

## SUGGESTED PARTICIPATION MEETING FORMAT

Welcome to the (\_\_\_\_\_) meeting of Cocaine Anonymous. My name is (\_\_\_\_\_) and I am an addict. Are there any other addicts present? Welcome! Not to embarrass you, but so that we could get to know you better, will those of you in your first 30 days of sobriety please let us know who you are? Would you please stand and state your name and your disease? If you're visiting from out of town or new to the Area, please introduce yourself.

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 recover from their addiction. The only requirement for membership is a desire to stop using cocaine and all other mind-altering substances. There are no dues or fees for membership; we are fully 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 Steps of recovery because it has already been proven that the Twelve-Step recovery program works.

It is a custom in Cocaine Anonymous to read *We Can Recover*, taken from the C.A. "Storybook." I've asked (\_\_\_\_\_) to read for us.

The Twelve Traditions are to the group what the Twelve Steps are to the individual. I've asked (\_\_\_\_\_) to read for us.

It is also a custom to read *Who is a Cocaine Addict?* or *Who is a C.A. Member?* I have asked (\_\_\_\_\_) to read for us.)

This is a 1-hour participation meeting. We encourage newcomers to ask any questions they may have regarding the program and recovery. Please do not share if you have had any drugs or alcohol in the last 24 hours. There is no cross-talk at this meeting, and all questions should be directed at the speaker. Please limit your sharing to 3-5 minutes.

We are fully self-supporting through our own contributions. At this time we will observe the 7th Tradition. Newcomers need not feel obligated to contribute.

I will now turn it over to our GSR.

(GSR gives announcements.)

We give chips at this meeting for 30, 60 and 90 days, 6 and 9 months, 1 year, 18 months, and 2 or more years of continuous sobriety—free from all mind-altering substances. Please keep your sharing brief so that we may have time for participation afterward. Is there anyone here in their first 30 days of sobriety who wishes to take a newcomer chip? 30 days? 60 days? 90 days? 6 months? 9 months? 1 year? 18 months? 2 or more years?

(Turns it back over to Chairperson who picks a topic for meeting and briefly shares).

(Others Share til 5-7 minutes before the hour is up).

Our time is up. If you have any questions that went unanswered, or if you feel the need to share, please introduce yourself to someone and exchange phone numbers.

We are all here to help. Are there any other announcements?

(After other announcements) ) I would like to close by having (\_\_\_\_\_) read *The Promises, A Vision for You, or Reaching Out*.

After a moment of silent meditation for the addict who still suffers, would (\_\_\_\_\_) lead us in the prayer of his/her choice?

Adopted with the permission of the A.A. Grapevine.

“We’re Here and We’re Free”™

C.A. Conference-Approved Literature

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