

HOPE, FAITH & COURAGE MEETING OF C.A. FAQ – July 2026

The Hope, Faith & Courage Meeting of C.A. (HFC) is an email-based open discussion meeting for Cocaine Anonymous. It is a member of the Online Service Area and is accredited by them as a CA Group. HFC has been in continuous operation since Feb 1, 1997.

Getting Started: [Members Guide](#).

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HOW THE LIST WORKS

When you send an email to hfc@hfcgroup.cocano.org, every member of the list will get the email. That's all there is to it. To join the HFC Group, cut and paste this link into your browser. A request to join will then go to the Administrator for approval.

<https://gaggle.email/join/hfc@hfcgroup.cocano.org>

CHANGE YOUR SETTINGS

You can change the email address where you receive these messages or [unsubscribe](#) or check your Member [Settings](#)

QUICK START GUIDE

[Quick Start - [Members Guide](#)]

ANY QUESTIONS?

If you aren't sure why you're on the list, or if you have any questions about how it works, you can contact the list administrator here hfc+admins@gaggle.email or hfc-secretary@cocano.org

The format is open discussion, and it is intended to be a point of first contact with addicts seeking recovery, as well as support for addicts far from CA meetings. HFC has members from around the world.

The format of HFC is open discussion, cross-talk allowed. Since this is a CA meeting, we ask that you keep the discussion within the same bounds that you would expect at a "normal" CA meeting.

HOW IT WORKS:

To send a private message to another member, you will need to request their email address via the forum.

Regular version description:

You have requested the "regular" version of the HF&C Group, which means you will be receiving an email every time any member sends a message to HFC. If that sounds like too much email a digest version is also available.

CHANGE TO DIGEST?

Go to your member settings and select the digest option

[Membership Preferences](#)

To make changes you need to create a Gaggle.Email account and have joined this group.

MEETING POLICIES:

A) This is intended to be a meeting of Cocaine Anonymous, and as much as this medium allows, the "policies" are the 12 Traditions of Cocaine Anonymous. Anyone with a desire to stop using cocaine and *all other mind-altering substances* is welcome to participate.

HF&C conducts a regular group-conscience on a separate business meeting list. TBD when that meeting is in effect.

B) **IT IS SUGGESTED** that you **NOT** post telephone numbers or other personal information to the general list, and that you carefully consider to whom you give this information privately. If you

feel that any private communication is inappropriate, please contact the secretary privately at hfc-secretary@cocano.org

C) Discussions of religion, politics, other methods of recovery (pro or con), and any "business offers" should all be avoided.

D) Purely private messages should be sent "offline" with private E-mail. Please use HFC for chat at your discretion.

E) Heated argument and other forms of contention should be taken **"offline"** if at all possible. While it is sometimes necessary to speak frankly when offering assistance, or to present contrary points of view, it is never necessary to attack or belittle another member.

F) If it is within your control, please **DO NOT USE** a signature that promotes a business or individual.

G) Do not include links to non-CA websites in your posts to the group.

H) Please do not post to the group any medical advice, particularly regarding the pros or cons of doctor-prescribed medications.

I) If posting excerpts of non-CA literature. Please note that and use discretion.

J) This meeting is confidential and the meeting members email addresses should NOT be used for any other purposes.

K) HFC posts should not be forwarded without the original poster(s) permission.

MULTIPLE ADDRESSES:

HF&C limits submissions to members. It does this by comparing the sender's exact email address to a list. If you want to send from multiple accounts, please let the Secretary / Admin know. Be aware that we are charged per user for the list.

List name: Hope, Faith & Courage

List address: hfc@cocano.org

Secretary address: hfc-secretary@cocano.org

List Admin hfc-admin@cocano.org

Messages to the secretary or list admin are considered private.
