



HOPE, FAITH & COURAGE

# WRITE LINES



A NEWSLETTER WRITTEN BY C.A. MEMBERS FOR C.A. MEMBERS IN HOSPITALS AND INSTITUTIONS

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## **GO ON, TREAT YOURSELF – DON'T LET UP!**

I came into recovery with the willingness of a drowning man, completely prepared to take the bull by the horns and go to any lengths that were necessary. Through taking simple actions I discovered a new found peace and happiness and started to enjoy life without drugs. The pain, torment, emotional turmoil and desperation melted like snow in June. At last I had discovered something brand new in life. My release from care, boredom and worry was just the tip of the iceberg; my life was to become indescribably more wonderful as time passed. Why then, I thought, do I need to take these actions so doggedly? Surely it's about time I had some fun, my sponsor needs to lighten up a bit he must be sicker than me, he needs to work this stuff harder. Quietly defiant as I was I decided to give myself a little 'holiday', relax a bit, start doing stuff for me and treat myself. Shortly after doing this my home-group members started to change - they

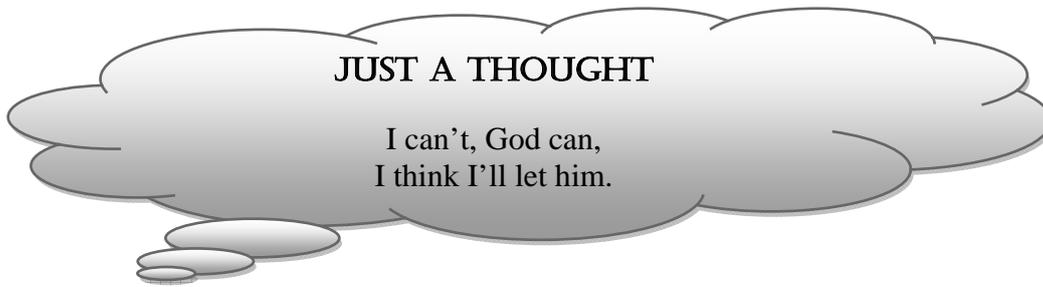
became more like clones, they were so boring, why didn't they look at their own programme instead of criticising mine? My sponsor was even worse he became a real nag, telling me to work this stuff harder. I thought everyone should just lighten up a bit and stop being so critical.

Little did I know that I was returning to the strange world of addiction where everything was exaggerated and distorted; I was resting on my laurels and heading for trouble. Pain became the touchstone of spiritual progress for me once again. My problems piled up and appeared astonishingly difficult to solve. My sponsor kept referring me back to the programme. This man is like a broken record, how is phoning newcomers and home-group service going to pay the bills and give me a roof over my head? I thought. Nevertheless I was out of options yet again and followed his suggestions to the letter. To my

absolute amazement life started to seem more bearable and as time passed I began to truly appreciate the value of the guidance I was receiving, even if I did not understand it at the time. Though my humility may have come through humiliation my patience and labour amounted to a willingness to consistently practice the steps on a daily basis. I did this initially to avoid pain and through time it became a pleasure. I was finally able to glimpse at the fact that *'very few of us know how much we have to know in order to realise how little we know.'* I know very little about recovery, but I know a man who knows more than me (my sponsor). My willingness to act on his information is directly proportional to the extent that I am at peace with myself and my fellows.

I strive to maintain the practice of this program with all the desperation of a drowning man, it's too painful not to!





## **STEP ONE**

### ***We admitted we were powerless over cocaine and all other mind altering substances that our lives had become unmanageable.***

This was the first step in recovery. I had to concede to my innermost self that I was powerless, that I was an addict.

I could admit that I was powerless and that my life had become unmanageable, that was no problem. I was sitting in an institution again when I was asked this question. My life as a result of my addiction had become a complete nightmare and I could not continue any longer living in that nightmare of an existence. The daily grind of waking up obsessing about the next hit, fix or whatever substance it would be to alter my perception of reality.

I could not live life without a mind altering chemical and as a result my life became unmanageable. I had nowhere to live, I had pushed all my close friends away, my family were suffering alongside me, I had no job, no prospects and no hope and felt like life was all too tough for this addict and I could see no way out until that day when I found the 12 Step programme of Cocaine Anonymous.

I had been beaten by the constant grind of drug addiction, so much so I was gifted with the desire to stop using and that was all that is required to join the fellowship of C.A.

When I joined I was still using, although there was a desire to stop using. I had no choice whether I used or not, I just had to. I could not live life without the need to alter my reality. That is an awful place to be where you don't want to use any longer but have no choice in the matter. That for me was utter powerlessness. Using against my will each and every day.

It was such a moment of clarity when I was approached by a man who understood the meaning of powerlessness and the nature of addiction and shared with me that if I was an addict of the type he had come to believe he was then I was going to use again and again - unless I could change my way of thinking..

That was where my life started to take on new meaning. It was suggested that I go to hospital to get some help to come off the drugs I was dependent on and then I would be in a position to work the 12 Steps of Cocaine Anonymous.

After treatment to come off the chemicals I met up with a guy who was willing to help me and guide me through the 12 Steps of C.A. where we diagnosed myself that I was an addict of the type whose other methods of managing my own life had failed completely and that I was powerless, that my life had become unmanageable. I was left with two options, to carry on trying to overcome the problem on my own or choose another way of life. I

made a decision to choose a different route and to join the fellowship of Cocaine Anonymous.

I had taken the First Step - admitting I had a serious problem and that I was willing to go to try another way of life to overcome the problem and become victorious and finally conquer my addiction. I was shown how to apply the Twelve Step programme in my life and the desire to use has not returned.

I have been a member of the fellowship of Cocaine Anonymous for 6 years and 1 month and my life has continued to improve each and every day.

I am grateful for the life I have today. I have so much going on in my life and could never have imagined that life could be so full and colourful without the use of drugs when I first stumbled into the rooms of C.A. back in September 2002.

The fact was as soon as I learnt the truth about the illness I suffer from and to learn that it was a hopeless condition, i.e. that I was powerless and my life had become unmanageable, I was able to move from the problem of drug addiction to the solution of recovery.

I would like to welcome anyone reading this to the fellowship of Cocaine Anonymous and maybe someday we will have the pleasure to meet and share our experience, strength and hope with each other.

*God, grant me the Serenity to accept the things I cannot change...  
 Courage to change the things I can and Wisdom to know the difference*

## The Solution?

There is a message hidden between the words.  
 When you find all the words, the hidden message will be revealed.

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D D S T C I D D A S W F E S H L L A M U
D E T T I M D A P D C T E O A A I E H N
A K F V R Y E R G H O I D A R N D S G M
S S H E R E A E A L S P L O R I I N T A
Y A E R C C S R S W G Y M O T L I T E N
B L A A T T A U E L N A L A H Y E R Y A
D C E I R C S X L A I C T B A O O S S G
P O C R T C U C P T M I O R M T C P S E
D E O E I S H X I Z O E P N S U E L O A
S E R T N T E I C N C Z N E S T H R A B
P S U S S R N V N L T W R D S C O K Q L
R G E N O R U E I G R I X U S I I N B E
O R G L I N E T R L O I N V E N T O R Y
M E A T R T A D P H H G N I L L I W U E
P A S C W E N L N U S P R A Y E R L Y S
T T S A G M W O Z U E V O R P M I E D O
L E E X O P L O C D E C I S I O N D A U
Y R M E D H H S P I R I T U A L P G E G
G N I N E K A W A E V E I L E B T E R H
A F F A I R S E V O M E R T C E R I D T
  
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ADDICTS  
 ADMITTED  
 AFFAIRS  
 ALCOHOL  
 ALCOHOLICS  
 AMENDS  
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 AWAKENING  
 BELIEVE  
 CARRY  
 CHARACTER  
 CONSCIOUS  
 CONTINUED  
 DECISION

DEFECTS  
 DIRECT  
 ENTIRELY  
 EXACT  
 FEARLESS  
 GOD  
 GREATER  
 HUMBLY  
 IMPROVE  
 INVENTORY  
 KNOWLEDGE  
 LIST  
 LIVES  
 MEDITATION

MESSAGE  
 MORAL  
 PERSONAL  
 POWER  
 POWERLESS  
 PRACTICE  
 PRAYER  
 PRAYING  
 PRINCIPLES  
 PROMPTLY  
 READY  
 REMOVE  
 RESTORE  
 RESULT

SANITY  
 SEARCHING  
 SHORTCOMINGS  
 SOUGHT  
 SPIRITUAL  
 STEPS  
 TURN  
 UNDERSTOOD  
 UNMANAGEABLE  
 WILL  
 WILLING

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## **We Aren't A Glum Lot!**

An Alcoholic and his wife are in the supermarket doing their weekly shop. The Alcoholic notices there's a deal on two cases of beer for £10. He picks up 2 cases and places them in the trolley. His wife takes them right back out and puts them back on the shelf. "You're not having them" she barks!!

The next aisle is the beauty section where the Alcoholic's wife spots a deal- a 2-4-1 promotion on beauty cream, she picks the cream off the shelf and places it in the trolley - her husband picks them out the trolley and places the items back on the shelf "You're not having that" he remarks. "Why not?, it makes me look beautiful." she says. The Alcoholic replied "So does my beer but you wouldn't let me have that!"

### **WHAT DO I HAVE TO SHARE?**

When I first landed in the rooms of Cocaine Anonymous I would hear people sharing the most amazing things. Stories of crazy extremes and mind blowing spiritual experiences. I remember thinking; I can never match this stuff.

In time I realized that every one has a different story, a different spiritual experience, and a different way to carry

the message of recovery in Cocaine Anonymous. More importantly I discovered that we have people from all walks of life in our fellowship and the diversity in our stories guarantees our message is there for everyone.

C.A. has taught me that the most important thing I can do is share my own experience, then leave the rest to God.

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**For more information about the fellowship of Cocaine Anonymous please contact;**

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**If you have any comments or questions related to this publication,  
or would like to contribute an article please email: hi@cauk.org.uk**

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**DO YOU THINK  
YOU HAVE A PROBLEM WITH**

**COCAINE  
OR OTHER DRUGS?**

**COCAINE ANONYMOUS  
CAN HELP**

**"We're Here And We're Free"™**

## Literature Corner

Taking the Twelve Steps prepares us to have a "spiritual awakening" or a "spiritual experience" (page 569 in Alcoholics Anonymous). These phrases refer to the change in our thinking, attitudes, and outlook that occurs after taking the steps. This change frees us from active addiction.

Applying the steps in our daily lives enables us to establish and improve our conscious contact with God or our Higher Power. Many in our fellowship believe that the greatest safeguard in preventing relapse lies in consistent application of the Twelve Steps.

Newcomers often ask, "When should I take the steps?" Page 34 of the Big Book states, "Some of them will be drunk [high] the day after making their resolutions [not to use again], most of them within a few weeks." The choice, ultimately, is up to the reader of this pamphlet, but a full understanding of Step One can often provide the willingness necessary to take the other eleven steps.

*Taken from Approved Literature: A Guide to the Twelve Steps  
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## A SOBERING EVENT

One of the more sobering events I have attended took place on Saturday 28<sup>th</sup> June.

On an ironically glorious summer evening many of the group joined with a Mother, Brother and Grandmother to scatter the ashes of a family member and friend to this group. The family had travelled down from the North to simply lay to rest one of our fellowship's former members and in a place that was dear to him. His friends present, all members of this fellowship, behaved with grace and dignity in their support joining the family and I need to say I was proud to belong to such a group.

The family who had little idea that their son, grandson and brother had so many true friends in a town that they did not really know, were joined, supported and held in their grief.

It's hard to talk about any person recently deceased especially under such tragic circumstances, however the event gave me an opportunity to reflect on my own life and the solution I have been shown. I am privileged to be party to the life saving message that we carry in C.A., I live happily and usefully whole and of course drug free.

The message we carry is that anyone who is prepared to act on the information we readily share can recover from the hopeless state we arrive in. Now I need no reminders of the penalties for not following this path. I have narrowly

avoided death so many times and passed through periods where my demise would have been welcomed. The central reason I need no reminder is the fact that I accept wholeheartedly that of myself I am powerless over drugs and by myself life is unmanageable. Having accepted that- I work this programme that now allows me to live a joyous life with a spiritual centre to it. There will always be those who will not or cannot accept that, indeed many to whom it does not apply. BUT it is paramount to my recovery to ensure sufferers know that there is a solution.

I am not suggesting that death is avoidable, who am I to know the bigger picture? What I do know is that he was a man who suffered and I am convinced found some little freedom in this fellowship.

What I am saying is that we who have recovered should never rest in our efforts to carry this message to as many people that need it.

**WE CANNOT REST IN OUR EFFORTS TO ENSURE THAT THE HAND OF C.A. IS ALWAYS THERE, FOR THAT WE ARE ALL RESPONSIBLE.**

*Rest in peace my friend. I am honoured to have been part of your journey - you touched my life with your smile and gleeful humour.*

## JUST A FINAL THOUGHT

**“We’re Here & We’re Free”™**