

## Crystal Meth Anonymous New Meeting Packet



Crystal Meth Anonymous is a fellowship of men and women who share their experience, strength and hope with each other, so they may solve their common problem and help others to recover from addiction to crystal meth.

To help us work the Twelve Steps, Crystal Meth Anonymous uses a text entitled Alcoholics Anonymous®, commonly referred to as "the Big Book." When studying this text, some of our members find it useful to interchange the term "crystal meth" and "alcohol" along with the word "using" and "drinking," however in our revelations, some of us observed that we are alcoholics as well as addicts.

Because some of our members believe there are ways to take the steps other than the method described in the Big Book, we suggest that the reader seek guidance from a sponsor, an experienced CMA member to help them decide on the method that is right for them.

The fellowship advocates complete abstinence from crystal meth, alcohol, illegal inhalants and any medication not taken as prescribed as well as all other mind altering substances.

The following pages contain the Crystal Meth Anonymous General Services approved meeting package. This format may be used to establish new meetings of Crystal Meth Anonymous in locations worldwide. We request that you advise CMA General Services of meetings once they are established so that we can add them to the growing listing of CMA meetings.

To list your meeting on the CMA world wide meeting listing at [www.crystalmeth.org](http://www.crystalmeth.org), look for the LIST A NEW CMA MEETING link.

## **Introduction to CMA Meetings**

with Commitments and Meeting Formats.

The meeting format which follows is the CMA Home Group format which CMA General Services suggests new meetings to follow, at least for the first six months. (Just as in AA, individual meetings may take a group conscience to make changes in the meeting format. We have found the suggested format works well for new meetings.) Pages 5 to 15 of this document contain the actual meeting formats plus readings and alternate readings for CMA meetings. Please note that meetings do NOT need to read all of the readings – they are provided so that you may select 2 or 3 for your meeting to read.

The Secretary is responsible for the overall running of the meeting. He/she selects the Speaker and Leader each week. Important notes are:

1) The Secretary calls the meeting to order and may go over some basic rules:

A. Asking that phones and pagers be turned off so as not to disrupt the meeting.

B. Letting members know if and where coffee and/or refreshments are available.

2) The Secretary then introduces the Leader who reads from the meeting format and runs the first half of the meeting (through the readings - the Leader also selects 2 or 3 people to read them) and introduces the Speaker. A different person is chosen to lead and to speak each week.

3) The third paragraph is where we do a Sobriety Countdown (or count-up) of sorts. People with fewer than 30 days are asked to identify. Examples: "Boris, Crystal Meth addict", or "Natasha, Recovering Crystal Meth addict", or something like that. The rest of the count-up is by the raising of hands. (30 Days, 60 Days, 90 Days, Six Months, Nine Months, One-Two Years, Two-Five Years, and Five and over.)

4) The Speaker shares for 20-25 minutes only. He/she is usually a recovering Crystal Meth addict, but at times recovering alcoholics in other 12-Step groups that you know to have a strong program can be asked to speak. You may wish to take a group conscience on this as some groups want the Speaker to be exclusively a recovering Crystal Meth addict.

5) After the Speaker shares, the Secretary takes over the direction of the meeting. The Seventh Tradition (donations to support the meeting) is generally collected at this time. If court cards / house slips are signed at the meeting they are generally collected in the basket with the seventh tradition, and returned to the owner of the card after the meeting is finished. <sup>1</sup>

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The Secretary signs Court Cards / House Slips to verify someone's attendance at the meeting. Though they are not the "Sobriety Police" reasonable precautions should be taken to assure that the card belongs to the bearer, and that the cards are returned to their owners in person after the meeting is finished.

6) If there is to be a break (10 minutes max), this is generally where it occurs. (We

try to discourage breaks, because they disrupt the flow of the meeting and waste a lot of time, but this can be left up to a group conscience.) We allot 15-25 minutes for general sharing (from the podium or the meeting floor.) We ask participants to limit sharing to about three minutes each. Of course, if someone needs to share longer that is OK, but beware of those who want to ramble on. The secretary may interrupt and refocus if the share strays into a glorification of using or becomes too long.

7) A meeting may have the following commitments to offer opportunities for service. (These are suggested, but new meetings with very few members could get by in the beginning with just a Secretary and a Treasurer.)

A. Two Secretaries, which rotate, one month on, one month off. This allows variety and gives the secretaries us a break.

B. A Treasurer to keep the monies. We collect the seventh tradition to pay meeting room rents, buy birthday cakes, coffee, cookies, chips and other items a meeting may decide it needs. We remind the group that we are self-supporting through our own contributions and take no outside money to support ourselves. Eventually you will want to form a Central office for your area and the meetings will help support that financially. Most stays at the local office and a small percentage goes to CMA General Services to support their efforts. But the individual meeting is most important and must always be self supporting first. We suggest the Treasurer have at least six months clean time, as the access to funds may tempt those in active or very recent addiction.

C. A Chip/cake person who presents the chips at the end of the meeting and presents a cake for anyone having a birthday. Birthday people may select who is to present them with a cake and they are given 1-3 minutes to share their gratitude.

D. A Greeter at the door before the meeting starts to welcome everyone to the meeting and help new folks at the door. The Greeter can connect a new person with someone who knows the ropes so they don't feel so "new". (Attending your first meeting can be a VERY scary experience. Many recovering addicts say that what brought them back was as simple as a warm smile from someone who made them feel welcome at the meeting.)

E. A Cleanup person who is in charge of making sure the room is left the way you found it (or better) before the meeting started.

F. Some of our groups have a Sponsor/Matchmaker who keeps track of those people willing to be of service as a temporary sponsor until the newcomer chooses a permanent sponsor. This service can also be a part of the announcements at the end. Those willing to sponsor might be asked to stand and give their name for newcomers to see.

G. A Literature person to purchase CMA/AA\* books, 12 and 12's, brochures and such stuff. A Literature person may also be in charge of the meeting phone list. (At some point CMA will have our own book and more literature; but for now we use the CMA/AA\* literature. At NA's request we do not use NA literature.) For those members who identify only as recovering crystal meth addicts we ask that they mentally change the appropriate words. (i.e. "drinking" to "using" etc.) We STRONGLY suggest that those in recovery from Crystal Meth addiction refrain from drinking, since alcohol lowers inhibitions and can take recovering addicts back to using.)

H. A GSR (General Services Representative) who represents the interests of the meeting at the Area and General Services Committee levels.

#### 8) Chip/Literature Purchasing Information:

Chips/Medallions are available for purchase from [www.crystalmeth.org](http://www.crystalmeth.org). Literature is available as a pdf for download for free for CMA meetings, intergroups, 12-Step recovery stores and interested persons from the CMA website.

9) Alternate Meeting Formats – Several other meeting formats have developed over time including a Book Study, Ticket Shares, Round Robin, Q&A plus a meeting focused on Sex and Relationships.

A. Book Study – a speaker reads from the CMA or AA\* Basic Text or the twelve and twelve for a few minutes and then shares their experience with the passage read. The group shares afterward on the passage as well.

B. Ticket Share – attendees are given a numbered ticket as they arrive. After the speaker, tickets are drawn and the number pulled determines who shares.

C. "Godstick" – suggested topics for sharing are written on tongue depressors

– those who wish to share pull a stick from a jar and share for 2-3 minutes on that topic.

D. Q&A -A List of questions pertaining to recovery is kept and tickets used as above to see who will answer the questions.

E. Round Robin – this meeting is seated in a circle format - everyone around the circle takes a turn for a brief share. (Generally 2-5 minutes apiece.)

-CMA General Services Public Information Committee

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## **Meeting Opening**

### **LEADER:**

Good afternoon, and welcome to the \_\_\_\_\_ meeting of Crystal Meth Anonymous, my name is \_\_\_\_\_, and I am a crystal meth addict.

Would you please join in the Serenity Prayer: "God, grant me the serenity to accept the things I cannot change; courage to change the things I can; and wisdom to know the difference."

I have shared that I am a crystal meth addict, are there any other crystal meth addicts present? ...Welcome! If you are seeking recovery, you are in the right place. Thank you for being here to celebrate your recovery with us.

Crystal Meth Anonymous is a fellowship of men and women for whom all drugs, specifically crystal meth, have become a problem. The only requirement for membership is a desire to stay clean and lead a sober life. There are no dues or membership lists – each group is expected to be self-supporting through its own contributions.

The TWELVE STEPS of our program are suggested to provide us with a plan with which to build a sober, better life. We believe that if we work these simple steps we will live a life free of active crystal meth addiction.

Would those of us in their first thirty days of recovery please raise your hand and tell us who you are?

Would those with 30 to 60 days of recovery please raise your hand, 60 to 90 days, 90 days to 6 months, 6 months to 9 months, 9 months to 1 year, 1 to 2 years, 2 to 5 years, 5 years and over.

For those who are new, please don't hesitate to contact members who have been around for a while, for they will be honored to share their experience, strength and hope with you.

When sharing, we need to be careful in describing drug effects, as some of us may be triggered, and the desire to use may be heightened. Please remember the recovery of others and avoid glorifying drugs and/or drug driven sex. We realize that this is part of many of our stories and needs discussion; however the secretary should interrupt and refocus if this gets out of hand.

The format of this meeting is... Selected readings, The speaker shares for 25 minutes. The 7th Tradition. General participation for 25 minutes. The presentation of chips and the celebration of birthdays. Secretary's announcements and closing.

The readings used at this meeting are adapted from "The Big Book of Alcoholics Anonymous" and the writings of Crystal Meth Anonymous.

I have asked \_\_\_\_\_ to read "Are You A Tweaker?"

I have asked \_\_\_\_\_ to read "What is the CMA Program?"

Would you please help me to welcome our speaker, \_\_\_\_\_, who has \_\_\_\_\_ years/months of recovery from crystal meth addiction.

[Speaker shares their experience strength and hope about recovery meeting continues as below after the speaker has shared.]

We are self-supporting by our own contributions, the 7th Tradition will be observed at this time.

The meeting is now open for general participation. We suggest that you have 24 hours of "clean time" and that you limit your share to 3 minutes so that all who need to may have time to share.

[After general participation is finished ---approximately \_\_\_\_ am/pm]

We now turn the meeting over to our secretary.

**Secretary:**

A burning desire is described as: I will use if I don't share now. Before we close, are there any "Burning Desires" to share?

[Allow for a brief burning desire, if any.]

This meeting is pleased to celebrate various lengths of recovery time. Our chip and cake person is \_\_\_\_\_.

[After chip and cake presentations]

I would like to thank all those who participate each week in making this meeting a success. Thank you. May we have a Treasurer's report? May we have a Literature announcement? May we have a Sponsor/Matchmaker announcement? Let us thank our Leader for today, \_\_\_\_\_.

Let us again thank our Speaker for sharing today, \_\_\_\_\_. Would \_\_\_\_\_ please read "From into Action" from the AA\* Big Book, "Alcoholics Anonymous" and lead us in the Serenity Prayer.

**(The suggested CMA readings are found on the pages that follow.)**

## **WHAT IS THE CRYSTAL METH ANONYMOUS PROGRAM?**

Crystal Meth Anonymous is a fellowship of people for whom crystal meth has become a serious problem. The members of Crystal Meth Anonymous meet regularly, share support and fellowship, and create a safe environment to stay clean.

The fellowship advocates complete abstinence from crystal meth, alcohol, illegal inhalants, and medications not taken as prescribed as well as all other mind-altering substances.

Prayer and meditation are important parts of our recovery. Some of us are suspicious at first, fearing that we will be made to believe certain things. We may also react to our past experiences with organized religion.

The 12-step program we follow is found in the text of the book, "Alcoholics Anonymous". We begin to define our relationship with spirituality as we work the Twelve Steps with a sponsor. The Twelve Steps are a set of principles designed to produce a spiritual awakening. The steps promote actions that help us to achieve and maintain sobriety. They offer a plan for recovery that helps repair the damage our addiction to crystal meth has caused. The steps guide us in new ways of living to create a fulfilling life in recovery. Staying clean is our primary goal. When our actions are consistent with our principles, we can have inner peace, honesty and serenity.

## **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 a crystal meth 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; do you want help and are willing to go to any lengths to change your life.

## **THERE IS A SOLUTION**

Almost none of us liked the self-searching, the leveling of pride, the confession of shortcomings, which the process requires for its successful consummation. But we saw that it really worked in others and we had come to believe in the hopelessness and the futility of life as we had been living it. When, therefore, we were approached by those in whom the problem had been solved, there was nothing left for us but to pick up the simple kit of spiritual tools laid at our feet. We have found much of Heaven and we have been rocketed into a fourth dimension of existence of which we had not even dreamed.

The great fact for us is just this, and nothing less; that we have had deep and effective Spiritual experiences which have revolutionized our whole attitude toward life, toward our fellows and toward God's Universe. The central fact of our lives today is the absolute certainty that our Creator has entered into our hearts and lives in a way, which is indeed miraculous. He has commenced to accomplish those things for us, which we could never do by ourselves.

After a moment of silence for the crystal meth addict who is still suffering without a solution, would you please join me in the Serenity Prayer.

## **The Twelve Traditions of Crystal Meth Anonymous \***

- 1) Our common welfare should come first; personal recovery depends on CMA unity.
- 2) For our group purpose there is but one ultimate authority – a loving God as expressed in our group conscience. Our leaders are but trusted servants they do not govern.
- 3) The only requirement for CMA membership is a desire to stop using.
- 4) Each group should be autonomous, except in matter affecting other CMA groups or CMA as a whole.
- 5) Each group has but one primary purpose – to carry the message to the crystal meth addict who still suffers.
- 6) A CMA group ought never endorse, finance, or lend the CMA name to any related facility or outside enterprise, lest problems of money, property, or prestige divert us from our primary purpose.
- 7) Each CMA group ought to be self-supporting, declining outside contributions.
- 8) CMA should forever remain nonprofessional, but our service centers may employ special workers.
- 9) CMA, as such, ought never be organized, but we may create service boards or committees directly responsible to those they serve.
- 10) CMA has no opinion on outside issues; hence, the CMA 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, films and all other media.
- 12) Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

## **THE TWELVE STEPS and HOW THEY WORK \***

If you want what we have to offer, and are willing to go to any lengths to get it, then you are ready to do as we have done and follow these simple steps:

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.

Do not be discouraged, for working the 12-steps of CMA, one day at a time, has shown that we can lead a life of health and prosperity.

To stay clean and sober we don't take that first drug. If you are like us you know that ANY IS TOO MANY. We believe this to be of utmost importance, for when we use drugs in any form, we set free our addiction to crystal meth once again. The truth is we never have to use again.

What about alcohol? Many have lost recovery to the notion that alcohol is not a drug. WRONG! ALCOHOL IS A DRUG! PERIOD! Since we are people with an addiction to crystal meth, we must refrain from the use of all drugs including alcohol, pills, pot and poppers.

It is our experience that an attitude of intolerance toward spiritual concepts will defeat us as we journey on our road to recovery. HONESTY, OPEN-MINDEDNESS and WILLINGNESS is our conviction. With them, we are on the right path.

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