



## 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 only requirement for membership is a 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.

## REACHING OUT

I made it to this program because someone else worked their Twelfth Step on me. Someone passed it on to me. Someone was out there after they got clean and sober, caring about others. I need never, ever forget that. Had they simply gone on with their lives and forgotten about people like me who were still out there using and suffering, I wouldn't be here today. My gratitude begins with that fact. It is with that gratitude in mind that I reach out to others, especially the newcomers. I need to have them in my life. That is where my spirituality begins.

For me, spirituality comes from caring about others. I have found that the more I focus on improving the quality of the lives of others, the less I am into myself and my will. I feel a freedom and peace from within. The gifts I am beginning to receive in my life are greater than I could have ever imagined.

Something else I have done is that I have forgiven myself. I have forgiven myself for being an addict. I have forgiven myself for all the damage I did to my life, to my physical health, and to my career and finances. But most of all, I have forgiven myself for all of the horrible, negative, and unloving things I have felt about myself. It was not until I offered and accepted my own forgiveness that I was truly able to grow in my sobriety.

## SOUTH CAROLINA AREA MEETING SCHEDULE

### Monday

#### **There Is A Solution**

The Step-Up Club  
171 Old Parsonage Road  
Summerville, SC 29483

**3:30 p.m.**

#### **There Is A Solution**

The Step-Up Club  
171 Old Parsonage Road  
Summerville, SC 29483

**6:35 p.m.**

#### **Three Pertinent Ideas**

Alice Drive Baptist Church  
1305 Loring Mill Road  
Sumter, SC 29150

**5:30 p.m.**

### Tuesday

#### **Conway Group**

First United Methodist Church  
1101 Fifth Ave.  
Conway, SC 29527

**6:00 p.m.**

### **There Is A Solution**

St. Paul's Church (Skardon Hall – Room 11)  
316 W. Carolina Ave.  
Summerville, SC 29483

**7:00 p.m.**

### **12 Steps of Living**

United Methodist Church  
300 Lowell Avenue  
Greenwood, SC 29646

**7:30 p.m.**

### Wednesday

#### **There Is A Solution**

The Step-Up Club  
171 Old Parsonage Road  
Summerville, SC 29483

**3:30 p.m.**

### **Stepping Out On Faith**

508 Piedmont Ave.  
Anderson, SC 29621

**7:00 p.m.**

### Thursday

#### **There Is A Solution**

The Step-Up Club  
171 Old Parsonage Road  
Summerville, SC 29483

**3:30 p.m.**

### **There Is A Solution (Women's Meeting)**

St. Paul's Church (Skardon Hall – Room 11)  
316 W. Carolina Ave.  
Summerville, SC 29483

**6:00 p.m.**

### **Freedom From Bondage**

Russell House (Christ Our King Church)  
1142 Russell Street  
Mount Pleasant, SC 29464

**7:00 p.m.**

### **12 Steps of Living**

United Methodist Church  
300 Lowell Avenue  
Greenwood, SC 29646

**7:30 p.m.**

### **Drop The Rock Group**

1154 Ronda Street  
Sumter, SC 29154

**9:30 p.m.**

### Friday

#### **There Is A Solution**

The Step-Up Club  
171 Old Parsonage Road  
Summerville, SC 29483

**3:30 p.m.**

### **Conway Group**

First United Methodist Church  
1101 Fifth Ave.  
Conway, SC 29527

**7:00 p.m.**

### **Common Solutions**

(Aluminum Brown Building at the corner of  
Dobbins Road and Savannah Highway)  
2518 Savannah Hwy  
Charleston, SC 29414

**7:30 p.m.**

### Saturday

#### **There Is A Solution**

The Step-Up Club (Candle Light Meeting)  
171 Old Parsonage Road  
Summerville, SC 29483

**10:00 p.m.**

### Sunday

#### **There Is A Solution**

St. Paul's Church (Skardon Hall – Room 11)  
316 W. Carolina Ave.  
Summerville, SC 29483

**5:00 p.m.**

## 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.

*(In the Spirit of the 6<sup>th</sup> Tradition, we are not allied with any sect, denomination, politics, organization, or institution.)*