

STEP & TRADITIONS MEETING FORMAT - CMA

Chair

Good evening and welcome to the _____ group name _____.

My name is _____, and I'm an addict.

Please join me in the Serenity Prayer.

"God, grant me the serenity to accept the things I cannot change, the courage to change the things I can and the wisdom to know the difference."

At this time I would like to ask everyone to silence or turn off all cell phones.

This is an open meeting of Crystal Meth Anonymous. Anyone interested in our program is welcome to attend this meeting. Each week we will read and share about the steps of CMA in sequence. On the last Sunday of the month we read and discuss the tradition that corresponds with that month. At this meeting old-timers and beginners are welcome to learn more about the steps and traditions.

I have asked _____ to read "What is CMA?"

I have asked _____ to read "Are you a Tweaker?"

I have asked _____ to read * "The Twelve Steps, A Plan of Action"

* *(The 12 Traditions on the last Sunday of the month)*

Thank you. Is there anyone attending this meeting for the first time or visiting from out of town that would like to say hello?

Is there anyone counting days from 1 - 90 that would like to share his or her day count with us?

We also count clean time in months and years, is there anyone that would like to share their months or years with the group?

Congratulations everyone. The format of this meeting is as follows:
we will read the chapter on the step (or tradition) from the Narcotics Anonymous Basic Text.

The speaker will then share his/her experience on the step (or tradition) for 15 - 20 minutes.

We will then take a Secretary's Break, after which we will continue with a show of hands. Ten minutes before the meeting ends, we will call for a burning desire.

We will now begin the reading.

After the reading

Sharing his/her experience on step (tradition) _____, I introduce _____.

Secretary's Break

Secretary

Hello, my name is _____ and I'm an addict and tonight's Secretary.

Our Seventh Tradition states: "Every CMA group ought to be fully self supporting, declining outside contributions." Please give what you can, but remember we want you more than your money.

We have a literature resources available for you, please me after the meeting if I can help you with that.

We ask that you help us clean up after the meeting by picking up around your seats and putting the chairs away. Thank you.

Are there any CMA or recovery related announcements?

Sharing on the step or tradition is the focus of this meeting. However during the sharing portion of the meeting, everyone is welcome to share on any sobriety related topic.

If you have used any non-prescribed mood or mind-altering substances in the past 24 hours, we ask you to please refrain from sharing. We want to hear from you, not the drug. Please don't leave with a resentment. If you need to share, speak to the chairperson, the speaker or myself after the meeting. We are interested in how we can help you with your problem.

When sharing, we need to be careful in describing the effects of drugs, as some of us may be triggered and the desire to use may be heightened. Please remember the recovery of others and avoid the glorification of drugs and or drug-driven sex. We realize that this is a part of all our stories and needs discussion. However, if it's excessive I may interrupt and refocus the discussion.

Our twelfth tradition states that "Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities." What that means is: Who you see here, and what you hear here - please leave here.

And with that, we will go to a show of hands. At ten minutes before the meeting ends, we will pause for a burning desire shares.

Chair

Burning Desire Time:

Now is the time we call for a burning desire. A burning desire is reserved for someone who has not shared and feels if they do not get the chance to share, they may pick up, hurt themselves, or hurt someone else.

Please only take the burning desire if you generally feel the need to do so.

That's all the time we have for today. I've asked _____ to read Today I Can.

Close with the Serenity Prayer.

Meeting materials are provided by Gay & Sober as a complimentary service to the community. Each CMA group is autonomous except in matters affecting other groups or CMA as a whole. A CMA group ought never endorse, finance, or lend the CMA name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose. For more information on the Twelve Traditions of CMA please visit

www.crystalmeth.org

For more information on Gay & Sober, please visit www.gayandsober.org.

READING: Today I Can

Let's not forget what we can do this day:

Today I Can...

Draw on the power of honesty. I embrace change and redefine myself. Word by word, deed by deed—I strive to reflect the truth.

Today I Can...

Put down my old habits. Selfishness and hardness give way to an instinct for service. Gratitude now is my rule.

Today I Can...

Appreciate the richness of life by welcoming, sharing and laughing with another addict. Turning Godward, I find progress and peace.

Today I Can...

Take in a new reality—that in this struggle I am not alone.

Many have walked this path before, and I have fellows at my side.

Today...Together...We Can Live in Hope!

READING: What is CMA

Crystal Meth Anonymous is a fellowship of people for whom methamphetamine and other drugs have become a serious problem. The members of CMA meet regularly to help each other stay clean and to carry the message of recovery to crystal meth addicts.

Our only requirement for membership is a desire to stop using. The Fellowship advocates complete abstinence from all drugs, including alcohol, marijuana, and any medication not taken as prescribed. Time and again, we have seen how alcohol and other drugs lead us right back to meth.

Staying clean is our top priority. We lay a solid foundation for our daily recovery with these basic elements:

- Meetings and fellowship
- Sponsorship and Step work • Service and commitments

Meetings are where we gather to hear the experience, strength, and hope of fellow members. We come to CMA because of our common problem; we stay because of the common solution. Our groups strive to maintain an atmosphere of trust and confidentiality. CMA's traditions of unity and anonymity are paramount for they give each member equal standing and an equal opportunity to recover.

The Twelve Steps of Crystal Meth Anonymous are a spiritual, not religious, path of recovery. We define for ourselves the nature of our personal relationship with spirituality. Working these Steps with a sponsor as our guide, we experience a spiritual awakening.

Service is essential for the survival of both the addict and the Fellowship. The gift of recovery was freely shared, and in turn we gratefully offer it to other addicts. That is our primary purpose. Nothing else is as effective as one addict helping another.

If you think you may have a problem with crystal meth, you're in the right place. Welcome home. You always have a seat here.

READING: Are you a Tweaker?

It doesn't matter what you call it. It doesn't matter how you did it. It brought us to our knees, because without exception, that's what it does.

Is speed a problem in your life? Are you an addict? Only you can answer those questions.

For most of us who have admitted defeat, the answer is very clear. Yes, we had a problem with speed, and no, we couldn't fix the problem by ourselves. We had to admit defeat to win. Speed was our master.

We couldn't control our drug use. What started out as weekend or occasional use became daily use, and we soon found ourselves beyond human aid. We truly suffered from a lack of power to fix our problem.

Some of us used speed as a tool to work harder and longer, but we couldn't keep a job. Others picked at their faces and arms for hours and hours or pulled out their hair. Some of us had uncontrollable sexual desire. Others endlessly tinkered with projects, accomplishing nothing, but found ourselves so busy we couldn't get to work on time.

We deluded ourselves into thinking that staying up for nights on end was OK, that our tweaking was under control, and that we could quit if we wanted to, or that we couldn't afford to quit, or that our using didn't affect our lives.

Maybe we saw a friend go to jail, or lose their apartment, or lose their job, or lose the trust of their family, or die, but our clouded minds wouldn't admit we were next.

Most of us saw no way out, believing that we would use until the day we died.

Almost universally, if we had an honest moment, we found that our drug use made seemingly insurmountable problems in our lives.

The only way out was if we had the courage to admit that speed, our one time friend, was killing us.

It doesn't matter how you got here. The courts sent some of us, others came for family or friends, and some of us came to CMA on our own. The question is, if you want help and are willing to go to any lengths to change your life.

READING: The Twelve Steps. A Plan of Action

We have a simple message: Recovery from crystal meth addiction is possible. You never have to use again. To find long-term freedom from the grip of addiction, we work the Twelve Steps of Crystal Meth Anonymous:

1. We admitted that we were powerless over crystal meth and 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 a God of our understanding.
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 God 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 a God of our understanding praying only for the knowledge of God's will for us, and the power to carry that out.
12. Having had a spiritual awakening as a result of these steps, we tried to carry this message to crystal meth addicts, and to practice these principles in all of our affairs.

Crystal meth seemed like the answer to our problems. Not anymore. We came to CMA because our drug use was killing us. If you are like us, you know that once we start, we can't stop. To stay clean and sober, we don't pick up—no matter what.

Abandoning our old companion fear, we take a breath and work the Steps. We see results when we're rigorously honest and thorough. Practicing spiritual principles day to day, we live in the solution:

Surrender is an action...it brings freedom. Humility is an action...it brings perspective. Gratitude is an action...it brings contentment.

This is the gift of recovery: We awaken, our lives improve, and we gradually move from self to service. We act as messengers to others who are suffering—messengers of hope and healing, of connection, serenity, and yes, even joy.