are others who have recovered from addiction and there is a way out.

Those who do stay are already immersed in the fellowship. They have a point of contact and are easily introduced to many other members of Cocaine Anonymous.

Our hope is to help overcome the newcomer's hesitations about attending a meeting after treatment, whether those include denial, inconvenience, fear, over-confidence, or limited resources. Simply having a fellow addict and member of Cocaine Anonymous accompany the newcomer to a meeting can encourage them to stay.

For the subcommittee member, Lifeline offers the opportunity to experience all sides of the service triangle: recovery, unity and service. Participating in Lifeline helps the C.A. Fellowship stay strong and continue to grow.

*For additional information on C.A. Lifeline, please refer to the Cocaine Anonymous World Service Conference Hospitals and Institutions Committee Suggested Guidelines and Information, available in the Service section at www.ca.org.

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 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.

FOR LOCAL C.A. INFORMATION, PLEASE CONTACT:

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 nonprofessional, but our service centers 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 and Twelve Traditions are reprinted with permission of Alcoholics Anonymous World Services, Inc. Permission to reprint and adapt the Twelve Steps and Twelve Traditions does not mean that A.A. is affiliated with this program. A.A. is a program of recovery from alcoholism. Use of the Steps and Traditions in connection with programs and activities which are patterned after A.A. but which address other problems does not imply otherwise. THE TWELVE STEPS OF ALCOHOLICS ANONYMOUS: 1. We admitted we were powerless over alcohol—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 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 alcoholics, and to practice these principles in all our affairs. THE TWELVE TRADITIONS OF ALCOHOLICS ANONYMOUS: 1. Our common welfare should come first; personal recovery depends upon A.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 A.A. membership is a desire to stop drinking. 4. Each group should be autonomous except in matters affecting other groups or A.A. as a whole. 5. Each group has but one primary purpose—to carry its message to the alcoholic who still suffers. 6. An A.A. group ought never endorse, finance, or lend the A.A. name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose. 7. Every A.A. group ought to be fully self-supporting, declining outside contributions. 8. Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers. 9. A.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve. 10. Alcoholics Anonymous has no opinion on outside issues; hence the A.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 and films. 12. Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.

"We're Here and We're Free"™

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C.A. Lifeline

Central UK Area of Cocaine Anonymous
PO Box 414
Hitchin
SG5 9FT

www.centralukca.org
info@centralukca.org

Helpline: 0800 689 4732

C.A. Lifeline

Those who found Cocaine Anonymous during treatment may recall their fear and anxiety about attending a meeting for the first time after completing treatment. The transition can be extremely difficult, from not knowing anyone, to not knowing exactly what to do or say, or even knowing where to sit! Yet, we were desperately seeking a solution to our addiction and hoping to find it in a C.A. meeting.

Lifeline

connecting with the newcomer to accompany them to their first meeting after treatment. Personally welcoming a newcomer, introducing them to some of our friends, and finding them a seat with us can go a long way toward helping them relax and be able to hear the message. By doing so, we extend a "Lifeline" to the newcomer and share our hope, faith and courage. We all want to give others what was so freely given to us, and this is a wonderful way to do so. Start a C.A. Lifeline Subcommittee in your Area!

Statement of Purpose

C.A. Lifeline's primary purpose is to help the newcomer addict's transition from treatment to the rooms of Cocaine Anonymous. We do this by providing a temporary contact to a C.A. member in the newcomer's local area.

Members of Cocaine Anonymous, usually acting in pairs, meet the patients after their release from treatment and accompany them to their first C.A. meeting. Participation in the C.A. Lifeline is always voluntary.

The C.A. Lifeline committee's activities include:

1. Provide a vital link between treatment and the fellowship of C.A.
2. Meet and correspond with representatives of local treatment centers to ask for permission to work with their patients.
3. Correspond with patients desiring C.A. Lifeline on release.
4. Maintain a list of C.A. volunteers willing to do C.A. Lifeline work.
5. Print and distribute appropriate formats.

Our committee is a subcommittee of the H & I Committee. We also send a liaison to the District and/or Area meetings.

Basic Functions of the C.A. Lifeline Sub-committee*

Presentation Teams:

1. Make the initial presentation to the administrators of the facilities.
2. Make routine presentations to patients.
3. Gather contact requests from patients.

Phone Coordinators:

1. Call temporary Lifeline contacts from the phone list and give them the contact information from the newcomer's contact request card so the Lifeline member may reach out to the newly released patient.
2. Ask temporary contacts to contact the Follow-up Coordinator.
3. Forward contact requests for other Districts/Areas to the appropriate District/Area Chair.

Temporary Contacts: After the patient is released, Temporary Contacts, preferably in groups of two, will accompany the released patient to an outside C.A. meeting and then contact the Follow-Up Coordinator.

Follow-Up Coordinators: Check on success of contact and provide follow-up report to the C.A. Lifeline Chairperson.

C.A. Lifeline Chair: Reports to the District/Area H & I Committee about work and progress within the Fellowship.

Numerous treatment facilities have welcomed C.A. Lifeline, giving Lifeline members the opportunity to tell patients about the Fellowship of Cocaine Anonymous. As a result, Lifeline has helped countless newcomers get to a meeting after leaving rehab, sometimes their first meeting.

Some patients may or may not sign up, some may or may not answer when released, some may or may not accept the Lifeline offer, and some may or may not attend another meeting. The bottom line is that they now know there