Kent District

SUGGESTED SPEAKER MEETING FORMAT

Hello and welcome to the …… online CA share meeting of Cocaine Anonymous. My name is ..... and I'm an addict.

Before we start can we all please make sure that your microphones are kept muted, unless you are taking during and throughout the meeting. In addition, please keep video on / off (groups decision, can say it's optional.) These options can be found if you click on the screen, they will then appear at the bottom. Please note that you need to ensure that you have given your device access to your microphone, so you can be heard once you share. If you have any problems with any of this, massage the host.

Please now join me in a moments silence for the still suffering addict in and outside these rooms, thanks. This is an open ONLINE meeting of Cocaine Anonymous 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 so 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 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.

I have asked .....to read *GROUP READING* I have asked .....to read *GROUP READING* At this time we will pass over to GSR, for group traditions inventory.

If there are any newcomers at their first meeting welcome, and welcome to any visitors. It was suggested to us that we got to as many meetings as we could, take telephone numbers and call them, get a Big Book and find a sponsor ASAP to take you through the book and the steps.

This week..... Has kindly come along to share their experience, strength and hope with us for 15/20 minutes or whatever you feel comfortable with, and with that ill hand it over to..... Thanks for your chair..... (Secretary Give's brief response) .I'll now open the meeting up for you to come back and share with .....with the last 10 minutes for newcomers and shy sharers.

Please be mindful of your sharing time, as this is a big meeting, I would ask that you keep your sharing to 5 minutes each, thank you.

The meeting is open to share back. We are at the end of the sharing but not the end of the meeting. If you have any questions that went unanswered, or still feel the need to share, please introduce yourself to someone after the meeting and exchange phone numbers.

If you are able to offer sponsorship in this meeting please raise your online thumb, thank you.

Are there any CA related announcements? I'd like to thank all those who have made this meeting possible today and thank you ..... for doing the chair.

I have asked……. To read "Vision for you" I have asked..... To read "The Promises" Yellow Card it is conscience that we read this together. Would ..... like to close the meeting with the serenity prayer please.