



2017 CRYSTAL METH ANONYMOUS GENERAL SERVICE CONFERENCE DELEGATE PACKET



July 15, 2017

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To conserve expenses and the use of paper, this document was designed to be printed double sided.

July 15, 2017

Dear Delegate:

My name is Trish and I am a Crystal Meth addict. I have the honor of serving as the Chair of the General Services Committee (GSC) of Crystal Meth Anonymous (CMA). On behalf of the entire GSC, I would like to extend our appreciation for your participation in the 2017 General Services Conference. We are excited about this year's conference in Philadelphia, and wish to express our gratitude for your commitment to service to our fellowship.

The purpose of the General Service Conference is to assemble, to the greatest extent possible, the collective conscience of our entire Fellowship for the purpose of providing spiritual direction to the Board of Directors in managing the day-to-day affairs of CMA. There are several important topics on the agenda this year, representing the hard work of each of the Advisory Committees of the GSC, the Executive Committee of the Board, and the GSC itself.

General Assembly Agenda Items

An informed group conscience is critical to the success of our Fellowship. It is imperative that everyone who will be voting at the Conference be prepared by reviewing the enclosed material that will be presented at the Conference.

We have tried to make this Delegate Packet streamlined and easy to use. While Conference Committees may utilize their breakout session time to discuss topics and documents that are internal to the service structure, Conference Agenda items are limited to those topics that affect CMA as a whole.

Prior to the Conference, each voting member should also share the enclosed information with your local groups so that the views of the fellowship at large are well represented.

Executive Conference Committee

Items for Discussion

- Service Manual Revision
- Policies and Procedures
- CMA Outside of the U.S. and Canada
- Intellectual Property Discussion

Hospitals & Institutions Conference Committee

No Items for Discussion

Literature Conference Committee

Items for Discussion

- "Voices of The Fellowship"
- Literature Inconsistencies

- "Anonymity Workshop"
- Foreign Language Translations

Request for Conference Review

- "The Twelve Steps: A Plan of Action"
- "What is CMA"

Request for Conference Approval

- "What About Meditation"
- "Experience of the Fellowship"
- "Sober Tool Kit"
- "There is Hope"

Public Info. & Outreach Conference Committee

Items for Discussion

- National Contacts Network
- National Outreach
- Request from the Fellowship

Communications Conference Committee

Items for Discussion

- CMA App
- CMA Service Portal
- Speaker Recordings
- Website
- New Service Offerings

Finance Conference Committee

Items for Discussion

- Revenue Generators
- Budgeting Process
- Strengthen Intellectual rights to CMA Properties
- Fulfillment Process
- Board/Committee Chair Expense Policy
- Request from the Fellowship

Conference Committee Assignments

Because the term of service for each delegate is two years, each returning delegate will be assigned to the same conference committee as in 2016. New delegates will be randomly assigned to a conference committee and notified of the placement prior to this year's Conference. Even though you will be assigned to a specific conference committee for the working sessions, you should familiarize yourself with all of the agenda materials in preparation for the Conference Assembly on Saturday and Sunday.

Floor Motions

Floor motions related to items on the agenda will be considered in the course of discussion regarding that agenda item. Topics for discussion that are not related to agenda items on the previous page will require a vote to depart from the agenda per assembly guidelines (pg. 6).

Documents to Review

Documents that will be discussed or voted on at the Conference are linked to or included in this packet and are referenced as **"Request for Conference Review"** or **"Request for Conference Approval"**. Conference Approval is the final approval to make a document part of CMA's permanent literature. Conference Review is generally for documents making their way along the process to Conference Approval". There are also "living documents" that will be discussed by the Conference, like the Service Manual and PI&O Handbook which are updated frequently, and are not specified as "Request for Conference Review" or "Request for Conference Approval. See the Appendix for all documents seeking Conference Approval and a few important documents up for review. To achieve a concise document that is not burdensome to print, some of the documents up for review are accessible to print from a hyper-link. For convenience you can download all of the documents at the link below.

<http://tinyurl.com/2017delegates>

Important Deadlines for this Years Conference

September 4 Deadline for hotel registration at discounted rate

October 8 All delegates must be registered for the Conference

November 1 Online pre-registration closes at midnight

Registration and Travel

If you have any questions about registration or travel, please visit

<http://www.conference.crystalmeth.org> , or contact confreg@cmagso.net.

Please note the special room rate will be available until September 4th or until the group block is sold-out, whichever comes first. Please reserve your room as soon as possible

We thank you again for your service and look forward to seeing you in November.

On behalf of the entire GSC,

Trish M., Chair

General Services Committee

Crystal Meth Anonymous

CONFERENCE SCHEDULE

The Conference will begin with the opening welcome at 4:00 pm on the evening of Thursday, November 9, 2017 and will end at 12:00 noon on Sunday, November 12. All meetings will be held at the Hilton Garden Inn - Center City, Philadelphia, PA.

THURSDAY, NOVEMBER 9TH, 2017

- 1:00 PM Registration Opens
- 3:30 PM GSC Meeting (GSC Members Only)
- 4:00 PM Welcome and Announcements
- 4:30 PM Conference Committees Meet & Greet
- 5:00 PM Dinner (On Your Own)
- 6:30 PM Speaker Meeting
- 8:00 PM Delegate Meeting and Regional Assemblies

FRIDAY, NOVEMBER 10TH, 2017

- 7:30 AM Registration Opens
- 8:00 AM Conference Committees Meet for Breakout Sessions:
 - Executive
 - Hospitals and Institutions
 - Public Information and Outreach
 - Literature
 - Communication
 - Finance
- 10:00 AM Break
- 10:15 AM Committees Reconvene
- 12:00 PM Lunch Provided On Site
- 1:30 PM Conference Committees Reconvene

3:30 PM Break
3:45 PM Committees Reconvene
5:30 PM Dinner (On Your Own)
8:00 PM Speaker Meeting
9:30 PM Entertainment

SATURDAY, NOVEMBER 11TH, 2017

8:00 AM Registration Opens
8:00 AM - 12:30 PM Conference Assembly in Session
10:00 AM Break
12:30 PM Lunch (On Your Own)
2:00 PM - 5:00 PM Conference Assembly in Session
3:30 PM Break
5:00 PM Dinner (On Your Own)
7:00 PM Speaker Meeting
8:15 PM Philly Bus Tour

SUNDAY, NOVEMBER 12TH, 2017

8:00 AM - 10:30 AM Conference Assembly in Session
10:30 AM Break
11:00 AM Gratitude Panel
12:00 PM Conference Ends – See You in 2018!

CMA History Project

We are asking Delegates and other members to bring historical information about the history of CMA in your Area. We will have a large scale timeline for attendees to mark up so that we can collect more information about how CMA grew around the country.

GENERAL SERVICES CONFERENCE ASSEMBLY PROCEDURES

The purpose of these guidelines is to ensure that we consistently respect the rights of all participants.

Quorum:

A quorum shall consist of two-thirds of all the voting members registered.

General Rules of Debate

For Each Item on the Agenda:

- People who wish to speak line up at the microphone, and are called to speak in order.
- Each person may speak for two minutes.
- No speaker may speak for a second time on a topic until all who wish to speak have spoken for the first time.
- People may join the line to speak at any time until the Question is Called or the Motion is Tabled.
- Voting is by a show of hands for or against a motion.

Substantial Unanimity:

- All matters of policy require substantial unanimity – or a two-thirds vote. All recommendations approved by this margin become a Conference Advisory Action to the Board.
- A simple majority will constitute a Recommendation from the Conference to the Board.

Calling the Question:

- Motion to “Call the Question” must be made in turn at the microphone.
- Requires a second.
- Is not debatable.
- Requires a two-thirds vote.
- If passed, debate on the issue ceases, and the Conference proceeds immediately to a vote. If not passed, the debate continues.

To Table a Discussion (postpone to a later time during the assembly):

- Requires a motion and a second.
- Requires only a simple majority (51%).

To Depart from the Agenda:

- It is the responsibility of the Chairperson to ensure maintenance of the Agenda. When necessary, the Chairperson may call a vote on whether the Conference shall depart in a significant way from the Agenda.
- It requires a two-thirds vote of the Conference to depart in a significant way from the agenda.

CMA REGIONS

Within the North American Conference



As part of the Conference Delegate packet and at the General Service Conference, the Board of Directors wish to inform the Area Delegates of current or upcoming vacancies for Regional Director (Board of Trustees) positions. See the list on the following page to see which vacancies are open in your Region. Nominations for these positions should be submitted by January 15th, 2018. (See the Service Manual for more detail)

REGIONAL DIRECTOR (TRUSTEE) VACANCIES, CURRENT AND UPCOMING

Eastern Canadian Region

Position A – Vacant (Term ends 12/31/2020)

Position B – Vacant (Term ends 12/31/2018)

Great Lakes Region

Position A - Filled (Term ends 12/31/2020)

Position B - Filled (Term ends 12/31/2018)

Mid Atlantic Region

Position A - Filled (Term ends 12/31/2020)

Position B - Filled (Term ends 12/31/2018)

Mid South Region

Position A - Filled (Term ends 12/31/2020)

Position B - Filled (Term ends 12/31/2018)

New England Region

Position A – Vacant (Term ends 12/31/2020)

Position B - Vacant (Term end 12/31/2018)

North Central Region

Position A – Vacant (Term ends 12/31/2020)

Position B - Vacant (Term end 12/31/2018)

Northwest Region

Position A – Filled (Term ends 12/31/2020)

Position B - Filled (Term ends 12/31/2018)

Pacific Region

Position A - Filled (Term ends 12/31/2020)

Position B - Filled (Term ends 12/31/2018)

Southeast Region

Position A – Vacant (Term ends 12/31/2020)

Position B - Vacant (Term end 12/31/2018)

Southwest Region

Position A - Filled (Term ends 12/31/2020)

Position B - Filled (Term ends 12/31/2018)

Western Canadian Region

Position A – Vacant (Term ends 12/31/2020)

Position B – Vacant (Term ends 12/31/2018)

Executive Conference Committee

The Purpose of this Committee

The Executive Committee is responsible for the overall corporate governance of Crystal Meth Anonymous, Inc. The committee primarily concerns itself with matters affecting the corporation of Crystal Meth Anonymous, Inc. In this regard, it helps ensure CMA's compliance with Federal, State and local laws. In conjunction with the Board's attorney, the Committee also handles legal issues as they arise.

The Executive Committee is also the custodian of several important documents for the Board and Fellowship of Crystal Meth Anonymous:

- CMA Conference Charter
- Manual for CMA World Service (Service Manual)
- The Bylaws of Crystal Meth Anonymous, Inc.

In addition, important strategic discussion and work regarding future operation of the annual General Service Conference is assigned to the Executive Committee breakout during the Conference. This is done so that the current members of the Conference Advisory Committee and its host committee volunteers can execute the daily work required to produce the current Conference. This is not specified in the Service Manual, and is subject to change in the future, but is particularly important to note for this year's Conference.

Contact Info

Chair: Walt W., walt.w@cmagso.net

Conference Breakout Session Topics

General Review of Service Manual Revisions:

The Service Manual was established as a living document during the 2010 Conference. The next three Conference representatives (2011 – 2013) provided significant input to continue the evolution of this guiding document. The Service Manual was revised again following the establishment of Western Canadian and Eastern Canadian Regional Assemblies at the 2015 Conference. The Executive Committee has reviewed the Service Manual and is recommending revisions to update our history and to clean up issues created by multiple people creating a single document. The Executive Committee will lead a discussion about next steps to further develop the Service Manual after four years of additional fellowship experience since our last significant revision.

General Review of Board Approved Policies and Procedures:

During last year's Executive Conference Committee session the Board received input from representatives concerning pending Board policies and procedures. We will review the recently approved Board policies, based on input received last year, as well as progress on procedures. In line with our Concepts, Board policies and procedures are owned by the Board and/or the Executive Committee of the Board, and are not subject to Conference approval – though the input historically provided during the Executive Conference Committee has been invaluable in reaching the best solutions.

After one full year with a new service calendar and revisions for Trustee Nomination and Vetting, we still have much to learn. We will discuss, in general, how the process has worked this year and any recommendations for changes. A motion was submitted by the Arizona Area concerning the service calendar. "The Arizona Area of CMA requests an extension of time between the release of the delegate packet and the CMA General Services Conference. We request this as to better obtain the voice of the fellowship as a whole, not just the voice of the trusted servants voted into a position to act as a voice of the fellowship." Following discussion between the Board and the South West Regional Trustees from Arizona, it was determined that this year has an extra month built into the calendar. This will serve as fellowship experience to provide input to determine an appropriate time between delegate packet release and Conference date. Though not accepted as a motion, these issues will be discussed in the Executive Conference Committee Meeting and will not be up for a vote by the assembly. However, recommendations for altering service calendar could be the outcome of this discussion.

CMA Outside of the U.S. and Canada:

Our current Conference Charter provides for formal representation from the U.S. and Canada. Historically, we have always invited and made allowances for full participation by duly elected representatives from other countries in line with our Concepts. At the request of those countries, we have been asked to think long-term about how we interact with CMA in other countries. After several discussions of this topic among the Board members over the last few years, we have agreed it is time for the Conference to start discussions on this topic. We have created an initial white paper with ideas to start our discussion on this complex topic. We are coming to the Conference with a couple recommendations, but we feel, like most important matters concerning our future as a Fellowship, the correct spiritual solution will come from discussions at the group, District and Area level through the delegates and others who represent our members. Important Note: This is a Conference Committee agenda item; however, since most members of the Conference Committee are busy working during the Conference, these discussions have historically taken place during the Executive Conference Committee sessions.

Intellectual Property Discussion:

The Board adopted the Intellectual Property Policy in May of 2016. This policy is owned by the Executive Committee and charges the Board with the responsibility

of protecting the intellectual property of the fellowship of Crystal Meth Anonymous. Additionally, the Service Manual identifies a fellowship policy for the use of CMA name and Logo.

The Executive Conference Committee will discuss this complex topic from two specific angles which the Board would like the input from Conference representatives:

- Current actions to establish and strengthen the legal framework for Crystal Meth Anonymous intellectual property rights
- Fellowship role in protecting intellectual property

Arizona Area Request

The Arizona Area of CMA requests an extension of time between the release of the delegate packet and the CMA General Services Conference. We request this as to better obtain the voice of the fellowship as a whole, not just the voice of the trusted servants voted into a position to act as a voice of the fellowship.

In Area's such as Arizona that have the full 3 level service structure in place. This information is shared up and down the service structure. The information from the delegate packet is one of the most important. In order to get the best possible voice of the fellowship, we share the information in this packet with the GSR prior to the conference, so they can share it with their home groups.

Ideally, the packet should be produced and distributed to the delegates, that information should be shared with the Area, Districts and GSR's, and from the GSR's to the home groups. The home groups should have the chance to discuss this information, and share the group's opinions back to the delegates, so they can come back with the voice of the fellowship, and not just their own opinion.

Currently if everything goes well we have 3 months to try and do this process. If everything lines up perfectly we may be able to make this process happen, but let's face it, we are rarely on time.

For this reason, we would like to suggest an additional month or 2 between the release of the delegate packet, and the conference.

Somethings to consider, do we currently have anything so vitally important we cannot wait the extra time to be discussed or reviewed? What are the big issues submitted into the packets? Are we trying to rush these issues? If they are not submitted to the packet with enough time to get into the packet, can it wait another year, and get proper review and other projects started and worked on? Other fellowships plan 2-4 years in advance for their conference packet, what is another 2 months for us?

We don't need to rush on these issues!

Delegates are the voice of the fellowship for the GSC, but the fellowship needs to be the guiding force of the fellowship.

Documents Relating to the Executive
Conference Committee

CMA Service Calendar 2017(Download)

Crystal Meth Anonymous "Manual for World Service" (Download)

Director Nomination, Vetting, and Selection Procedures (Download)

CMA International Discussion White Paper (Download)

Download these documents at <http://tinyurl.com/2017delegates>

Hospitals and Institutions Conference Committee (H&I)

The purpose of this advisory committee is to carry the message of recovery to Crystal Meth addicts who are confined and/or restricted and would otherwise not be able to attend a CMA meeting. The H&I advisory committee carries out this purpose by performing the following activities:

- a. Provides guidance to CMA members involved in H&I service throughout the fellowship by soliciting participation and input from all of those involved in H&I activities within the various service elements of CMA (e.g. Area, District, Intergroup, etc.);
- b. Establishes recommended guidelines and suggested meeting formats for CMA H&I meetings;
- c. Encourages and assists all H&I meetings to:
 - i. Adhere to the guidelines and rules of the facilities in which they hold meetings;
 - ii. Provide CMA Conference approved literature to the facilities and meeting participants;
 - iii. Provide a means of celebrating various lengths of recovery to those attending meetings;
 - iv. Carry the message of recovery from addiction to the crystal meth addict. H&I service work occurs primarily at the local level, as Areas, Districts, and Intergroups are generally responsible for carrying meetings or panels into facilities. Therefore, the main objective of the GSC H&I Subcommittee is to support the work of the local service structure in this mission. By collecting the experiences of H&I service people from throughout CMA, the H&I subcommittee can serve as a resource to local service entities on how to set up H&I meetings and assist them in deciding how to overcome problems they may encounter.

Therefore, the main objective of the GSC H&I advisory committee is to support the work of the local service structure in this mission.

By collecting the experiences of H&I service people from throughout CMA, the H&I advisory committee can serve as a resource to local service entities on how to set up H&I meetings and assist them in deciding how to overcome problems they may encounter.

Conference Breakout Session Topics

- Continue with updates to the "H&I Handbook", a living document available on the crystalmeth.org website that will continue to be updated as the advisory committee finds more information to include in it. The handbook consists of guidelines on how to start an H&I meeting and suggestions for carrying out those meetings. (see document link below). Items that may be added:
 - Updates to the correspondence (pen pal) section based on experience gained over the past year and the Sober Mentor proposal that was developed for the Federal STAR program.
 - Templates for letters to introduce CMA and H&I to facilities
- Continue work on the H&I pamphlet of stories, "From the Inside Looking Out: A Sober Cell":
 - Work with the Literature Advisory Committee to gather more stories which include experience in hospitals and institutions.
 - Begin design of the pamphlet.
- Define steps and provide supporting materials for contacting H&I facilities:
 - Identify ways to get contact information for prisons, treatment centers, hospitals
 - Work to further create initial contact materials which describe CMA and H&I, and what H&I can provide to support recovery for facility residents; work with PI&O to leverage their experience.
 - Develop ways to track interactions and follow-up; e.g. was requested literature delivered? Who was it sent to and when? What are some next steps?

Documents Relating to the Hospitals & Institutions Conference Committee

"H&I Handbook" (Download)

Download this document at <http://tinyurl.com/2017delegates>

Public Information & Outreach Conference Committee (PI&O)

The purpose of the PI&O Advisory Committee is to communicate information about CMA to the non-addict and professional treating the addict, as well as to interested members of the media. The committee achieves this by providing accurate information about CMA to the person, community groups, and interested parties affected by crystal meth. The PI&O Chair responds to all media requests with consistency and personal anonymity. PI&O Advisory Committee responsibilities include:

- a. Providing guidance to CMA members involved in PI&O service throughout the Fellowship by soliciting participation and input from all of those involved in PI&O activities within the various service elements of CMA (e.g., Area, District, Intergroup, etc.);
- b. Establishing recommended guidelines for Public Information & Outreach activities and service work;
- c. Responding to routine requests for information from individuals and the media;
- d. Referring requests for information from individuals and the media that require approval or action by the GSC and/or Board of Trustees;
- e. Operating the helpline utilizing vetted members of the Fellowship; and
- f. Creating public service announcements

Contact Info

Chair: Keith F., keith.f@cmagso.net

Conference Breakout Session Topics

- **NATIONAL CONTACTS NETWORK** How to find local contacts in each region to refer people to when they call the Helpline? (part of our outreach mandate), also to invite participation on our committee from Areas/Districts.
- **NATIONAL OUTREACH.** It has been suggested to add a workable timetable for Outreach events and possibly making Outreach Chair a position on the committee. Google drive has a working template up and running to plan future events as was discussed on PI&O call earlier this year.
- **COMMUNICATIONS COMMITTEE.** Possibly meet with Communications to see how we can support each other -- answering the phone line and emails brings up the stark realization that much of what people need help with, we have no access to or convenient way to make a referral without the person making the inquiry go through a bunch of additional steps.

- WHAT IS PI&O PAMPHLET? Newly revamped draft pamphlet to be read, discussed and edited.
- WHAT IS ANONYMITY? To be read, discussed, at the Conference, not included in the Delegate packet.
- GOALS / FELLOWSHIP NEEDS. Present our last two years goals that we defined for ourselves, what should be goals for next 2 years and beyond? What PI&O needs does the Fellowship have?

Literature Conference Committee

The purpose of this committee is to produce literature for the Fellowship of CMA. The literature produced by this committee should carry the message of recovery from crystal meth addiction through the application of the spiritual principles outlined in the Twelve Steps and Twelve Traditions of CMA. The Literature Advisory Committee carries out this purpose through the following activities:

- Solicits literature submissions from individual members or local literature committees of CMA;
- Writes and edits literature;
- Adheres to the guidelines for literature adopted by the General Services Conference;
- Recommends such literature for approval by the GSC and the Conference.

Literature is certainly one of the most effective means by which CMA is able to carry its message to crystal meth addicts. Therefore, it is essential that all Conference approved literature reflect, to the greatest extent possible, the collective experience of CMA as a whole. Notwithstanding this, the subcommittee can also create literature that focuses this message to a specific demographic.

In considering topics for new literature, time and care should be taken both in deciding what literature to create and what relevant experience we have with the proposed subject. Whenever the committee completes a new piece of literature, it is first submitted to the GSC for interim approval. It can then be circulated to the Fellowship. When completed, the Fellowship should be given ample opportunity to review any new literature and provide feedback before submission to the Conference for approval.

Contact Info

Chair: Aaron M., aaron.m@cmagso.net

Conference Breakout Session Topics

"Voices of the Fellowship" - This is the working title of the book project for which the Literature Advisory Committee is currently accepting submissions. Review of submissions in preparation of the meeting in January to layout the book. Goal to have book draft reviewed by fellowship by the 2018 Conference.

Literature Inconsistencies - Two members of the Literature Advisory Committee have been addressing the issue of inconsistencies in literature throughout the fellowship. The goal will be a review of the completed work and establishment of the course of action

to create continuity with regard to all forms of literature accessible to members of CMA.

“Anonymity Workshop” - A joint session with the Literature Advisory Committee and PI&O will be scheduled to continue the effort with this project. The completed document will be presented to the GSC at the conference with the intention of follow up at the 2018 Conference after review for one year.

Foreign Language Translations - Continued work on Spanish, French, German, Hmong, Bangla, and Farsi translations of six documents that were chosen as a “starter” for any foreign language speaking group. Discussion will be needed for the course of action related to the translation of “Crystal Clear” into French (as requested by meetings in Quebec) and other languages.

Development Session - The members of the Literature Advisory Committee will collectively develop ideas for new projects.

Documents Relating to the Literature Conference Committee

- **“What About Meditation”** - This pamphlet has Interim Approval status and has been used by the fellowship for several years. The Literature Advisory Committee is recommending Conference Approval. **(Included in this document, see Appendix)**
- **“Experience of the Fellowship”** - This pamphlet has Interim Approval status and has been used by the fellowship for the past year. The Literature Advisory Committee is recommending Conference Approval. **(Included in this document, see Appendix)**
- **“Sober Tool Kit”** - This pamphlet has Interim Approval status and has been used by the fellowship for the past year. The Literature Advisory Committee is recommending Conference Approval. **(Included in this document, see Appendix)**
- **“There is Hope”** - This revised reading has Interim Approval status and has been used by the fellowship for the past year. The Literature Advisory Committee is recommending Conference Approval. **(Included in this document, see Appendix)**
- **“The Twelve Steps: A Plan of Action”** - This reading has Interim Approval status and has been used by the fellowship for the past year, although there have been some recent edits. The Committee is not requesting any action other than review. **(Included in this document, see Appendix)**
- **“What is CMA”** - This recently revised reading has interim approval status as of June 2017 and available to the fellowship on the website. The Committee is not requesting any action other than review. **(see Appendix)**

Download these documents at <http://tinyurl.com/2017delegates>

Communications Conference Committee

The purpose of this subcommittee is to develop, deliver and facilitate communication within the fellowship of CMA. The Communications Subcommittee carries out this purpose by:

- Providing communication to CMA members involved in all areas of service throughout the fellowship with the goal of providing information and soliciting participation and input from all of those involved in activities within the various service elements (e.g. Area, District, Group, Intergroup, etc.);
- Managing the CMA World Services website <http://www.crystalmeth.org>; the CMA Conference website; the CMA YouTube channel; & the CMA Service Portal
- Establishing recommended guidelines for CMA communications and activities.
- Maintaining consistency within the branding guidelines for Crystal Meth Anonymous.

Contact Info

Chair: Jon M., jon.m@cmagso.net

Conference Breakout Session Topics

Existing Service Offerings – Review of current offerings and discussion regarding goals for the coming year

- Service Portal - The Service Portal is being rolled out for certain service positions.
- Newsletter - We are now publishing a service newsletter that is emailed to persons holding service positions throughout the fellowship on a regular schedule.
- Speaker Recordings - Speaker recordings will soon be available to stream on our website.
- CMA App - A CMA app is being developed and will be available soon for download.
- Website

Committee Liaisons – Making sure we are engaged and serving the other subcommittees.

- Conference – Walt W.
- Finance – Jon M.
- H&I

- Literature – Bryan F./Jeffrey J.
- PI&O – James R.

New Service Offerings – Additional ways we can meet our objectives and better communicate up through the service structure and to the fellowship as a whole.

Social media liaison

Technology – Ideas for enhancement of back-end technology, security, etc.

Finance Conference Committee

The purpose of the Finance Advisory Committee is to develop and implement policies and procedures in all matters concerning the finances of Crystal Meth Anonymous, Inc., including ways and means to generate funds necessary for the continued growth of the fellowship, in accordance with our Twelve Traditions and Twelve Concepts. The Finance Advisory Committee carries out this purpose through the following activities:

- a. Drafts annual CMA budget and advises on budget development and submission
- b. Recommends other financial priorities
- c. Advises on:
 - i. Acquisition of assets in a manner consistent with CMA Twelve Traditions, CMA Twelve Concepts and applicable laws
 - ii. Management, maintenance and protection of assets
 - iii. Liabilities and contingent liabilities
 - iv. Required financial filings
 - v. Ensuring that receivables are collected in a timely manner
 - vi. Ensuring that invoices and other payments are made in a timely manner
 - vii. Utilization of assets (i.e., expenses) to meet needs of CMA as determined by trusted servants in a manner that benefits CMA and does not inure to individuals by asking:
 1. Does the expenditure support the mission of CMA?
 2. Is the expenditure disallowed by CMA Bylaws or applicable law?
 3. Has the expenditure been properly authorized in writing?
- d. Acts as a resource for CMA groups on financial matters including but not limited to advising on negotiating leases and other contracts

Contact Info

Chair: David M., david.m@cmagso.net

Topics for Breakout Session Discussion

- Develop suggestions to generate more revenue (donations, sales) and work with other advisory committees and GSC to implement selected suggestions
- Work with other advisory committees and GSC on developing spending priorities and identifying budget needs (including asset acquisitions -- e.g., medallions)

- Strengthen intellectual rights to CMA properties
- Fulfillment Discussion including International orders
- Board/Committee Chair Expense Policy
- Continue work on Group Treasurer Pamphlet
- What does the fellowship want from Finance

APPENDIX

This section contains documents for you to review that will be voted on or discussed at the Conference. Other documents, not included here, that will be discussed can be downloaded from the hyperlinks provided throughout the Delegate Packet.

What About Meditation

The Literature Committee is seeking Conference Approval for this Pamphlet that has Interim Approval status and has been in circulation since 2013.

Meditation is encouraged throughout our CMA literature. Our 12-Step program specifically states, "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." In fact, each of our 12 Steps gives us an opportunity to practice meditation.

Why do we meditate?

It has often been said that prayer is asking our Higher Power for help, and meditation is listening for the answer. We meditate to create inner-peace and serenity whether we are trying to connect to our spiritual side or simply seeking to work toward resolving an issue.

The point of meditation is not to try to change ourselves into someone else. Rather, meditation gives us complete acceptance of ourselves. We become an unconditional friend to ourselves. We get a simple and direct relationship with the way we are. Meditation lets us know that we are worthy; we each have merit. Quiet meditation creates a greater sense of purpose and inner strength as we face our day. Meditation often moves us toward more acceptance and compassion toward ourselves and others. We have found that time spent in an effort to increase our sense of self-worth, to simply relax or to capture a moment of peace, can be its own reward.

As addicts, we were used to seeking immediate gratification. In contrast, meditation often does not make us feel better immediately but may yield long-term rewards of personal growth.

We find that meditation helps to reduce the intensity and frequency of negative emotions and increases feelings of caring, compassion and love. Through meditation and our 12-Step Program, we have learned how to quit reliving past events and instead focus on attempting to understand our Higher Power's will for us.

When do we start to meditate?

Our members found meditation benefitted us from the early days of our sobriety. We began meditating right away.

Addicts who may be full of confusion, self-hate, depression, resentment, inflated ego, fear or other character defects have a great place to start. Meditation is for anyone seeking to heal through spiritual growth.

How do we meditate?

Meditation is practiced in many different ways. There is no one right way to meditate. We accept imperfection in our meditation practices. We understand that we are on a journey.

However we choose to meditate, the object is to replace the chatter in our head, to quiet the mind and body, and to enter into a deep and restful state. We dispel the chaos and confusion of the day and create peaceful isolation from our material world until a sense of unity with our spiritual essence can be achieved.

Many of us who were new to meditation first looked to our sponsors for suggestions on how to meditate.

Some of us prefer to have a leader direct us through meditation. Others prefer to be alone. Some practice meditation by focusing on a candle, object or their breathing as they quiet the mind and relax the body. Some chant a mantra or hum a single tone. Some concentrate on a prayer. Some focus on a daily meditative reading. Others focus on a glowing light within their minds. Visualization gives us the ability to focus more acutely and to channel our thoughts for longer periods of time.

In meditating on each of the 12 Steps, many of us focused on the underlying principles. For example, we focus on the principle of courage when meditating on Step 4.

Other suggestions to help us in practicing meditation are fearlessly reflecting on ourselves, not focusing on others, mindfully staying in the present and unconditionally accepting our thought, our emotions and our bodies.

A meditation practice example

We can meditate whenever we find peace and quiet. Some of us sit. Others prefer to lie on their backs. No matter what position we choose, we should not select a position in which we feel distracting pain.

As we relax, we focus on our breathing. We inhale clean air through our noses and exhale the toxins of the day. We breathe and relax. We shake off the day by wiggling our arms, fingers, legs and toes. We take one last stretch and we relax.

We breathe and relax each part of the body. We allow ourselves to enjoy this deep relaxation as we enter into an even deeper meditative state.

By being grateful, we become receptive. We thank our Higher Power for all the good things in our lives and all the things that make us stronger. There is nothing bad in our lives - it is either good or it is a lesson from which we can learn. We see that we have everything that we need. Our goal is a sense of serenity and happiness.

At this point, we might simply enjoy this state of mind. We allow ourselves to be receptive to any thoughts we may have. We can focus on a solution to something that may be troubling us. We trust that our Higher Power will guide us.

The rewards of meditation

Meditating at night may allow us to drift quietly to sleep. When we meditate in the morning, we can start our day connected to our Higher Power and face the world with a positive attitude. Throughout the day, meditation calms

us and guides us to the next right action or thought when we face indecision or doubts. The rewards of a clean and sober life can be greatly enhanced by reinforcing our spiritual growth through meditation. ■



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8.3.2013

WHAT ABOUT MEDITATION?

WHY DO WE MEDITATE... WHEN DO WE START TO MEDITATE... THE REWARDS OF MEDITATION

Crystal Meth Anonymous

Experience of the Fellowship

The Literature Committee is seeking Conference Approval for this Pamphlet that has Interim Approval status and has been in circulation since 2015.

All of the suggestions here represent behavioral changes that align with working the Twelve Steps of Crystal Meth Anonymous. But they are not a substitute for finding a sponsor and starting on Step work. Once we have made the choice to remain sober—just for today—we cleared a bit of healing space for ourselves, we continue to turn ourselves over to the program. No acceptance of powerlessness is truly complete until we have pushed forward with the real work of recovery: the Twelve Steps.

These suggestions have been taken from the experiences of addicts who got clean—and stayed clean. All of the concepts presented here complement working Steps One, Two, and Three. When we accept our powerlessness over drugs, we will certainly avoid “people, places, and things” that remind us of using. As we are coming to believe that a Higher Power can restore us to sanity, it gets easier to “act as if we have a higher power” we can overcome the day’s sober challenges. And what could be more in keeping with “turning our will over” than willingness to take suggestions? So think of these as step One-Two-Three habits—strategies many of our sponsors and fellows have passed on to help us stay honest, open-minded, and willing.

A.B.C. “Alcohol becomes crystal.” A drink will impair our judgment and often lead us back to a dealer. Besides, alcohol is a drug and today we are trying a new way of living that doesn’t require chemical escapes and fantasies.

Acting As If We are powerless over drugs. It’s a problem that many of us have tried to think our way out of, but found we could not. However, we can learn to act our way into right thinking. We take sensible suggestions from our sponsors and our fellows. We do the next right thing. We show up for life at long last.

Bookending As addicts, we were used to seeking immediate gratification. If we have to attend a social gathering or event where there

will be alcohol, or if we have a court date, job interview or some other especially triggering appointment, we check in with our sponsor or another recovering addict before and after. This keeps us honest and gives us a chance to unload any feelings that might come up and defuse any cravings that might arise.

Counting Days Nothing beats the cheerful moral support of a warm round of applause as we count up to thirty days, sixty days, ninety days, and so on. Apart from feeling a sense of achievement and connection, we are getting something much more practical: experience living sober. Each passing day, week, and month represents many challenges we have overcome in sobriety. More importantly, achieving a milestone shows the newcomer that sobriety is possible.

Fellowship Within CMA We learn to develop relationships with other members of the fellowship. We look forward to them sharing their experience, strength and hope with us. We ask them how they did it, and they help us learn how to live life in recovery. We join them for the meeting after the meeting to socialize. You may feel a little crazy at first, and that’s okay—we all did! When we were using some of us sank deeper into misery than others; some sought help before things spun out of control. But beneath our differing exteriors, we are all the same. And if we can stay sober, anyone can do it. Ask us how—we can help.

H.A.L.T. We don’t let ourselves get too “hungry, angry, lonely, or tired.” We learn to take care of ourselves in recovery. With our screwed up wiring, natural impulses to eat and sleep can easily morph into drug cravings. Feelings like anger and loneliness can appear intolerable. Our sponsors taught us early on to check ourselves any time we had an urge to use and ask, “Am I in H.A.L.T.? Nine times out of ten, we don’t really want to get high. We just need a friend to talk to, a good night’s sleep, or even a cookie.

Make The Bed This little habit and others like it help us learn how to show up for ourselves, something we aren’t used to doing. One good habit leads to another.

Ninety in Ninety Many of us used daily, so we took the suggestion to attend ninety meetings in ninety days to heart, replacing the environment of the dope house, sex club or prison cell with the rooms of recovery. Ninety days is also a useful period because it takes us through three months—a season—of being sober. By the time we reach that first milestone and get our ninety-day chip, we’ve developed a routine we want to continue since we’ve built a new life full of wonderful sober experiences.

Outside Help Inside the rooms of recovery, we are all just addicts helping one another to get and stay sober. However, as we are recovering, we may need to seek some professional advice or outside services, such as those from a lawyer, doctor, financial advisor or psychiatrist. Though we may know such professionals inside the rooms, we must keep in mind that we are only in the rooms to recover. When we do need legal advice, medical attention, or help with any other “outside issue,” we go get it. Today we take care of ourselves.

People, Places, and Things We often hear in the rooms: “If you go to the barber shop often enough, you will get a haircut.” We do our best to avoid people, places and things that may trigger us. But sometimes, we do not have a choice. If we have to live or work around people or things that tempt us, we take care to keep in close contact with our fellows and sponsors. It is important to be honest about our motives. Whenever possible, we stay away from anyone or anything that triggers thoughts of using—a certain ex-lover a particular street, or even a special song.

Phone Numbers Whenever we start to feel the urge to pick up, we start making

phone calls to our sponsor and fellows. And we continue to make phone calls until we find someone to talk to and the desire to use begins to subside. Other fellows can remind us of the end result of picking up the first drug or drink, and help us apply spiritual principles to whatever is making us insane. As we continue to recover, we find that our sober network of connections grows and we develop true friendships where we don't only use the phone when we're in crisis.

Playing the DVD As we move through life in recovery, there will be situations that catch us off-guard. We may see an ex or an old dealer, or something on TV sets it off. However strong that urge may be to pick up, we take a deep breath and quickly work Step One: We think about the whole event, not just the excitement of getting the drugs and taking the first hit. Honest reflection tells us that if we use, we will end up all alone again, isolated from the world and even from ourselves. The disease of addiction makes us think we can get high just this one time, but we cannot. Honestly looking at our history, we find our best option is to call our sponsor and find a meeting of other recovering addicts who will listen to our thoughts and cravings.

Sharing At this point, we might simply enjoy this state. When we have the urge to use or life is becoming difficult, we share about it in a meeting or with our sponsor or a fellow addict. It's not a bad thing to talk about our thoughts and feelings, no matter what they are. A thought is only a thought; a feeling is not a fact. Talking it out, we quickly see that we don't have to act on all of our misguided plans and the pain passes. We also share about when our lives are progressing well. Sharing this type of experience reinforces the notion that the program works and our lives do get better when we stay sober.

Smart Feet Within the first few months of continuous recovery, especially if we're working a ninety in ninety, we start to develop what we call "smart feet." We have the meeting schedules, we

know where all the club houses, church basements and community centers are in addition to all the diners and cafes where recovering people hang out. We've gotten in the habit of avoiding dangerous streets where old dealers lived. In short, our feet know where to take us even when our heads tell us to go elsewhere.

Suggestions If we earnestly desire to be sober, we have a chance to live a new life. Some people try to get sober on their own willpower and fail, but in CMA we are encouraged to reach out and get help from recovering people. We came to the fellowship because our willpower alone had failed us, leading us back to crystal meth or other mind-altering substances. We had a history of bad decisions; the answers we came up with did not work. Taking suggestions—such as reading pamphlets, using some of the tools here, and working the Steps—is central to our recovery.

We have found that any addict's successful recovery is based in working the Twelve Steps. These suggestions are presented as additional tools to complement the Steps based upon the experiences of our fellows in recovery. Just for today, we choose to stay sober by continually working our programs and using these tools. ■



***CMA Interim Approved Literature**
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EXPERIENCE OF THE FELLOWSHIP

SUGGESTIONS THAT HAVE COME FROM THE COLLECTIVE EXPERIENCE OF MANY MEMBERS

Crystal Meth Anonymous

Sober Tool Kit

The Literature Committee is seeking Conference Approval for this Pamphlet that has Interim Approval status and has been in circulation since 2016.

Recovery can be pretty daunting in the beginning. The thought of going a whole day (even an hour!) without getting high is frightening. How did we do it? We kept it simple: We admitted we were addicts. We made a decision to not pick up, no matter what. If admitting we were addicts and making a decision sound challenging, don't worry. Recovering addicts over the years have developed practical tools that help keep us sober even as we wrestle with these larger questions. This Tool Kit describes the most common strategies we used.

The 12 Steps

It's never too early to start the Steps—the simple plan for living that keeps us sober a day at a time. We did this work honestly and thoroughly, following our sponsor's suggestions. Working the Steps gradually freed our minds from thoughts of using and addictive behaviors. Ultimately, they brought us to an awakening of the spirit which relieved us of the obsession to use.

The 12 Traditions

Many of us wondered what the 12 Traditions have to do with keeping us sober. The 12 Traditions suggest how we conduct ourselves as a group, and relate to each other and the fellowship. They remind us that personal recovery depends upon CMA unity, that as members of CMA we are vitally important to one another. The Traditions help us maintain the integrity of our fellowship and provide a safe environment for recovery.

Abstinence

Crystal Meth Anonymous suggests abstinence from all mind-altering substances. If we truly believe we are addicts, we must accept that any drug use will lead us back into our chaos. The first one is the problem, not the last. We learn how to stay sober one day at a time. The truth is we don't have to use again, no matter what.

Higher Power

For most of us, CMA was our last resort. Our willpower was not enough. We need a power greater than ourselves—something stronger than our addiction—to stay clean. In the fellowship of CMA this power is often called God, God of Our Understanding, or Higher Power. Try to keep an open mind. There are as many concepts of a Higher Power as there are people in CMA. Your Higher Power should make sense to you, and your relationship with your Higher Power is entirely personal. The most important thing is that *your* Higher Power works in *your* life.

H.O.W.

Honesty, Open-mindedness, and Willingness are essential principles of recovery. We use them as a guide for our developing sobriety and to help us accept people, places and institutions as they are. We are honest in our actions and intentions. We strive for the open-mindedness and willingness to have a spiritual solution and to accept suggestions.

Literature

Recovery literature gives us insight and comfort, especially when we can't get to a meeting or reach another fellow. It explains how we use the Steps to form the basis of our sobriety and relates the experience, strength and hope of our members. We hear the voice of our fellowship in the stories of other addicts getting clean, such as those found in *Crystal Clear: Stories of Hope*.

Meetings

Meetings provide a safe shelter where we find support, direction, and fellowship. Meetings give us the chance to listen to the experiences of newcomers who remind us that using is still a nightmare, as well as the triumphs and struggles of those living in the solution. Even when we have been sober for a substantial period of time, we continue to show up at

meetings so newcomers can find the help they seek—just as we found it when we were new.

One day at a time

We try to live in the moment. Yesterday's problems are yesterday's affairs, and tomorrow's surprises can wait until tomorrow. If we can focus on staying sober today—keeping in touch with our sponsor and other fellows, leaning on our Higher Power, going to meetings, and working the Steps—we can be happy, joyous and free. Regardless if we have ten days or ten years, we all are only promised a daily reprieve based on our spiritual condition.

Prayer and meditation

Recovery in CMA is a spiritual journey. Through prayer we reach outward to the universe instead of relying on our selfish egos. We learn to meditate, we create moments of calm in our lives instead of reacting to our emotional turmoil. Prayer and meditation also served a practical purpose, helping us through moments of crisis. We ask our Higher Power for the next right action or word, listening for a little help to accept our situation or ourselves.

Service

One of the main principles of the program is that we give it away to keep it. Whether through setting up the meeting room, acting as secretary for our home group or working on a committee, service keeps the fellowship running smoothly. Service keeps us connected and takes us out of our own heads. And we don't have to chair a meeting or join a committee to be of service. We learn to look everywhere around us to see how we can help. Showing up, taking a chip, sharing our experience with the Steps, and talking honestly about our lives in sobriety—by taking part in the fellowship we are being of service.

SOBER TOOL KIT

Crystal Meth Anonymous

Sponsors

We can't do this alone. Most of us have tried to stay clean on our own. We weren't able to do it for long. Without the support of our sponsors and other recovering addicts, we are lost. As we work the Steps, our sponsors became amazing resources. They worked the Steps and have been through all kinds of tough challenges—*sober*. The collective experience of the fellowship as expressed through our sponsors gives us guidance in our new lives.

Keep in mind that these tools are not meant to overwhelm us; they are based on the experience of addicts who have found a solution. The basis for any addict's recovery in CMA starts with the 12 Steps.

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.

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 ourselves, to God, and to another human being the exact nature of our wrongs. 6. Were entirely ready to have God remove all our shortcomings. 7. Humbly asked Him to remove all these defects of character. 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 other alcoholics and to practice these principles in all our affairs.

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There Is Hope

The Literature Committee is seeking Conference Approval for this Reading that has Interim Approval status and has been in circulation in the current form since 2016 and in a previous form since 2013.

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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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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6.28.2016

What Is CMA?

This document was interim approved in June of 2017. It has been placed online for use by the fellowship and feedback is welcome about this new piece of literature that replaces an older version that was discontinued.

What Is CMA?

Crystal Meth Anonymous is a fellowship of people for whom methamphetamine and other drugs have become a serious problem. The members of CMA meet regularly to help each other stay clean and to carry the message of recovery to crystal meth addicts.

Our only requirement for membership is a desire to stop using. The Fellowship advocates complete abstinence from all drugs, including alcohol, marijuana, and any medication not taken as prescribed. Time and again, we have seen how alcohol and other drugs lead us right back to meth.

Staying clean is our top priority. We lay a solid foundation for our daily recovery with these basic elements:

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

Meetings are where we gather to hear the experience, strength, and hope of fellow members. We come to CMA because of our common problem; we stay because of the common solution. Our groups strive to maintain an atmosphere of trust and confidentiality. CMA's traditions of unity and anonymity are paramount for they give each member equal standing and an equal opportunity to recover.

The Twelve Steps of Crystal Meth Anonymous are a spiritual, not religious, path of recovery. We define for ourselves the nature of our personal relationship with spirituality. Working these Steps with a sponsor as our guide, we experience a spiritual awakening.

Service is essential for the survival of both the addict and the Fellowship. The gift of recovery was freely shared, and in turn we gratefully offer it to other addicts. That is our primary purpose. Nothing else is as effective as one addict helping another.

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



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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

This reading was interim approved last year and recieved feedback from the fellowship which inspired a few edits to the text. This slightly edited version is provided here for more feedback from the fellowship.

Crystal Meth AnonymousSM

THE TWELVE STEPS: A Plan of Action

We have a simple message: Recovery from crystal meth addiction is possible. You never have to use again. 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 came to CMA because our drug use was killing us. If you are like us, you know that once we start, we can't stop. To stay clean and sober, we don't pick up—no matter what.

Abandoning our old companion fear, we take a breath and work the Steps. We see results when we're rigorously honest and thorough. Practicing spiritual principles day to day, we live in the solution:

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, serenity, and yes, even joy.

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