

## The Promises

1. If we are painstaking about this phase of our development we will be amazed before we are halfway through.
2. We are going to know a new freedom and a new happiness,
3. We will not regret the past nor wish to shut the door on it.
4. We will comprehend the word serenity and we will know peace.
5. No matter how far down the scale we have gone, we will see how our experience can benefit others.
6. That feeling of uselessness and self-pity will disappear.
7. We will lose interest in selfish things and gain interest in our fellows.
8. Self seeking will slip away.
9. Our whole attitude and outlook upon life will change.
10. Fear of people and of economic insecurity will leave us
11. We will intuitively know how to handle situations that use to baffle us.
12. We will suddenly realize that God is doing for us what we could not do for ourselves.

Are these extravagant promises? We think not. They are being fulfilled among us – sometimes quickly, sometimes slowly. They will also materialize if we work for them.

### We suggest you:

- Go to 90 meetings in 90 days.
- Get a temporary sponsor (preferably someone who has worked the steps).
- Get and give fellow members phone numbers. We realize the phone can be Very Heavy at first.
- Get into service, help set up and clean up at meetings.
- Join a group.
- Do not use any mind altering substances, including alcohol or marijuana, between meetings
- We suggest you get the Big Book and Read it

# MANITOBA AREA MEETING LIST



Info line 24 hours

**1-204-250-2626**

**[camanitoba.org@gmail.com](mailto:camanitoba.org@gmail.com)**

P.O. Box 1902

Winnipeg, MB

R3C 3R2

Manitoba Area Web Site:

**[www.camanitoba.org](http://www.camanitoba.org)**

**We Are Here  
And We Are Free**

## A Vision for You

Our book is meant to be suggestive only. We realize we know only a little. God will constantly disclose more to you and to us. Ask him in your morning meditation what you can do each day for the man who is still sick. The answers will come if your own house is in order, but obviously you cannot transmit something you haven't got. See to it that your relationship with Him is right and great events will come to pass for you and countless others. This is the Great Fact for us.

Abandon yourself to God as you understand God. Admit your faults to him and to your fellows. Clear away the wreckage of your past. Give freely of what you find and join us. We shall be with you in the Fellowship of The Spirit, and you will surely meet some of us as you trudge the road of Happy Destiny. May God Bless You and Keep You until then.

**What is Cocaine Anonymous**

We are a fellowship of cocaine addicts who meet together to share our experience, strength, and hope for the purpose of staying sober and helping others to achieve the same freedom. Everything heard at our meetings is to be treated as confidential. There are no dues or fees of any kind. To be a member you only have to want to quit and show up. We also exchange phone numbers, and give and seek support from one another between meetings.

We are all on equal footing here. There are no professional therapists offering treatment, and no one "runs" the group. Everyone in these rooms is here because he or she has a desire to stop using cocaine. We are men and women of all ages, races, and social backgrounds, with a common bond of affliction. Our Program, called the Twelve Steps of recovery, is gratefully borrowed from Alcoholics Anonymous, whose more than 50 years of experience with alcoholism teaches us that the best human help an addict can receive is from another addict. Some of us may first come to C.A. while in a treatment program or seeking individual psychotherapy. We say "Fine, do whatever works for you." We don't pretend to have all the answers, but experience has taught us that a recovering addict will almost always certainly relapse without the ongoing support of fellow addicts.

We welcome newcomers to C.A. with more genuine warmth and acceptance in our hearts then you can probably now imagine - for you are the life blood of our program. In great part, it is by carrying the message of recovery to others like ourselves that we keep our own sobriety. We are all helping ourselves by helping each other.

**Phone Numbers**

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**C.A Daily Meetings**  
(Updated September 21, 2017)

**MONDAY**  
**Paradise (Men's Recovery Group)**  
61 Picardy Place - 6:30 pm

**Hope, Faith and Courage**  
450 Lilac St. - 8:00 pm

**TUESDAY**  
**Serenity (Women's Recovery Group)**  
450 Lilac St. - 6:30 pm

**End of the Line**  
211 Edmonton St. - 7:30 pm

**Hope, Faith and Courage**  
450 Lilac St. - 8:00 pm

**WEDNESDAY**  
**Ounce of Courage** - Closed except Birthdays  
510 River Ave- West Door - 6:30 pm

**Kateri**  
548 Home St. @ Ellice Ave - 8:00 pm

**THURSDAY**  
**Ounce of Courage** - Closed except Birthdays  
510 River Ave. – West Door - 6:30 pm

**End of the Line**  
211 Edmonton St. - 8:00 pm

**FRIDAY**  
**Ounce of Courage** - Closed except Birthdays  
510 River Ave- West Door - 6:30 pm

**SATURDAY**  
**Paradise CA Coed Group**  
51 Picardy Place - 6:30 pm

**End of the Line**  
211 Edmonton St. - 7:00 pm

**SUNDAY**  
**Kateri**  
548 Home St. @ Ellice Ave. - 7:00 pm

