A Guide to A Higher Power

As a newcomer, you may have thought or said, “What’s this talk about God? I came here to stop using cocaine, not to join a religion.” You’re not alone. Many of us felt the same way when we first came to meetings - whether in a room or joining online from home.

It’s easy to confuse spirituality with religion. As it relates to God, Cocaine Anonymous is a spiritual program, not a religious one. In C.A., we believe each individual can choose a Higher Power of his or her own. In short, a God of his or her own understanding.

If you’re like many of us, you may have come to C.A without any belief in a Higher Power. Or perhaps you turned away from the idea because of past experiences. That’s okay, it doesn’t matter. All that’s needed to begin is a willingness to consider that something greater than yourself - however you define it - might help restore you to sanity.

The first step in solving any problem is recognizing it. The same is true with cocaine addiction.

The second step is believing there could be a solution. The fact that you’ve joined a meeting (whether in person or online) shows that part of you believes that there is a Power of some kind, greater than yourself and that, through this, help is possible. Even logging into a meeting is a powerful first action towards a solution. You’ve already started!

Once finding that solution, the third step is trying that solution. For many of us, that meant admitting our way wasn’t working and becoming willing to trust something beyond ourselves. That “something” might be a traditional idea of God, a sense of connection, or even the collective strength of the group - yes, even a group you meet with in person or online.

In online meetings, many of us experience this power through shared stories, honesty, and connection across screens and distances.

No one comes to Cocaine Anonymous to find God. We come because we want relief from a painful addiction. Whether you’re sitting in a meeting room or joining from your phone or laptop, you’re connecting with people who understand. Many of us arrived feeling broken - emotionally, financially, and spiritually. Yet today, we are living differently.

As long as you stay willing, your belief can grow. Through your own experience - and through others, you may begin to see how a Higher Power can help.

After a few weeks or months, you might notice changes. Your thinking may shift. You may start to feel better. You’ll see changes in others too. We call these changes miracles and they happen in online meetings just as they do anywhere else.

Find the link to the the full CA pamphlet below: A Higher Power