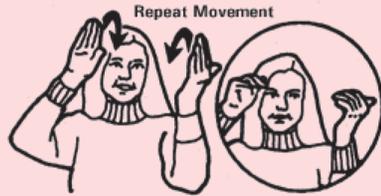


## Communicate the message of Hope, Faith & Courage:



**Hope:** With the right open hand near the right side of the forehead and the left open hand forward of the left side of the forehead, palms facing each other, bend the fingers down on both hands towards each other twice. (Hint: Taking a thought and looking for it in the future.)



**Faith:** Move the extended right index finger from the forehead smoothly down, changing into an “S” hand, meeting the left “S” hand in front of chest, both palms facing body. (Hint: taking information from the brain plus “faith.”)



**Courage:** Bring the fingers of both loose “claw” hands from in front of the shoulders, palms toward body, outward, changing into “S” hands a few inches from the chest. (Hint: Taking strength from the body.)

### 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 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.

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**“We’re Here and We’re Free”™**

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# Reaching Out to the Deaf and Hard of Hearing



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## Reaching Out to the Deaf and Hard of Hearing

In the ancient world, when children were discovered to be deaf, they were often disowned and left to die or fend for themselves.

Currently, six to ten percent of the United States' general population is deaf or hard of hearing. Of that number, ten percent are addicts and/or alcoholics (approximately two million).

Without access to a program of recovery, members of this very large group of people are, again, left to die or fend for themselves.

Cocaine Anonymous' preamble states that "Our primary purpose is to stay free from cocaine and all other mind-altering substances, and to help others achieve the same freedom." C.A.'s Twelfth Step tells us that we, as a Fellowship, have a responsibility to reach out to carry this message to addicts. The First and Fifth Traditions remind us that our common welfare comes first, that personal recovery **DEPENDS** upon C.A. unity and that "Each group has but one primary purpose—to carry its message to the addict who still suffers."

So just how does one reach out to the deaf or hard of hearing?

There are many ways! Like everything else, reaching out to the deaf or hard of hearing addict requires willingness and open-mindedness. In this pamphlet, we present some ways to help you get started.

### A. Bring the message of C.A. recovery to the hard of hearing:

- Start a meeting at a local school for the deaf. These schools can be located in your local phone book and/or by contacting local agencies for the deaf and hard of hearing.

- Bring literature and leave extra copies behind.
- Welcome those present with hugs or handshakes.
- Be willing to stay after the meeting and talk with those present (with the help of an interpreter).
- Bring writing pads and pens to aid communication.
- Invite members and interpreters out to coffee, if school rules allow. Remember, we are guests! Their rules must be respected.

### B. Establish at least one meeting per month at which an interpreter is present:

- Include this information in meeting schedules.
- Advise Helpline(s), local newspapers, concerned agencies and schools, and clergy of the meeting.
- Confirm the date with the interpreter one week prior to the meeting.
- Have special seating reserved in the front of the room.
- Welcome newcomers with hugs or handshakes.
- Speak slowly to allow for lip-reading.
- Ask newcomers and interpreters out to coffee.
- Ensure the meeting budget can afford an interpreter and include this in the prudent reserve.
- If transportation is a problem, have members of the meeting volunteer to pick up and drive new members home.

### C. Events/conventions:

- Arrange for an interpreter to be present well in advance. Confirm the date with him/her one week prior to the event/convention.
- Distribute flyers announcing the event/convention to local schools, agencies and social clubs for the deaf.
- Arrange reserved seating in the front row.
- Have all C.A. literature available.
- Remember our First Tradition!

### D. General ways to reach out and touch deaf addicts:

- Send all current C.A. literature (via Public Information and Hospitals & Institutions Committees) to schools for the deaf, social agencies that help this community, and treatment centers in your area.
- Establish contact with local interpreters (via agencies for the deaf and hard of hearing). Answer any questions they may have on recovery and C.A. Invite interpreters to open meetings (advise them of our anonymity statements).
- Be **WILLING** to reach out your hand in C.A. service and/or on Twelfth-Step calls to deaf/hard of hearing addicts still suffering. (Remember, never go on a Twelfth-Step call alone!)
- Find out if your community has a telephone relay service (this is often free) to enable communication—computer, fax, TTY.
- **IDENTIFY ... DON'T COMPARE!**
- Share your **EXPERIENCE, STRENGTH & HOPE**. That's why they're coming to Cocaine Anonymous.