

“Yes - You Can Start a Meeting”.

Desire & Willingness

Have you ever thought about how a C.A. meeting gets started?

Your hometown may have several C.A. meetings or perhaps only a few.

They usually began out of a need to carry the message of recovery to others. In every case, someone made a decision to help Cocaine Anonymous grow by starting a meeting. It was often scheduled for a day or time when there was no other meeting available. People needed a place to go to share their experience, strength, and hope with others in recovery—others who had “been there” and who could understand. Someone found an available location and arranged to pay rent. The local Fellowship of C.A. was notified and a Starter Kit was provided. Someone made phone calls to get the word out that there was a new C.A. meeting starting. Meeting formats were printed and speakers were scheduled. Eventually, the group held its first business meeting, a name was chosen for the group, and trusted servants were elected.

You can start a C.A. meeting, too.

You already have the necessary tools. It takes willingness, commitment, and one or two people with a desire to stay sober and help others do the same. It doesn't matter if the meeting is large or small. We are told that we “can't keep what we have unless we give it away.”

Get the Word Out

Once the location, day, and time for the new meeting have been established, the next task is to get the word out. Contact local C.A. Fellowship to get the new meeting put into the meetings list and/or onto the Area website. Announce the newly scheduled meeting in other C.A. meetings. Let people know that the new meeting is for newcomers and old-timers alike and that support would be appreciated.

Preparation

If there are no other C.A. meetings nearby, you can obtain a Starter Kit from the Cocaine Anonymous Area

or District near you. Starter Kits include literature, chips, and a suggested meeting formats with optional readings.

Finally ...

Tradition Five of Cocaine Anonymous tells us that our primary purpose is to carry the message of recovery to other addicts. Helping others and being of maximum service is our goal; it is the foundation of our recovery. Starting a meeting not only contributes to the growth of Cocaine Anonymous, it enhances your own recovery. The effort involved in starting a C.A. meeting is minimal, but the rewards are infinite.

“We're here and we're free”



COCAINE ANONYMOUS

North East District MEETINGS LIST



June 2017

Local Contact Number:

07564 237749

CAUK Helpline:

0300 111 2285 - *mobile friendly*

0800 612 0225 - *free from UK landlines*

From outside the UK +44 800 612 0225

Email:

cocaineanonymous.nedistrict@gmail.com

Monday

16:00 – 17:00 – *Berwick upon Tweed*
Berwick Baptist Church,
Wallace green,
Berwick upon Tweed, Northumberland
TD15 1BG

19:00 – 20:30 – *Middlesbrough*
Recovery Connections office,
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

19:00 – 20:00 – *Durham*
North Road Methodist church
North Road
Durham,
DH1 4SG

Wednesday (cont.)

19:00 – 20:30 – *Blyth*
Oak trees Office,
15/21 Quay Road,
Blyth, Northumberland,
NE24 2EH

Thursday

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

19:30 – 20:30 - *Seaham*
St Johns Church
Blandford Place,
Seaham, County Durham,
SR7 7SA

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

Sunday (cont.)

1930 – 2100 – York
Changing Lives
Walmgate
York
YO1 9UA

Contact Names Numbers

**The Monthly District Meeting is held:
First Sunday of the month 2pm - 4pm
Antioch House, 66 Crossgate
Durham, DH1 4PR**