

12 STEPS OF COCAINE ANONYMOUS

1. We admitted that 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. Continue 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 understand Him, praying only for the knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as a result of these steps, we tried to carry this message to addicts and to practice these principles in all our affairs.

THE 12 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 centers may employ special workers.
9. C.A., as such, ought never be organized; 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 place principles before personalities.

HAMILTONCA.CA
CA-ON.ORG
1-416-927-7858



HAMILTON
COCAINE ANONYMOUS

MEETING LIST

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 only requirement for membership is a desire to stop using cocaine and all mind-altering substances. There are no dues or fees for membership. We are 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 Step Recovery Program because it has already been proven that the Twelve Step Recovery Program works.

PHONE NUMBERS



In the spirit of Tradition Six, CA is not allied with any sect, denomination, politics, organization, or institution



In the spirit of Tradition Six, CA is not allied with any sect, denomination, politics, organization, or institution

MEETINGS



HAMILTON
COCAINE ANONYMOUS

MONDAY

Off The Rails Online Meeting

12 PM EST | Big Book Discussion
Zoom Meeting ID: 528-138-192
No Password

TUESDAY

Off The Rails Online Meeting

12 PM EST | Big Book Discussion
Zoom Meeting ID: 528-138-192
No Password

After 8

8:15 PM EST | Chair's Choice Meeting
The Area Social Club
1243 Main Street East, Hamilton, Ontario (wheelchair accessible)

WEDNESDAY

Off The Rails Online Meeting

12 PM EST | Big Book Discussion
Zoom Meeting ID: 528-138-192
No Password

CA Action

7:00 PM EST | Big Book Discussion/Speaker Meeting Last
Wednesday of Each Month

Hybrid Meeting

Zoom Meeting ID: 528-138-192
No Password
St. Joseph's West 5th Campus Lower Auditorium
100 West 5th Street, Hamilton, Ontario (wheelchair accessible)

THURSDAY

Off The Rails Online Meeting

12 PM EST | Big Book Discussion
Zoom Meeting ID: 528-138-192
No Password

FRIDAY

Off The Rails Online Meeting

12 PM EST | Big Book Discussion
Zoom Meeting ID: 528-138-192
No Password

After 8

8:15 PM EST | Big Book Discussion
The Area Social Club
1243 Main Street East, Hamilton, Ontario (wheelchair accessible)

SATURDAY

Off The Rails Online Meeting

12 PM EST | Big Book Discussion
Zoom Meeting ID: 528-138-192
No Password

SUNDAY

Sunday Night Light

6:30 PM EST | Big Book Discussion
Hybrid Meeting
Zoom Meeting ID 908 296 6024
Password: Sundayca1
Heritage Green Community Church
956 Paramount Drive, Stoney Creek, Ontario (wheelchair accessible)

"If we are painstaking about this phase of our development, We will be amazed before we are half way through: We are going to know a new freedom and a new happiness. We will not regret the past nor wish to shut the door on it. We will comprehend the word serenity and we will know peace. No matter how far down the scale we have gone, we will see how our experience can benefit others. That feeling of uselessness and self-pity will disappear. We will lose interest in selfish things and gain interest in our fellows. Self-seeking will slip away. Our whole attitude and outlook upon life will change. Fear of people and of economic insecurity will leave us. We will intuitively know how to handle situations which used to baffle us. We will suddenly realize that God is doing for us what we could not do for ourselves. Are these extravagant promises? We think not. They are being fulfilled among us, sometimes quickly, sometimes slowly. They will always materialize if we work for them."

