

# CONTACT TELEPHONE NUMBERS

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## THE TWELVE STEPS OF COCAINE ANONYMOUS

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 persons 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 we promptly admitted it.
11. Sought through prayer and meditation to improve our conscious 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.

## THE TWELVE TRADITIONS OF COCAINE ANONYMOUS

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 or 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 non-professional, but our service centres 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.

# Cocaine Anonymous Kent

-----MEETING LIST-----

**October to November 2018**



## COCAINE ANONYMOUS UK

**Helpline: 0800 612 0225**

**Web: [www.cauk.org.uk](http://www.cauk.org.uk)  
[www.cakent.org](http://www.cakent.org)**

**Online meetings: [www.ca-online.org](http://www.ca-online.org)**

**Although great effort is put into keeping this up to date, it may sometimes be wrong.**

**Please confirm with the helpline or check the web site for frequently updated meetings lists.**

**Email meeting amendments to  
[pikentdis@gmail.com](mailto:pikentdis@gmail.com)**

### Meetings on a Monday - 10am

'Erith daytime Big Book Study'  
Northumberland Heath Baptist Church  
Belmont Road, Erith, **DA8 1AT** (CH)

**7pm** - 'The Happy Hour', St Augustine's Church  
Dover Rd, Folkestone, **CT20 1JZ**

**7.30pm** - St Thomas More Church,  
420a Long Lane, Bexleyheath, **DA7 5JW** (CH)

'Big Book Study', St. Simons Hall (rear entrance),  
Brookfield Rd, Ashford, **TN23 4EU** (CH)

'A Common Solution'  
Christchurch Tonbridge, (Angel Lane Entrance)  
Tonbridge, **TN9 1SG** (CH)

'Newcomers Meeting'  
Bromley Common Methodist Church  
Bloomfield Road, Bromley, **BR2 9RZ** (CH)

**8pm**  
Chislehurst Methodist Church, Prince Imperial Rd,  
Chislehurst, **BR7 5LX**

### Meetings on a Tuesday - 7.30pm

'Tradition 5 Meeting' 'Big Book Study'  
Trinity Foyer, 20 Church St  
Maidstone, **ME14 1LY** (CH)

'The Way Out'  
Cheriton Baptist Church, Queded Road,  
Cheriton, Folkestone **CT19 4BY** (CH)

**8.00pm** - Bromley Common Baptist Church,  
Gravel Road, Bromley, **BR2 8PE** (CH)

### Meetings on a Wednesday - 7.30pm

St Mary's Church, Plaistow Lane  
61 College Rd, Bromley, **BR1 3QG** (CH)

'Big Book Study', Canterbury Baptist Church,  
St Georges Place, Canterbury, **CT1 1UT** (CH)

'Primary Purpose', Salvation Army,  
115 Cudworth Road, Willesborough,  
Ashford, **TN24 0BE**

St Stephens Church, Deepdene Road  
Welling, **DA16 3QL** (CH)

'Share meeting – A New Life'  
St Augustine's Church, 192 Rock Avenue  
Gillingham, **ME7 5PW** (CH)

### Meetings on a Thursday - 7pm

Mill House, CGL, Mill Street  
Maidstone, **ME15 6XH** (CH)

### Thursday 7:30pm

'Serenity Sisters Women's Meeting'  
St. Simons Hall (rear entrance)  
Brookfield Road, Ashford, **TN23 4EU** (CH)

St Peter's Church, College Road  
Hextable, **BR8 7RH** (CH)

'Big Book Study' - St Augustine's Church  
Dover Rd, Folkestone, **CT20 1JZ** (CH)

'Big Book Study, Carrying the Message'  
Bromley Common Baptist Church  
Gravel Road, Bromley Common, **BR2 8PE** (CH)  
*(The annexe at the end of the car park on the left,  
through the door and up the stairs.)*

'Big Book Study, A New Freedom'  
Christchurch United Reform Church  
Tonbridge High Street, Tonbridge, **TN9 1SG** (CH)

**7.45 pm**  
Keston Parish Church  
Church Road, Keston, **BR2 6HT** (CH)

### Meetings on a Friday - 7.00 pm

'Women's Meeting – Big Book Study' (with crèche)  
Bromley Common Baptist Church, Gravel Road,  
Bromley Common, **BR2 8PE** \*

**7.30pm**  
'Newcomers There Is A Solution'  
The Redeemed Christian Church (opp. the Fulwich)  
81-83 St. Vincent's Road, Dartford, **DA1 1XA** (CH)

United Reform & Methodist Church,  
Cade Rd, Ashford, **TN23 6JE** (CH)

**8.00pm**  
**Hope Faith & Courage Speaker Meeting**  
Canterbury Baptist Church,  
St Georges Place, Canterbury, **CT1 1UT**

**8.30pm**  
'The Late Ones', St Mary's Church, Plaistow Lane,  
61 College Rd, Bromley, **BR1 3QG** (CH)

**Meetings on a Saturday - 11am**  
'The Sanctuary CA Meeting'  
St Thomas More Church, 420a Long Lane  
Bexleyheath, **DA7 5JW** (CH)

**12.15pm**  
'Share and Recovery'  
Trinity Foyer, 20 Church St  
Maidstone, **ME14 1LY** (CH)

**Saturday 7pm**  
'There is a Solution' Church Of Christ,  
Commercial Road, Tunbridge Wells, **TN1 2RR**

**Saturday 7.30pm**  
St Marys Church, Plaistow Lane  
61 College Road  
Bromley, **BR1 3QG** \*

**Meetings on a Sunday – 17:45pm**  
'Big Book Study', Chislehurst Methodist Church,  
Prince Imperial Rd, Chislehurst, **BR7 5LX**

**7.30pm**  
'Big Book Study'  
Swain Vestury, St Nicholas Church,  
Strood, **ME4 4TR (off Edward Street)** (CH)

'Step Meeting'  
Hayes Free Church (United Reformed)  
11 Pickhurst Lane, Bromley, **BR2 7HU** (CH)

**7.45pm**  
'We're Here and We're Free'  
Utd Reform Church (by Clock Tower)  
Geddes Place, Bexleyheath, **DA6 7DJ** (CH)

\* (Part of London District) (CH) Provides CHIT