



## VoIP MEETINGS

### via Skype®

Join any of our Skype® meetings by setting up a free Skype account - [www.skype.com](http://www.skype.com) – on your phone tablet or PC. Once you have a Skype account, you can send a contact request to the meeting group's announcement page, if it has one, or select the meeting name and ask to be called in at the time of the meeting.

### Via GoToMeeting®

Our meetings via this platform also have announcement pages on Skype®, where you can find the meeting code and international telephone numbers to join.

**You DO NOT have to download the GTM software to join a meeting.** Go to [App.gotomeeting.com](http://App.gotomeeting.com) and the screen will ask you for the meeting code. When you first join, you'll be prompted to choose which method you'd like to use to listen to the meeting audio. Select **Computer audio** to use your computer's mic and speakers. Select **Phone call** to use your telephone to dial in to the audio conference. Once you're in the session, you will see your audio controls on the Audio tab. You can switch audio modes at any time.

## Reaching Out 121

### 7 Days a Week

#### Join through the Reaching Out Announcement Group on Skype

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

## Both Sides of the Pond

### Go to Meeting join code: 578 551 005

Call-in info in the Skype Announcement Group

### Mondays & Thursdays - 8pm UK

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

## Into Action Online

OPEN MEETING / Big Book Discussion

### Tuesdays & Fridays

#### Skype Contact: Into Action Online

@ 21:00 UK, 22:00 W EUR, 16:00 NYC

## A.Vision.For.You

Skype Meeting Contact: A.Vision.For.You

### Tuesdays

10pm East USA/7pm West USA/ Tuesday  
2pm Sydney/12pm Perth Australia -  
Wednesday 3am UK

## French language meeting

### La4e.Dimension

Skype Contact:: La4e.Dimension

Tous les mercredi - 22hr Eur/21h UK

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

## The 4th Dimension

OPEN MEETING / Big Book Study

Saturday - 9am UK time/ 4am East

USA/ 1am West USA/ Saturday

8pm Sydney/6pm Perth Australia

## Dutch Language Meeting

'De driehoek van herstel'

Saturdays @ 11-12 CEST

Skype Contact: CA online NL

## C.A. In Times of Illness

Go to Meeting Code: 849 897 589

Call-in info in the Skype Announcement Group

### Sundays

8pm UK Time / 3pm East Coast USA & CAN /  
12pm West Coast USA & CAN

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

A Quiet Peace, P. 310

## THE OSA WELCOMES...

**We Can Recover**  
Topic Discussion  
**Wednesday**  
21:30 EU/ 20:30 UK  
15:30 East USA/CAN  
12:30 West USA/CAN  
Skype contact: We Can Recover  
Tradition 6  
C.A. is not allied with any sect, denomination, politics, organisation or institution

## Email Meetings

These are via email only 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 [ca-online.org](http://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 start to receive meeting emails.

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### YOU CAN START AN ONLINE MEETING?

Send an inquiry to

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

**FOREIGN LANGUAGE MEETINGS  
ENCOURAGED**

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Reach Out to Those in Your Area  
Who Cannot Get to Meetings -  
**USE THE OSA LOGO AND LINK  
TO OUR AREA WEBSITE!**

**We're Here and We're Free®**



## 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

- Seeking to expand your recovery experience?
- No transportation?
- Traveling?
- Have the flu?
- Recovering from surgery?
- Homebound?
- No meetings where you live?

**Look Around These Rooms!**

**[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!**