

## 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 promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact 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 upon 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 and 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 nonprofessional, but our service centers 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.

## What is Cocaine Anonymous?

“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 help others to recover from their addiction.”

The best way to reach someone is to speak to them on a common level. The members of C.A. are all recovering addicts who maintain their individual sobriety by working with others. We come from various social, ethnic, economic, and religious backgrounds, but what we have in common is addiction, and then recovery.

“The only requirement for membership is a desire to stop using cocaine and all other mind-altering substances.”

### PHONE NUMBERS

Name	Number

### ONE DAY AT A TIME!

**The “We” version of The Serenity Prayer**  
 God, Grant Us the Serenity to  
 Accept the Things We Cannot Change,  
 Courage to Change the Things We Can and  
 Wisdom to Know the Difference.

## Meeting Directory 2011 October, November & December



### SAN FERNANDO VALLEY COCAINE ANONYMOUS

P. O. BOX 18156 ENCINO, CA 91416-8156  
 24 Hour Hot Line  
**(818) 760-8402**  
[www.sfvca.org](http://www.sfvca.org)

***25 Years of Recovery in the Valley!***

**The Area Service Committee meets the 2<sup>nd</sup> Monday of every month.** 7:30 pm Business Meeting and new GSR Orientation is now at **NEW ADDRESS: 6166 Vesper Avenue at the corner of Delano & Vesper off of Van Nuys Boulevard.**

**Hospitals & Institutions** meets the 1<sup>st</sup> Monday of the month at 7:30 pm. Business Meeting & New Panel Speaker Orientation is at 4390 Colfax Ave, (@ Moorpark) No Hollywood, CA (at the church).

### Hot Line Phone Numbers

CALA	(310) 216-4444
San Gabriel	(626) 447-2887
Pomona Valley	(909) 620-4324
West Inland Empire	(909) 997-3310
Inland Empire	(951) 359-3895
Orange County	(949) 650-1011
San Diego	(866) 242-2248
Central California	(805) 969-5178
Long Beach/Compton	(310) 866-0464
C.A. World Service Office	(310) 559-5833

THIS DIRECTORY IS NOT TO BE  
 USED AS A MAILING LIST OR FOR ANY FORM OF  
 SOLICITATION OR COMMERCIAL VENTURE.

**SUNDAY**

**MALIBU**  
BAGELS BY THE BEACH (SS) 10:30 am  
Malibu Canyon & PCH at Malibu Bluffs Park  
Michael Landon Recreation Center

**NORTH HOLLYWOOD**  
WE BE CLEAN (P,NS,H) 7:30 pm  
6006 Laurel Canyon Blvd. @ Oxnard St.

**SUN VALLEY**  
CANDLELIGHT 7:30 pm  
AT THE TWILIGHT ZONE (SP/P)  
8140 Sunland Blvd

**TARZANA**  
THE BREAKFAST CLUB (SP,H) 9:30 am  
18646 Oxnard @ Reseda (treatment center cafeteria)

**MONDAY**

**VAN NUYS**  
A PLACE FOR US ALL (SP,P) 8:00 pm  
17251 Sherman Way @ Louise (Church)

**TUESDAY**

**TARZANA**  
OLDTIMER / NEWCOMER (P) 7:00 pm  
19616 Ventura Blvd. (bowling alley, downstairs)

FROM THE NECK UP (SP,P) 7:30 pm  
5658 Tampa Ave. @ Sober Souls Sober Living

**WEDNESDAY**

**STUDIO CITY**  
LOVE & TOLERANCE (SP,P,NS) 8:00 pm  
4390 Colfax Ave @ Moorpark (Church)

**THURSDAY**

**BAKERSFIELD**  
LOST & FOUND – (P) 7:00 pm  
1510 McCray St. & Norris Rd. @ Norris Rd.

**NORTH HILLS**  
TRUDGIN' IN RECOVERY (SP/P) 7:00 pm  
15649 Chase St. (Sober Living)

**VAN NUYS**  
GRATEFUL IN GRANADA 8:00 pm  
17251 Sherman Way @ Louise entrance (Church)

LA ELECCION Y EL CAMBIO (SPAN,SP,P) 8:15 pm  
6308 Woodman Ave., #209

**WESTLAKE VILLAGE**  
THE C.A. MEETING (SP,P) 7:00pm  
2630 Townsgate Rd.

**FRIDAY**

**BAKERSFIELD**  
T.G.I.F. PARTICIPATION 7:00 pm  
5500 Olive Drive @ Olive Drive Church Bldg. #3

**BURBANK**  
TURNING POINT 8:00 pm  
700 N. Glenoaks Blvd @ Church

**CANOGA PARK**  
KINGPINS OF SOBRIETY - Candlelight 8:00 pm  
(P,H,NS) @ 7552 Remmet St. & Saticoy

**FRIDAY (Con't)**

**NORTH HOLLYWOOD**  
6006 Laurel Canyon Blvd @ Oxnard St.  
T.G.I.F. (NS,H) 12 NOON  
SISTERS IN SOBRIETY (WS,P,NS,H) 8:00 pm  
WE CAN RECOVER (SP/P) 10:30 pm

**SATURDAY**

**NORTH HOLLYWOOD**  
DESIGN FOR LIVING (BS,NS,H) 7:30 pm  
6006 Laurel Canyon Blvd. @ Oxnard

**7 Online C.A. Meetings!**



**www.ca-online.org**

**DOORS OPEN 24/7**

**NEW!**

**REAL TIME speech & sound  
meetings! For info email  
jointhemeeting@gmail.com**

**COCAÍNA ANÓNIMOS  
EN ESPAÑOL!**



**http://spanish.sfvca.org**

**UPCOMING EVENTS**

**Saturday, October 22**  
**11<sup>th</sup> Annual Women's Luncheon**  
**11 AM – 3 PM**  
Lifehouse Church  
@ 18355 Roscoe (near Reseda Blvd.)

**Thursday, November 24**  
**Annual Thank-A-Thon & Feast**  
**Get info @ www.sfvca.org**

**Saturday, December 10**  
11<sup>th</sup> Annual  
**H&I Holiday Fundraiser**  
**5 – 9 PM**, Dinner served 6 - 8  
18355 Roscoe Blvd., Northridge 91325

**Sat/Sun, December 24 & 25**  
**HOLIDAY MARATHONS**  
**Don't be alone – celebrate recovery!**  
**Get info @ www.sfvca.org**

*In the spirit of Tradition Six, C.A. is not allied with any sect, denomination, politics, organization or institution.*

**MEETING KEY**

BS = Book Study MS = Men's Stag  
SS = Step Study WS = Women's Stag  
P = Participation LP = Leader/Part.  
SP = Speaker TD = Topic Discussion  
CL = Candlelight NS = Non-Smoking  
H = Handicap SPAN = Spanish  
G&L = Gay & Lesbian N = Newcomer

**Contact SFVCA Trusted Servants at  
www.sfvca.org**