

DC CMA “Step Up” Meeting – Chair Script

Hello, and welcome to the “**Step Up**” Meeting meeting of Crystal Meth Anonymous Washington DC, my name is _____, and I am a crystal meth addict.

If you are seeking recovery, you are in the right place. If there is anyone new to our meeting or calling from out of town, would you please introduce yourself and where you're calling from so we may get to know you.

I've asked a friend to read “**What is CMA?**”

I've asked a friend to read the “**DCCMA Inclusion Statement.**”

I've asked a friend to read “**The Twelve Steps of CMA.**”

The format of this meeting begins with five minutes of silent meditation. On the first week of each month, we will read the Tradition of the month followed by open sharing. For each of the remaining weeks, we will read a Step per week making our way from 1 to 12 followed by open sharing. If you haven't reached the Tradition or the Step in your journey, please stay present and listen to what is said. Feel free to share what applies to you and let us know how we can best support your recovery.

We will now pause for 5 minutes of silent meditation.

[At the end of meditation] This week we are on Tradition/Step _____. We are reading from NYCMA's The Twelve Steps for Crystal Meth Addicts. I will start us off pass the reading to someone else, who will do the same until the reading is complete. When we are finished reading, the meeting is open for sharing.

[At the end of reading] The meeting is now open for general participation. We suggest that you have 24 hours of “clean time” to share. Please share in a general way that is respectful to the recovery of all in the room. Please raise your digital hand in the reactions button. **(if over 20 people)** At the end of three minutes a timekeeper will alert you in the chat, so please wrap up your share accordingly so others who need to share can do so.

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[7:30ish we pause for half time and the 7th Tradition]

[7:55 we end sharing] Now it time for **Burning Desires**. That is if you have a desire to use, hurt yourself or hurt someone else, please share now. Leave it here. Don't take it with you.

Thank to everyone who shared, gave a day count, picked a chip and was in service for the good of the fellowship.

I've asked a friend to **read The Promises**.

We will close with the Serenity Prayer.