

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 for 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 the addicts, and to practice these principles in all our affairs.

12 TRADITIONS

1. Our common welfare should come first; personal recovery depends on 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.

*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.

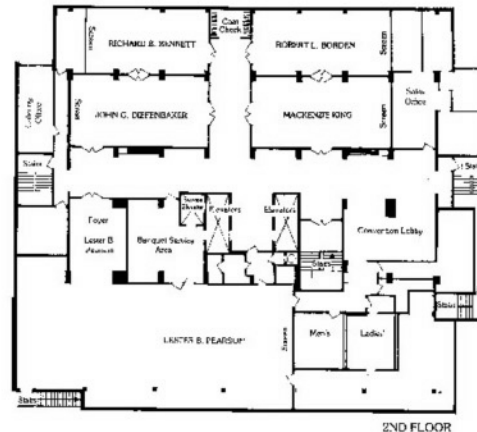
CO-ANON

Saturday 11:15
Diefenbaker Room

ABOUT CO-ANON

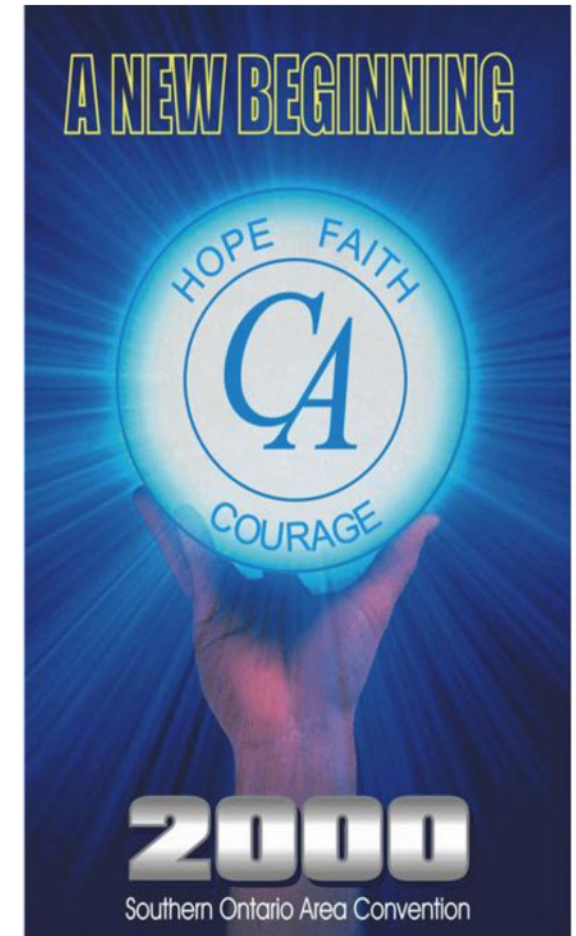
Co-Anon Family Groups are a fellowship of men and women who are the husbands, wives, parents, relatives or close friends of someone who is chemically dependent. Drug addiction is a "family disease". This disease affects the addict and their relationships. Close friends and family members react to the addict's behavior and may become caught up in the feelings such as fear, anger, resentment and guilt. 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. **



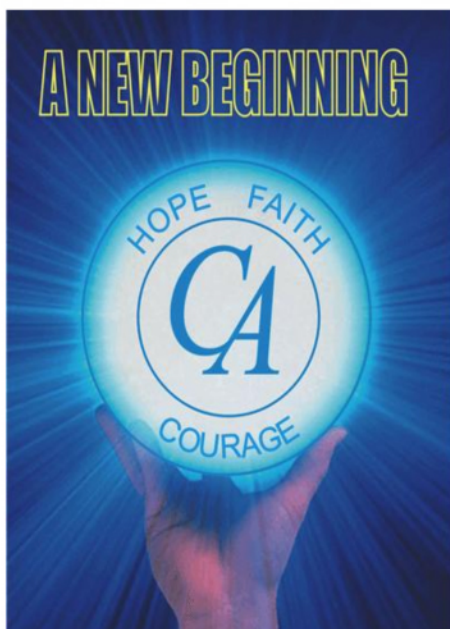
Floor plan of Convention level 2nd Floor

Welcome to TORCA IV



**NOVEMBER 3, 4, & 5.
2000**

**PRIMROSE HOTEL
111 CARLTON STREET
TORONTO, ONTARIO**



Friday

- 5:00 PM:** Conference Opens
- 6:00 PM:** Steps 1, 2 & 3 **(M)**
- 7:00 PM:** A New Beginning **(M)**
- 8:15 PM:** Opening Speaker**
Gil. L. - Los Angeles, CA.
- 10:00 PM:** Hope, Faith & Courage **(M)**
- 10:00 PM:** KARAOKE/ VARIETY SHOW
- 11:00 PM:** Sponsorship **(M)**
- 12:00 PM:** Service **(M)**
- 1:00 AM:** Finding Your Higher Power **(M)**
- 2:00AM:** Accepting Loss **(M)**

Saturday

- 9:00 AM:** Steps 1, 2, & 3 **(M)**
- 9:30 AM:** Program of Action **(W)** **
- 10:30 AM:** Speaker**
Veronica S. - Houston, TX
- 12:00PM:** Anger and Resentment **(M)**
- 1:00 PM:** Steps 4 & 5 **(M)**
- 1:00 PM:** Health & Wellness **(W)****
 Speaker: **Dr. Ed. Y.** (Toronto, ON)
- 2:15 PM:** Spiritual Workshop **(W)****
 Father Peter Watters
- 4:00 PM:** Unity "Structure of C.A." **(W)****
 Panelists: **Rick Mc, Dorian C, Jim W, Jordan V, Amy B, Mike H.**
- 5:00 PM:** Steps 6 & 7 **(M)**
- 5:30 PM:** Banquet Opens
- 6:00 PM:** BANQUET DINNER
- 6:30 PM:** 1st year relationships **(M)**
- 7:30 PM:** Auction
- 8:30 PM:** Keynote Speaker**
Kent C. – Sandusky, OH
- 10:00 PM:** Steps 8 & 9 **(M)**
- 10:00 PM:** DANCE
- 11:00 PM:** Steps 10, 11 & 12
- 12:00 PM:** Total Abstinences **(M)**

Sunday

- 1:00 AM:** Growing Up in Recovery **(M)**
- 2:00 AM:** Spirituality **(M)**
- 8:00 AM:** Recovery in the Workplace **(M)**
- 9:30 AM:** Meditation & Relaxation **(W)****
 Speaker: **Rob H.** (Toronto, ON)
- 11:00 AM:** BRUNCH
- 12:15 AM:** Closing Speaker**
Bill. C. - Los Angeles, CA.

Followed by

COUNTDOWN & CLOSING CEREMONIES

(M) Indicates Marathon meeting
 Held in the Mackenzie King
 Room

(W) Indicates Workshop meeting
 Held in the John G. Diefenbaker
 Room

** Indicates Meetings that will
 be taped.
 Tapes will be available on site.

Hospitality Room (Room 2004/2005) 20th
 Floor; providing you with **coffee,**
refreshments and Snacks — open 24 hours

**Transportation / Accompaniment for
 departure provided upon request.**