

# Crystal Meth Anonymous®

## Engaging the Newcomer in Online Meetings

*"Each group has but one primary purpose to carry its message to the addict who still suffers."*

– Tradition Five

Online meetings have particular challenges when it comes to engaging and reaching out to newcomers in CMA. It can be difficult to feel seen and heard in an online meeting, especially for a newcomer who is unfamiliar with our practices and doesn't know anyone in the meeting. It can be even more challenging to feel connected to the larger fellowship. When the meeting ends and all of the participants log off, someone new to CMA might not have made a connection that will bring them back. We need to ask ourselves what we can do to make sure that the person new to CMA feels welcomed and appreciated.

Many groups have tried to solve these issues by creating new commitments and meeting formats that address the newcomer specifically. One idea we've seen is to create a Newcomer Greeter position. The Greeter could let the newcomer know that they can answer their questions and they can connect them to other members if they are interested. Another idea has been to leave time open at the end of the meeting for discussion and fellowship with the newcomer. This can be a useful, informal forum that doesn't have the pressure of the larger group. Ultimately, we should ask ourselves, "What are we doing to engage the newcomer in our online meetings?"

We each have a powerful experience of being a newcomer in CMA and we each carry within us the assurance that victory over crystal meth is possible. With an eye toward what the newcomer is experiencing in our meetings, the quality of compassion and the message of recovery will make sure that they feel they are accepted and loved. The home we have found in CMA is welcome to all.

