

CONTACT TELEPHONE NUMBERS

THE TWELVE STEPS OF COCAINE ANONYMOUS

1. We admitted we were powerless over cocaine and all other mind-altering substances – that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God, as we understood Him.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them, or others.
10. Continued to take personal inventory and when we were wrong we promptly admitted it.
11. Sought through prayer and meditation to improve our conscious with God, as we understood Him, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to addicts, and to practice these principles in all our affairs.

THE TWELVE TRADITIONS OF COCAINE ANONYMOUS

1. Our common welfare should come first; personal recovery depends on C.A. unity.
2. For our group purpose there is but One ultimate authority - a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for C.A. membership is a desire to stop using cocaine and all other mind-altering substances.
4. Each group should be autonomous, except in matters affecting other groups or C.A. as a whole.
5. Each group has but one primary purpose – to carry its message to the addict who still suffers.
6. A C.A. group ought never endorse, finance or lend the C.A. name to any related facility or outside enterprise, lest problems of money, property or prestige divert us from our primary purpose.
7. Every C.A. group ought to be fully self-supporting, declining outside contributions.
8. Cocaine Anonymous should remain forever non-professional, but our service centres may employ special workers.
9. C.A. as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. Cocaine Anonymous has no opinion on outside issues; hence the C.A. name ought never be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, television and films.
12. Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.

Cocaine Anonymous Kent

-----MEETING LIST-----

November to December 2017



COCAINE ANONYMOUS UK

**Helpline: 0800 612 0225
0300 111 2285**

**Web: www.cauk.org.uk
www.cakent.org**

Online meetings: www.ca-online.org

Although great effort is put into keeping this up to date, it may sometimes be wrong.

Please confirm with the helpline or check the web site for frequently updated meetings lists.

**Email meeting amendments to
pikentdis@gmail.com**

Monday 10am 'Erith daytime Big Book Study'
Riverside Centre (round the back of Carrack House)
Saltford Close
Erith, Kent, DA8 1SA (CH)

Monday 7.30pm 'Big Book Study'
Simons Church Hall, (the rear entrance) Brookfield Rd
Ashford
Kent, TN23 4EU (CH)

Monday 7.30pm 'A Common Solution'
Christchurch Tonbridge
(Angel Lane Entrance)
Tonbridge, TN9 1SG (CH)

Monday 7.30pm
Bromley Common Methodist Church
Bloomfield Road
Bromley, Kent
BR2 9RZ (CH)

Tuesday 8.00pm
Bromley Common Baptist Church
Gravel Road
Bromley, Kent, BR2 8PE (CH)

Tuesday 7.30pm 'Tradition 5 Meeting' 'Big Book Study' (*Chair end of month meeting is also open*)
Trinity Foyer, 20 Church St
Maidstone
Kent, ME14 1LY (CH)

Tuesday 7:30 'The Way Out'
Cheriton Baptist Church
Quested Road, Cheriton
Folkestone CT19 4BY (CH)

Wednesday 7.30pm
St Mary's Church, Plaistow Lane
61 College Rd, Bromley
Kent. BR1 3QG (CH)

Wednesday 7.30pm
St Stephens Church
Deepdene Road
Welling
Kent, DA16 3QL (CH)

Wednesday 7.30pm 'Share meeting – a new life'
St Augustine's Church
192 Rock Avenue
Gillingham
Kent, ME7 5PW (CH)

Wednesday 7.30pm 'Big Book Study'
The Umbrella Centre
St Peters Place
Canterbury, Kent, CT1 2DB

Thursday 7.30pm
St Peter's Church, College Road
Hextable,
Kent, BR8 7RH

Thursday 7pm
Mill House, CGL, Mill Street
Maidstone, Kent, ME15 6XH (CH)

Thursday 7:30pm 'Big Book Study'
St Augustine's Church
Dover Rd, Folkestone, CT20 1JZ (CH)

Thursday 7.30pm 'Big Book Study, Carrying the Message'
Bromley Common Baptist Church
Gravel Road, Bromley Common
Kent
BR2 8PE (CH)
(The annexe at the end of the car park on the left, through the door and up the stairs.)

Thursday 7.45 pm
Keston Parish Church
Church Road, Keston
Kent, BR2 6HT (CH)

Thursday 7.30 pm 'Big Book study'
A New Freedom
Christchurch United Reform Church
Tonbridge High Street
Tonbridge, Kent, TN9 1SG (CH)

Friday 7.30pm
United Reform & Methodist Church,
Cade Rd,
Ashford, Kent, TN23 6JE (CH)

Friday 7.30pm 'Newcomers There Is A Solution'
The Redeemed Christian Church (opp. the Fulwich)
81-83 St. Vincent's Road
Dartford, DA1 1XA (CH)

Friday 8.30pm 'The Late Ones'
St Mary's Church,
Plaistow Lane, 61 College Rd
Bromley, Kent, BR1 3QG (CH)

Friday 7.00 pm 'Women's Meeting' (with crèche)
Bromley Common Baptist Church
Gravel Road
Bromley Common
Kent, BR2 8PE
*(The annexe at the end of the car park on the left, through the door and up the stairs.) **

Saturday 11am 'The Sanctuary CA Meeting'
St Thomas More Church
420a Long Lane
Bexleyheath, Kent, DA7 5JW (CH)

Saturday 12.15pm 'Share and Recovery'
Trinity Foyer, 20 Church St
Maidstone
Kent, ME14 1LY (CH)

Saturday 7.30 pm
St Marys Church, Plaistow Lane
61 College Road
Bromley, BR1 3QG *

Sunday 7.30pm 'Step Meeting'
Hayes Free Church (United Reformed)
11 Pickhurst Lane
Bromley, Kent. BR2 7HU (CH)

Sunday 7.45pm 'We're Here and We're Free'
Utd Reform Church (by Clock Tower)
Geddes Place
Bexleyheath, Kent, DA6 7DJ (CH)

* (Part of London District) (CH) Provides CHIT