# Unity

Unity is the bond that transcends all differences. No matter where we live, what our circumstances are, or the path that brought us here, we share the same disease: addiction.

Through recovery, we discover that none of us has to face it alone. Our strength and hope are found in unity - whether we meet in person or connect online from across the world.

We are people who might never have mixed. Yet addiction and recovery are the threads that bind us. We understand feelings of fear, insecurity, isolation, jealousy, false pride, and loneliness because we have lived them too. By sharing openly with other addicts and working the Twelve Steps of C.A., we come to know humility, acceptance, purpose, self-worth, and genuine connection.

Online meetings allow us to carry the message beyond borders, time zones, and circumstances. They make recovery accessible to those who may feel isolated, unable to travel, new to recovery, or simply seeking connection at any hour of the day. Wherever we are, we can recover Online together.

Through practicing the Twelve Steps and Twelve Traditions, we grow in love, tolerance, and respect for one another. This spiritual growth allows us to rise above prejudice, regardless of religion, ethnicity, economic status, age, gender, or sexual orientation, to carry the C.A. message. Though we are different, we are the same. Regardless of the author, we share the same story.  Recovery is possible - together.

Unity strengthens our C.A. Fellowship.
Unity preserves our message of Hope, Faith, and Courage.
Unity supports our personal recovery, our families, and our rediscovered dreams.

Simple steps toward unity include:

- Carrying the C.A. message through both in-person and online meetings;
- Encouraging love, tolerance, and respect for others;
- Creating online workshops, activities, and events that promote connection and unity;
- Strengthening communication among members by placing principles before personalities;
- Encouraging service participation at all levels, both online and offline;
- Welcoming newcomers warmly in virtual and face-to-face meetings alike;
- Supporting group inventories and open communication to help meetings grow;
- Making recovery accessible to anyone, anywhere, at any time.

No matter the distance, unity keeps us connected.
**Together, we can recover online.**

***For the original full CA version of the Pamphlet follow the link below:*** C.A. Unity