

CHAIRPERSON'S SCRIPT

Good evening and welcome to Crystal Meth Anonymous "Living with Illness" topic meeting. My name is _____ and I am a Crystal Meth Addict. Are there any other addicts present? Welcome. This meeting was created for addicts who are seeking a safe space to discuss their health issues, how it impacts their recovery from substance abuse, and to share solutions. This meeting is also intended for those in recovery who want to support them or are seeking to learn more in order to prepare if they may face similar struggles in the future.

I have asked _____ to read "What is CMA"?

Group conscience has determined that this is a "closed" meeting. That means that anyone who thinks that they may have a problem with any mood or mind altering drugs, especially crystal meth, is welcome here. If you are here for any other reason, such as curiosity or to support someone who has a problem with crystal meth, we will be happy to talk to you about CMA afterwards. You may also attend any open CMA meeting.

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. 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 are 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.

This meeting follows a rotating format.

- The first meeting of the month is Step of the month_____, How the step of the month is applied to speakers health condition and recovery (3-5 minute share)
- The second meeting of the month is the Promises. How the promises are applied to their health condition and recovery (3-5 minute share)
- The third meeting of the month is Language of Letting Go (daily reading) 3-5 minute share)
<https://www.hazeldenbettyford.org/thought-for-the-day/the-language-of-letting-go>
- and the fourth meeting of the month is ___ Speaker _____. (15 minutes share)

Our format today is_____ . I'd like to introduce our speaker_____.

I'd like to take this opportunity to call for a burning desire. A burning desire is if you feel that if you don't have a chance to share, you may pick-up, hurt yourself, or hurt someone else. I'd also like to offer this time to anyone who is suffering or feeling extra tired today and may need to leave the meeting early.

I have asked _____ to read the Twelve Steps of CMA.

Thank you.

Thank you. In order to allow as many people to share as possible, group conscience has determined that shares should be limited to 4 minutes. May I ask someone to be the timekeeper? Please say "one minute" at three minutes, and "time" at four minutes. Thank you.

(Fifteen minutes before the meeting ends)

Is there anyone here for the first time or counting days who would like to introduce themselves? This is not to embarrass you, but for us to get to know you.

7th Tradition

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 what you can. Remember you are more important to the fellowship than your money.

If you have any questions feel free to message me

[Return to Shares if there is time]

Closing

I have asked _____ to read from Chronic Pain Anonymous' One Day at a Time:

Thank you for joining us today. Let's take a moment to remember those who are sick and suffering from addiction and long-term illnesses, and then join me in the We version of the Serenity Prayer.

God, grant us the serenity to accept the things we cannot change, the courage to change the things we can, and the wisdom to know the difference.

THE TWELVE PROMISES - (For 2nd meeting of the Month)

As laid out in chapter 6 of the Big Book of Alcoholics Anonymous, individuals who stay sober and work the Twelve Steps will see these Promises come true:

(Jan) Promise 1: We are going to know a new freedom and a new happiness.

(Feb) Promise 2: We will not regret the past nor wish to shut the door on it.

(Mar) Promise 3: We will comprehend the word serenity.

(Apr) Promise 4: We will know peace.

(May) Promise 5: No matter how far down the scale we have gone, we will see how our experience can benefit others.

(Jun) Promise 6: The feeling of uselessness and self-pity will disappear.

(Jul) Promise 7: We will lose interest in selfish things and gain interest in our fellows.

(Aug) Promise 8: Self-seeking will slip away.

(Sep) Promise 9: Our whole attitude and outlook upon life will change.

(Oct) Promise 10: Fear of people and economic insecurity will leave us.

(Nov) Promise 11: We will intuitively know how to handle situations which used to baffle us.

(Dec) Promise 12: We will suddenly realize that God is doing for us what we could not do for ourselves.