

Happy Joyous and Free Group of Cocaine Anonymous.

Find Readers: Happy, Joyous and Free

Promises

Welcome to the Sunday night meeting of the Happy Joyous and Free group of cocaine anonymous. My name is _____, and I am an addict and/or alcoholic. I will be the chair for the tonight's meeting, is there any other addicts and/or alcoholics present tonight.

Would you please help me open this meeting with a moment of silence for the still suffering addicts followed by 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 help others to recover from their addiction. Our primary purpose is to stay free from cocaine and all other mind-altering substances, and to help others achieve the same freedom. The only requirement for membership is a desire to stop using cocaine and all other mind-altering substances.

Cocaine Anonymous is fully self-supporting declining outside contributions. Only those who are financially recovered are asked to contribute. (Please insert into the chat box ca.maritimes@gmail.com)

(If the room is large)****

I ask that everyone keeps their shares solution based and try to keep their share around 3 minutes. The zoom meetings are only for solution and recovery, this includes the chat. If anyone is being harassed or bothered, please don't hesitate to say something.

Being a virtual group, Happy, Joyous and Free does not present physical tags but we still like to acknowledge lengths of sobriety. Is anyone here for 18 months, 9 months, 6 months, 3 months, 1 month, 1 week, and the important newcomer/welcome back.

And before we get to the readings does anyone have any announcements pertaining to CA?

We will start tonight's meeting with a reading of Happy, Joyous and Free and _____ has volunteered to read that for us.

Thank you _____. This group is an open discussion based on topics from the floor. Does anyone have a topic they would like discussed? (Put into chat!).

The topics are merely a suggestion for conversation but are not the only thing that can be shared on. We will now go to the floor for shares on the topics, or anything else you wish so long as it is solution based.

The meeting is now coming to its finale and _____ has volunteered to read the promises.

Before we end the meeting can I get a show of hands of all the people that are able to take on new sponsies. If anyone is looking for a sponsor feel free to contact one of these members or place your information in the chat for one of them to contact, you.

Thank you all for coming out tonight, and we will close the meeting with *“prayer of your choice”*.