

The Twelve Traditions of Cocaine Anonymous

1. Our common welfare should come first; personal recovery depends upon C.A. unity.
2. For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for C.A. membership is a desire to stop using cocaine and all other mind-altering substances.
4. Each group should be autonomous except in matters affecting other groups or C.A. as a whole.
5. Each group has but one primary purpose—to carry its message to the addict who still suffers.
6. A C.A. group ought never endorse, finance, or lend the C.A. name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.
7. Every C.A. group ought to be fully self-supporting, declining outside contributions.
8. Cocaine Anonymous should remain forever nonprofessional, but our service centers may employ special workers.
9. C.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. Cocaine Anonymous has no opinion on outside issues; hence the C.A. name ought never be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, television and films.
12. Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.*

*The Twelve Traditions are reprinted with permission of Alcoholics Anonymous World Services, Inc. Permission to reprint and adapt the Twelve Traditions does not mean that A.A. is affiliated with this program. A.A. is a program of recovery from alcoholism. Use of the Traditions in connection with programs and activities which are patterned after A.A. but which address other problems does not imply otherwise. THE TWELVE TRADITIONS OF ALCOHOLICS ANONYMOUS: 1. Our common welfare should come first; personal recovery depends upon A.A. unity. 2. For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern. 3. The only requirement for A.A. membership is a desire to stop drinking. 4. Each group should be autonomous except in matters affecting other groups or A.A. as a whole. 5. Each group has but one primary purpose—to carry its message to the alcoholic who still suffers. 6. An A.A. group ought never endorse, finance, or lend the A.A. name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose. 7. Every A.A. group ought to be fully self-supporting, declining outside contributions. 8. Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers. 9. A.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve. 10. Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy. 11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio and films. 12. Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.

The Twelve Steps of Cocaine Anonymous

1. We admitted we were powerless over cocaine and all other mind-altering substances—that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God *as we understood Him*.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God *as we understood Him*, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these Steps, we tried to carry this message to addicts, and to practice these principles in all our affairs.**

**The Twelve Steps are reprinted with permission of Alcoholics Anonymous World Services, Inc. Permission to reprint and adapt the Twelve Steps does not mean that A.A. is affiliated with this program. A.A. is a program of recovery from alcoholism. Use of the Steps in connection with programs and activities which are patterned after A.A. but which address other problems does not imply otherwise. THE TWELVE STEPS OF ALCOHOLICS ANONYMOUS: 1. We admitted we were powerless over alcohol—that our lives had become unmanageable. 2. Came to believe that a Power greater than ourselves could restore us to sanity. 3. Made a decision to turn our will and our lives over to the care of God *as we understood Him*. 4. Made a searching and fearless moral inventory of ourselves. 5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs. 6. Were entirely ready to have God remove all these defects of character. 7. Humbly asked Him to remove our shortcomings. 8. Made a list of all persons we had harmed, and became willing to make amends to them all. 9. Made direct amends to such people wherever possible, except when to do so would injure them or others. 10. Continued to take personal inventory and when we were wrong promptly admitted it. 11. Sought through prayer and meditation to improve our conscious contact with God *as we understood Him*, praying only for knowledge of His will for us and the power to carry that out. 12. Having had a spiritual awakening as the result of these Steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.



“We’re Here and We’re Free”™

C.A. World Service Conference-Approved Literature. Cocaine Anonymous World Services, Inc. Copyright 2022. All rights reserved.

20220520

Cocaine Anonymous Online

Unlimited Seating

24/7/365



Cocaine Anonymous Wales
Cocên Anhysbys Cymru
Helpline/Llinell gymorth:
0800 612 0225
www.cawales.org.uk

Cocaine Anonymous Online

Unlimited Seating 24/7/365

The online Fellowship of Cocaine Anonymous provides access to meetings and information about C.A.'s Twelve-Step recovery program 24 hours a day, 7 days a week, in addition to in-person meetings around the globe.

Online meetings* are a bridge that connects the Fellowship of Cocaine Anonymous to addicts in recovery as well as those who still suffer from active addiction to drugs and/or alcohol. In many cases, online meetings are the first point of contact in establishing a lifeline of recovery from addiction.

People choose to attend online meetings for many different reasons. Some may wish to explore online meetings simply for a new experience. Whatever the inspiration, online meetings have something to offer everyone.

A Brief History

In 1995, Cocaine Anonymous created its first website. Almost immediately, the C.A. World Service Office was flooded with emails asking, "Are there any online meetings?"

C.A.'s first online meeting, "Hope, Faith & Courage," began on an email platform in 1997. By 1999, two more online meetings had formed: "Sisters in Sobriety," and "The Study." At the 2000 C.A. World Service Conference, the Online Service Area was formally recognized, making it the online equivalent to our traditional Areas. VoIP and virtual platform meetings began in 2010.

Our online community continues to grow, bringing its light into places where the message of Cocaine Anonymous has not yet shone for the addict who still suffers.

In 2020, when many of our usual meeting facilities closed due to the pandemic, C.A.'s online presence rapidly expanded. Groups have been able to not only survive, but thrive by taking their meetings online. No longer limited by geography, connections within the same meeting are now possible for members across different time zones, even on different continents.

Today, there are daily online meetings for members from countries around the world and in a multitude of languages. Translation services may be available as well.

By engaging in online meetings, many have found the solution offered by C.A.'s Twelve-Step program as well as a place to call home. Cocaine Anonymous members have formed lifelong friendships, found sponsors and/or sponsees, and have been inspired to attend C.A. conventions and events worldwide.

Starting an Online C.A. Meeting

Anyone can start an online C.A. meeting, so long as they have access to the necessary technology.** Starting a meeting not only enhances your own recovery, but it contributes to the growth of Cocaine Anonymous as a whole. The effort involved is minimal, but the rewards are infinite. All it takes is willingness, commitment, and at least one person with a desire to stay sober and help others do the same.

Due to the technologies used for online meetings, protecting members' anonymity, collecting Seventh-Tradition donations, and

otherwise observing C.A.'s Traditions involves a different approach than in face-to-face meetings. We suggest you first contact your local C.A. District or Area for guidance.*** You may also wish to reach out to the World Service Office via the contact information on the front of this pamphlet or via email at cawso@ca.org.

Once the platform, day, and time for the new meeting have been established, the next task is to get the word out. Have the new meeting listed on your local C.A. website. Announce it in other C.A. meetings, and share details with anyone needing additional information. Let people know the new meeting is for newcomers and old-timers alike and that support would be appreciated. We recover together.

Getting Connected

Whether you're a computer wizard or someone who doesn't even have a smartphone, online recovery is always at your fingertips. All that's required is internet access or even just a landline.** The key is having the courage to ask for help, whether you're reaching out to a tech-savvy friend or family member or to someone in C.A. We will always be here to help. You too can find recovery and create a life filled with hope, faith and courage.

We're Here and We're Free™

**As used in this pamphlet, the term "online meetings" encompasses virtual meetings conducted via all forms of digital communications.*

***C.A. does not endorse the use of any platform, service or device over another. In the spirit of Tradition Six, C.A. is not allied with any sect, denomination, politics, organization or institution.*

****Information for local Areas as well as the Online Service Area can be found on www.ca.org.*