

# SEEDS OF SERENITY

CMA's Quarterly Newsletter - Volume 7, Spring 2026



Crystal Meth  
Anonymis®

## CMA Around The World

Inside the CMA Conference That Shaped the Year Ahead  
Growing Globally: How CMA Is Taking Root Around the  
World • Australia • Brazil • Portugal • Germany

## GROWING GLOBALLY: HOW CMA IS TAKING ROOT AROUND THE WORLD

by Dale G

As Crystal Meth Anonymous enters its fourth decade, the fellowship is no longer a local solution to a local problem—it's a global movement. Few people have witnessed that transformation more closely than Aaron M., who has spent years helping CMA grow internationally. "The more you delve into it, you come to realize this is a worldwide issue," Aaron explained. "I couldn't think of a better way to be curious than to talk with people from other parts of the world and see what their experiences are in their addiction to crystal meth."

Aaron joined CMA's International Committee when only a few countries—like the UK, Germany, and Australia—were represented. But interest quickly spread. "Eventually, more countries started joining: South Africa, Brazil, Mexico, Spain, Thailand, Nepal, Russia, Iran... CMA was really growing."

One of the biggest challenges in supporting this growth was navigating language and culture. "In Germany, for example, their English-speaking meeting thrived, but their German-speaking one didn't take off until we got readings translated," Aaron said. "Once we had materials in the native language, more German-speaking meetings sprung up in Berlin. There was a real feeling that they were legitimate when the readings were in the local language."

Aaron also headed up the translations group for years and helped CMA obtain the translations that were being requested in other areas. Translation wasn't always straightforward. "The reading Are You a Tweaker? connects with people emotionally," Aaron said, "but the word 'tweaker' doesn't always translate well. In England, they have called it Can You Relate? In Australia, they swap out 'meth' for 'ice' and call the reading Are You an Addict?" When people hear the reading Are You a Tweaker? in a meeting for the first time in their own language, it can truly be a transformative moment.

Yet despite differences in language, culture, or law, the core experience of addiction remains universal. "Whether you're in Europe or Africa, we share so much behavior—dumpster diving, marathon sex, tweaking out on projects, or taking apart electronics. It's funny and tragic, but we all get it." Over the years, Aaron helped facilitate translations of readings and pamphlets into Spanish, German, French, Russian, and others. Many more are currently in progress.

CMA's global expansion has also revealed deeper challenges. In Nepal, families can't always afford for someone to seek treatment. In parts of Asia, stigma and shame deter people from identifying as addicts. "Sometimes, just starting a meeting means risking imprisonment," Aaron said.

To support international growth, CMA has helped new fellowships develop service structures. "We didn't want to impose a U.S. model," he said. "But in the end, many groups wanted what we had—a roadmap to grow into." That includes service positions, elections, and committee work—even if only a few hats get filled at first.



“We’re in that same spot now that L.A., Phoenix, and Colorado were in early on,” Aaron reflected. “But if you build it, they will come.”

The International Committee plays a vital role in guiding these fellowships through growing pains. “Sometimes, it’s about helping them navigate personality conflicts or traditions violations that feel existential when there are only a few meetings,” Aaron shared. “We’ve seen this in the UK and Australia. When one meeting goes dark, it can feel like the whole fellowship is crumbling.”

The committee shares experience, strength, and solutions on the international calls. “We remind them that we went through the same struggles—egos, small numbers, growing pains,” he said. Sometimes a meeting needs to change days or formats. Other times, the answer is encouraging sponsorship within the meeting or doing a group inventory to see what’s going on.

Recently, Aaron helped lead a workshop in the UK to talk about behavior issues in meetings. “They were relieved when we showed them that we dealt with this too,” he said. “It’s not always about policing people—it’s about making sure that every member knows the importance of and is adhering to the traditions.”

The work of the International Committee has been ongoing, and it has made headway in developing a service structure that the international community can grow into. Just like in the U.S. when we first created our service structure, no one knew how we’d ever grow into it. “In Colorado, we had a point where our fellowship was very small. Just like the international members participating in the International Committee now, we participated at the GSC and the conference. Walt came back one year with the service structure, and we put it in place. Every year we had elections, and we’d fill half of the open positions—but we filled what we could until we had more folks to do the work.”

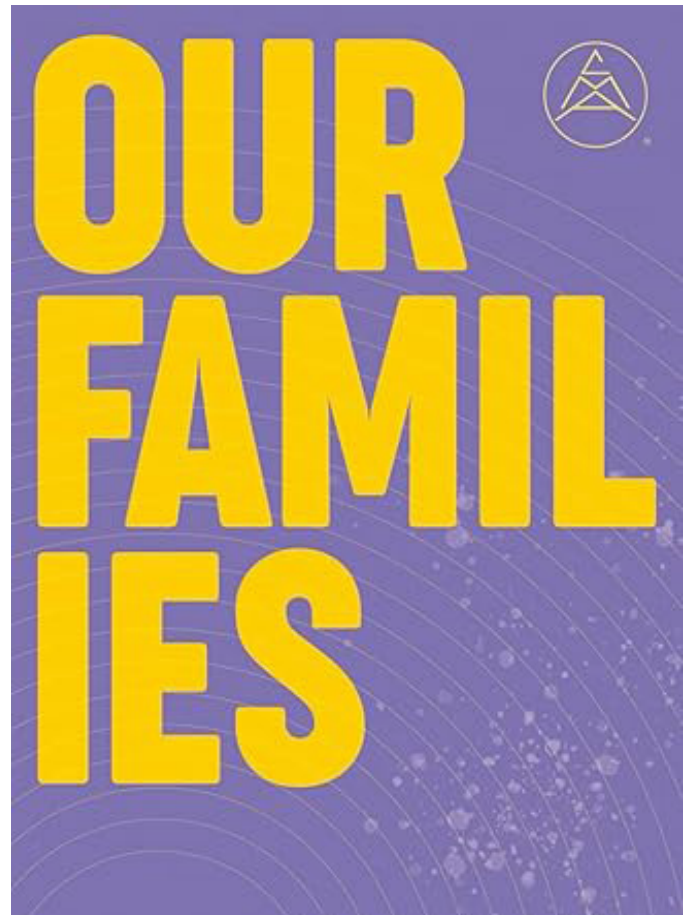
Aaron added, “Many of us were wearing a stack of hats, and that’s just how it was. But eventually, we filled every position for the first time ever. So sometimes it’s like the movie *Field of Dreams*: If you build it, they will come. If you set up this structure, it will eventually become filled out.”

There is now real potential for an international community of CMA to grow and flourish. “We’re here to help,” Aaron said, “but we see that they are doing the work.”

With mentorship and regular international calls, these CMA communities are building resilience. “When people from places like Iran or Nepal show up to the call, it is very special and reminds us what’s possible,” Aaron said. “We don’t have all the answers, but we do have hope—and we offer that freely.”

## Voices of the Fellowship: Our Families

A new collection of stories exploring the impact of addiction on our families—however we define them. These heartfelt accounts reflect the experiences of parents, partners, friends, and loved ones who shared in both the pain of addiction and the hope of recovery.



## PORTLAND 2025, KEEPING SERVICE WEIRD

### Inside the CMA Conference That Shaped the Year Ahead

In November 2025, CMA members from across the fellowship gathered—both in person and on Zoom—for the annual CMA Conference in Portland, Oregon. With the official spirit of “Keep Service Weird,” the weekend blended serious service work, fellowship, and a healthy dose of Portland-style creativity.

At the heart of the conference was the General Service Committee (GSC) Assembly, where delegates, trustees, and advisory committees came together to reflect on the past year and chart the course forward. Michelle S. (Red), Chair of the GSC, offered insight into what made this year’s conference both productive and meaningful.

### A Weekend Built on Service

The conference officially kicked off on Friday with breakout sessions. Each advisory committee—alongside trustees and delegates—met to evaluate their current work, set goals for the coming year, and, in many cases, elect new committee participants.

“These sessions are where the real groundwork happens,” Michelle explained. “It’s about identifying what each committee wants to focus on and how they can best serve the fellowship going forward.”

On Saturday and Sunday, the work moved into the full assembly. Committees presented summaries of their breakout discussions, outlined plans for the year ahead, and brought key issues to the fellowship for feedback and voting.

### Fellowship Voices and Fellowship Votes

One of the central principles highlighted throughout the weekend was shared responsibility. Major changes—particularly to CMA literature—are never made without fellowship input.

Delegates and trustees carry the vote, but only after listening carefully to the collective conscience of CMA

members. This year, the Literature Committee presented fellowship feedback on proposed revisions to “Are You a Tweaker?”—a topic that has been evolving over several years.

“Nothing like this happens in a vacuum,” Michelle noted. “The fellowship’s voice is essential.”

While there were no major surprise proposals in 2025, members celebrated the release of a powerful new publication: *Voices of the Fellowship: Our Families*. The collection features deeply personal stories exploring family experiences, defined by each storyteller in their own way.

### Meetings, Movies, and Gratitude

Evenings at the conference balanced structure with connection. Speaker meetings were held nightly from 7:30 to 8:30 p.m. and made accessible via Zoom, allowing members everywhere to participate.

For those attending in person, Saturday night took a turn toward classic Portland fun, with a group outing to *The Rocky Horror Picture Show*. The weekend concluded on Sunday with group photos and a moving gratitude panel led by members of the local fellowship—an opportunity to reflect, connect, and close the assembly on a heartfelt note.

### Looking Ahead: San Francisco and Beyond

The conference also offered a glimpse into CMA’s future. The San Francisco 2026 Conference Committee shared updates on their progress, including the selection of a hotel, a theme, and conference logos—building excitement for what’s next.

And for those already thinking further ahead, Michelle shared a final piece of news with a smile:

**The 2027 CMA Conference will be held in Omaha, Nebraska.**

### Guided by Service—and Something Greater

As the weekend wrapped, one theme echoed throughout the halls and screens: trust in the process, trust in

service, and trust in a Higher Power.

“Our Higher Powers got this,” Michelle said—a simple statement that captured the spirit of Portland 2025.

The CMA Conference once again proved to be more than a meeting. It was a living example of fellowship in action, grounded in service, guided by shared conscience, and—true to Portland—just weird enough to feel like home.



## CMA BRAZIL A GROWING FELLOWSHIP IN PORTUGUESE

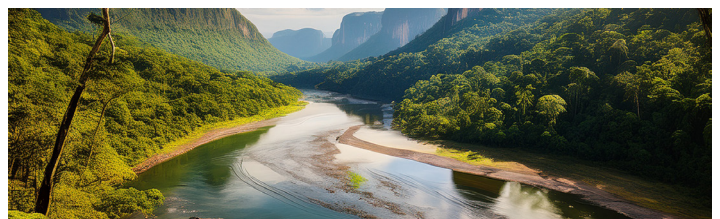
In March 2023, Valério S. and Roberto F. began organizing the launch of the first CMA group in Brazil. With the collaboration of Bryan P., who took the lead on translating CMA literature into Portuguese, the first online meeting was held on December 13, 2023. In attendance were Roberto, Valério, Sábio L., Bryan P., and Daniel T.

That small gathering officially marked the beginning of CMA in the Portuguese language — the birth of a fellowship that continues to grow stronger every day.

Today, CMA Brazil hosts six weekly meetings and is preparing to launch its first in-person weekly meeting in São Paulo — an exciting milestone for the fellowship. “It’s incredibly beautiful to watch the group grow,” says Roberto. “I remember those early meetings so clearly — how thrilled we were when eight people showed up. Most of them were CMA members living abroad. Now we regularly see between 10 and 20 people at our daily meetings, and the majority live in Brazil. That tells us the fellowship is truly taking root locally, which has always been our main goal.”

On December 13, 2025, CMA Brazil celebrated its two-year anniversary with a beautiful gathering in São Paulo. Members traveled long distances to attend — from Rio de Janeiro, Minas Gerais, Pernambuco, Los Angeles, and New York — a powerful testament to the unity and connection within the fellowship.

Looking ahead to 2026, plans are underway for a weekend in São Paulo — a longer gathering designed as a spiritual retreat, where members will come together to deepen their shared recovery and explore their common spiritual path.



## CMA AUSTRALIA: TWENTY YEARS OF SERVICE, SURVIVAL, AND TURNING OUTWARD

A Conversation with Peter S.,  
International Delegate for Australia

When Peter S. talks about CMA Australia, he doesn't speak in abstractions or statistics. He speaks in years, faces, meetings that survived—and meetings that didn't. His story is inseparable from the story of CMA in Australia: hard-won, resilient, and quietly committed to service beyond borders.

Peter is a recovering addict and currently serves as CMA Australia's International Delegate, a role he has held for many years. He has attended multiple General Service Conferences in the United States and also coordinates Australia's CMA phone line. But titles aside, Peter's perspective comes from having watched a fellowship grow, struggle, adapt, and now prepare for rebirth.

### From Observers to Participants

CMA Australia's relationship with the international fellowship didn't begin with formal structures. It began with people traveling.

"Some of our members were attending meetings in Los Angeles," Peter explains. Airline workers, travelers, and members overseas would come back to Australia carrying stories—about meetings, service structures, and how CMA was evolving in the United States.

The turning point came when Australia received notice of an upcoming General Service Conference in the U.S. that would address a major proposal: changes to the Steps. The proposal had been on the table for years, and Australian members recognized the significance.

After extensive discussion, CMA Australia made a deliberate choice—to show up.

"We decided it was an active service," Peter says. "To the fellowship that helped our founder, that gave us our foundation."

That decision led to the creation of Australia's first International Delegate position and the funding to send that delegate to the United States. It marked Australia's first official engagement with CMA North America.

At that first conference, Australia brought two key messages. First, clarity: this was not a world conference, because no global service structure yet existed. It was a North American General Service Conference, and that distinction mattered.

Second, vision: Australia advocated for a five-year plan toward building a World CMA and an international service structure. Those conversations planted seeds that continue to influence global dialogue today.

A Birthday, a Tuesday, and the Birth of CMA Australia  
CMA Australia officially began on August 16, 2005. The first meeting was held on a Tuesday—and coincidentally, on Madonna's birthday.

**"That's the founding of CMA Australia," Peter laughs. "Madonna's birthday."**

The fellowship was started by three members from NA, with strong early support as CMA found its footing. Peter wasn't there in the very beginning, but he joined not long after—about 17 or 18 years ago.

His introduction to CMA came through the very first CMA H&I presentation in Australia, held at a rehab where Peter himself was a patient.

"One of the founding members, Stuart, did that H&I," Peter recalls. "He gave me a little laminated card. There were four meetings in Sydney."

That card changed his life—and tied him permanently to CMA.

### A Fellowship in Rebirth

As CMA Australia approaches its 21-year anniversary, the fellowship finds itself at a crossroads.

"We're struggling right now," Peter says honestly.

Like many fellowships around the world, CMA Australia was hit hard during COVID. Meetings disappeared, momentum stalled, and rebuilding has been slow. Today, the fellowship is smaller than it once was, and sustaining meetings remains a challenge.

Still, Peter sees hope.

Each year, CMA Australia holds Unity Day—its annual conference—followed by an H&I event that brings rehabs, institutions, and correctional facilities into the conversation. This year's 21st anniversary is being viewed as a potential turning point.

“We’re in a rebirthing phase,” Peter says. “And we’re hoping this marks a shift.”

### **Crystal Meth and the Australian Reality**

The urgency behind CMA’s work in Australia is impossible to ignore. While alcohol remains the most widespread addiction, crystal meth is the dominant drug crisis in the country.

“It affects everyone,” Peter explains. “Working class, middle class, rural areas, urban areas—it doesn’t discriminate.”

Crystal meth drives incarceration rates, overwhelms health services, and fuels demand for rehab and government support. Many Australians don’t even recognize it by name at first.

“I didn’t know what crystal meth was,” Peter admits. “Most people don’t.”

That reality makes CMA’s presence not just helpful, but necessary.

### **Turning Outward: Australia as a Regional Hub**

For Peter, survival isn’t enough. Growth must come from turning outward.

“As long as I’m breathing, CMA will be breathing in Australia,” he says. “It’s not going anywhere.”

That outward focus has taken CMA Australia far beyond its borders. Peter spent nine months in the Philippines last year, where efforts to start CMA were complicated by stigma and political violence against people identified as addicts.

In response, Australia shifted strategy—supporting international growth from home.

Through Nepalese members living in Australia, CMA raised funds and sent laptops, literature, banners, microphones, and books overseas. Every Thursday night, Peter hosts a Nepalese-language CMA meeting from Australia. While some shares are in English, the meeting itself belongs to Nepalese speakers attending from across the globe.

Australia is also supporting Chinese-speaking CMA members, including people in Hong Kong and mainland China, by beaming meetings across time zones.

“If people in Hong Kong want to start a meeting,” Peter says, “we’ll support it. Advertise it. Attend it. Build it.”

### **Showing Up, Together**

At home, members of the international committee will soon attend Australia’s area business meeting—sharing experience, strength, and hope about fellowships that went dark and found their way back.

That exchange matters.

Because CMA Australia’s story isn’t just about endurance. It’s about connection—across time zones, cultures, languages, and shared recovery.

Twenty years in, CMA Australia is still here. Still serving. Still turning outward.

And still breathing.



## CMA PORTUGAL: BUILDING RECOVERY COMMUNITY IN LISBON

Interview with Jorge,  
Lisbon, Portugal

R: Let's start with an introduction. Tell us a little about yourself.

Jorge: My name is Jorge. My sobriety date is April 8, 2018, and I've been living in Lisbon for a couple of years now.

R: How did CMA Portugal begin?

Jorge: The meeting started here in Lisbon around February of 2024. With my sponsor's suggestion, I began looking for meeting spaces across the city, but it was harder than expected. While there are AA meetings in different locations, finding a venue specifically for CMA proved challenging.

Because of that, we decided to start as a virtual group. Progress has been slow, but steady. We get attendees from across Europe and even from other parts of the world — though not many from Lisbon itself yet.

R: How often does the Lisbon meeting meet?

Jorge: Once a week. Every week.

R: This issue of the newsletter is focused on CMA International, featuring meetings from Australia, Germany, Brazil, the U.S., and Canada. Have you attended any CMA International meetings or connected with international committees?

Jorge: No, I actually didn't know there was a CMA International subcommittee.

R: What do you think might help increase participation in Lisbon?

Jorge: That's a wonderful question — and honestly, I wish I had a clear answer. We often talk about "attraction rather than promotion," but how do we attract people here in Lisbon?

I think about my own experience. I learned about CMA through very nonconventional means. When I was in New York and still using, one of the people I used with had previously been in the fellowship. He relapsed and

was out, but through him I learned that CMA even existed.

So in a strange way, I got exposed to the solution while I was still using. I joke sometimes that maybe I should start going to sex parties handing out postcards saying, "Come to CMA." (Laughs)

R: Public Information and Outreach, and Communications, have been doing work globally, including videos and PSAs to help people learn that CMA exists. Have you tried adjusting meeting formats or times to increase attendance?

Jorge: Yes. At one point, we realized our evening meeting overlapped with a large London CMA meeting. So we moved our meeting to an hour earlier, during a time when no other regular meetings were scheduled.

Unfortunately, that didn't really change attendance. One thing I've been thinking about lately is the readings. Right now, we're using AA meditation readings. I wonder if switching to CMA-specific literature might help make the message clearer for newcomers.

R: Can you speak a bit about the local landscape in terms of chemsex and substance use in Lisbon?

Jorge: From my understanding, chemsex — using drugs in the context of sex — is still very present, particularly within queer communities. Crystal meth specifically isn't as common in Lisbon, mostly because of cost.

However, other amphetamines are widely used, such as mephedrone. These substances are used in very similar ways and contexts. It's not limited to gay men — it also includes nonbinary and trans individuals. I haven't really heard of straight people using these drugs in the same context.

R: Have you heard about the newly published Twelve Steps of Crystal Meth book from the New York fellowship?

Jorge: I've bought a few books that were recently published by the fellowship, but I'm not sure if that's one of them.

R: It's a newer publication, and many people find it especially powerful because the language is modern, inclusive, and not centered on gender or traditional religious terms. Many meetings are now reading from it, which could be another way to reach people.

Before we wrap up — is there anything you'd like to say

to the international CMA community?

Jorge: Yes — come to Lisbon. It's a great city, with so much to do. I'd be happy to meet anyone who visits, walk around the city together, and talk about recovery and ways we can help people here who are still struggling.

And of course, everyone is always welcome to join our Friday 7:00 p.m. Western Europe Time meeting. It would be wonderful to have your participation and your wisdom.

R: Thank you so much, Jorge. It was great meeting you. And if you're ever in Los Angeles, give me a call — let's go to a meeting together.

Jorge: I'd love that.



### CMA GERMANY: FROM A JOKE TO A THRIVING FELLOWSHIP IN THE HEART OF EUROPE

A Conversation with Ingo, Co-Founder of CMA Germany

When Ingo talks about the beginnings of CMA Germany, he smiles—because it almost didn't happen. What started as an offhand joke between friends missing their home fellowship has grown into a vibrant, international recovery community with meetings, retreats, and deep connection at its core.

Ingo is a crystal meth addict in recovery and one of the co-founders of CMA Germany. His CMA journey didn't begin in Europe, but across the Atlantic.

#### Finding CMA—and Bringing It Home

Ingo first found CMA in New York City in 2003. For five years, he attended CMA meetings there, building his recovery in a space that allowed honesty, openness, and conversations about addiction that felt real and unfiltered.

When he later moved to Berlin, something was missing. “There was no CMA,” Ingo recalls.

Another CMA fellow from New York eventually moved to Berlin as well, and together they tried to find a substitute. They attended AA meetings, which didn't resonate. They tried NA, but it felt too rigid, too sanitized.

“It wasn't a place where we could talk the way we were used to in New York,” Ingo says. “About sex, about relationships—about everything.”

One day, only half-serious, Ingo said, “I really miss CMA. Maybe we should just start a meeting.” Around the same time, a third person with the same addiction struggles entered the picture.

That joke turned into action.

In 2016, the three of them began meeting regularly. Nine years later, CMA Germany is no longer an experiment—it's a fellowship.

#### Why English Became the Language of Recovery

From the beginning, CMA Berlin meetings were held in English—not as a strategic decision, but a practical one.

“For me, English is my recovery language,” Ingo explains. “Even though I speak German, recovery just didn't land the same way in German meetings.”

Early on, the group included one German member, Ingo, another founder, and an Italian fellow. English was simply the common ground. German shares were always welcome, and the meeting could switch languages if needed, but English remained the primary language.

This wasn't unique to Berlin. Ingo points out that many members, including Valerio—who helped start CMA in Brazil—found that their recovery vocabulary existed almost entirely in English.

“When your recovery is built in a language, that's the language your heart speaks,” he says.

## CMA GERMANY (cont.)

### Growth Through Connection—Not Ambition

Before the pandemic, CMA Germany had a single meeting. During COVID, everything changed.

Online meetings allowed people to connect across borders, and CMA Berlin suddenly found itself welcoming members from around the world. A Monday meeting emerged and continues today as both in-person and hybrid. A Friday meeting followed, starting small—just 10 to 12 people.

“That was all we were hoping for,” Ingo admits. “We just wanted a place where we could talk about the things we couldn’t talk about anywhere else.”

Today, CMA Germany hosts three regular meetings: Monday, Tuesday, and Friday. Two are bilingual, allowing both English and German shares, though English remains the dominant language.

The fellowship has also expanded online. The Wednesday meeting, “Fucking Sober,” connects Los Angeles and Berlin. On Sundays, CMA Switzerland meets—a fellowship closely tied to Berlin and part of the same growing European recovery ecosystem.

### More Than Meetings: Building Fellowship

What truly sets CMA Germany apart is the strength of its fellowship outside the meeting rooms.

Once a month, members gather for “Delicious,” a rotating Sunday brunch that draws 30 to 40 people. There are barbecues, city meetups, and shared meals—spaces where connection deepens beyond the circle.

“We’re a very tight group,” Ingo says. “It’s really grown into something special.”

The fellowship is also intentionally inclusive. While crystal meth remains central, CMA Germany openly embraces recovery from chemsex-related addictions. Members include trans people, gay men, and a small but growing number of straight members.

“It’s open,” Ingo explains. “It reflects the real world.”

### A Fellowship Ready to Gather

Now, CMA Germany is taking its next big step: its first-ever retreat. What started as casual planning between Ingo and another fellow—an Australian member studying in Berlin and sponsored out of Los Angeles—quickly grew into something much larger.

“At first, we thought maybe 10 or 12 people would come,” Ingo says. “Now we’re looking at 30, and honestly, we might have 80 or 90 connected to the fellowship.”

The retreat will take place at a location with hot springs, lakes, and outdoor spaces—designed not just for recovery, but for connection and renewal.

And this is only the beginning.

Looking ahead, Ingo envisions international retreats, possibly two per year—one in Berlin and another in the Bavarian mountains during winter.

### An Invitation to the World

Ingo’s message to the global CMA fellowship is simple—and enthusiastic: “Come to Berlin!”

CMA Germany welcomes visiting members, international connections, and anyone curious about recovery in a city known for reinvention and freedom. Future retreats are planned with international participation in mind, opening doors for connection across borders and cultures.

From a half-joking suggestion to a thriving European fellowship, CMA Germany’s story is one of authenticity, openness, and community built one honest conversation at a time.

And nine years in, it’s only just getting started.

