

Chairperson
Sunday Night 6:30 – 7:30 CMA Beginners Meeting
“Breaking Good”
(Online version of script – 7/14/2020)

Good evening everyone and welcome to Crystal Meth Anonymous Beginners Meeting: Breaking Good. My name is _____ and I am an addict. Are there other addicts present?

Welcome. If you are seeking recovery, you are in the right place. This is a safe place and you are free to participate at whatever level you wish.

This is our Zoom format. 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. So as 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.

In light of the increased number of people participating in these meetings and the hope that all who want to share will be able to do so, we are instituting a three minute time limit, with a verbal announcement at two minutes. _____ will be our timekeeper tonight.

I have asked _____ to read:

“The Twelve Steps: A Plan of Action

Thank you. This meeting is intended to help members of CMA become aware of a program of recovery. The meeting format is as follows: We will alternate weekly reading from the NA Basic Text and CMA’s Expressions of Hope. I will share some experience, strength and hope. We will then have a secretary’s break, followed by a show of hands until 7:20 where we will call for a burning desire. The meeting will conclude at 7:30.

Group conscience has determined that this is an “open meeting”. That means that everyone is welcome here.

CMA encourages the complete abstinence from all mind-altering substances including alcohol and poppers, as well as avoiding the misuse of prescription medications.

Being a young fellowship, CMA uses the literature of AA and NA at their meetings and encourages members to do the same.

Throughout the meeting we must respect the recovery of others by avoiding the glorification of drugs and drug-driven sex. If anyone feels that a share is too triggering, just raise your hand and the chair will redirect the discussion.

Tonight we are reading from NA Basic Text, beginning on page _____.

Or

Tonight we are reading from Expressions of Hope, beginning on page _____.

Chair lead

Turn over to secretary.

Secretary Script

Back to Chair

Shares

7:20 – Burning Desire

7:25 – Recognize anniversaries

We recognize lengths of clean time during this meeting....and while we can't distribute coins right now, we do want to celebrate all that you are doing to stay in sobriety. 0-29, 30 days, 2 months, etc.

I have asked _____ to read: “Today I Can”

Close with we version of the serenity prayer.

Thank you for joining us this evening.

Secretary
Sunday Night 6:30 – 7:30 CMA Beginners Meeting
“Breaking Good”

Good evening and welcome to Crystal Meth Anonymous Beginners meeting: Breaking Good. My name is _____ and I am an addict. I am your secretary for tonight's meeting.

“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”

Is there anyone here for the first time who would like to take an opportunity to introduce themselves to the group? Please raise your hand.

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) 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?

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.

I'll turn it back over to the Chair as we will now go to a show of hands. Please be mindful of the number of people in the room and that everyone may wish to have time to share.