PROGRAMMING SCHEDULE

09:30 AM	Doors; Meet & Greet CA
10:00 AM	Opening Remarks;
	Jacqueline T, St.Catharines, ON
	& Kenny S, Toronto, ON
10:15 AM	Meditation; Nicole C, Hamilton, ON
11:00 AM	Break
11:15 AM	Newcomer Panel;
	Kim C, Pickering, ON
	& Katherine F, Toronto, ON
12:00 PM	Lunch; Wong Fu Clan, Toronto, ON
01:00 PM	Step 10 & 11 Workshop; Ian R, Winnipeg, MB
01:45 PM	Break
02:00 PM	Sponsorship Talk; Mike G, St.Catharines, ON
02:45 PM	Break
03:00 PM	Step 1 Workshop, Cameron F, Toronto.ON
03:45 PM	Break
04:00 PM	Live Auction, Raffle & 50/50 Draw;
	Mark S & Marty B, Hamilton, ON
04:50 PM	Poem Reading & Moments of Silence;
	Kenny S, Toronto, ON
05:00 PM	Dinner; Wong Fu Clan, Toronto, ON
06:00 PM	Keynote Speaker; Ian R, Winnipeg, MB
07:00 PM	Closing Remarks;
	Jacqueline T, St.Catharines, ON
	& Kenny S, Toronto, ON
07:30 PM	Entertainment; CA Dance Party

12 Steps

- We admitted we were powerless over cocaine and all other mind altering substances — that our lives had become unmanageable.
 - Came to believe that a Power greater than ourselves could restore us to sanity.
- 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.
- Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
 - Were entirely ready to have God remove all these defects of character.
 - 7. Humbly asked Him to remove our shortcomings.
- Made a list of all persons we had harmed, and became willing to make amends to them all.
- Made direct amends to such people wherever possible, except when to do so would injure them or others.
- Continued to take personal inventory and when we were wrong promptly admitted it.
- 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

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Phone Numbers



Southern Ontario Cocaine Anonymous presents Niagara Roundup 2019



Doors open 9:30 am

Westminster Church 180 Queenston Street St. Catharines, ON L2R 2Z7

November 16th 2019

Tickets \$10

ALL ARE WELCOME!

No one will be turned away





Disclaimer: (In the spirit of Tra dition SIX C.A. is not allied with any sect, denomination, politics, organization or institution.) Southern Ontario Cocaine Anonymous

Info-Line: 416-927-7858 (Local) 1-866-62 2-4636 (Toll Free)

Please Note: This number is a referral service for updated information only; it is not a hotline.

Mail: Southern Ontario Cocaine Anonymous, 360 A Bloor Street West, P.O. Box 19032, Toronto, ON, M5S 3C9