

PANEL MEETING FORMAT

Welcome to the _____ panel meeting of Cocaine Anonymous. My name is _____ and I am an addict/alcoholic. Are there any other addicts or alcoholics present?
Welcome!

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 an excerpt from Chapter Five of the Big Book of Alcoholics Anonymous entitled "How It Works" (Alternate reading, "We Can Recover"). Tonight I have asked _____ to read this for us.

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.

This is a panel speaker meeting. Will the speakers please introduce themselves.

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. There will be time for questions afterwards.

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.