

SUGGESTED PARTICIPATION MEETING FORMAT

Welcome to the (_____) meeting of Cocaine Anonymous. My name is (_____) and I am an addict.

(OPTIONAL) Would you please join me in a moment of silence followed by the Serenity Prayer?

Are there any other addicts present? Welcome! Not to embarrass you, but so that we could get to know you better, will those of you in your first 30 days of sobriety please let us know who you are? Would you please state your name and your disease? If you're visiting from out of town or new to the Area, please introduce yourself.

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, 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 Steps of recovery because it has already been proven that the Twelve-Step recovery program works.

It is a custom in Cocaine Anonymous to read *We Can Recover*, taken from *Hope, Faith & Courage*. I've asked (_____) to read for us.

The Twelve Traditions are to the group what the Twelve Steps are to the individual. I've asked (_____) to read for us.

(OPTIONAL) It is also a custom to read *Who is a Cocaine Addict?*, *Who is a C.A. Member?*, or *Alcohol*. I have asked (_____) to read for us.

(OPTIONAL: LEADER QUALIFIES FOR 5-10 MINUTES) This is a 1½-hour participation meeting. We encourage newcomers to ask any questions they may have regarding the program and recovery. Please do not share if you have had any drugs or alcohol in the last 24 hours. There is no cross-talk at this meeting, and all questions should be directed at the speaker. Please limit your sharing to 3-5 minutes. Who would like to start?

(FIVE MINUTES BEFORE COFFEE BREAK) We are fully self-supporting through our own contributions. At this time we will observe the 7th Tradition.

(OPTIONAL) The Seventh Tradition is where spirituality and money mix. Our members' contributions support C.A.'s primary purpose by paying meeting expenses such as rent, literature and chips. Leftover money is then passed on to our District/Area and World

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Services to help maintain websites, publish and translate literature, provide chips and so much more, enabling C.A. to grow and flourish around the world. When you contribute, remember that you are helping carry the message to the addict who still suffers. We are here and we are free!

(OPTIONAL) (AFTER BASKETS ARE COLLECTED) We will now have a 5-minute coffee break.

(AFTER COFFEE BREAK)

(OPTIONAL) We give chips at this meeting for 30, 60 and 90 days, 6 and 9 months, 1 year, 18 months, and 2 or more years of continuous sobriety—free from all mind-altering substances. Please keep your sharing brief so that we may have time for participation afterward. Is there anyone here in their first 30 days of sobriety who wishes to take a newcomer chip? 30 days? 60 days? 90 days? 6 months? 9 months? 1 year? 18 months? 2 or more years?

(OPTIONAL) We give a cake for every 365 days of continuous sobriety. We have (_____) birthdays.

Now we will continue with participation.

(TEN MINUTES BEFORE THE MEETING ENDS) Our time is up. If you have any questions that went unanswered, or if you feel the need to share, please introduce yourself to someone after the meeting and exchange phone numbers. We are all here to help. Are there any secretary's announcements?

(AFTER SECRETARY'S ANNOUNCEMENTS) I would like to close by having (_____) read *The Promises, A Vision for You, Reaching Out or Unity* (from the *Unity* pamphlet).

Anonymity is vital to Cocaine Anonymous. The spirit of anonymity within the Twelve Traditions extends beyond our meetings and events to include all forms of public and social media. Being publicly associated with addiction or even recovery may have negative personal, economic, and/or social consequences. For some, those consequences can be harmful and extreme. Respecting anonymity helps us practice humility. Protecting anonymity is our shared responsibility. Treating who we see and what we hear as confidential is essential to our Fellowship remaining a safe place to share.

After a moment of silent meditation for the addict who still suffers, would (_____) lead us in the prayer of his/her choice?



We're Here and We're Free™
C.A. World Service Conference-Approved Literature
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