

Monday

19:00 – 20:30 – Middlesbrough
Recovery Connections,
112 - 114 Marton Road,
Middlesbrough,
TS1 2DY

19:30 – 20:45 – Gateshead
Oak trees Office,
1a Walker Terrace,
Gateshead,
NE8 1EB

Tuesday

19:30 – 21:00 – Peterlee
St Cuthberts Church,
Manor Way,
Peterlee,
SR8 5QW

Wednesday

19:15 – 20:30 – Durham
North Road Methodist church,
North Road,
Durham,
DH1 4SG

Thursday

19:30 – 20:30 – Stockton-on-Tees
Parish Church,
High Street,
Stockton-on-Tees,
TS18 1SP

Thursday (cont)

19:30 - 20:30 – Sunderland
St Gabriels' Church
St Gabriels Avenue
Sunderland
SR4 7TF

Saturday

18:15 – 19:45 – Durham
Antioch House,
66 Crossgate,
Durham,
DH1 4PR

Sunday

10:45 – 11:45 – Scarborough
Westborough Methodist Church,
Westborough,
Scarborough,
YO11 1TS

19:30 – 21:00 – York
Changing Lives,
Walmgate,
York,
YO1 9UA

Contact names and numbers

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The Monthly District Meeting is held:
First Sunday of the month 2pm - 4pm
Green Lane Methodist Church
Hartburn
Stockton-on-Tees
TS18 5HP

The Twelve Steps of Cocaine Anonymous

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

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COCAINE ANONYMOUS

North East District MEETINGS LIST

April 2018



Local Contact Number

07564 237749

CAUK Helpline

0800 612 0225

(free from UK landlines)

Email

ca.ned.pi@mail.co.uk