

A free magazine written by members of the 12-step recovery fellowship Cocaine Anonymous for addicts and alcoholics in Hospitals and Institutions

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Write Lines

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. that is read out at our meetings)*

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

WELCOME!

'Write Lines' is published by the Cocaine Anonymous Hospitals and Institutions committee. All the contributions in this magazine are 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. 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 and articles will inspire and help you believe that recovery is very possible and real for you too. 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.

'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.

'Unity is a common bond that transcends all differences. We've discovered no matter how different our circumstances or the paths that brought us here, we all suffer from the same disease: addiction. We admitted our lack of power and accepted that we could not recover alone. The strength and direction of our recovery is found in our unity. We are people who might never have mixed. Addiction and recovery are the threads that bind us. We relate to such feelings as grandiosity, insecurity, jealousy, and false pride and are reminded we are all alike.

By sharing our experience with other addicts and working the Twelve Steps of C.A., we come to know humility, security, acceptance, and self-worth.' (from the C.A. meeting reading 'Unity')

Freddie recovers

My name is Freddie, 26, I grew up on the Isle of Sheppey in Kent with my Mum, sister and 2 brothers. I always felt like I didn't fit in with my family and friends, there was just something not right with me from the off, I think I was wired up different. I remember as a kid I would always have a football with me everywhere I went, I was the nuts at football, played for Crystal Palace, Chelsea, Millwall, Charlton and Gillingham, was always top goal scorer and would always be in the local newspaper - good times. When I was 10, I moved in with my Dad in London. I met a kid called Bobby who introduced me to all the other boys round the area. I started smoking weed. At 17-24 I had been in pubs, rave scene, festivals and selling bits. Ended up in hospitals, police cells, Crown court for selling, counselling, trauma therapy. Those were just consequences of my using and actions. I wanted to stop using but I couldn't. My brother showed me it worked. He'd been to rehab and C.A. meetings. I'd been suicidal every day for the last 4 years since I was robbed at knife point, but I haven't had a drink since 28th April 2018, my first C.A. meeting. I got a sponsor armed with the facts about himself and went through the 12-steps. I got a connection with a Higher power which I choose to call God. In return I help others that are just as hopeless as me when I first walked through the doors of C.A.

Dear Hulk...

There were times that we had that were fab
But I think you'll agree things have got out of hand
When I've ended up again in a rehab.
You started to take over my life
Push my family and friends out of sight;
I ended up in absolute carnage and strife
Crying myself to sleep every night.
Well, I'm really sorry to disappoint you my friend,
I have discovered a new revolution as
My body and mind have started to mend:
Thank God for the 12-Step Solution
For it has cometh the hour
As I have found something greater than you
And that is my higher power **(Ben)**

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

Self-Seeking. Interested only in your own needs and interests rather than thinking about the needs of other people. *'How it Works'* page 62

Spiritual. Connected with the human spirit, rather than the body or physical things. *'How it Works'* page 64

Humility. The quality of not thinking that you are better than other people; the quality of being humble. *'Into Action'* page 73

Plane. A level of thought, existence or development. *'Into Action'* page 86

Conscience. The part of your mind that tells you whether your actions are right or wrong.
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SERVICE PLEASE!

Service provides an opportunity to get out of ourselves and think of others. Being of service is a good way to share our experience, strength, and hope while enhancing our lives and the lives of others.



recovery

Such a simple little symbol
for such a monumental task ...
getting one's self back again.
It's the brave souls who will
admit they need help,
and then do the hard work
to get there.

It works, it really does!

In 2001 I was released from HMP Wayland. At the train station I heard another guy who was also released scoring on the phone. There was no fight, within 20 minutes I was doing what I said I would never do again, on the train I was stuck in the toilet doing what we do. That one drug led another 9 years of active drug addiction. In 2010 I was in another detox, homeless, ashamed, confused, resentful and broken. C.A. H&I members came into that detox and tried to carry the message of hope, faith and courage. They spoke about losing control and not being able to stop, and when they did stop they couldn't stay stopped. They introduced us to the big book and took us to meetings. I left treatment and found a sponsor who took me through the 12-steps outlined in the big book, my life hasn't been the same since. The first step was the foundation for permanent recovery. I could see I had no control, and when I stopped I could see that I couldn't stay stopped. This fundamental truth propelled me through all 12-steps, and as a direct result of that my life was recreated, I've not been arrested since then. I got a job, passed my driving test, started working, paying tax, dating and eventually got married, reconnected with my family, helping others, and most of all I have remained drug free and happy about that since 14/11/10. Life can be challenging and things happen, but through it all I have fellowship, a 12-step program that allows me to see the truth and a Power greater than myself which I choose to call God. If it can work for me, I'm sure it can work for you. **(Richie)**

Your outer journey may have a million steps

Your inner journey only has one; the
step you are taking right now.

If god brings you to it, he will see you
through it. Always trust the journey.

Feeling odd and indifferent growing up i felt empty trying to fill a void. Then I meet you alcohol my solution. You see now I know you are not my solution! Grace of God brought me to treatment were I learnt of the twelve step programme! Feeling hopeless and in despair I never thought I would see the light then a flame started to grow inside me getting brighter and brighter! The solution is me! God for giving me the strength to live my life the way it was meant too!
Faith hope courage

THE C.A. GROUP

The basic unit in C.A. is the local Group, which is autonomous except in matters affecting other Groups or C.A. as a whole. The Group has but one primary purpose, which is to help other to recover through the suggested Twelve Steps. Each Group is self-supporting through its own contributions. As the Twelve Steps are our guide to recovery, the Twelve Traditions are our guide to Group unity, growth and discipline. Its members maintain their personal anonymity at the level of press, radio, television and films.

The importance of the Group, what it constitutes and its functions cannot be stressed enough. Maintenance of our recovery depends on the sharing of our experience, strength and hope with each other, thus helping us to identify and understand the nature of our disease.

Most addicts in C.A. achieve and sustain their recovery as a result of their participation in the activities of the Group. The Group is the heart of Cocaine Anonymous and it is vital to the new member. It is equally important to those who have achieved recovery as a result of the program. They may continue to participate and receive assistance from the Group. The Group's total responsibility is perhaps best expressed by the First Tradition:

“Our common welfare should come first; personal recovery depends upon C.A. unity.”

THE PRIMARY PURPOSE OF A C.A. GROUP
IS TO CARRY THE MESSAGE TO A SUFFERING ADDICT
- THAT WE CAN RECOVER

‘Hope deferred makes the heart sick, but a longing fulfilled is a tree of life.’ (Proverbs 13:12)
Receiving too many disappointments or delays has the potential to make you give up and become depressed. But always optimistic **Hope** says “*in the future it just could happen*”. Have faith...



FAITH is a confidence, a trust, even just a simple willingness to believe in an unseen person or thing. C.A. Step 2: *‘Came to believe that a Power greater than ourselves could restore us to sanity.’* “But I’m too frightened, reluctant to let go completely...”

We must then be fearless. **COURAGE** to be honest, to be brave enough to surrender, to be willing to admit our faults to the world with integrity; to be willing to go to any lengths to straighten out the past, and then to persevere each day with faith to change and grow.

Out of the Dark

I have not had any cocaine or any drugs and alcohol for 13 years! I was born into a travelling fun fair; my family go back many years as travelling showmen. My father was a daily drinker, my mother was a non-drinker. As a small lad we left the fairground to live in the community. I found it very hard to fit in. Within months my father died and within the same year my mother died leaving my sister to be my legal guardian. I isolated and pushed people away that were willing to help. I found alcohol at 11. It took away all the pain and hurt and guilt and shame - it became my solution to life.

The years went by. I ended up spending years in jails and hospitals. I was 37. I had nothing going in my life, apart from smack, smoking crack, drinking daily, a bin bag of clothes and getting my head down at night wherever I could.

I went to a C.A. meeting on a Tuesday night, March 11th 2008. I sat and listened. People there spoke honestly about what it had once been like, what it was like now and what they had done to get well. They offered a 12-step solution to my problem that would help me live without taking any drugs or booze. I took that offer on. I got a 'sponsor' who had done the 12-steps program, he showed me the C.A. 12-steps sharing his own experiences to help me.

My life is totally different today. I have 2 children, a partner, a home, a job, a car, hobbies... life is possible again. I can respond and react to situations in my life today in a positive way instead of using drugs or booze to cope. I have life skills today. I'm part of society and give back. My family and the community benefit from my recovery. I owe my life to Cocaine Anonymous. **(Ashley)**

COCAINE ANONYMOUS LIFELINE SERVICE

If you are leaving a detox, a rehab or a prison and would like a member of the C.A. Hospitals and Institutions committee to help you get straight to a C.A. meeting in your area, or to help you join a Zoom meeting, then we have a service just for you called 'Lifeline'.

It is free and the C.A. Lifeline member can be a temporary contact to support you and help to get you straight to a C.A. meeting.

To get in contact with Lifeline please contact the C.A. Helpline and they will put you in contact with male or female members in your area.

C.A. Helpline: 0800 612 0225

10:00 - 22:00, 7 days a week.

You can leave a message 24/7, and we'll call you back as soon as we can. **Also Email: helpline@cauk.org.uk**

MY PAIN KILLERS

The ins and out of what I went through is a mass of torment and vicious acts. I grew too fast I know that now, but escape I sought anyway or anyhow. I always needed to be assured that I'm liked and loved, that all pain can be cured. I gave my heart away too early. I wanted to be accepted. What I got was used and rejected. I met my "knight" in 99 and thought "ok so now I'm fine, all my pain and troubles will go away". But skeletons kept leading me astray: A spliff, a rock, or some powder... it drowns out the noise "my way to let go".

In 2014 I lost my son; his time here was done. It broke my heart but I guess it's a test: to remind me that god only takes the best. But then comes a time when I decided to accept that all the pain in my life cannot be kept. It's time, time to move away from the past. Focus on family and make it last. Yes, I'm blessed to have 4 beautiful children. I need to remember they were my decision. My responsibility that they have guidance to live, to live life to the full with love in abundance. There are many reasons I took drugs, drank too much and been friends with mugs, but deep down inside I know it's the case that, it's all in the battles I have to face. Life can always be joyful full of wonderful things. It's all for the taking so go grab it with both hands, and see what it brings. (Tara)

DENIAL

Don't Even Notice I Am Lying

HOPE

Helping Other People Every day

>>> from wayne c.a. recovered addict hope this finds you well...

clear headed right in mind
simple truths easy but hard at times
if i build my recovery on solid ground
it's bound to stand but if it's built on sand
it will fail won't prevail empty words and empty actions
in peace i find satisfaction meditation through tribulation
in your eyes i found salvation if i refuse to believe
how can i conceive the wonder?
that stops me from going under
i am one mere addict
i have an answer it won't be a picnic
only God can save us
even the bravest have stumbled
their recovery crumbled
i must not be proud but need to be humble

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 - 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!



“We’re here and we’re free”