

# WRITE LINES

HOSPITALS AND INSTITUTIONS

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COCAINE ANONYMOUS UK  
HELPLINE @ [cauk-24h.uk](mailto:cauk-24h.uk) / 0800 612 0225

Tradition 6: IN THE SPIRIT OF TRADITION SIX CA IS NOT ALLIED WITH ANY SECT,  
DENOMINATION, POLITICS, ORGANISATION OR INSTITUTION

**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’ magazine is published by the Cocaine Anonymous Hospitals and Institutions committee. All the contributions in this magazine are by men and women who started using, drinking and drugging and lost the power of choice about how much they used. They came to a C.A. meeting and found people there who had once been like themselves but had found a sure 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 it can be 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.*

### **Cover art by Katherine Q**

#### ***Wanting to fit in...***

I always felt different. I never felt I fitted in. I picked up drugs as a teenager to fit in with the people I was hanging around with. From then up until I was 38 I would use whatever came my way. If I was with heroin addicts, I used heroin, if I was with speed users, I used speed. Wanting to fit in.

My drug using got worse and I ended up being an intravenous user of heroin and cocaine, things got bad real quick. I lost my family, my home, I nearly lost my leg through injecting. I lost my freedom by going to jail on numerous occasions, I lost my sanity and couldn't see a way out except suicide. I became a loner. Life was getting painful. I couldn't see a way out. I thought my life was doomed, that I would be another statistic in the local paper: *‘Shoplifter, drug dealer found dead’*.

I knew people who attended C.A. and I went when my consequences got bad. It took 9 years for the penny to drop that I needed their help. My life turned around when I finally came into the rooms of CA and went through the 12-step work. I found a place where I fitted in, where nobody judged me. I felt safe and comfortable. I found true friends I could count on. I never thought this addict could be truly happy, but believe me I am.

Today I don't have all I want but I have what I need. Through working a 12-step program, I've found happiness, I have peace of mind, my family are back and I have amazing friends. It's not been easy at times, but I found the more I put into my recovery, the greater the gifts I've received because of it. Going from a life of hopelessness to having hope for my future is something of a miracle. Miracles happen in the rooms of C.A. for anyone who thoroughly works the program. If it happened for this hopeless addict it can happen for you too. God bless you all. (Matt G)

## ***The Wall Beyond Us***

For many years, in my active addiction, I've walked and drove past this wall.

It always intrigued me. The wall actually belongs to Her Majesty's Prison, better known as HMP Walton.

With its intimidating Victorian Fort like castles, the prison was built in the 1850's and is steeped in history.

Little did I know the only way for me to go Beyond The Wall was to be a member of the H+I committee (Hospitals and Institutions) of Cocaine Anonymous. Not to say that the things I have done in my past wouldn't have sent me there, I suppose I just got lucky. I always wondered what type of guys were Beyond The Wall and the crimes they had done that sent them there.

I first got to do service in HMP Kirkham. Now a guy from H+I from London once told me that the feeling you get from having gone through the 12-steps is special, but wait until you go into a prison, and when we did service that first time in Kirkham prison, I knew from that moment that H+I was for me, and I understood exactly what he had meant.

The H+I committee tried for many years to have a C.A. meeting in Walton prison.

I remember that day when we got the chance to go in, when we finally got in the guy's inside couldn't believe that we'd been trying to get in, when they'd been trying to get out, and now in lockdown again we long for the day when we can go back in. (Michael C)



## **LIFELINE**

**I REMEMBER HOW SCARED I WAS GOING INTO MY 1ST CA MEETING. I DIDN'T KNOW THERE WERE PEOPLE JUST LIKE ME INSIDE. I WAS ABOUT TO WALK AWAY WHEN BY CHANCE ANOTHER ADDICT ASKED ME WAS I LOOKING FOR THE MEETING.**

**I DIDN'T HAVE TO WALK IN ALONE AND NEITHER DO YOU. LIFELINE HAS BEEN SET UP TO HELP PEOPLE GET INTO THEIR FIRST FEW MEETINGS. WE'RE HERE TO WALK WITH YOU SO YOU DON'T HAVE TO DO THIS ALONE.**

**IF YOU'RE COMING OUT OF A RESIDENTIAL REHAB OR A JAIL OR ANY INSTITUTION AND YOU WANT HELP GETTING TO YOUR FIRST MEETING.**

**PLEASE CONTACT LIFELINE WE'RE HERE TO MEET WITH YOU AND GET YOU INTO MEETINGS.**

**IT'S EASIER TOGETHER.**



**CONTACT HELPLINE:  
0800 612 0225**

**EMAIL:  
LIFELINE@CAUK.ORG.UK  
MAIL:  
POBOX 1337.  
ENFIELD. EN1 9AS**

## **Unity...**

'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')*

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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.

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## **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.”

## ***I never felt good enough...***

Growing up I always wanted to be someone else. At 12 when I smoked a joint, I felt at ease for a bit but it never lasted. If drugs and drink was on offer, I would take it. Soon I was committing crime to pay for my speed, puff and booze. By 15 my parents had seen enough and kicked me out. Sofa surfing took me to Brighton. I used heroin intravenously for a year till things got really desperate and I came back home. I stayed indoors for a few weeks rattling, but soon I was out drinking, smoking and thieving again. I got in with some dealers and took e's into clubs. This kept me sweet through my teens, I had enough money to use, buy designer clothes and pretend to be the man...but thing was, the party always ended, the clothes got old, the money and drugs always ran out and I was ALWAYS left with me!

I sought comfort in relationships. I had a daughter at the age of twenty but this didn't change much. At 25 I was out of control and I got involved in a crime which I got 8 years for. I made so many promises to myself and others that when I got out that I'd change but always slipped back into my old ways the day I was picked up by my pals. Soon I was using harder than ever. More broken relationships and another daughter; building up material things and then tearing them down again. I went from sniffing coke and drinking champagne in clubs to sitting in a kitchen drinking cider, smoking crack and eating Valium. I ended up snorting heroin; within a month I was an intravenous user again.

It was Christmas 2015 when I went into treatment and I started to attend C.A. meetings. I was full of guilt, shame, remorse and anger, but when I heard people share about the 12-steps and the freedom and peace they found in them, I was inspired. I left treatment on a new mission and I am now one of those people. My relationships with family have been restored, I have lovely relationships with both daughters and their mums and I now have a job as a mentor. But the miracle is I now know that I am good enough! (*Gavin B.*)

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

**Inventory.** a written list of all the objects, furniture, etc. in a particular building. 'How it Works' page 59

**Amends.** to do something for somebody in order to show that you are sorry for something wrong or unfair that you have done. 'How it Works' page 59

**Meditation.** the practice of focusing your mind in silence, especially for religious reasons or in order to make your mind calm. 'How it Works' page 59

**Principles.** a moral rule or a strong belief that influences your actions. 'How it Works' page 60

**Keystone.** the central stone at the top of an arch that keeps all the other stones in position. 'How it Works' page 62

**Resentment.** a feeling of anger or unhappiness about something that you think is unfair. 'How it Works' page 64

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Existing in darkness, no end to the misery,  
Terror and pain, enslaved by addiction.  
Devoid of morality, spiritually bleak,  
Scarcely an emotion, no concept of honesty.

Lacking the answers, why the life choices,  
No understanding, of the route that I took  
Nothing left, bound, beaten and broken  
Exhausted sweet promises, the end of the road

I look to the skies, arms open and wide,  
No human power, I reach out to our creator  
To hand my life over, Gods will from now on  
The solution exists, daily action we must,

With unity, draw strength from our fellows,  
The ultimate freedom, peace within reach  
Look deep in my soul, what have I caused  
acknowledging carnage, and defective psyche

Abandoning defects, unblocked to the light,  
Look to free those, devastated in the tsunami  
A final surrender, made the decision to turn,  
My life unto others, endless wrongs to right.

A principled life, a design for living  
Simple steps to contentment, bear fruitful rewards  
No longer stifled, by paranoia and fear,  
new journey on earth, My life's renewed purpose

(Richard F)



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](http://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](mailto: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"***

