The Home Group

Many of us came to Cocaine Anonymous feeling as though we didn't belong anywhere. During our addiction, drugs gave us a false sense of connection, but when we stopped using, that feeling disappeared. Recovery offers us something far more meaningful - a genuine sense of belonging with people who understand.

Attending meetings regularly helps us build those connections. Whether you attend online, in person, or both, every meeting offers the chance to hear experience, strength, and hope from people who have found a new way of life. Online meetings make recovery available wherever you are, helping you stay connected whether you're at home, travelling, working shifts, managing family commitments, or unable to attend a face-to-face meeting.

As we continue to attend, many of us discover a meeting where we feel especially comfortable. We recognise familiar faces, build friendships, and begin to feel at home. That meeting often becomes our 'home group' a place where we make a commitment to our recovery and to the Fellowship.

As newcomers, we're often encouraged to find a home group, but we may not understand why. Many of us spent months or years isolated in our addiction, feeling disconnected from everyone around us. Recovery begins when we connect with others who truly understand.

Your home group becomes your recovery family. It's where people get to know you, celebrate your milestones, notice when you're struggling, and remind you that you never have to do this alone. On difficult days, there's usually someone who understands exactly how you feel and can help you stay clean and sober.

Think back to your first meeting. Someone welcomed you. Someone chaired the meeting. Someone read the readings, managed the technology, admitted members from the waiting room, monitored the chat, or stayed behind afterwards to talk with newcomers. Every one of those acts of service helped make the meeting possible-There are many opportunities in your home group for you to become of service.

No matter how much clean time we have, there is always a way to help. Service gets us out of ourselves, strengthens our recovery, and helps ensure that the next suffering addict finds the same welcome we did.

Active addiction often left us unreliable and unaccountable. Recovery gives us the opportunity to change that. Whether your home group meets online or in person, the most important thing is that you keep coming back. Recovery grows through connection, and your home group can become a place where you'll always find understanding, support, and hope.

For the Full C.A Version of the Pamphlet follow the Link below:

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