

3 SPEAKER OPEN MEETING FORMAT - CMA

Leader

Good evening and welcome to _____group name_____.

My name is _____, and I'm an addict.

Are there any other addicts present?

Welcome, you're in a good place. Please take a moment to silence your phones and to release any saved seats that are near you. _____group name_____ is an open meeting of Crystal Meth Anonymous. All are welcome to participate.

Crystal Meth Anonymous is a fellowship of men and women who share their experience, strength, and hope with each other that they may solve their common problem and help others to recover from addiction to crystal meth. The only requirement for membership is a desire to stop using. There are no dues or fees for CMA membership; we are self-supporting through our own contributions. CMA is not allied with any sect, denomination, politics, organization, or institution; does not wish to engage in any controversy; neither endorses nor opposes any causes. Our primary purpose is to stay sober and help other crystal meth addicts to achieve sobriety.

Are there any newcomers in their first 90 days of sobriety? If you would like, please introduce yourself and your day-count. This is not to embarrass you, but just to get to know you better.

~ Leader goes around and motions to newcomers if any.

Are there any out-of town visitors? If you would like, please introduce yourself, your home group, and home town.

~Leader goes around and motions to visitors if any.

It is a custom of this meeting to read The Twelve Steps, a Plan of Action.

Tonight, _____ has been asked to read this.

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.

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.

Leader

Thank you _____, We also celebrate different lengths of sobriety at this meeting. Our chip and cupcake person is_____.

Chip & Cupcake Person

Hi. I'm _____ and I'm an addict. The only requirement for membership is a desire to stop drinking. So is there anyone new or returning to the rooms in his or her first 29 days of sobriety who would like to take a Welcome Chip? If so, please come up, introduce yourself, get a hug and your chip. Any takers tonight?

Has anyone celebrated 30 days in the past week? Since last Friday?

Has anyone celebrated 60 days in the past week?

Has anyone celebrated 90 days in the past week?

Has anyone celebrated 6 months?

Has anyone celebrated 9 months?

We also celebrate birthdays at this meeting. We offer a candle and a cupcake to anyone celebrating. Tonight we have ____ birthdays. Just for times sake, celebrants are reminded to keep their gratitude to about a minute.

if any:

Our first/tonight's birthday is _____ celebrating _____ years.

(Presenting of Canded Cupcakes & the collective Happy Birthday song)

Leader

Thanks. I've been asked to share a little on, "What Sobriety Means to Me.. "

Leader speaks for up to five minutes

Leader

The format of tonight's meeting will be one 15 minute speaker followed by announcements and our main speaker who will share until eight.

Please welcome our first speaker,_____.

Fifteen Minute Speaker

Chair

Hi, I'm _____ and I'm an addict and the co-chair for
_____ group name _____. Thank you _____ for
speaking. Let's also thank _____ for doing a great job leading tonight's
meeting.

Would anyone here like to volunteer to do the same and lead our meeting for next week?

Please see our Secretary, _____ after the meeting and he/she can
show you what to do. We will now observe the seventh tradition. A two dollar donation is
recommended to help meet our expenses. While the baskets are being passed, I have asked
_____ to read the well known promises.

The Promises

If we are painstaking about this phase of our development, we will be amazed before we are half-way through.

1. We are going to know a new freedom and a new happiness.
2. We will not regret the past nor wish to shut the door on it.
3. We will comprehend the word serenity.
4. We will know peace.
5. No matter how far down the scale we have gone, we will see how our experience can benefit others.
6. That feeling of uselessness and self-pity will disappear.
7. We will lose interest in selfish things and gain interest in our fellows.
8. Self-seeking will slip away.
9. Our whole attitude and outlook upon life will change.
10. Fear of people and of economic insecurity will leave us.
11. We will intuitively know how to handle situations which used to baffle us.
12. We will suddenly realize that God is doing for us what we could not do for ourselves.

Are these extravagant promises? We think not. They are being fulfilled among us-sometimes quickly, sometimes slowly. They will always materialize IF we work for them.

Chair

Thank you. Commitments are an essential part of the program of recovery, and all regular attendees are encouraged to have one. It is the first step in being of service. Thank you to everyone who makes this meeting happen.

If you would like a commitment here, please see me after the meeting. We can always use your help.

In an effort to promote unity and enhance sobriety, a group of us goes out for fellowship after the meeting. Absolutely everyone is welcome to join and all beginners are really encouraged to come. May we have an announcement for today's outing.

May we have a message from our Literature chair?

Another important part of the program is sponsorship. A sponsor is someone that has paved the path for you and we encourage beginners to take advantage of that. If you need a sponsor or have questions about what a sponsor is, please our Sponsorship rep after the meeting and he will see that you are connected with a good one. Can we have a message about our Sponsorship program?

And may we have an announcement from Hospitality and Clean-Up?

Are there any CMA or recovery related announcements?

This month, we have an excerpt from:

And now I am pleased to introduce our main speaker, _____.

Main speaker speaks for twenty minutes

Chair

Thank you, _____ for speaking. As a reminder...we will be gathering to head to fellowship! If you would like to join us for fellowship please look for _____ and they can lead the way to our destination. All are welcome and everyone is invited. Also, our twelfth tradition states that anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities. In the spirit of that tradition, we'd like to remind you that what you hear here and who you see here, please let it stay here. I would also like to thank our readers tonight, _____ for reading chapter five, _____ for reading the Promises, and in advance, I would like to thank _____ for reading Today I Can and for taking us out with the Serenity Prayer.

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!

~ The group forms a circle...

The Serenity Prayer

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

Meeting materials are provided by Gay & Sober as a complimentary service to the community. Each CMA group is autonomous except in matters affecting other groups or CMA as a whole. A CMA group ought never endorse, finance, or lend the CMA name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose. For more information on the Twelve Traditions of CMA, please visit

www.crystalmeth.org

For more information on Gay & Sober, please visit www.gayandsober.org.