



HOPE, FAITH & COURAGE

WRITE LINES



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

Issue 5

Feb 2010

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**If you have any comments or questions related to this publication,
or would like to contribute an article please email:
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Faced With a Question

Step 3 – Made a decision to turn our will and our lives over to the care of God as we understood Him.

I have learnt in Step One that I have a serious problem, that it is progressive and potentially fatal. I learnt that "*there is a solution*" in Step Two and that if I really want to stop using and take the Twelve Steps I could be restored to sanity concerning drink/drugs.

I was faced with a question – was I going to make a decision to work the Steps or not?

That was all I needed to do, make a decision. The decision was whether I choose to sit in the problem of Step One or move into the solution in Step Two. Lack of Power was my dilemma concerning drugs and the Twelve Steps would connect me with a higher power which would give me enough strength to stay away from the first hit and also change my life for the better.

What was my decision? I made a decision to work the Twelve Steps of Cocaine Anonymous. I took Step Three with my sponsor and turned my will over to God as I understood him and continued working through the Steps to the best of my ability. That was six years and six months ago and the desire to use any mind altering chemical has left me, the problem has been removed.

What happened? I made a decision to work the Steps and seek a Power greater than myself which could restore me to sanity concerning drink or drugs.

I still continue making a decision and taking the action each and every day, I still attend meetings, work the Steps, speak to my sponsor, I also have sponsees today who have recovered as a result of taking the Steps. This is what I did in the beginning, and it is what I continue to do today – nothing regarding the simplicity of the programme has

changed, the result of taking the actions is I have changed – my whole attitude and outlook upon life has changed. My life has completely and absolutely changed beyond recognition, all because I made a decision to work the Twelve Steps of Cocaine Anonymous.

What was necessary to effect this change? To have a desire to stop using and with that desire I managed to get to some meetings where I found Hope. Courage I believe got me into the meetings and Hope kept me coming back, from that hope grew Faith and in time I found myself with a sincere desire to stop and enough willingness to do what was necessary in order to recover from a fatal addiction.

That was when I truly took my Step Three and made a decision to turn my will and my life over to God as I understand Him.

In Fellowship, Anonymous member

First Impressions Count - To Love and to be Loved

After drink and drugs had beaten me into a state of reasonableness, I arrived into the rooms of Cocaine Anonymous emotionally and spiritually empty.

A smiling face met me at the door providing me with a glimmer of hope that happiness was inside.

With a sponsor to guide me through the steps and a connection to a Higher Power, I have found a happiness I never dreamed possible that I am able to transmit to the newcomer through my actions.

COCAINE ANONYMOUS HELPLINE

TEL: 0800 612 0225

WWW.CAUK.ORG.UK

Today I am Pain Free

I don't know how I got here; I just know jail wasn't the M.O.T it used to be.

I've spent half my life in jail and the drug free wing was where it all happened. These days they are doing what they can on the drug free wings but back when I was there it was all about numbers. Today I'm not a number; I'm a person with a problem that I now know about, today I know what I face on a day to day basis.

All my thanks goes out to a person I met in prison who gave me that bit of hope that I needed as I was a drug smoking, shoplifter with nothing. My family didn't want to know, they would answer the door by way of a window so I couldn't rob them anymore - this was my truth. My son, I didn't have time for, and I would sleep in bin sheds so I could smoke my drugs.

Today my truth is I'm not looking behind me for anyone, I do what I'm asked of and enjoy doing it, today I'm pain free. When I wake up the first thing I think about isn't drugs or who I can hurt, today I help people without thinking what I'm getting from it.

I came into the rooms of Cocaine Anonymous thinking I would give it a go as I had nothing to lose. What C.A. gave me was hope, it gave me a place where I wasn't the mashed up one, no one looked down their nose at me, people in the rooms were there for me without wanting something back and that's one thing I've never had.

All I do to stay drug free is work the Twelve Step program the best I can, I fall short but no one is there to put me down - they're always there to pick me up.

Today I have people in my life who understand.

JUST A THOUGHT

When I let go of what I am, I become what I might be.

Happy, Joyous & Free

THE SIMPLE STEPS

1. Alcohol & drugs will kill me.
2. There's a power that wants me to live.
3. Do I want to live or die? (If you want to die, stop here)
4. Write about how I got to where I am.
5. Tell another person all about me (let God listen).
6. Want to change.
7. Ask a power greater than me to help me change.
8. Write down who I've hurt.
9. Fix what I can without hurting anyone else.
10. Accept that I'm human and will screw up. Fix it immediately.
11. Ask a power greater than me to show me how to live.
12. Keep doing 1 through 11 and pass it on.



You're 'Aving a Laff

Two guys from Midland are fishing and shooting the breeze when Larry says, "I think I'm going to divorce my wife. She hasn't spoken to me in over two months."

Cotton, his sponsor, wisely assesses the situation and says, "You better think it over - Women like that are hard to find."

A Letter To You

Dear friend

Hello, I am an addict of what I used to refer to as hopeless. I spent quite a lot of time in the nick over the years so I know only too well what it can be like. In fact it was in a prison that I found Cocaine Anonymous.

Through my using I ended up living on the streets, begging for my next hit and sleeping in a car park stairwell that stank of urine. Over the years I managed to drive away just about everyone who got close to me - including my own children.

In the end I hit yet another rock bottom and ended up getting sentenced to five years on a wounding charge.

Then things started to change for me. I started to hear about C.A. in the jail. I read the Big Book of Alcoholics Anonymous (we use the Big Book simply because it works for addicts too). Then I began to get some sort of idea about the condition I suffer from. Since then things in my life have got better and better. I've been sober now for a number of years and feel nothing but gratitude to C.A. for making this possible.

I'm not the best person in the world at writing, but the thing about this program is I don't have to be the best. I only have to be willing. If you're willing then join us. If you're not then that is cool too.

Hope to hear from you soon,
Take care.

*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*

Tools of Recovery

Sponsor

A sponsor is another recovering addict who has more sobriety and program experience than yourself. He or she (same sex is

recommended) will help you work the Steps and should be someone you feel comfortable communicating with. We recommend that you

begin looking for a sponsor immediately. You can change sponsors later if the relationship doesn't work out.

The Twelve Steps

Meetings may keep you sober for some time, but the Twelve Steps of Cocaine Anonymous are vital for a stable and happy recovery. The

Steps of Cocaine Anonymous are the means by which we move from the problem of drug addiction to the solution of recovery. We learn

about the Steps by reading the literature, attending Step study meetings, and working with a knowledgeable sponsor.

Taken from the pamphlet 'Tools of Recovery' Cocaine Anonymous approved literature. Copyright 2004

WRITE LINES WORDSEARCH

THE PREAMBLE

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

ADDICTION
ANONYMOUS
COCAINE
COMMON
EACH
EXPERIENCE

FELLOWSHIP
HELP
HOPE
MEN
OTHER
OTHERS

PROBLEM
RECOVER
SHARE
SOLVE
STRENGTH
WOMEN

Answers to issue 4 puzzles:

STEP ELEVEN CRYPTOGRAM – Page 2

As we go through the day we pause, when agitated or doubtful, and ask for the right thought or action.

JUST A THOUGHT

You'll be amazed before you are half way through!

Taking It Out

Crawling from my haze of active drug addiction I was presented with the programme of action we practice in the fellowship of Cocaine Anonymous.

A sponsor, regular meetings, working the Twelve Steps, reaching out to others and developing a

relationship with God all became part of my life.

As time has passed by I have learned more and more the importance of taking the love and tolerance I have been taught in C.A. out to the world around me. At first in the rooms of C.A., then in my home, my work

place and now to every place God has seen fit to direct me.

The result of this has been a feeling of peace I have never know before.

I am now able to give the love C.A. has shown me to all and for that I am truly blessed.

Poetry Corner

A Sick Man who Found Cocaine Anonymous

I've been searchin' for answers, tryin' to change my game
Gettin' sucked back in, things remain the same.
Locked in a jail cell, for my sins
Wantin' to break down, "be strong", "suck it in".
Blockin' out my feelings, gettin' high
Watching days, weeks, even years, pass me by.
Years behind bars, what's it all for?
I'm sick of this crap, breakin' the law.

Drivin' up and down, shutting bags for scores
Hidin' from the police whilst they're kicking off doors.
Never catchin' no zeds, always on the phone
Makin' empty promises, never going home.
A slave to the street, motivated by greed
I'm sick of the drama, it's not the life I could lead.

Failed relationships, a daughter I don't see
Pushin' those away that get close to me.
A selfish existence, no give or take
Blamin' myself for other peoples mistake.
Stuck in this cycle, how much more can I take?
I'm sick of this the pain, I deserve a break.

Now I surrendered, started to pray
Got into treatment and back to C.A.
Swallowed my pride, cried some tears
Shared, identified and cared for my peers.
Found love in my heart for God and my fam'
Who helped set me free and made me this man.
I'm grateful for life, my heart's filled with hope
I'm still a sick man – but now I can cope!

COCAINE ANONYMOUS

0800 612 0225

www.cauk.org.uk

A Higher Power

The first step in solving any problem is recognizing it. The same holds true in solving a problem with drugs and/or alcohol.

The second step in solving a problem is believing that there might be a solution. The fact that you've come to a C.A. meeting shows that you believe that there is a Power of some kind, greater than yourself, that can help you get your life back in order. You have proven, just by showing up, that you believe that there must be some information, somewhere, you can use to get rid of your obsessions with cocaine, drugs, and/or alcohol. You have already started!

The third step in solving a problem, after having found evidence of a solution, is putting faith in that solution and trying it. The solution for us meant admitting that our management of the problem wasn't working. Cocaine Anonymous introduced us to a Power greater than ourselves that could manage our problem. That doesn't necessarily mean we have to turn our will and our lives over to the care of the God that we heard of in the past. It can mean trusting in a Power of our own understanding. This is the beginning of our Higher Power, God, as we understand Him.

Some of us adopt, or come back to, a traditional God. Others see our Higher Power as some kind of force. Some define it as the force of the group, while others don't define it at all.

At first, it is sufficient for God, as you understand Him, to be the power that the group obviously has to help get rid of the obsession to use.

No one comes into Cocaine Anonymous to find God. We come to these rooms to get rid of a terrifying drug habit. Look around in a meeting. You are surrounded by people who came as a last resort. We came into these rooms emotionally, financially, and spiritually bankrupt. We have experienced all sorts of tragedies as a result of cocaine, drugs, and/or alcohol. We have lived many of the same horrors you have, yet today we are happy. We are free from the misery, terror, and pain of drug addiction.

As long as you are willing, your belief will grow. You will learn through your own experience and the experiences of others how a Higher Power can help you with your cocaine problem.

Maybe some of us were worse off than you; maybe some of us didn't hit as low a bottom as you. Still, the fact remains, that those of us who are recovering have come to believe that the power of the group or of a Higher Power of our own understanding can restore us to sanity.

After you are around the Program for a few weeks and months, you will begin to see changes in your thinking. You will begin to feel better. You will see changes in the other newcomers that came in with you. We call those changes miracles. If you are having trouble with the talk about God, remember:

- Be open-minded.
- C.A. is a spiritual program, not a religious one.
- All you have to do is be willing to believe.
- Your Higher Power can be the group as a whole.
- You start with belief, your experience will come.

Don't leave before the miracle happens!

Taken and adapted from the pamphlet 'A Higher Power' Cocaine Anonymous approved literature. Copyright 2004