

Due to the technologies being used for these online meetings, a participant's anonymity, or the anonymity of others mentioned, could be compromised at a public level. The individual participants and each group as a whole have the responsibility to consider the potential implications and our level of participation in these meetings. Our group conscience reminds us that anonymity is the spiritual foundation of all our Traditions. Additionally, in the spirit of Tradition Six, C.A. is not allied with any sect, denomination, politics, organization or institution and as such does not endorse and is not affiliated with any of the specific technology providers utilized to facilitate these meetings.

All meetings are an hour-long Zoom meetings with no password required, unless otherwise indicated. GoToMeetings are designed GTM. Please log into the meeting a few minutes early to make sure you are properly connected. While others are speaking, please mute your microphone.

Don't have a smartphone or computer? Having wi-fi or internet issues? No problem. To dial in by phone for an audio-only connection, call the number for the hosting platform and enter the meeting ID:

Zoom's U.S. Toll-Free dial-in: +1 888-788-0099
GoToMeeting's U.S. dial-in: +1 (872) 240-3311

Our schedule is in Pacific time (currently Daylight time, UTC-7). We welcome participation from around the world. Search the internet for the platform name + international dial-in if calling from outside the U.S.

EXPLANATION OF SYMBOLS IN THE MEETING DIRECTORY:

- BB Big Book study
- CL Candlelight
- GTM GoToMeeting
- LS Literature study
- MM Meditation meeting
- M Men only
- W Women only

<u>SUNDAY</u>	<u>MEETING NAME</u>	<u>MEETING ID</u>
7:00 AM	Hope for the Day (DAILY)	177-394-598
9:00 AM	Blues Brothers (M)	276-719-557 Pw 123145
12:00 PM	Hope for the Day (DAILY)	177-394-598
6:30 PM	New Found Freedom	415-412-413 Pw 334927
7:00 PM	A Fine Line	83632234748 Pw 98292
7:00 PM	BladeRunners	993-061-614 Pw 123145
7:00 PM	Hope for the Day (DAILY)	177-394-598
8:30 PM	Hope for the Day (DAILY)	177-394-598
<u>MONDAY</u>	<u>MEETING NAME</u>	<u>MEETING ID</u>
7:00 AM	Hope for the Day (DAILY)	177-394-598
12:00 PM	Hope for the Day (DAILY)	177-394-598
7:00 PM	Hope for the Day (DAILY)	177-394-598

7:00-8:15 PM	Carpet Cruisers	9970171868
7:30 PM	Boulder Busters (CL; GTM, not Zoom)	481-109-717
7:30 PM	Kenmore Keystone	429-264-263
7:30 PM	Misfits	515-200-702 Pw 123145
8:30 PM	Hope for the Day (DAILY)	177-394-598
<u>TUESDAY</u>	<u>MEETING NAME</u>	<u>MEETING ID</u>
7:00 AM	Hope for the Day (DAILY)	177-394-598
12:00 PM	Hope for the Day (DAILY)	177-394-598
7:00 PM	Hope for the Day (DAILY)	177-394-598
7:30 PM	Spiritual Lines	76881543406 pw CA2020
7:30 PM	End of The Line	2919479110 pw 8675309
7:30-8:45 PM	But Two Alternatives	325-745-7788 pw783289
8:15 PM	Bell Ringerz	511-671-930 Pw 795103
8:30 PM	Hope for the Day (DAILY)	177-394-598

<u>WEDNESDAY</u>	<u>MEETING NAME</u>	<u>MEETING ID</u>
7:00 AM	Crack At Dawn	474-727-692 Pw 123145
7:00 AM	Hope for the Day (DAILY)	177-394-598
12:00 PM	Hope for the Day (DAILY)	177-394-598
6:00 PM	Hope Fiends	478-255-6965 Pw 123145
7:00 PM	Hope for the Day (DAILY)	177-394-598
7:30 PM	Boulder Busters (CL; GTM, not Zoom)	481-109-717
7:30 PM	Let's Get Real (W, BB)	971-660-400
7:30 PM	Such Unfortunates	87651899276
7:30 PM	Living Proof	360-549-217
8:00 PM	Not Fooling Around (M, LS)	832-834-2922 pw 919983
8:15 PM	MidWeek Tweak	895-164-767
8:30 PM	Hope for the Day (DAILY)	177-394-598

<u>THURSDAY</u>	<u>MEETING NAME</u>	<u>MEETING ID</u>
7:00 AM	Hope for the Day (DAILY)	177-394-598
12:00 PM	Hope for the Day (DAILY)	177-394-598
7:00 PM	Hope for the Day (DAILY)	177-394-598
7:15 PM	The Dark Side Of The Spoon	997-017-1868
7:30 PM	CrackHeads On Colby	478-255-6965 Pw 123145
7:30 PM	Knuckleheads Held at Evergreen Monroe via zoom	83841629515
7:30 PM	Moment Of Clarity	230-673-131
8:30 PM	Hope for the Day (DAILY)	177-394-598
<u>FRIDAY</u>	<u>MEETING NAME</u>	<u>MEETING ID</u>
7:00 AM	Hope for the Day (DAILY)	177-394-598
12:00 PM	Hope for the Day (DAILY)	177-394-598
7:00 PM	Hope for the Day (DAILY)	177-394-598
7:30 PM	Friday Night Fix	478-255-6965 Pw 123145
8:30 PM	Hope for the Day (DAILY)	177-394-598

<u>SATURDAY</u>	<u>MEETING NAME</u>	<u>MEETING ID</u>
7:00 AM	Hope for the Day (DAILY)	177-394-598
11:00 AM	Women Adore Recovery (W)	381-127-5791 Pw 55378008
12:00 PM	Hope for the Day (DAILY)	177-394-598
12:00 PM	Sober Mayhem	478-255-6965 Pw 123145
7:00 PM	Hope for the Day (DAILY)	177-394-598
7:00-8:30 PM	Saturday Night Live	216-444-008
8:30 PM	Hope for the Day (DAILY)	177-394-598
10:00 PM	Not In Vein	974-758-508

WE WELCOME YOU TO COCAINE ANONYMOUS

Cocaine Anonymous is a Fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others recover from their addiction. Our primary purpose is to stay free from cocaine and all other mind-altering substances, and to help others achieve the same freedom.*

So what does “and all other mind-altering substances” mean? It means that it is the collective experience of the members of Cocaine Anonymous that addiction is a problem not limited to any one substance. It means that C.A.’s Twelve Steps are not drug-specific, and that Cocaine Anonymous is not a drug-specific fellowship. It means that it doesn’t matter to us if you drank or what type of drugs you used; if you have a desire to stop, you are welcome here!**

Groups included in this directory are listed at their request. A directory listing does not constitute or imply approval or endorsement of any group’s approach to, or practice of, the traditional C.A. program. In the spirit of Tradition Six, C.A. is not allied with any sect, denomination, politics, organization or institution.

THE TWELVE 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 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 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.

THE TWELVE 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 non-professional, 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.

*Adapted with permission of the A.A. Grapevine, Inc.

**Reprinted from the C.A. pamphlet ... *And All Other Mind-Altering Substances*.

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WASHINGTON STATE COCAINE ANONYMOUS VIRTUAL MEETING DIRECTORY

Updated September 13, 2020 at 4:00 PM



“We’re Here and We’re Free”™

Please note that this Directory (the PDF/hard copy) and the Meeting Schedule page of our website are maintained by independent personnel. Circumstances are changing rapidly during these unique times. Please check our website or call our hotline for the latest information:

www.caofwa.org
(425) 244-1150

Please submit meeting amendments, schedule updates, and any related questions, comments, or concerns to caofwaschedules@gmail.com.