

THE TWELVE 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 non-professional, but our service centres 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.

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 a 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

COCAINE ANONYMOUS

South East District

Meeting list



12th July 2010

COCAINE ANONYMOUS UK

Helpline: 0800 6120 225

Website: www.cauk.org.uk

on line Meetings www.ca-online.org

Post: PO Box 46920 London E2 9WFT

**Please confirm with the helpline or check the
web site for frequently updated meetings lists.**

Email meeting amendments to

wtf@cauk.org.uk

KENT

Monday 7.30pm

Big Book Study
St. Simons Church Hall, (the rear entrance)
Brookfield Rd, Ashford, Kent, **TN23 4EU**

Monday 7.30pm

'Newcomers Meeting'. Methodist Church,
Bloomfield Rd, Bromley Common. **BR2 9RZ**

Monday 8.00pm

Godden Green Clinic, Sevenoaks, Kent,
TN15 0JR

Tuesday 8.00pm

St Luke's Church, Mason's Hill, Bromley Common,
BR2 9PD

Wednesday 7.30pm

St Mary's Church- Plaistow Lane, 61 College Rd,
Bromley. **BR2 9PD**

Wednesday 7.30pm

"There is a Solution" St Philips Church &
Community Centre, Waterloo Street, Maidstone,
Kent, **ME15 7UH**

Wednesday 7.30pm 'New Meeting'

St Stephens Church, Deepdene Road, Welling,
Kent. **DA16 3QL**

Thursday 7.30pm

St Peter's Church, College Road, Hextable, Kent,
BR8 7RH. by road follow B258

Thursday 7.30pm

Parish Office, Church House, Kent Gardens,
Birchington, Kent. **CT7 9RS**

Friday 7.30pm

Cade Rd United Reform & Methodist Church,
Cade Rd, Ashford, Kent. **TN23 6JE**
Train: Ashford International Station.

Friday 7.45pm 'Women's Meeting' (with free Crèche)

St Luke's Church, Mason's Hill, Bromley. **BR2 9PD**

Friday 8.00pm 'Men's Meeting'

Chislehurst Methodist Church Prince Imperial Rd,
Chislehurst. **BR7 5LX**

Friday 8.30pm

Young Ones Meeting.
BCDP, 35 London Rd, Bromley, Kent. **BR1 3QR**

Saturday 12.30pm

"There is a Solution" St Philips Church &
Community Centre, Waterloo Street, Maidstone,
Kent, **ME15 7UH**

Saturday 6.30pm 'Big Book Study'

St Augustines, Dover Rd, Folkestone **CT20 1JZ**

Saturday 7.30pm

St Mary's Church, Plaistow Lane, 61 College Rd,
Bromley, Kent, **BR1 3QG**

Sunday 7.30pm

'Step Meeting'
Hayes Free Church (United Reformed), 111
Pickhurst Lane, Bromley, Kent, **BR2 7HU**.

Sunday 7.45pm

'We're Here and We're Free'
United Reform Church (by the Clock Tower)
Geddes Place, Bexleyheath, Kent, **DA6 7DJ**

LONDON

Monday 11.30

Lewisham Youth & Community Cent
138 Lewisham Way, New Cross. **SE14 4DP**

Monday 7.30pm

Salvation Army Building, (1st floor) 58 Westow St,
Crystal Palace. **SE19 3AF** (above blockbuster)

Monday 7.30

Open H&I meeting
Blenheim Project, 252 Camberwell Road,
London. **SE5 0DP**

Monday 8.00pm

'Freedom' Anchor House, 81 Barking Road,
Canning Town. **E16 4HB**

Tuesday 6.30pm

Latch House (NARCO), 112-4 Clapham Rd,
London. **SW9 0JU**

Tuesday 8.00pm

St Paul's church, St Paul's Way, Burdett Rd,
Bow Common Rd. **E3 4TN**

Wednesday 1.00pm

Folly's End Church 5-9 Surrey Street,
Croydon, Surrey. **CR0 1RG**

Wednesday 7.30pm

'Speaker Participation Meeting'
Durnin Hall, Earlam Grove,
Forest Gate. **E7 9AB**

Wednesday 7.30pm

Joe Richards House, 100 Queens Rd, Peckham
SE15 2QT

Thursday 7.30pm,

St. Dominic's Church, Violet Lane (off Warham Rd)
South Croydon. **CR0 4HN**
Train: South Croydon & Wadden. Bus 455, 468,
119

Thursday 7.30pm

'The Beginning' 318 New Cross Rd. **SE14 6AF**
(opposite 'The Venue' club)

Thursday 7.30pm

'Primary Purpose Meeting'
1 Alphonsus Rd, Clapham. **SW4 7AS**

Thursday 8.00pm

Beresford Project, 36-42 Hare St, Woolwich.
SE18 6LZ (opposite Star burger)

Friday 7.30pm

Salvation Army Hall, 246 Norwood
Rd. West Norwood. **SE27 9AW** (Opposite Fire St)

Friday 8pm

Docklands Power @ Christchurch, Manchester Rd,
Isle of Dogs, London **E14 8NA** – Island Gardens DLR

Friday 10.15pm

Equinox, 1 Creek Rd, Deptford. **SE8 3BT**
Bus: 188, 199, 47 / Train: Deptford 5min walk

Saturday 1.00pm

'Newcomers Meeting'
CDP Quantum Project, 55 Dartmouth Rd,
Forest Hill. **SE23 3HN**