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 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, organisation, 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.*

OUR PRIMARY PURPOSE

The primary purpose of Cocaine Anonymous is to carry its message to the addict who still suffers. We do not engage in the fields of drug addiction research, medical or psychiatric treatment, drug education, or propaganda in any form—although our members may participate in such activities as individuals.

We use the Twelve-Step recovery program because it has already been proven that the Twelve-Step recovery program works. The Twelve Steps of C.A. are adapted, with permission, from the original Twelve Steps of Alcoholics Anonymous.

**Adapted with permission of the A.A. Grapevine, Inc.*

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.

FOR LOCAL C.A. INFORMATION, PLEASE CONTACT:

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 centres may employ special workers.
9. C.A., as such, ought never be organised; 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

The Twelve Steps and Twelve Traditions are reprinted with permission of Alcoholics Anonymous World Services, Inc. Permission to reprint and adapt the Twelve Steps and 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 Steps and Traditions 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. 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

"We're Here and We're Free"™

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A Message to Professionals

"We're Here and We're Free"™

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

A Message to Professionals

Our goal is to inform you about Cocaine Anonymous and how our 12-Step program can help those with substance abuse issues recover from addiction.

WHAT IS COCAINE ANONYMOUS (C.A.)?

C.A. IS a global fellowship of recovering addicts whose members meet in local groups as well as via the Internet.

C.A. IS an international, community-based 12-Step program for daily recovery that has worked for many thousands of people worldwide.

C.A. IS helping its members achieve continuous abstinence from cocaine and all other mind-altering substances.

C.A. IS NOT drug specific, nor is it about any particular group of drugs.

C.A. IS NOT the only solution to drug addiction.

C.A. IS NOT affiliated with any other organisation or funded by any third parties.

C.A. IS NOT a referral service.

HOW CAN WE HELP?

Public Information: We can provide literature, posters, and informative speakers to staff teams as well as host information booths at events. We can also cooperate with local and national media or other organisations to explain how C.A. works.

Telephone Helpline: Our telephone helplines are available to anyone looking for help or information. The helpline provides initial contact between the addict seeking help and a C.A. member.

Health: We can work with general practitioners, hospitals, treatment centre staff, and others. We can offer a variety of help, from talks to staff teams to individual contact with clients with a substance misuse problem.

Prisons and Treatment Centres: We can arrange for C.A. members to visit on a regular basis and hold meetings in facilities where clients are unable to leave to attend regular meetings.

Social and Family Services/Probation: Certain meetings can provide 'chits' for attendees to use as evidence of attendance.

WHAT DOES COCAINE ANONYMOUS COST?

C.A. is FREE. Each C.A. group is fully self-supporting. Our expenses are covered by the voluntary contributions of our members, literature sales, and fundraising events such as conventions.

C.A. respectfully declines donations/ financial contributions from any outside source.

WHAT HAPPENS IN COCAINE ANONYMOUS?

The essence of C.A. is the spiritual concept of one addict helping another. Sponsorship is a very practical way of achieving this. Sponsors act as mentors or guides, helping sponsees work through the 12 Steps.

We feel that one addict talking to another can provide a level of mutual understanding and fellowship that may be difficult to find through other methods. The fact that an individual has recovered from his or her addiction and is freely passing on this experience is a powerful message for someone desperately seeking a solution to their own addiction. There emerges a bond among us that transcends all other social boundaries. We hold regular meetings to further this fellowship, allow new members to find us and, perhaps, the answers they seek.

WHO CAN ATTEND COCAINE ANONYMOUS?

Anyone with a desire to stop using cocaine and all other mind-altering substances may attend any C.A. meeting, including those designated as closed. Professionals who are not in recovery themselves are welcome to attend our open meetings. Please check our website for further information.

IS COCAINE ANONYMOUS A RELIGIOUS ORGANISATION?

C.A. is spiritual but not religious, and our members are free to define their spirituality as they see fit. C.A. encourages each member to cultivate a personal understanding of a Higher Power. Central to our program is an emphasis on what is referred to as a spiritual awakening, emphasising its practical value, not its philosophical or metaphysical importance.

IS COCAINE ANONYMOUS A PROFESSIONAL ORGANISATION?

There is no professional class of help or therapy in C.A. Everything individual members do in service for the fellowship is voluntary.