

**THE TWELVE TRADITIONS
OF COCAINE ANONYMOUS**

1. Our common welfare should come first; personal recovery depends on 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 or 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 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 we 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



JANUARY 2012

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

Although great effort is put in to keeping this up to date, it may sometimes be wrong.

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

Email meeting amendments to

sedpi@cauk.org.uk

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 'Speaker Participation'
Godden Green Clinic, Godden Green,
Sevenoaks, Kent. **TN15 0JR.**

Tuesday 8.00pm
St Luke's Church, Mason's Hill, Bromley Common.
BR2 9PD.

Tuesday 7.30pm "Women's Meeting"
Trinity Foyer, 20 Church Street, Maidstone, Kent
ME14 1LY

Wednesday 7.30pm
St Mary's Church, Plaistow Lane, 61 College Rd, Bromley,
Kent. **BR1 3QG.**

Wednesday 7.30pm "There is a Solution"
St Faith's Church, Station Road, Maidstone, Kent,
ME14 1LH

Wednesday 7.30pm St Stephens Church, Deepdene
Road, Welling, Kent. **DA16 3QL.**

Thursday 7.30pm
St Peter's Church, College Road, Hextable, Kent,
BR8 7RH. By car - follow B258

Thursday 7.30pm
Parish Office, Church House, Kent Gardens, Birchington,
Kent **CT7 9RS.**

Friday 7.30pm
United Reform & Methodist Church, Cade Rd, Ashford,
Kent. **TN23 6JE.** Rail: Ashford International.

**Friday 7.45pm 'Women's Meeting' (with free
Crèche)**
St Luke's Church, Mason's Hill, Bromley Common,
BR2 9PD.

Friday 8.00pm 'Men's Meeting'
Methodist Church Prince Imperial Rd, Chislehurst.
BR7 5LX.

Friday 8.30pm 'Young Ones'
BCDP, 35 London Rd, Bromley, Kent BR1 3QR.
Train: Bromley South BR, Bromley North Rail, Bus:
208

Saturday 12.30pm "There is a Solution"
Maidstone Baptist Church, Knightrider Street,
Maidstone, Kent. **ME15 7RU.**

Saturday 6.30pm 'Big Book Study'
St Augustines Centre, Dover Rd,
Folkestone **CT20 1JZ.**

Saturday 7.30pm
BCDP, 35 London Rd, Bromley, Kent BR1 3QR.
Train: Bromley South BR, Bromley North Rail, Bus:
208

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'
Utd Reform Church (by Clock Tower) Geddes Place,
Bexleyheath, Kent. **DA6 7DJ**

LONDON - SOUTH EAST

Monday 7.30pm
Salvation Army, 58 Westow St, Crystal Palace, **SE19**
3AF. Gipsy Hill Station.

Monday 7.30 - 'Open H&I'
Blenheim Project, 252 Camberwell Road,
Camberwell. **SE5 0DP.**

Tuesday 6.30pm - 'Open H&I'
Latch House (NARCO), 112 Clapham Rd, **SW9 0JU.**

Wednesday 7.30pm - 'Open H&I'
Joe Richards House, 100 Queens Rd, Peckham
SE15 2QT

Thursday 12p.m. 'Open H&I'
Tower Hamlets, CDT, 71a Johnson Street,
London E1 0AG

Friday 7.30pm
Goodlife Hall, Highland Road, Gipsy Hill, London
SE19

Saturday 6.00pm 'Newcomers Meeting'
CDP Quantum Project, 55 Dartmouth Rd,
Forest Hill. **SE23 3HN.**