

The General Service Conference in NYC, A Service State of Mind
The Service Calendar for CMA • Our Daily Meditation Book
Upcoming Literature Projects • CMA Events Near and Far



SEEDS OF SERENITY

CMA's Quarterly Newsletter - Volume 1, Summer 2023

SPEAKER RECORDINGS

Using the voices of the fellowship
to carry the message to newcomers

Crystal Meth
Anonymous®

SPEAKER RECORDINGS

Using the voices of the fellowship to carry the message to newcomers.

By James C.

Our primary purpose is to carry a message of hope. One addict sharing with another addict is the most powerful tool we have. We usually do this in meetings, in person and around our local areas. But what about the addict who is located in a remote area or too high to get out of wherever they are holed up? How do we reach those addicts?

Since 2017 we have had a CMA SoundCloud presence that allows us to represent our diverse fellowship in audio form so that an addict anywhere can find hope via a simple internet search. Over the years, with the help of the Communications Advisory Committee, the CMA SoundCloud has grown.

We are pleased to announce that CMA SoundCloud has recently added a new feature. We have introduced playlists on several different topics, including, women, men, sober events, spiritual ideas and even playlists for local fellowships.

The hope is that crystal meth addicts will search the internet for help from crystal meth addiction, find the CMA website and click on "Hear Our Stories." By hearing a message of hope from a voice they can relate to, they might be rocketed into the fourth dimension and start feeling fueled up for recovery. People who live far from meetings have been able to access the recordings when they needed a meeting and we have heard of instances where not only was the message conveyed, but lives were impacted by the specific stories that are told there.

Want to help?

We need your help in three different ways:

1. We need your story!!! Next time you speak at a meeting, record yourself speaking and submit it on the online portal.

Use this QR code to share your recording.



2. If you are part of a homegroup or event, make a suggestion to start recording the speakers to upload to the CMA Soundcloud (With the speaker's permission!) Or just be a cheerleader for submitting speaker recordings in your local area!

3. Join the speaker recording review group. Every speaker recording is peer reviewed by members of the fellowship and recommended for a playlist. This is a great commitment to have because the hours are flexible and can be done at your convenience.

Use this QR code to join the recording review group.



Personally, I have found managing the SoundCloud extremely rewarding. It allows me to hear and connect with members of the fellowship all across the world. I am able to listen to a message of hope that is carried by CMA members throughout the day.



It also brings me joy to elevate the voices of our fellowship to those who need to hear this important message.

I can share one powerful experience of speaker recording review work. I was in the process of working some stuff out in family court, which can be an anxiety producing process. However, I had a stack of recordings to review and was able to listen to them on the way to court, through the walk to the court room, and in the court waiting room.

This allowed me to retain my center of balance, and trust God. The anxious experience turned into a beautiful one.

For me, CMA is with me at all times, and that is something I hope you experience with the CMA SoundCloud.

There is so much more to come. Be on the lookout for speakers in languages other than English and as we move forward, we will find new ways to get these speakers in the ears of anyone who needs to hear about recovery through the rooms of CMA.

CMA SERVICE CALENDAR

June - The Delegate Packet is scheduled to be released to Delegates and Areas.

June - Registration for the 2023 Conference opens. Get tickets and room reservations.

October - Regional Assemblies select final Trustee Nominees from the Area nominees for open Trustee positions.

November 16-19 - The CMA General Service Conference "A Service State of Mind" will be held in NYC.

LITERATURE PROJECTS

The Literature Advisory Committee has been busy!

The projects listed below are all being worked on by the Literature Advisory Committee. If you'd like to help out with the writing or editing process, contact our Chair, Ross H., at ross.h@cmagso.net.

Daily Meditation Reader – This project will deliver a meditation-a-day book for our fellowship to enjoy. It will contain our collective wisdom and spiritual tools for daily living. We meet on the 4th Saturday of the month at 9 am.

Our Families – This project will be a collection of stories that highlight our experience in and out of recovery with our families of origin and our chosen families.

Sex in Sobriety – Sex is a natural part of the lived experience, but for crystal meth addicts in recovery, it can be fraught with challenges. These stories explore how we develop new associations with sex and create healthy connections.

Prison and Legal Issues – This book focuses on stories that discuss parole, losing custody of children, getting custody back, and facing trial while maintaining recovery.

Mental Health Matters – This project focuses on the solution and struggles that come with balancing mental health and sobriety.

There's a Step for That – Essays on each of our Twelve Steps that can illuminate the powerful ways that the Steps can change our lives and our thinking.

Poetry and Art - This will be a large format book of poetry and art from the fellowship.

Service of the Heart – We are looking for stories that highlight the power of service to help keep us sober.



CMA GENERAL SERVICE CONFERENCE IN NYC

Book your hotel now!

Get ready! The North American General Service Conference is coming on November 16-19 in New York City. This is our yearly gathering where the voice of the fellowship provides spiritual guidance to the Board of Trustees and sets the direction of many of our initiatives. This will be the second time that the Conference will be held in New York. It was held in the Big Apple first in 2010.

This time around, the Conference will take place at the Doubletree Hilton in Chelsea and you can sign up soon through the crystalmeth.org website or the cmaservice.org website. We will have a block of rooms at a rate of \$229 for a king room and \$249 for a double room.

The work that is done at the Conference helps the General Service Committee and the Board of Trustees to fulfill the day to day operations of the organization with a full understanding of what the fellowship wants.

Delegates get ready!

Delegates will be receiving the Conference Delegate Packet by mid-June to share with their Areas. Many of the items in the packet will be discussed and voted on at the Conference. It is helpful when the Delegate elicits feedback from their Area and brings detailed input from the CMA Groups to the Conference. This helps the Board of Trustees, the General Service Committee and its Advisory Committees know what the fellowship thinks about the various initiatives.

The Conference Advisory Committee and the New York Host Committee are doing the work of putting on the Conference and have the task of making sure the entire event goes off without a hitch. You can help by joining either the Conference Advisory Committee or helping out with the New York Host Committee if you are in that Area.

You can also help by assisting your Area Conference Delegate as they disseminate the important information in the Delegate Packet that is coming out on June 15th.

A great deal of work goes into putting on the Service Conference and this year is no exception. We look forward to seeing you there!

CMA DAILY MEDITATION READER COMING SOON

The committee is working hard to get this book ready for the fellowship.

The CMA Daily Meditation Reader is quickly taking shape with over 400 meditation submissions to date. The Literature Advisory Committee believes this book will be useful in our members' daily spiritual practice.

Each day the book will provide a spiritual message on a topic which will give us an opportunity to take a moment to pause and consider a deeper understanding of our life in recovery.

All of the ideas for these meditations have come from the fellowship of CMA. Ross H., who has been organizing and editing the book feels that this effort is truly unique because it includes the contributions of so many fellow addicts. He believes that this book is truly the voice of the fellowship and that it will be the first that captures so much of our shared CMA wisdom. "We have made it a focus of the work to have a diversity of spiritual experiences. We really feel it will be useful for newcomers and old-timers alike."

The idea for this project started at a board meeting in San Francisco in 2019. Jeffrey J. and Dale G. shared an idea for the book and later that year, Freddy D. put it on the Literature Advisory Committee agenda, and it took off quickly. Dale, who was working with sponsees out of another fellowships' daily meditation book and works on the Literature Advisory Committee, realized that it was time for this fellowship to have its own book of spiritual meditations.

This book speaks to the crystal meth addict by focusing on the experiences of our members. We use CMA literature and personal quotes as a touch point for each meditation. One interesting feature is that we include quotes we have heard in CMA meetings and from our sponsors and fellows. These ideas have been part of our collective knowledge but haven't been put in writing until now. This is a nice way to memorialize some of this hard-won wisdom from our members.

Our writers have told us that the experience of writing these meditations has been deeply fulfilling. They've expressed how writing a daily meditation is a wonderful opportunity to go deep into a topic that means a lot to them.

At the beginning of our project we came together online throughout the pandemic, but recently we have been meeting in person for writing retreats to get more work done. We are hoping to have this book near completion by the end of the year.

Those who want to contribute can do so by clicking on "CMA Literature" and "Read Meditations" on the crystalmeth.org website.

If you want to take part in the editing, you can reach out to dale.g@cmagso.net or ross.h@cmagso.net

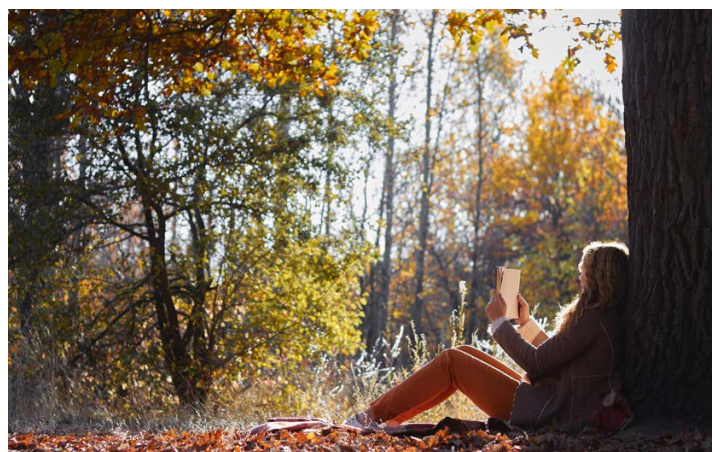
A Sample Meditation

"In all things, I need to remember to be gentle on myself but hard on my disease."

-CMA Member.

Striving to maintain our sobriety can sometimes feel like a fight against our very selves. We can be so serious about getting to meetings and searching through our motives and intentions, it can feel like we don't have room to breathe. That's when we have to remember there's a difference between being tough on our addiction and tough on ourselves. Sometimes we forget to show love to the recovering addict in us. We've got to let go of perfectionism—

Continued



staying sober is not an easy task, and we aren't going to be able to maintain anything like perfection. That doesn't mean we give ourselves the "easier, softer way," it just means we practice being kind to ourselves when we make mistakes. Feeling safe, loved, and supported will cement our recovery.

If we find we're resenting the program, or getting burned out, it's important to restore some joy to our recovery. The more we enjoy the fellowship, the more likely it is we'll stick around. We remain focused on fighting this disease. And that includes having fun.

Prayer: Higher Power, help me to treat myself with kindness so I don't make the job of staying sober any harder than it needs to be.



CMA HAS A NEW ADDRESS

The CMA General Services physical address has changed. Effective immediately, the new address is **1920 Hillhurst Avenue #1315 Los Angeles CA 90027.**

WE NEED YOUR HELP

We welcome all ideas and content for this newsletter. In future newsletters, we are hoping to include stories and contributions from members. If you want to contribute to this newsletter, please contact us at newsletter@cmagso.net.

Want to be of service?

The CMA Helpline NEEDS YOU. Contact helpline@cmagso.net for more information.

CMA EVENTS NEAR & FAR

Colorado CMA Campout - August 11

Colorado CMA is planning its annual campout on Mount Kenosha, August 11-13. It's their biggest event. Come enjoy the great outdoors and lots of grilling. ColoradoCMA.org

4th Annual Women's Day - August 19

Las Vegas CMA will be holding their Fourth Annual Las Vegas CMA Women's Day from 7-8:30pm, celebrating the powerful recovery of the women in our Fellowship.

The program has three speakers with over ten years sharing their powerful experience, strength, and hope, a 50/50 raffle, and of course there will be snacks. The T.I.E. Club, 329 N 11th St, Las Vegas, NV 89122

21st Annual Convention in Phoenix

The Arizona Area CMA Convention is happening in Phoenix on August 25-27, with the assembly on the 27th of August.

Register for your spot at AZareaconvention.com. The link for the hotel should be available shortly. There will be a rave, comedy show, workshops, a pool party, marathon meetings and more. AZareaconvention.com

NYCMA's Annual Share-a-Day

Loving Ourselves Through Connection
Saturday, October 7, 2023

A day of workshops, fellowship and great speakers