

Inside Meeting Starter Kit



Starting A Regular CMA Meeting Inside a Facility

If your facility permits this, you may be able to start your own CMA meeting totally run by facility residents. Everything you need is included in this kit.

Starting a Crystal Meth Anonymous meeting is surprisingly simple, and it may be one of the most exciting things you ever do in recovery. One thing we can tell you for certain is that we don't get sober alone.

By reaching out to help—and get support from—other addicts, you are making an enormous difference in not just your own recovery, but possibly in the lives of countless addicts. More good news: Thousands of addicts have gone before you, and we're more than happy to help. We've gathered here some ideas to help you get started, some answers to questions you may have, and some suggestions based on our experience.

At its most basic, a meeting is a group of two or more recovering addicts who meet to help one another stay clean, and to carry the message of recovery to each other and, most importantly, the newcomer. This is the primary purpose of the meeting.

The most basic meeting is a group sharing meeting, where, after some initial readings, members take turns sharing their experience of working the twelve steps, discussing issues in their recovery, and describing what has worked to help them stay clean. Some meetings choose to focus the sharing by keeping a list of topics, or by reading a step or bit of recovery literature and asking people to share on that topic. You may let people share randomly as they are moved to.

Choosing a Meeting Type

Here you will find a selection of meeting formats. The readings are suggested however, you may choose to have readings or have no readings at all. We do however suggest that the 12 Steps be read at every meeting because these are the basis of the program that changes our lives. Truly, the meeting is how the 12 Steps are introduced to a suffering addict.

Choose one of these formats prior to the meeting:

- **Speaker Meeting** - One member shares their experience strength and hope with the 12 steps of recovery, followed by open sharing if there is time.
- **Step / Tradition Study** - Choose one Step or Tradition for the meeting's focus and open the floor to general discussion related to that step or tradition.
- **Topic / Discussion** - The meeting facilitator chooses a recovery principle (ex. "Hope", "Faith", "Serenity", "Acceptance", "Surrender", "Spiritual Awareness", "Fellowship", "Brotherly Love") and the floor is open to sharing on that topic.

Basic Format

Hello, welcome to this meeting of Crystal Meth Anonymous. My name is ____ and I'm an addict. Please help me open this meeting with the serenity prayer.

God, grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.

Crystal Meth Anonymous is a fellowship of people for whom all drugs, especially crystal meth, have become a problem. The only requirement for membership is a desire to stay clean and lead a sober life. The fellowship advocates complete abstinence from crystal meth, alcohol, medications not taken as prescribed as well as all other mind-altering substances. There are no dues or membership lists – each group is expected to be self-supporting through its own contributions. The Twelve Steps of CMA 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.

This is not meant to embarrass anyone but so that we may get to know you better, would those of us here for the first time please raise your hand and tell us who you are?"

I have asked ____ to read "What is CMA?"

I have asked ____ to read "Are You a Tweaker?"

I have asked ____ to read "The 12 Steps: A Plan of Action"

The format for today's meeting is _____. I have asked _____ to introduce this format.

We have come to the end of our meeting, I have asked _____ to read "I Can Stay Sober"

OUR READINGS



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.

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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.

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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.

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.

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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."

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The Twelve Traditions of Crystal Meth Anonymous

Just as the Twelve Steps guide the individual, the Twelve Traditions guide the group.

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.
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."

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I Can Stay Sober

I can stay sober. I don't have to relapse. I never need to go back out there;

I can stay here—there is a solution. I can stay here and stop running;

I can stay here and start saying yes to life. I can find a Higher Power to rely on.

I can find some peace and find out who I really am.

I can make a decision and make some changes.

I can make some new friends— And make amends to my old ones.

A lot of addicts will go back to using, but I don't have to.

Not if I get a sponsor and get to work.

Take a deep breath... If I can accept the truth and put away my fantasy,

If I can ask for a little help, If I can take these suggested steps,
One day at a time, I will be free.

(Groups may change this reading to the "We" version at their discretion)

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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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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.

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For More Information

The CMA H&I Advisory Committee is available to provide more information about CMA and our fellowship. In many cases we also may be able to send literature at no charge for inmates and those in institutions who are unable to get to a CMA meeting. Please note that requests for literature should come from the recipient. Due to the nature of mail flow to and from facilities, and because this is a volunteer-supported service, literature may take 8-12 weeks to arrive.

For further information, please contact CMA at the following:

- Web address: www.crystalmeth.org
Click on Contact in the top menu
Select Hospitals & Institutions; a contact form will show up.
- CMA National Helpline: **855.METH.FREE** (855.638.4373)
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