A New High from H&I

Our primary purpose is to carry the message of recovery to the addict who still suffers.

Today, one powerful way we do this is through online H&I meetings, reaching people who are unable to attend in-person meetings. These may include individuals in hospitals, detox units, correctional facilities, shelters, or those otherwise confined-whether physically, geographically, or emotionally. Through virtual connection, we are able to bring hope directly to them, wherever they are.

By working with others in H&I, members of Cocaine Anonymous share their experience, strength, and hope. Here are some reflections on what that service means in an online setting.

Remembering Where We Came From

"My first experience with online H&I service came when I had just 90 days sober. I didn't think I had anything to offer. But when it was my turn to speak, I simply shared honestly-and somehow, the message landed. Not just for someone listening, but for me too."

"Even through a screen, the connection is real. After meetings, whether through messages or shared moments, I feel a sense of purpose and joy that reminds me why I stay sober."

"After an online H&I meeting, I often sit back and feel grateful - grateful to be sober, grateful to be useful, and grateful to carry a message that might reach someone who needs it."

"Even through a screen, I can see the uncertainty, the fear, and the hope in others. The only difference between us is that today, I have a solution. That realization fills me with gratitude."

"When I share my story in an online H&I meeting, I hope that even one person hears something that helps them believe change is possible."

"You can see it happen - the moment someone begins to believe. Even virtually, you can feel the shift. From hopelessness to 'maybe this could work for me too.' That's why I keep showing up."

If you identify with what you've read and want to experience this for yourself, consider joining an online H&I meeting. You don't need to travel to make a difference, your voice, your story, and your presence can help carry the message to someone who needs it today.

Find the link below to the full C.A pamphlet:

C.A. H&I