David V

This is my life my life has been rough, hard times have been had, and I guess there's more to come. This life is tough, feeling like it's never enough, whether that be drugs, money or sex, it was never enough. When I was young it was just fun, then things got dark and took me to hell, life is no joke, the punchline is not always good, things can be s***, this I never understood. Messing around taking this and that, if only I knew I would never have took the path that was ahead. Emotions were dead, no feelings at all, did not give a f*** about life, nothing at all, life is for living my life was dead, the only thing that mattered was who when and how, that's how things were, things have changed now. This life is tough, feeling like it was never enough, whether that be drugs money or sex, it was never enough. Thank god things have changed I feel like I've lived, for the first life emotions are real, these

tears are from the pain that I feel. I started a journey a journey from hell, you helped me along picked me up when I fell. I live my life the best I can and that's thanks to you, your smile was real you were always around, but now you're gone we miss you so much, this pain inside it just too f***ing much. You touched so many lives, always willing to help, because of this I'm not walking alone, I have many friends to hold my hand through the storm, a storm can be rough just like the life I have known. This life is tough, feeling like it's never enough, but now things have changed, even though you're gone, you're still teaching us now, that life is enough and always be grateful for what you have now. This is for you, I'm missing you now, I have to live without you around, just for today I'm doing ok, I'll keep walking this path one day at a time, if it was not for you things may still have been dark, so I thank you today from the bottom of my heart.

“My name is Peter...I'm an addict”

April 2020. I don't think anything in my early childhood made me an addict. I was always destructive and disruptive. I felt disconnected from others and was a loner. I was bullied at school and later became a bully. My parents got divorced when I was 12. I had a resentment against my father. He'd been unfaithful. I got a final warning for criminal damage when I was 15. Drugs and alcohol took over my life from the age of 18. Cannabis, booze and later, cocaine, became all I thought about. I went to uni, but drank and used, rather than study. I somehow graduated. I travelled to Australia for a year aged 22. I thought I'd kick the drugs finally. I became an alcoholic instead. Someone mentioned I might need help! I stayed off class A drugs for years, but continued puffing and

drinking. Then I picked up cocaine again aged 27. It took hold quickly. I went to my first Cocaine Anonymous meeting aged 28. I wasn't desperate enough. I relapsed for 2 and a half years, intermittently. It got so painful and on January 25th 2017, I finally surrendered and stopped. Yesterday, I hit 3.25 years clean and sober. I never thought that was possible. Thanks to the 12 step program and a great support network, it truly is. I get out what I put in. Even in these unprecedented times, I've managed to stay both sober and peaceful. This is a miracle. I love my freedom today and am forever grateful. I continue to be of service and help the still suffering addict to show my gratitude and continue growing. It works if you work it, so work it, you're worth it! All the best. Peter, Bromley, Kent

Susan G

Laying here looking in on my entire life, decades of dramas and endless lies, no control of the never ending catastrophes that became my being, with opened eyes now I was blind not seeing. No belief in the world I existed in. Hope and faith never came to me. Kindness I tried, Love I tried too. No love for myself felt deserved if not for me then who? Was used and abused from an early age, silently screaming, Invisible rage. Opposite sex drawn to me take what you want it's free. Feeling safe with no fear seem to pass me by, until substances used took away the fear, a better feeling always high. Amongst the madness I bore two sons. Keeping them safe my hardest job I tried you see I'm an addict of all things that change the way I feel. It didn't hurt anyone just me, it's no big deal. Substances that could play with my mind, they would really make me feel one of a kind. But I was no different to many more empty souls that were lost in their self not caring

for anybody or their own health. The last 6 years the darkest, isolated, shut the world out. Family turned away they didn't understand, they offer help I wouldn't take their hand. Years of self-sabotage, comas, wanting to die. Sectioned where I thought my brain would fry. Friends and family myself included have watched all this for many years. I was done didn't want to be here. Now I've replaced it all and shed many tears. My Name is Susan, that was 2 years ago. I was 7st walking on sticks to keep my spine straight to hold me up. I went to rehab I was broken. I thought it would be my life forever until I die. I've worked very hard, yes it wasn't easy but God had been patient with me for decades. It's now my time to be patient with him. Spiritually I'm the most healthiest I've ever been. I got a sponsor, went to meetings and did all that I was suggested to do. I write my gratitude lists every morning and send them to many other fellows. I do service, I've been a tea maker, a greeter, a secretary, a GSR, and it gives me a purpose. I'm now living the life I was meant to live.in the first place. With God's will.

Keep the Faith by Earl M

Around 100 Arrests 60 convictions and 6 times in Prison, all through Addiction, please Listen. I was an Addict almost 25 years, just started off drinking beers, quickly went to smoking weed, then taking Coke. Life went from being good, to going up in Smoke. I wrecked so many chances and became misunderstood; Because my Actions got bad, I was no longer good. There is a way out, that's what this poem is about. But you're going to have to change one thing, (Everything). No stone can be left in unturned, if you want to succeed, and don't wanna get burned. I turned to Recovery and God my

Higher Power; Now I can stand tall like a Tower. With my head held high. No more watching time pass by and just existing, I'm actually Living no longer taking, I've started Giving. Or even attending a meeting. Got food in the cupboards and central heating. I'm even paying my bills Doing Courses and Learning new Skills. You may have to move houses, areas or change your friends, Out with Resentments and start making Amends, Even become open minded to the 12 Steps & 12 Traditions. Getting people in Recovery or Sobriety is our Mission. So, I have a year Sobriety I'm now a normal member of Society, So, if you're new around give Recovery a go, Before Addiction serves another Blow, Jails, Institution or Death could be on the Agenda. I wrote this as I want to befriend ya, there's a great Recovery Fellowship, the choice is yours it's up to you. They will Welcome you into the Recovery Community, that's what we stand for "UNITY". *1year plus clean. If I can do it, and many others, you can do it too.(good luck)*

Definitions of some words in the 'Big Book' of Alcoholics Anonymous, the basic text that C.A. also uses:

Allergy. a medical condition that causes you to react badly or feel ill when you eat or touch a particular substance. 'The Doctor's Opinion' page xxviii

Maelstrom. a situation full of strong emotions or confusing events, that is hard to control and makes you feel frightened. A very strong current of water that moves in circles. A whirlpool. 'Bill's Story' page 2

Agnostic. a person who believes that it is not possible to know whether God exists or not. 'We Agnostics' page 44

While the name “Cocaine Anonymous” may sound drug-specific, we wish to assure you that our program is not. Many of our members did a lot of cocaine; others used only a little, and some never even tried coke. Whether we focused on a specific mind-altering substance or used whatever we could get our hands on, we had one thing in common: eventually we all reached a point where we could not stop. Over time, virtually every single one of us has realised that our real problem is not cocaine or any specific drug; it is the disease of addiction. *(Preamble of C.A.)*

If you are looking for a C.A. meeting, and for more information and literature about Cocaine Anonymous, please go to the website:

www.cocaineanonymous.org.uk

COCAINE ANONYMOUS HELPLINE

Call **0800 612 0225** and speak to a member of Cocaine Anonymous who will put you in contact with a C.A. member in your area.

10:00 to 22:00, 7 days a week. You can leave a message 24/7, and we'll call you back as soon as we can.

Email: helpline@cauk.org.uk.

According to C.A.'s Third Tradition, **the only requirement for membership is a desire to stop using cocaine and all other mind-altering substances.** It doesn't matter to us if you drank or what type of drugs you used; if you have a desire to stop, you are welcome in Cocaine Anonymous!



Even through the tough times by Wayne S

Even through the storm You give me shelter
You keep me warm when there's chaos
In the middle
With your love
It can't do me any harm
When my psyche Is screaming out
Help me
When all my friends' phones
Are left at home
And I can't get through
In my mind I roam
When the pain is too much
From reality I have lost touch
Instead of drugs
You are my crutch
And for that
I thank you very much