



Friday Night Step Meeting Script

Online Script Version (June 26, 2020)

Leader: Good evening, and welcome to the Friday Night Step Meeting of Crystal Meth Anonymous, my name is _____, and I am a crystal meth addict.

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. 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.

And finally, 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.

Crystal Meth Anonymous is a fellowship of men and women for whom all drugs, specifically crystal meth, have become a problem. The only requirement for membership is a desire to stop using. There are no dues or fees – each group is expected to be self-supporting through its own contributions. CMA is not allied

with any sect, denomination, political organization or institution; does not wish to engage in any controversy; neither endorses nor opposes any causes. Our primary purpose is to lead a sober life and to carry the message of recovery to the crystal meth addict who still suffers.

We will now pause and take a few moments to reflect on why we are here, followed by the serenity prayer.

This meeting encourages the discussion of all mind-altering substances. Everyone with a desire to stop using any mind-altering substance is welcome here. The fellowship advocates complete abstinence from crystal meth, alcohol, illegal inhalants and all other mind-altering substances as well as the misuse of prescription medications.

When sharing, we need to be careful in describing drug effects, as some of us may be triggered, and the desire to use may be heightened. Please remember the recovery of others and avoid glorifying drugs and/or drug driven sex. If anyone is triggered by another person’s share, please raise your hand and the chair will redirect the discussion.

It is our experience that an attitude of intolerance toward spiritual concepts will defeat us as we journey on the road to recovery. HONESTY, OPEN-MINDEDNESS and WILLINGNESS is our conviction. With them, we are on the right path.

Our format is as follows:

- a) We will read from the NA Text “It Works”

I will share some experience, strength and hope. This is followed by a Secretary's break. The meeting is then open for a discussion by a show of hands until 8:00pm.

Chair Share

Secretary's Break

Open Sharing

Would _____ please read "Today I Can"?

Close meeting in circle (ask someone to take us out with prayer of their choice).

Secretary

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

Is there anyone here at their first CMA meeting, first time at this meeting, or from out of town who would like to introduce themselves? This is not to embarrass you; we would like to get to know you better.

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"

The 12th tradition states that anonymity is the spiritual foundation of our fellowship. So, please remember who you see here, and what you hear here, when you leave here, let it stay here.

Is there anyone counting days who would like to share their time with the group?

Is anyone celebrating an anniversary of ninety days, a year, or more, in the month of _____?

To show that the program works, would everyone with a year or more of sobriety please raise your hand?

Sponsorship is an important part of the CMA program. One of the first suggestions offered in CMA is to get a sponsor. (Pause). A sponsor listens, offers suggestions, and has a working knowledge of the 12 steps of the CMA program. Many of us call our sponsors every day. (Pause). Every day. Will anyone who is willing and able to be an interim sponsor please raise your hand. These are some of your potential sponsors.

Are there any other brief announcements?

Today I Can

Let's not forget what we can do this day:

Today I Can...

Draw on the power of honesty. I embrace change and redefine myself. Word by word, deed by deed—I strive to reflect the truth.

Today I Can...

Put down my old habits. Selfishness and hardness give way to an instinct for service. Gratitude now is my rule.

Today I Can...

Appreciate the richness of life by welcoming, sharing and laughing with another addict. Turning Godward, I find progress and peace.

Today I Can...

Take in a new reality—that in this struggle I am not alone. Many have walked this path before, and I have fellows at my side.

Today...Together...We Can Live in Hope!

**Crystal Meth
Anonymous®**

