

Beginners Meeting Format

Good evening and welcome to the _____ Beginners Series of Crystal Meth Anonymous. This Beginners Series is designed to introduce the newcomer to WHY we are here and HOW we stay clean and sober. The primary purpose of this group is to carry the message to the crystal meth addict who still suffers.

We ask at this time to please silence cell phones and/or other electronic devices.

My name is _____ and I am a crystal meth addict.

Would you please join me 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.

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

I have asked _____ to read _____ (insert selected reading)

I have shared that I am an addict. Are there any other addicts present?

If you are seeking recovery, you are in the right place. Thank you for being here to celebrate your recovery with us.

The only requirement for CMA membership is a desire to stop using.

I have asked _____ to read _____ (insert selected reading)

I have asked _____ to read "The Twelve Steps of CMA." (or "The Twelve Steps and How They Work")

I have asked _____ to read "The Twelve Traditions"

We invite anyone with less than 90 days of recovery to introduce themselves now and share their day count.

Would those with 90 days to 6 months raise your hand?

Week Five (if applicable) / Read a selection from **Crystal Clear – Stories of Hope**

Discussion leader will open meeting to general participation.

The Chair/Secretary will close general participation 5 to 10 minutes before the meeting is scheduled to end.

There are no dues or membership list - each CMA group ought to be self-supporting, declining outside contributions. The 7th Tradition will be observed at this time. (Pass the basket)

This meeting is pleased to celebrate various lengths of recovery time. I have asked _____ to explain and offer the chips.

For those who are new, please don't hesitate to contact members who have been around for a while. This group strongly encourages Sponsorship. Would those willing to be a Temporary Sponsor please raise your hand. If you need a Sponsor please see one of these people.

We encourage you to join us for fellowship after the meeting. Please stick around.

Are there any recovery related announcements?

Literature and newcomer packets are available. If you are interested please see me after the meeting.

Let us thank all who participate each week in making this meeting a success and especially our discussion leader _____.

As you leave here, please remember and respect the anonymity of others. This means I can say I was here and I am an addict, but I cannot say you were here and you are an addict. This applies to Facebook and other social media as well.

I have asked _____ to read (insert selected reading) and lead us in the Serenity Prayer.

What Is CMA?

CMA has a simple message:
Recovery from meth addiction *is* possible.
You never have to use again.
And you don't have to recover alone.

We are Crystal Meth Anonymous. Together we practice the Twelve Steps as a new way to live, free from crystal meth use.

The only requirement for membership is a desire to stop using. There are no dues or fees. We share our experience, strength, and hope to help each other stay clean and sober, one day at a time. Through our actions and service, we carry the message of recovery to the addict who still suffers.

Our Fellowship advocates complete abstinence from crystal meth and all other mind-altering substances, including alcohol, marijuana, inhalants, and any medication not taken as prescribed.

We suggest laying a solid foundation with

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

Remaining anonymous gives every member the same opportunity to recover. We are simply addicts helping other addicts.

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



CMA Interim Approved Literature

The General Service Committee has approved this literature to be used widely by the Fellowship, and encourages feedback and comment so that it may be considered in the future for approval by the General Service Conference.

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THE TWELVE STEPS: A Plan of Action

We come to CMA because of our common problem. We stay because of our common solution. 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.

Continued

Crystal meth seemed like the answer to our problems. Not anymore. We realize our drug use was killing us. Once we started, we couldn't stop. Today, to stay clean and sober, we don't pick up—no matter what.

When we take action, we choose faith over fear and progress over perfection. As we work the Steps, we put spiritual principles into motion.

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, compassion, and yes, even joy.

The Twelve Steps of Alcoholics Anonymous have been reprinted and adapted with the permission of Alcoholics Anonymous World Services, Inc. ("A.A.W.S."). Permission to reprint and adapt the Twelve Steps does not mean that Alcoholics Anonymous is affiliated with this program. A.A. is a program of recovery from alcoholism only—use of A.A.'s Steps or an adapted version of its Steps in connection with programs and activities which are patterned after A.A., but which address other problems, or use in any other non-A.A. context, does not imply otherwise.

The Twelve Steps of Alcoholics Anonymous: "1. We admitted we were powerless over alcohol—that 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 God *as we understood Him*. 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 Him 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 God *as we understood Him*, praying only for knowledge of His will for us and the power to carry that out. 12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs."



CMA Interim Approved Literature

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THE TWELVE TRADITIONS of Crystal Meth Anonymous

The Twelve Traditions guide the group just as the Twelve Steps guide the individual.

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 matters affecting other groups or CMA as a whole.
5. Each group has but one primary purpose—to carry the message to the 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. Every CMA group ought to be fully self-supporting, declining outside contributions.
8. Crystal Meth Anonymous should remain forever 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. Crystal Meth Anonymous 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, television, films, and other public media.

Continued

12. Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

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



CMA Interim-approved Literature

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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.



There is Hope

When we came to CMA, we found other crystal meth addicts who recovered from a hopeless state of mind, body and spirit. They showed us how to live useful and rewarding lives by embracing a simple program of action.

Through the Steps, we let go of our denial and learned to be honest with ourselves. We developed a relationship with a Higher Power of our own conception. We opened up to another addict about our past and asked our Higher Power to remove our character defects.

We cleaned up the wreckage from the tornado of our old life and embarked upon a new course. We found freedom from fear; love replaced our selfishness.

The truth of our new lives is: We now handle difficulties that once compelled us to use crystal meth. We help others in ways we could never do for ourselves. By finding a spiritual basis on which to live, we can become the miracle of recovery that is happening in the rooms of CMA. We lead incredible lives and give hope to the still suffering addict that recovery from crystal meth is truly possible.



CMA Interim Approved Literature

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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!



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CMA Helpline - (855) 638-4373

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WE CAN RECOVER

Welcome to Cocaine Anonymous. We are all here for the same reason—our inability to stop using cocaine and all other mind-altering substances. The first step towards solving any problem is admitting that there *is* a problem.

The problem, as we see it, consists of an obsession of the mind and an allergy of the body. The obsession is a continued and irresistible thought of cocaine and the next high. The allergy creates an absolute inability to stop using once we begin.

We wish to assure you that there *is* a solution and that recovery *is* possible. It begins with abstinence and continues with practicing the Twelve Steps of recovery, one day at a time. Our program, the Twelve Steps of Cocaine Anonymous, is the means by which we move from the problem of drug addiction to the solution of recovery.

1. We admitted we were powerless over cocaine and all other mind-altering substances—that 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 God *as we understood Him*.
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 Him 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 God *as we understood Him*, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these Steps, we tried to carry this message to addicts, and to practice these principles in all our affairs.*

Cocaine Anonymous is a spiritual program, not a religious one. In C.A. we believe each individual can choose a Higher Power of his or her own. In short, a God of his or her own understanding.

No one comes into Cocaine Anonymous to find God. We came into these rooms to get rid of a terrifying drug habit. Look around this room. You are surrounded by people who came as a last resort. We came into these rooms emotionally, financially and spiritually bankrupt. We have experienced all sorts of tragedies as a result of cocaine, drugs and/or alcohol. We have lived many of the same horrors you have, yet today we are free from the misery, terror and pain of addiction.

Maybe some of us were worse off than you; maybe some of us didn't hit as low a bottom as you. Still the fact remains that those of us who are recovering have come to believe that a Higher Power of our own understanding can restore us to sanity.

There *is* a solution; we *can* recover from addiction. One day at a time, it is possible to live a life filled with hope, faith and courage.