



Per group conscience:

Trusted servants should refrain from providing feedback or making lengthy remarks after each share.

Good evening, and welcome to the “Sunday Surrender (Step 1, 2, 3)” meeting of Crystal Meth Anonymous. My name is _____, and I am a crystal meth addict. If you are seeking recovery, you are in the right place. We welcome ALL who seek serenity and recovery from addiction to any mind-altering substances including alcohol, and especially crystal meth. Thank you for being here and sharing your recovery with us. Please remember to mute all zoom accounts as we begin the meeting.

Before we begin this meeting, let us have a moment of silence followed by 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.

We ask a few questions at this meeting to better acquaint ourselves with one another, but not to embarrass anyone.

“I have shared that I am an addict, by a show of hands are there any other addicts present?”

“Is there anyone here in their first 30 days? If so, please raise your hand.

“Last and most importantly, is there anyone else at this meeting for the first time or visiting from another city?”

To everyone here tonight, welcome! For those who are new, please don’t hesitate to contact members who have been around for a while, as they will be honored to share their experience, strength, and hope with you. The Twelve Steps of CMA help to provide us with a plan with which to build a clean, sober, and better life. We believe that if we work these simple steps, we will live a life free of active crystal meth use.

Can I please have a volunteer please read “What is CMA?”

Can I please have a volunteer please read the “DCCMA Inclusion Statement?”

Can I please have a volunteer please read “The Twelve Steps of CMA?”

Can I please have a volunteer please read the Tradition of the Month?

The format of this meeting begins with a reading of either the Forward, Why Twelve Steps? Getting to work or steps 1, 2, or 3 each focusing on the newcomer, followed by open sharing. On the last Sunday of the month, we switch and read from Just for Today. If you haven’t reached the Step in your journey, please let us know how we can best support your recovery.

We are reading from the CMA’s newly released The Twelve Steps for Crystal Meth Addicts. I will start us off, then 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. This week we are reading Step____, or reading the Section_____

Or “Just for Today”

“Thank you all for 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 and please refrain from crosstalk. Crosstalk is defined as directly commenting on a person’s share, providing feedback, or offering advice. If crosstalk occurs the chair may redirect the share.

[if greater than 20 participants] Tonight we have ___ people in the meeting which means we will have a spiritual timekeeper. Can I have a volunteer to keep time please? _____ will alert you when you have 1 minute remaining. Please keep your shares under 3 minutes and use the raised hand feature under the reactions button and I will call on you. You may share on today's reading or just check-in with us. That's what we're here for.

[7:30ish we pause for half time]

[7:55 Eastern: we end sharing] Now it is 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.

If no burning desires, we have time for one or two quick shares.

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

Can I have a Volunteer to please read [choose: Acceptance, There is Hope, The Promises, or We Can Stay Sober.

We have a great way too close, will [choose someone] to take us out with a moment of silence for those inside and outside these rooms, as well as those we have lost to this disease, followed by the "We" version of the Serenity Prayer.