

Prior to Start:

Readers for:

- What is CMA
- Are You a Tweaker
- I Can Stay Sober
- Spiritual Time Keeper

“Another Day, Another Way”

Wednesday 7-8pm

Chairperson Script

Hello and welcome to the “Another Way, Another Day” meeting of Crystal Meth Anonymous. My name is_____ and I am an addict.

After a moment of silence for the addict that still suffers 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.

Are there any other addicts present?

Welcome, if you are seeking recovery, you are in the right place. Thank you for being here and celebrating your recovery with us.

To reassure everyone, this meeting will not be recorded. At all times, please mute yourself, whether you are on video or joining us by phone, so that we may hear the readings and those who are speaking, rather than any background noise. To ensure that others are not triggered, we ask that if you are sharing your video, you be fully dressed, that what you are displaying is not triggering to others, and that if you must smoke or vape during the meeting that you do so off camera.

We have instituted a three-minute time limit, with a verbal announcement at two minutes.

_____ will be our timekeeper tonight.

I have asked_____ to read “What is CMA?”

If people could unmute themselves for the next portion.

So that we get to know you better if you are a newcomer, please raise your hand on screen or mention it now on the phone.

Are there any visitors at the meeting?

Is anyone returning from a relapse?

Is there anyone with less than 90 days or celebrating an anniversary THIS WEEK that would like to share their time with us.

I have asked_____ to read "Are you a Tweaker?"

The format of this meeting is as follows:

- The chairperson will introduce a topic for 5 minutes.
- We will then go with open sharing until 7:55 followed by a secretary report

According to the 7th tradition - each group should be self-supporting. We have implemented a virtual basket and the link will be posted on your screen. We understand some may be under financial hardship, so please only give if you can. Remember you are more important to the fellowship than your money. If you have questions, please ask in the chat

Introduce topic for 5 minutes

At end, remind people to please share by clicking on Reactions button and clicking Raise Hand feature.

Call for burning desire at 7:50

Introduce Secretary at 7:55

I have asked_____ to read "I Can Stay Sober"

(Close with Group Prayer)

Secretary Script
Wednesday Night 7:00 – 8:00 CMA Meeting
“Another Day, Another Way”

Good evening my name is _____ and I am an addict. I am your secretary for tonight’s meeting.

One of the first suggestions offered in CMA is to get a sponsor (pause). A sponsor is another recovering addict who offers guidance and support in a one-one-one relationship. A sponsor listens, makes suggestions, and helps us work the 12 steps of CMA. It is suggested that we contact our sponsors regularly. Many of us call our sponsors every day, (pause) Every Day, even if it is just to check in. Will everyone with over a year of continuous sobriety please raise your hands. These are some of your potential sponsors.

Are there any CMA related announcements?

Are there any other recovery-related announcements?

We have a phone list which can be accessed from our website- myctcma.org. To add or update your information just click on the phone list button and follow the instructions.

The Twelfth Tradition states that anonymity is the spiritual foundation of our fellowship. So please remember, who you see here and what you hear here, please let it stay here.

Thank you for letting me be of service and I will now turn it back over to the chairperson.