



WRITE LINES

MENTAL HEALTH

Emotionally broken spiritually dead,
broken inside, voices ringing in my head

Go away devil, as I begin to cry

The voices screaming, why dont youdie!!

These words sound dramatic, to me they are true

I guess that's the difference between me and you.

Same on the outside, so different inside

You live a life, but I have nowhere to hide.

Crippling torture, they have me locked
this is my battle, sorry if you're shocked.

I can't help what goes on, deep in my mind
searching for a way out I can't seem to find.

Dangerous thinking, unsafe mental health.

Sorry I can't help myself

No ones at fault I was born this way,
a daily battle, I face everyday.

ISSUE 29:

INSIDE THIS ISSUE:

INTRODUCING:
TWO **NEW** PAGES!

"WAYNES WORLD"

A dedicated member of
CA
with multiple years who
consistently provides
material for this
publication

PRAYER CORNER

- Your specific prayers
used by you

Answers to previous
crossword & wordsearch

POETRY IN MOTION

SOMETHING TO GET YOU
THINKING!

TEA BREAK TEASER

Cocaine Anonymous Helpline:

0800 612 0225
(FREE from UK landlines)

From **OUTSIDE** the UK
+44 800 612 0225
(calls charged via overseas
operator)

Helpline open 10am-
10pm Every Day

Email:
helpline@cauk.org.uk

'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.

INTRODUCING: WAYNES WORLD

DUAL DIAGNOSIS

Hello, I am a recovered addict – recovered from a hopeless state of mind and body. In July 2017, I will celebrate my 11th year of sobriety. It just goes to show that if you practice a program, you too can recover.

In my first year of sobriety, I was involved with H&I (Hospitals & Institutions) where C.A. carry the message to newcomers who can't get out to a meeting. From the start, although I didn't fully understand how to sponsor newcomers, I was thinking of others. Step 12 is at the heart of my recovery, passing onto newcomers a solution of permanent recovery. Not just one day at a time holding on by our fingernails and in pain, but as it states in the Big Book – living happy, joyous, free and walking with a Higher Power (GOD) at the centre of my life. When I am connected to that power, I can do anything.

I also suffer from a long term mental health condition, from which I am also in recovery. I am by far NOT the finished product. I am growing through the journey of recovery and there have been many ups and downs with humility. I don't have all the answers, I just know what works for me and what the 12 steps have done for me. They have given me a life beyond the needle and pipe. Although I am powerless, today I have a power in my life – I am restored to sanity from taking the first drink or drug.

I look forward, never backward. My experience is, I was a hopeless addict who thought the solution was suicide which I tried many times. I ended up in a psychiatric ward suffering with drug induced psychosis for 11 months, hallucinating and hearing voices. Fear and paranoia were my constant companions and it can still be like that today but it's not as acute as it once was. The last time I tried to commit suicide I climbed a tree, put a rope around my neck and jumped. I survived by God's grace – that was my first spiritual experience.

God saved me that fateful day and here I am sharing a message of hope with you, the reader, no matter what's going on for you. If you're willing and can identify with the Big Book, there is a fellowship that needs you.

I won't lie to you, a life of recovery is hard but it's easier than the alternative – using against my will, in constant pain and suffering. Working a 12-step program, I hand my will and my life over to the care of God as I understand him. I am no longer a slave to a substance. God is the power on which I live. 'Life on life's terms' is not always easy but it's easier than chasing that next £10 bag or rock.

I am far from cured but I do have peace of mind most of the time. If I could bottle the feeling I get from Cocaine Anonymous it would be the best legal high!! I don't drink or do drugs anymore, instead I focus on prayer and meditation to feed my spirit.

I am present for my recovery today. I help other addicts get into recovery. I am but one in a large cog. C.A. is not just in my home town but worldwide. Through Step 1, I admit I cannot do this on my own – I need help. Previously, I could not stop relapsing. I had no power to stop me using and drinking. The problem centres in my mind, the way I think about a substance is insane and obsessional. I know full well it's going to kill me but I can't stop the insanity – doing the same thing again and again but expecting different results. Overdoses, abscesses, trouble with the law, homelessness, grafting for a living, debt, mental health problems – the list increases. If you are sick and tired of being sick and tired, why not try something different? Come with an open mind, what have you got to lose? I need you newcomers to help me stay sober – I only keep what I have by giving it away.

I hope that you too gain the trust in God (a Higher Power of your own understanding) which keeps many addicts sober. God bless you on your journey.

Cocaine Anonymous is a program for addicts and alcoholics to help them into recovery. If you want to live but the needle, pipe or bottle is killing you, come to a meeting and see that you're not alone.

I am a very grateful recovered addict.





INTRODUCING: PRAYER CORNER



MORNING PRAYER - LISHA

Dear God,
I offer myself to you, good & bad, to build with me & do as you will.
I pray that you remove from me,
every single defect of character that stands in my way
of my usefulness to you and my fellows.

God, please direct my thinking today, so that it be empty of self-pitty,
dishonesty, self will, self seeking and fear,
So that I may better do your will.

God, please inspire my thinking today, my decisions and
intuitions. Help me to relax and take it easy. Free me from doubt and
indecision. Guide me through this day and show
me my next step.

God, show me what I need to do, to take care of any problems. I pray
my lessons learnt today remain gentle. May I learn what I am supposed
to learn from my mistakes during recovery.

I ask all of these things Dear Lord,
So that I may be of maximum service to you, my family, friends,
colleagues and fellow addicts.

Please show me the way, of patience, tolerance, kindness and love.
Grant me the strength as I go from here to do your bidding.



ANSWERS FROM ISSUE 28:

DOCTORS OPINION CROSSWORD

Doctors Opinion

Across

- 1 In full flight from reality?
- 2 Allergy, unable to stop, abnormal reaction?
- 3 Others take with?
- 4 Repeating the same thing over and over, is the definition of?
- 5 The only relief is complete?
- 7 It doesn't take will power it takes a "moral psychology" known as a?
- 9 This is required for a full recovery?

Down

- 1 Drink and drugs were my?
- 3 Can't stop thinking about it, its always on my mind, how can I get another?
- 10 A three fold illness diagnoses me as having this disease of?

WORDSEARCH

RECOVERY

RECOVERY

ACTION ADDICTIONS AMENDS CLOSE CONNECTION
 COCAINEANONYMOUS COURAGE EXPERIENCE FAITH
 FELLOWSHIP FRIENDSHIPS FUN GOD
 GRATITUDE HIGHERPOWER HONESTY HOPE
 INVENTORY LOVE MEETINGS NEWLIFE
 OPEN POWER PRAYER RECOVERY
 SERVICE SHARING SOBRIETY SPIRITUALEXPERIENCE
 SPONSORSHIP STRENGTH TRADITIONS TREATMENTCENTRES
 TRUTH TWELVESTEPS UNITY WILLINGNESS



POETRY IN MOTION

THE SAME JEANS ON - ANDY H

Even when I'm into it, I can't get enough of it, I can't stand the smell of it
Once I start using it,
I can't stop doing it
I'm slowly falling now, I'm night prowling in town, my hairs matted now,
I've had the same jeans on for 6 months now,
They're from Sue Ryder man, they only cost £3, but I need a belt for dem,
coz they keep on falling down.

Passers by they frown Coz I'm hanging out a skip
I don't give a shit, I'm just desperate for a hit
Heavy lies the crown and my pride is on the floor
I think I'm gonna drown and I'm banging on death's door
Asleep in Death's doorway round the back of a store
At some point I went astray, don't look at me a crack whore
But I cannot see what they see, I tend to think I'm alright
In spite of all the street dramas and being up all night.
In light of all the meat earners and selling stuff just for the white
Life was so much better when I was a dealer's Joe,
but all those privileges have gone now, I'm out here on my own.

I've got a Barbour jacket and a pair of Stan Smiths on my feet
I'm looking good, 80ml of meth and a rucksack full of meat.
I'm in trouble and I'm scared I'm bedding down in a deril
My behaviour and my operations are on another level
I owe money to loads of people and I've got food on tick
I bouncing off the walls I'll do anything just for a lick
Cos the pipe is what I like, just a ten dark and 20 light,
the pipe the pipe, the pipe is what's keeping me right tonight

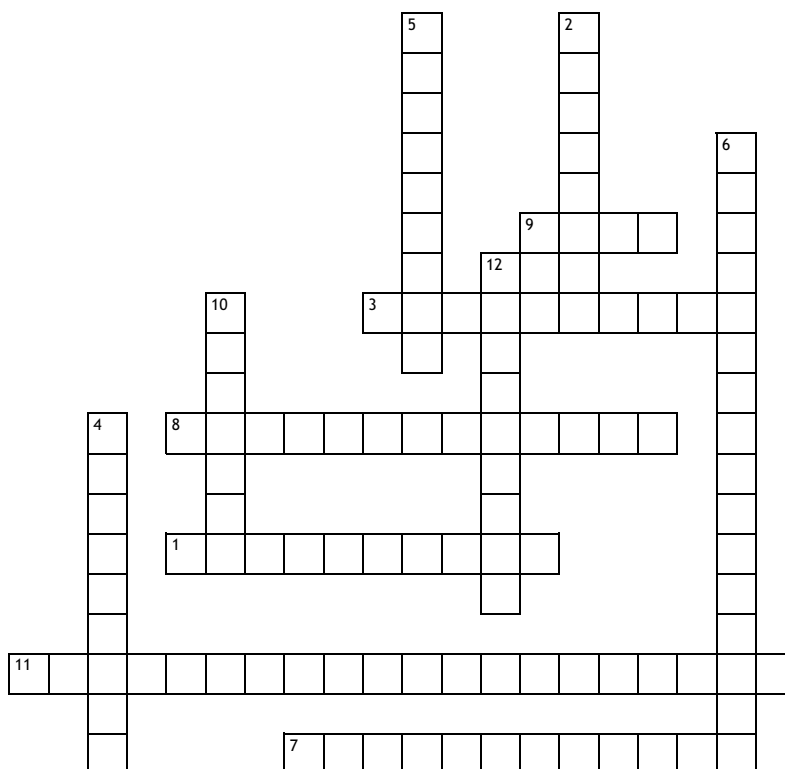
I've got nothing left and I'm passive in what I do.
Streetwise, bereft, meat and lies are where it's to.
Seeing that pipe in my hand got fuckin ritualistic
Being the fiend for the dubs keeps me from getting twisted
I'm hiding cans and pipes and bottles all over town
I'm crossing lines I'm dodging fines, I'm in an NHS gown
Is this me now then, am I finally checking out?

Not a chance another hit.
The consequences don't mean shit
Just one of each then yeah, how long you gonna be
Soon come yeah mate, meet me by the same tree
Yeah man I'm there now, that tree down by the range.
Ok I'll be 5 minutes make sure it's not all change.
6 minutes later and the dealer aint showed up
2hrs later in the rain and I'm starting to cluck.



SOMETHING TO GET YOU THINKING!

There is a solution!



Across

- 1 we belong to a
- 3 A man that is not Holier Than Thou but has a
- 7 can stop or moderate - although may find difficult and could need medical attention are called?
- 8 Begins to loose all control over the amount consumed is called the?
- 9 the main problem of the alcoholic centers in the?
- 11 We have to have deep and effective?

Down

- 2 A way out of a difficult situation or a means of solving our common problem
- 4 the elimination of our drinking/using is but a
- 5 We have _____ from a hopeless condition of mind and body
- 6 Have little trouble giving up entirely if they have good reason for it are called
- 10 We are without a ?
- 12 There is no middle of the road solution if you are as seriously?

Answers will be printed in the next edition



WAYNE'S WORLD

Step 1

With you in mind I pray
At the end of every day
There are many snares
One day in your victory
I will share
Remember the time
I got sober
Today starts
Death will depart
If you don't stop soon

Just walk in to the recovery rooms
Within you
You have a distance
Have an experience
With the steps
God book and sponsor
For in this drama
You are a loser
But you too can win
And it starts when
Your step 1 begins



TEA-BREAK TEASER

Bill's Story

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

honesty
seperated
believe
god
power
religion
trembling
loneliness
behaviour
cocksureness
sobriety
determination
ignorance
leader

willingness
prejudice
conception
universe
worked
eyes
selfpitty
mentally
fear
uncontrolable
prodigiousbender
unhappy
continuius
alcohol

direction
pride
reorganized
greater
program
sobered
despair
selfknowledge
sanity
hope
drinking
fairweatherfriends
success

Answers will be printed in the next edition.

