CA Kent District Online meetings

Many face to face meetings of Cocaine Anonymous in Kent have moved to an on-line space considering recent events. The speed and organization of our membership has been amazing to witness.

The Cocaine Anonymous Kent District Committee is happy to provide guidance to our Fellows who wish to retain the unity of their existing face-to-face meetings by setting up an online meeting.

Kent District currently have the capacity to help setup online meetings for your meeting and provide technical support.

Setting up a new online meeting

Please use the from at cakent.org/online to submit a request – We will do our best to accommodate all requests, please bear in mind our resources are limited.

Please also use this form to inform us of your existing online meeting. **We can only list a direct replacement of an existing C.A. Kent district face to face meeting.**

We will then list this on the Kent website. Please be mindful that online meetings aligning themselves with Kent District adhere to the below guidelines. These guidelines will be prominent on the website.

We aim to be of service and help guide any meetings that require assistance.

Online meetings remain autonomous, if you would like advice from a practical point of view for online meetings then please contact us or speak to existing online meetings for their experience. For example, anonymity & having cameras on or off, chat function enabled or disabled, or how to deal with anti-social / inappropriate behaviour. These are all ultimately within the discretion of the meeting, members and committee. We would remind groups that it is their responsibility to protect the individual and anonymity is the spiritual foundation of all our traditions.

Please email any questions to it@cakent.org The IT committee are available to answer any questions and provide support. Telephone support is also available once an online meeting is in place.

Group readings and suggested secretary reading cards will be available on the website.

Tradition 7 is currently directed here cakent.org/tradition7

Please read the WSO's definition of a CA group.

The only requirement for membership is a desire to stop using cocaine and all other mind-altering substances.

- It is fully self-supporting.
- Its primary purpose is to help addicts recover through the Twelve Steps of C.A.
- It has no outside affiliations.
- It has no opinion on outside issues.
- Its public relations policy is based on attraction rather than promotion.

Suggested requirements for online meetings are to have a Secretary/Chair, at least 1 GSR, and an Alternate GSR. Suggested clean time requirements are available here
https://ca.org/content/uploads/2015/07/World-Service-Manual.pdf

CA Kent online meetings guidelines

1. Decide what kind of meeting it will be – Participation, Literature Study, Speaker/Participation, Open Topic Sharing, etc. You can change weekly as you see fit. Adhering to a set schedule is helpful. Changes can be made according to your group's conscience. NOTE: Even if you decide to conduct your meeting on an online platform, it could be helpful to set up an announcement group on a messaging app.

2. Select a name for the meeting if it differs from the face to face meeting name. This can help members to identify meetings and for our administration of the meetings online.

3. Send the meeting contact information to us at cakent.org/online .This will help avoid confusion and, in case of unforeseen circumstances.

4. All Online meetings, just like face-2-face meetings, require the C.A. preamble and 7th Tradition be posted/read, along with other C.A. Conference-approved readings of your choice. Links to these are available here cakent.org/ca-kent-online-readings

5. On-line platforms have legal ownership of all audio & video content which passes their servers. Your anonymity is compromised not only at this level but at the level of account creation whereby you may be using your full name/address and bank details (if you are paying a subscription for a service).

6. Your meeting must be following the WSO's definition of a group to be recognized by this District as a meeting of Cocaine Anonymous. ca.org/service/groups

7. Please keep the IT committee updated if there are any changes to your meeting such as; changes on meeting ID/password, change of format, change of date/time or if the meeting is to be discontinued.

8. Continue to use the conduct statement in your meetings. Personal conduct matters!

Disclaimer:

Due to the technologies being used for this meeting, a participant's anonymity, or the anonymity of others mentioned, could be compromised at a public level. The individual participants and our group (as a whole) have the responsibility to consider the potential implications, and our level of participation in this meeting. Our group conscience reminds us that Anonymity is the Spiritual Foundation of all our Traditions. Additionally, in the spirit of Tradition Six, C.A. is not allied with any sect, denomination, politics, organisation or institution and as such does not endorse and is not affiliated with any of the specific technology providers utilised to facilitate this meeting.

Preamble:

Cocaine Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from their addiction. The only requirement for membership is a desire to stop using cocaine and all other mind-altering substances. There are no dues or fees for membership; we are fully self-supporting through our own contributions. We are not allied with any sect, denomination, politics, organization, or institution. We do not wish to engage in any controversy and we neither In these unsettling times, The Kent District of Cocaine Anonymous is happy to provide guidance to our Fellows who wish to retain the unity of their existing face-to-face meetings by setting up an online meeting. We hope you find this information helpful and responsive to the inquiries we have received. If you require additional information, please contact us via it@cakent.org

We neither endorse nor oppose any causes. Our primary purpose is to stay free from cocaine and all other mind-altering substances, and to help others achieve the same freedom.

We use the Twelve Step Recovery Program, because it has already been proven that the Twelve Step Recovery Program works.

7th Tradition

It is customary that 7th Tradition link and statement be read and posted when the virtual basket is passed.

Our 7th Tradition states that “we are fully self-supporting through our own contributions”.

You can make either a one-time donation or setup a monthly contribution by clicking on this link: ca-online.org/7th-tradition .You can make your donation with a credit, debit/prepaid card or via Paypal. Be sure to mention which meeting you are contributing from.

Your 7th Tradition donation from (Name of meeting) helps keep the OSA functioning as an Area. We have expenses for hosting the CAOSA website and meetings, the cost of this meeting platform, printing and distributing Public Information materials, purchasing fundraising items, supporting Conference participation for our World Service Delegates, and whenever possible, supporting the C.A. World Service Office.

Different Platforms Require Different Needs. Keep in mind that some “free” platforms restrict attendee space and limit meeting length. A group member may have an existing paid license that they would be willing to allow your meeting to use. Should you wish to keep your temporary meeting going after the current crises to help the addicts who still suffer in your Area/District, we would be happy to have you!

Requirements for CA Kent Directory Status

• Elect a Secretary/Chair, at least 1 GSR, and an Alternate GSR

Please let us know if I can assist you in any way. When your service positions are filled (per your meeting’s group conscience) and the meeting has shown itself to be running consistently, we will happily add it to the CA Kent online directory – usually within a day or two. In the meantime, PI will announce your meeting in all appropriate and available places.

CA Kent District IT Committee