

Please be advised that all CAOSA meetings are for recovering addicts or those who think they may have a problem with drugs or alcohol. They are not meant for auditing purposes by students or professionals. Thank you.

**TREATMENT CENTERS ARE WELCOME!**



## VOIP MEETINGS via Skype®

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

Join any of these meetings by setting up a free Skype account and then sending a contact request to the group's announcement page, if it has one, or meeting name and asking to be called in at the time of the meeting.

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

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## VoIP MEETING ETTIQUETTE

- Make sure that the green dot is lit up on your Skype profile icon to be called in.
- **PLEASE KEEP YOUR MICROPHONE MUTED unless you are reading or sharing**
- Readings and important links will be posted in the chat box.
- Participation in group consciences is appreciated.

## Both Sides of the Pond

Join through the **Announcement Group**

### Mondays & Thursdays

@ 8pm UK Time/ 3pm East USA/12pm West USA/ Tuesday 7am Sydney/5am Perth Australia

## Into Action Online

Big Book Discussion

### Tuesdays & Fridays

Meeting Contact: Into Action Online  
@ 21:00 UK, 22:00 W EUR, 16:00 NYC

## A.Vision.For.You

Meeting Contact: A.Vision.For.You

### Tuesdays

@ 10pm East USA/9pm West USA/ Tuesday 2pm Sydney/12pm Perth Australia - Wednesday 3am UK

## La4e.Dimension

French language meeting

Contact: La4e.Dimension

Tours les **mercredi**

22hr Europe/21h UK

## The 4th Dimension

Big Book Study

### Saturdays

9am UK time/ 4am East USA/ 1am West USA/ Saturday 8pm Sydney/6pm Perth Australia

## Reaching Out 121

### 7 Days a Week

Join through the **Announcement Group**

11pm UK Time/6pm East USA/3pm West USA 10 am Sydney/8 am Perth Australia  
6am Indonesia

## NEW Sunday Skype MEETING!

## C.A. In Times of Illness

### Sundays

@ 8pm UK Time/3pm East USA/12pm West USA/ Friday 7am Sydney/ 5am Perth Australia

*"Innumerable C.A. members take medication for various illnesses without compromising their sobriety one bit."*

~ A Quiet Peace, P. 310

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## Email Meetings

These are email based and run 24 hours a day, 7 days a week.

To join an email meeting, simply click on the 'join' hyperlink next to the desired meeting at [www.caonline.org](http://www.caonline.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 start to receive meeting emails.

### DO YOU WANT TO START AN ONLINE MEETING?

You can help the OSA to grow by sending a request to

[webmaster@ca-online.org](mailto:webmaster@ca-online.org)

**FOREIGN LANGUAGE MEETINGS ENCOURAGED**

**FEEL FREE TO USE OUR AREA LOGO OR 1 OF OUR BUSINESS CARDS ON YOUR AREA WEBSITE!**

## 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.



## Meeting Directory

No transportation?  
Traveling?  
Have the flu?  
Recovering from surgery?  
Homebound?  
No meetings where you live?

**There is a Solution!**

[www.ca-online.org](http://www.ca-online.org)

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

**We're Here and We're Free®**

