

WHO IS A C.A. MEMBER?

While the name "Cocaine Anonymous" may sound drug-specific, we wish to assure you that our program is not. Many of our members did a lot of cocaine; others used only a little, and some never even tried coke. We have members who drank only on occasion, those who casually referred to themselves as drunks, and others who were full-blown alcoholics. Lots of us used a wide variety of mind-altering substances. Whether we focused on a specific substance or used whatever we could get our hands on, we had one thing in common: eventually we all reached a point where we could not stop.

According to C.A.'s Third Tradition, the only requirement for membership is a desire to stop using cocaine and all other mind-altering substances. Whatever you may have been using, if it led you to this meeting, you're probably in the right place. Over time, virtually every single one of us has realized that our real problem is not cocaine or any specific drug; it is the disease of addiction.

It can be tempting to focus on our differences rather than our similarities, but this can blind us to potential sources of support in our recovery. As we hear other members' stories, the most important question to ask ourselves is not, "Would I have partied with these people?" but rather, "Do these people have a solution that can help me stay sober?" We encourage you to stick around and listen with an open mind.

With its all-inclusive Third Tradition and First Step, Cocaine Anonymous welcomes anyone with a drug or alcohol problem and offers a solution. C.A.'s Twelve Steps are not drug-specific, and Cocaine Anonymous is not a drug-specific Fellowship. It doesn't matter to us if you drank or what type of drugs you used; if you have a desire to stop, you are welcome here.

Email Meetings

Running 24 hours a day, 7 days a week.

Hope, Faith & Courage

Discussion meeting for all addicts seeking recovery

Sisters in Sobriety

Women only discussion meeting

There Is A Solution

Men only discussion meeting

To join an email meeting, simply click on the 'join' hyperlink next to the desired meeting at www.ca-online.org. The address that you join with will be used to send and receive meeting emails using email list software on the C.A. online system. After you have joined you will receive a welcome email, and then start to receive meeting emails.

VoIP Meetings

These are voice-only on Skype™ - similar in format to face-2-face meetings.

Reaching Out

Topic - Share - Steps - Discussion

Meeting Contact: Reachingout121

EVERY DAY OF THE WEEK

23:00 GMT/BST 18:00EST/EDT

Both Sides of the Pond

Meeting Contact: Both Sides of the Pond

Mondays - 15:00EST/EDT

Speaker Meeting on the first Monday of the month!

A Vision for You

Meeting Contact: A.Vision.For.You

Tuesdays - 22:00 EST/EDT

New! Into Action Online -

Big Book Discussion

Meeting Contact: Into Action Online

Tuesdays - 21:00 UK, 22:00 W EUR, 16:00 NYC

Both Sides of the Pond

Meeting Contact: Both Sides of the Pond

Thursdays - 15:00EST/EDT

New! Into Action Online

Big Book Discussion

Meeting Contact: Into Action Online

Fridays - 21:00 UK, 22:00 W EUR, 16:00 NYC

The 4th Dimension

Meeting Contact: the.4thdimension

Saturdays - 09:00 GMT/BST

New! French Language Meeting



La 4e Dimension réunion en ligne
Contact Skype: **La4e.Dimension**
Tous les mercredi 22h Europe / 21h UK

ESPOIR
CA
COURAGE

Cocainomanes Anonymes
Cocaine Anonymous

Preparing for a Voice-only meeting - You need Skype™ software and a Skype™ account - both free - to participate in the C.A. OSA VoIP meetings.

Getting started with Skype™ will help guide you through setting up a Skype™ account and signing in for the first time.

Once you have Skype™ working, you need to Add the Meeting Contact to your Skype™ contacts. Initially, do this as far in advance of the meeting start time as you can. Once the meeting contact accepts your contact request, you will be able to see when they are online. Sometime this will only happen a few minutes before a meeting is about to start.

Attending a Voice-only meeting – Log into Skype™ before the meeting start time. **Make sure that you check your status, so that the green “online” or “available” icon shows you are available to be called in.**

What Is C.A.?

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 members of C.A. are all recovering addicts, who maintain their individual sobriety by working with others. We come from various social, ethnic, economic and religious backgrounds, but what we have in common is addiction.

We use the 12 Steps of Recovery because it has already been proven that the 12 Step Recovery Program works.

In the spirit of our 6th Tradition, C.A. is not allied with any sect, denomination, politics, organization or institution.

REACHING OUT

I made it into this Program because someone else worked their Twelfth Step on me. Someone passed it on to me. Someone was out there after they got clean and sober, caring about others. I need to never, ever forget that. Had they simply gone on with their lives and forgotten about people like me who were still out there using and suffering, I wouldn't be here today. My gratitude begins with that fact. It is with that gratitude in mind that I reach out to others, especially the newcomers. I need to have them in my life. That is where my spirituality begins. For me, spirituality comes from caring about others. I have found that the more I focus on improving the quality of the lives of others, the less I am into myself and my will. I feel a freedom and peace from within. The gifts I am beginning to receive in my life are greater than I could have ever imagined. Something else I have done is that I have forgiven myself. I have forgiven myself for being an addict. I have forgiven myself for all the damage I did to my life, to my physical health, and to my career and finances. But most of all, I have forgiven myself for all of the horrible, negative and unloving things I have felt about myself. It was not until I offered and accepted my own forgiveness, that I was truly able to grow in my sobriety.

...Look around this room!



Recovery Online Since 1997

C.A. Online Service Area
Meeting Directory

Updated August 2018



You can get to a meeting from anywhere in the world via any internet connected device!

We're Here and We're Free®