Having Fun In Recovery

One of the most surprising things newcomers often experience in Cocaine Anonymous is the sound of laughter. Many of us came to recovery believing that life without drugs or alcohol would be dull, only to discover that recovery can be full of joy, connection, and genuine fun.

Through the guidance of those who came before us, and by being willing to try new things, we learn that a fulfilling and enjoyable life is possible without mind-altering substances. Here are some ways members enjoy recovery:

The Meeting after the Meeting - Whether attending in person or online, many members stay connected after meetings. Some groups arrange coffee, meals, or social gatherings, while online meetings may offer time for informal fellowship before or after the meeting, or members may stay in touch through recovery networks and messaging groups.

These opportunities allow us to build friendships, share experience, strength and hope, and support one another outside of the meeting itself. If you're new, don't be afraid to ask how others stay connected - everyone remembers what it was like to attend their first meeting.

C.A Activities and Conventions - Local and online fellowships often organise a variety of activities, such as quizzes, picnics, walks, workshops, campouts, celebrations, and other recovery-focused events. Many events now offer online participation, making them accessible to members regardless of location.

Conventions bring members together from different areas and sometimes different countries. Whether attended in person, online, or through a hybrid format, conventions provide opportunities to hear inspiring speakers, attend workshops, learn more about recovery, and experience the wider Fellowship.

Service Work - Service is one of the most rewarding ways to become involved in recovery. Whether helping at your home group, supporting an online meeting, participating in an Area committee, or assisting with events and activities, service allows us to give back while strengthening our own recovery.

Through service, we often develop lasting friendships, learn more about the Fellowship, and gain a deeper understanding of the Twelve Traditions and the work that helps keep C.A. available for the addict who still suffers.

Willingness and Open-mindedness - There may still be times when we ask ourselves, "What do I do now that I'm sober?" During those moments, we can speak with trusted servants, sponsors, friends, or fellow members for suggestions. We can also explore local, national, and online C.A. meetings, activities, workshops, and events.

Each time we remain open-minded, try something new, and connect with others, we strengthen our foundation. As we continue to grow, we often discover new interests, build meaningful relationships, and gain confidence in ourselves.

Recovery is not about missing out on life- it is about gaining a new way of living. Through fellowship, service, and connection, whether in person or online, we can experience the freedom to be happy, joyous, and free.

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

Having Fun in Recovery