

## COCAINE ANONYMOUS SUGGESTED PANEL MEETING FORMAT

Welcome to the \_\_\_\_\_ H & I panel meeting of Cocaine Anonymous. My name is \_\_\_\_\_ and I am an addict. Are there any other addicts or alcoholics present? Welcome!

Would you please help me open this meeting with the Serenity Prayer.

Cocaine Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and to help others to recover from their addiction. The only requirement for membership is the desire to stop using cocaine and all other mind-altering substances. There are no dues or fees for membership; we are fully self-supporting through our own contributions. We are not allied with any sect, denomination, politics, organization or institution. We do not wish to engage in any controversy, and we neither endorse nor oppose any causes. Our primary purpose is to stay free from cocaine and all other mind-altering substances, and to help others achieve the same freedom.

We use the Twelve Steps of recovery because it has already been proven that the Twelve-Step recovery program works.

It is a custom in Cocaine Anonymous to read "We Can Recover", from the CA approved readings. Tonight I have asked \_\_\_\_\_ to read this for us.

(Optional) It is also a custom in Cocaine Anonymous to read a portion of the newcomer pamphlet, "Who is a Cocaine Addict". Tonight I have asked \_\_\_\_\_ to read this for us.

We ask that you relate to the feelings being shared so that you may better identify with our stories. There is no crosstalk while people are sharing. If there is time after the speakers have finished, we will answer questions.

(Speakers share. . .if there is time afterwards, questions and answers.)

(To the Leader - When finished, give out copy or copies of the Big Book or "Hope, Faith and Courage", if you have them.)

It is also a custom in Cocaine Anonymous to read "The Promises". (Alternate readings, "Reaching Out", "A Vision for You".) Tonight I have asked \_\_\_\_\_ to read this for us.

After a moment of silent meditation for the addict who still suffers, please join me in the Lord's Prayer (or the Serenity Prayer).