

## WHO IS A C.A. MEMBER?

While the name “Cocaine Anonymous” may sound drug-specific, we wish to assure you that our program is not. Many of our members did a lot of cocaine; others used only a little, and some never even tried coke. We have members who drank only on occasion, those who casually referred to themselves as drunks, and others who were full-blown alcoholics. Lots of us used a wide variety of mind-altering substances. Whether we focused on a specific substance or used whatever we could get our hands on, we had one thing in common: eventually we all reached a point where we could not stop.

According to C.A.’s Third Tradition, the only requirement for membership is a desire to stop using cocaine and all other mind-altering substances. Whatever you may have been using, if it led you to this meeting, you’re probably in the right place. Over time, virtually every single one of us has realized that our real problem is not cocaine or any specific drug; it is the disease of addiction.

It can be tempting to focus on our differences rather than our similarities, but this can blind us to potential sources of support in our recovery. As we hear other members’ stories, the most important question to ask ourselves is not, “Would I have partied with these people?” but rather, “Do these people have a solution that can help me stay sober?” We encourage you to stick around and listen with an open mind.

With its all-inclusive Third Tradition and First Step, Cocaine Anonymous welcomes anyone with a drug or alcohol problem and offers a solution. C.A.’s Twelve Steps are not drug-specific, and Cocaine Anonymous is not a drug-specific Fellowship. It doesn’t matter to us if you drank or what type of drugs you used; if you have a desire to stop, you are welcome here!

# MANITOBA AREA MEETING LIST



Info line 24 hours

**1-204-250-2626**

**CAManitoba@outlook.com**

**Manitoba Area Web Site:**

**www.camanitoba.org**

**We Are Here  
And We Are Free**

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## 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.

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 than 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.

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127 Coburg Ave.