

Edmonton Meetings of Cocaine Anonymous

(Nov 19, 2018)

www.ca-northab.org Help Line: (780) 425-2715

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| MONDAY | 12 Noon Dwayne's Home 10209-100 Ave. 7:30 pm LEDUC Peace Lutheran Church 4606 – 48 Street 8:00 pm Dwayne's Home 10209-100 Ave. | Noon Awakenings Group LA Confidential We Want To Be Well | L MB L, T |
| TUESDAY | 12 Noon Dwayne's Home 10209-100 Ave. 7:00 pm 1 st Mennonite Church 3650-91 Street 7:30 pm Marian Centre 10528-98 Street 8:00 pm Dwayne's Home 10209-100 Ave. 7:30 pm Henwood 18750 – 18 St. | Noon Awakenings Group The Last Straw Sacred Serenity Group Back to Basics 1,2,3 The Way Out Group | L SS, CL, S SS L, T WC |
| WEDNESDAY | 12 Noon Dwayne's Home 10209-100 Ave. 7:00 pm Salvation Army, Crossroads Community Church 11661-95 Street 8:00 pm Dwayne's Home 10209-100 Ave. 8:00 pm 22210 – Stony Plain Rd (Our House) | Noon Awakenings Group We Have Coffee Now Quiet Peace Last House on the Block | L MB, CL MB WC, T, O |
| THURSDAY | 12 Noon Dwayne's Home 10209-100 Ave. 8:00 pm Dwayne's Home 10209-100 Ave. | Noon Awakenings Group Bookmark Group | L L |
| FRIDAY | 12 Noon Dwayne's Home 10209-100 Ave. 7:30 pm Trinity Church 10014-81 Ave (Back door in the alley, then upstairs) 8:00 pm Dwayne's Home 10209-100 Ave. | Noon Awakenings Group New Beginnings Group Hard Core Survivors Group | L BS, CL L |
| SATURDAY | 12 Noon Dwayne's Home 10209-100 Ave. 8:00 pm Dwayne's Home 10209-100 Ave. 7:00 pm Detox Center 10723-103 Ave. | Noon Awakenings Group Sketchers Hit It and Quit It | L BS (No Children) |
| SUNDAY | 12 Noon Dwayne's Home 10209-100 Ave. 6:00 pm St. Luke's Church 8424-95 Ave 8:00 pm Dwayne's Home 10209-100 Ave. | Noon Awakenings Group Sunday Night Step Group End of the Line Group | L SS, DS, CL T |

Legend

L=Literature Meeting; SS=Step Study; TS=Traditions Study; BS=Book Study; MB=Meditation Book; T=Topic Meeting; DS=Downstairs; WC=Wheel Chair Accessible; SB=Smoke Break; CL=Candlelight; O=Outdoor; S=Speaker.

Other Meetings of The Northern Alberta Area of Cocaine Anonymous

Leduc: Monday: 7:30 pm, Peace Lutheran Church, 4606 – 48 Street.
Red Deer: Tuesday, Friday & Sunday: 7:30 pm, Detox, 5246 – 53 Avenue.
 Thursday: 7:30 pm, Red Deer Regional Hospital, 3942 – 50 A. Avenue, room 503-504 (downstairs).
 Red Deer Help Line: (403) 396-8298
St. Paul: Wednesday: 8:00 pm, Elks Hall, 5005-51 Street
 Saturday: 8:00 pm, St. Therese Healthcare Centre, 4713 – 48 Avenue (multipurpose room).

Grande Prairie: Monday: 8:00 pm at "The Shop" 10025-97 Avenue.
Edson: Tuesday: 8:00 pm at Grace Lutheran Church, 4407-7 Avenue.

Service Meetings of Cocaine Anonymous (Everyone Welcome)

Monthly Area Meetings: 2nd Sunday of each month, 2:00 PM, Dwayne's Home, 10209-100 Ave, Edmonton.
Hospitals and Institutions Committee: 2nd Sunday of each month, 1:15 PM, Dwayne's Home.

(Where any of these Area or H & I Service Meetings fall on a long weekend they get moved to the same day the next week.)

Website

You can see (or print) a meeting list, find out about upcoming events, see a video from the World Services website and more at the *Northern Alberta Cocaine Anonymous* website:

www.ca-northab.org

Cocaine Anonymous Self-Test

1. Have you ever used more cocaine, alcohol or other drugs than you planned?
2. Has the use of cocaine, alcohol or other drugs ever interfered with your job?
3. Is your use of cocaine, alcohol or other drugs causing problems within your relationships?
4. Do you ever feel depressed, guilty, or remorseful after using cocaine, alcohol or other drugs?
5. Have you ever experienced physical problems due to your use of cocaine, alcohol or other drugs?
6. Do you ever regret using cocaine, alcohol or other drugs for the first time?
7. Do you ever obsess about getting cocaine, alcohol or other drugs when you do not have any?
8. Are you experiencing financial difficulties due to your use of cocaine, alcohol or other drugs?
9. Do you experience an anticipation high when you are about to use cocaine, alcohol or other drugs?
10. Are you absorbed with the thought of using cocaine, alcohol or other drugs even while interacting with a friend or loved one?
11. Have you begun to use cocaine, alcohol or other drugs while you're alone?
12. While using or drinking, do you ever have feelings that people are talking about you or watching you?
13. Do you have to use more cocaine, alcohol or other drugs to get the same effects you once experienced?
14. Have you tried to cut down on your use of cocaine,
15. alcohol or other drugs only to find that you could not?
16. Have you tried to stop using cocaine, alcohol or other drugs only to find that you could not STAY stopped?
17. Have any of your friends or family suggested that you may have a problem with cocaine, alcohol or other drugs?
18. Have you ever lied to or misled people about how much cocaine, alcohol or other drugs you use?
19. Have you ever lied to or misled people about how often you get high or drunk?
20. Are you afraid that if you stop using cocaine, alcohol or other drugs, your work will suffer or you will not be able to function?
21. Do you spend time around people or go places you would normally stay away from if not for the availability of cocaine, alcohol or other drugs?

If you have answered "yes" to any of these questions, you may have a problem.

**Northern Alberta Area
of
Cocaine Anonymous**



**24 Hour Help Line
(780) 425-2715**

www.ca-northab.org

Phone Numbers:

What is the First Thing?

To the newcomer who wonders about the first thing he or she must do to achieve sobriety, we say that you have already done the first thing: you have admitted to yourself, and now to others, that you need help by the very act of coming to a meeting or seeking information about the C.A. program.

You are at this very moment doing what is necessary to stay sober: you're not getting loaded. Cocaine Anonymous is a one-day-at-a-time program. We suggest that you not dwell on wanting to stay sober for the rest of your life, or for a year, or even a week. Once you have decided you want to quit, let tomorrow take care of itself. But sometimes it is too much for us to project even one whole day drug-free. That's okay. Take recovery a day at a time, an hour a time, or even a minute at a time if necessary.

In the C.A. Fellowship, you are among addicts who are living without drugs. Make use of us! Take phone numbers. Between meetings, you may not be able to avoid contact with drugs and people who are still using. Some of us had no sober friends at all when we first came in. You have sober friends now! If you begin to feel restless, irritable and discontented, don't wait. Give one of us a call, and don't be surprised if one of us calls you when we need help!

It may surprise you that we discourage the use of any mind-altering substances, including alcohol and marijuana. It is the common experience of addicts in this and other programs that any drug use leads to relapse or substitute addiction. If you're addicted to another substance, you'd better take care of it. If you're not, then you don't need it, so why mess with it? We urge you to heed this sound advice drawn from the bitter experience of other addicts. Is it likely you're different? We thought we were happy in our active addiction, but we were not. In C.A., we learn to live a new way of life. Cocaine Anonymous is a spiritual but not a religious program— our spiritual values are accessible to everyone.

We who are grateful recovering addicts ask you to listen closely to our stories. That is the main thing— listen! We know where you're coming from, because we've been there ourselves. Yet we are now living drug-free, not only that, but living happily; many of us, happier than we have ever been before.

No one says that it is easy to arrest addiction. We had to give up old ways of thinking and behaving. We had to be willing to change. But we are doing it, gratefully, one day at a time.