

12 STEPS

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 people 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.

12 TRADITIONS

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 to 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 the place principles before personalities.

*The Twelve Steps and Twelve Traditions are reprinted and adapted with permission of Alcoholics Anonymous World Services, Inc. Permission to reprint and adapt the Twelve Steps and Twelve Traditions of Alcoholics Anonymous does not mean that A.A. is affiliated with this program. A.A. is a program of recovery from alcoholism.

CO-ANON

Saturday, November 6, 1999

Richard B. Bennett Room

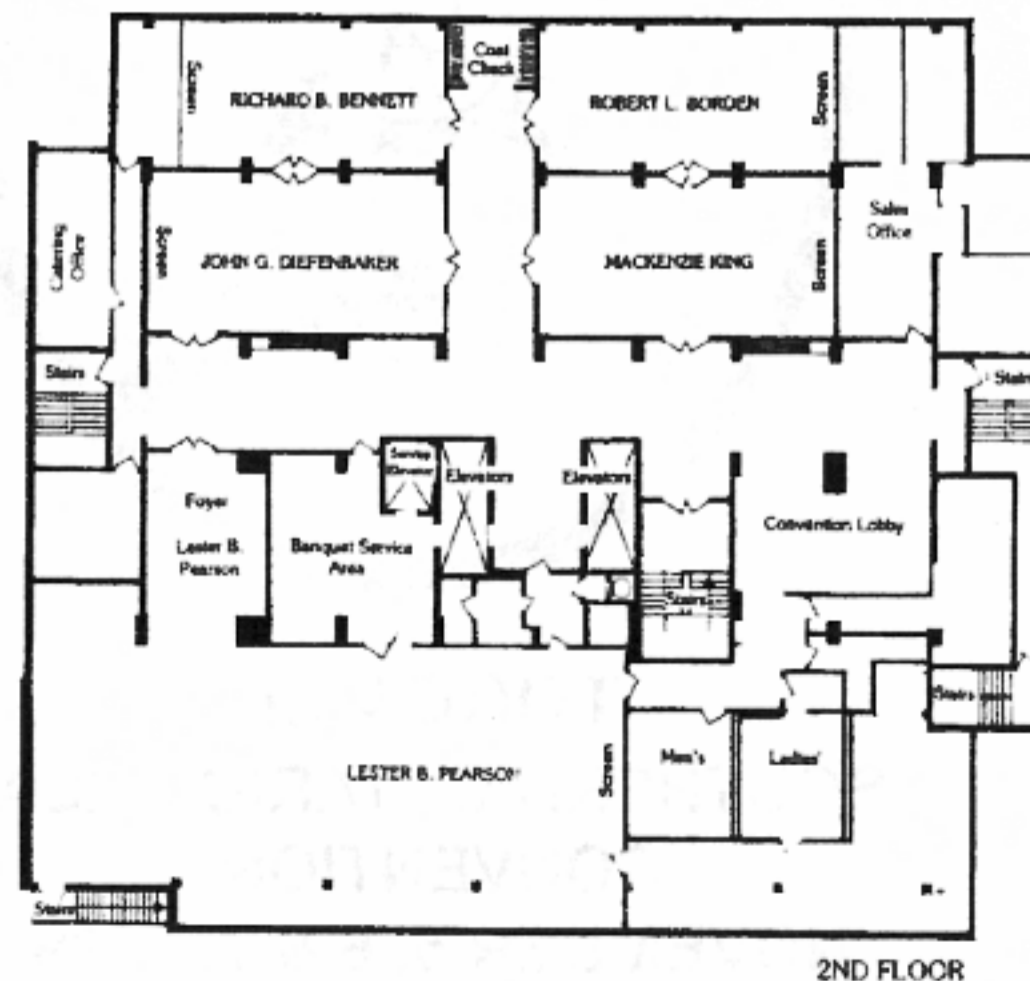
11 AM - 12:30 PM - Co-Anon Workshop

5 PM - 6:00 PM - Co-Anon Speaker

ABOUT CO-ANON

Co-Anon Family Groups are a fellowship of men and women who are the husbands, wives, parents, relatives or close friends of someone who is chemically dependent. Drug addiction is a "family disease". This disease affects the addict and their relationships. Close friends and family members react to the addict's behaviour and may become caught up in feelings such as fear, anger, resentment and guilt. Co-Anon helps relieve those feelings, provide a greater understanding of addiction and recovery, and offer tools for our own personal growth and spiritual enlightenment. Co-Anon has adopted the Twelve Steps and the Twelve Traditions of Alcoholics Anonymous. These Steps are the heart of Co-Anon and the Traditions are its backbone.

*** Cocaine Anonymous is not affiliated with Co-Anon. The information printed here is in the spirit of the Sixth Tradition, practicing co-operation and not affiliation. ***



WELCOME TO

TORCA III



SOUTHERN ONTARIO AREA
CONVENTION

NOVEMBER 5, 6 & 7, 1999

PRIMROSE HOTEL
111 CARLETON STREET
TORONTO, ONTARIO

NOTE:

"All Speakers and Workshops are held in the Lester B Pearson Room unless otherwise noted."

Friday November 5, 1999

- 5:00 PM - Conference Opens
Registration begins
- 8:00 PM - Opening Ceremonies (chair - Dorian C.)
- 8:15 PM - **Opening Speaker**
Craig S. (Phoenix, Az.) (Chair - David L.)
- 10:00 PM - "Living In Recovery" Workshop
(Chair: Cairns)
- 11:00 PM - Entertainment (in the Pearson Room)

Saturday November 6, 1999

- 10:00 AM - **Speaker: Amy B. (New York)**
(chair - Tony T.)
- 11:15 AM - "Family Relationships" Workshop
(chair - David Kl.)
- 1:00 PM - **Speaker: Alex (Montreal)**
(chair: Katherine S.)
- 2:15 PM - **Spiritual Workshop - Mildred**
(chair -Dorian C.)
- 4:00 PM - **Service Workshop (Diefenbaker Room)**
Amy B., Craig S. & Spencer B. (chair - Joanne S.)
- 6:00 PM - Banquet Hall opens
- 6:30 PM - Banquet served - (chair - Dorian C.)
- 7:30 PM - Auction - (led by David Kl.)
- 8:30 PM - **Keynote Speaker - Wandie J.**
(San Jose, Ca.) (Chair: Charles L.)
- 11:00 PM - Dance

Sunday November 7, 1999

- 9:30 AM - Our Spiritual Experience Workshop
(in Diefenbaker & MacKenzie rooms)
 - Men's Workshop (chair: Billy S.)
 - Women's Workshop (chair: Dorian C.)
- 11:00 AM - Brunch - (chair - Candace)
- 12:15 PM - **Countdown**
Closing Speaker - Spencer B.
(Akron, Ohio) (chair: Jim W.)
Closing Ceremonies

PLEASE NOTE: Workshops are not meetings of Cocaine Anonymous. The opinions expressed in workshops are those of the speakers, leaders, and participants and are not necessarily representative of Cocaine Anonymous as a whole."



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SOUTHERN ONTARIO AREA
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Marathon Meetings

****All Marathon Meetings in the Mackenzie King Room****

Friday November 5, 1999

- 6:00 PM - Steps 1-2-3
- 7:00 PM - Freedom of Choice
- 11:00 PM - Tools of Recovery
- 12:00 PM - Cross - Addictions

Saturday November 6, 1999

- 1:00 AM - Forgiveness
- 2:00 AM - ISMs
- 9:00 AM - Abstinence = Recovery??
- 12 Noon - Resentments
- 1:00 PM - Relapse Prevention
- 4:00 PM - Keep Coming Back
- 5:00 PM - Accepting Loss
- 6:30 PM - Steps 1-2-3
- 11:00 PM - Freedom from Self
- Midnight - Steps 4 & 5

Sunday November 7, 1999

- 1:00 AM - Steps 6 & 7
- 2:00 AM - Steps 8 & 9
- 3:00 AM - Steps 10 - 11 - 12
- 8:00 AM - Steps Sponsorship

Smoking Room- Robert L. Borden Room
Quiet Room - Richard E. Bennett Room

HOSPITALITY ROOM - Room # 2323
coffee & refreshments- open 24 hours