# Yes You Can Start a C A Meeting

Have you ever thought about how an online C.A. meeting gets started? There may already be several online meetings available, or you may recognise a need for a meeting at a time or in a format that is not currently offered. Many online meetings have begun simply because someone saw an opportunity to carry the message of recovery to those who needed it and made the decision to help Cocaine Anonymous grow by starting a meeting.

It may have been scheduled for a time when there were few or no other meetings available, making recovery more accessible to members across different locations and time zones. People needed a safe, welcoming space to share their experience, strength and hope with others in recovery - people who had 'been there' and could truly understand.

Cocaine Anonymous World Services or the local Fellowship of C.A. can provide guidance and resources to help a new meeting get started. Members help spread the word through websites, social media, emails and word of mouth. Meeting formats were shared electronically, trusted servants volunteered to chair meetings, and speakers were invited to carry the message of recovery. As the meeting became established, the group held its first business meeting online, chose a name, and elected trusted servants to support the group's continued growth and service.

You can start an online C.A. meeting, too. You already have the necessary tools. It takes willingness, commitment, and one or two people with a desire to stay sober and help others do the same. It doesn't matter whether the meeting is attended by a handful of members or grows into a large fellowship. We are reminded that we "can't keep what we have unless we give it away."

Starting an online meeting can be as simple as choosing a suitable online platform, arranging a regular day and time, and working with others who share your commitment to carrying the message. With today's technology, it's easier than ever to create a welcoming space where members can connect, wherever they are. Resources such as suggested meeting formats, literature, and optional readings can help you establish a strong foundation and maintain consistency with the C.A. programme. As your meeting grows, trusted servants can share responsibilities to ensure the meeting continues to carry the message effectively.

## Finally...

Tradition Five of Cocaine Anonymous reminds us that our primary purpose is to carry the message of recovery to the addict who still suffers. Helping others and being of maximum service is at the heart of our programme and forms the foundation of our own recovery.

By starting an online C.A. meeting, you are helping to make recovery more accessible to those who may otherwise struggle to find support. Every new meeting strengthens the Fellowship, extends the reach of the C.A. message, and provides another opportunity for addicts to connect with recovery. In helping others, you also strengthen your own recovery.

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

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