

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 2004. All rights reserved. 20121223

Having Fun in Recovery



CA Central UK
www.centralukca.co.uk Tel 0800 689 4732

CA Ireland
caireland.info Tel +353 (0) 87 3174989

CA London
ca-london.org Tel 0800 059 5130

CA Scotland
www.cascotland.org.uk Tel 0141 959 6363

CA UK
www.cauk.org.uk Tel 0800 612 0225

CAUK OFFICE ADDRESS
CAUK, PO Box 1337, Enfield EN1 9AS

Having Fun in Recovery

*“... we aren’t a glum lot. If newcomers could see no joy or fun in our existence, they wouldn’t want it. We absolutely insist on enjoying life.”****

One of the most surprising things a newcomer may hear at a C.A. meeting is the sound of laughter. How is it possible that the same people who probably started drinking or using drugs in the pursuit of a good time are now having an even better time without mind-altering substances? At first out of necessity, and then from an honest desire to be open to new experiences, we have allowed those who came before us to teach us how to have fun in recovery. Here are some suggestions you may wish to try:

The Meeting After the Meeting

Many groups get together for coffee or a meal after the meeting is over. This is a great way to get to know other members and share a laugh or exchange support. There’s no need to be shy about asking where folks go; remember, everyone else has had the experience of being there for the first time, too.

C.A. Activities and Conventions

Dances, campouts, picnics and potlucks are just a few of the activities which may be organized by the local C.A. Fellowship. Fellowship events help us learn to enjoy such activities sober in a safe and supportive atmosphere, perhaps for the first time.

Conventions are generally on a larger scale, where members may come from other areas or even other countries to participate. Conventions offer the opportunity to attend workshops and hear speakers we might never have heard before, so that we can experience the C.A. message of recovery in a new way.

Service Work

How can something called work be fun? It all depends on who your co-workers are. Getting involved in service, whether at your home group or perhaps on a committee planning a C.A. activity, can lead to new friendships with others who are seriously committed to their recovery. In the process, we have the opportunity to learn about service structure, the 12 Traditions, and everything that happens behind the scenes to keep C.A. going strong.

Willingness and Open-Mindedness

We may still occasionally find ourselves asking, “What am I going to do now that I’m sober?” At these times we can ask a trusted servant, such as the group’s Secretary or GSR, or look on the internet at www.ca.org for information on C.A. activities and events. We can also ask our sponsors, friends, or fellow home group members for suggestions on new, fun things to do.

Each time we make the effort to have open minds, try something new and end up enjoying ourselves, we add to our recovery foundation. As we grow more spiritually fit, we may find we can participate in activities we chose to forego when we first got sober. Before long, it becomes easy to have fun in recovery. Instead of feeling like we are missing out on having a good time, we become grateful for the new opportunities we have to celebrate being happy, joyous and free.

***This excerpt from *Alcoholics Anonymous*, page 132, is reprinted with permission of *Alcoholics Anonymous World Services, Inc.* (“AAWS”). Permission to reprint this excerpt does not mean that AAWS has reviewed or approved the contents of this publication, or that AAWS necessarily agrees with the views expressed herein. A.A. is a program of recovery from alcoholism only—use of this excerpt in connection with programs and activities which are patterned after A.A., but which address other problems, or in any other non-A.A. context, does not imply otherwise.