

CMA RELAPSE PREVENTION
MONDAYS 6:00PM – 7:15PM
CHAIRMAN'S SCRIPT

Good evening. My name is _____ and I am an addict.

Welcome to the Monday Night Relapse Prevention Meeting of Crystal Meth Anonymous. Please join me in the Serenity Prayer:

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

This is a 75 minute-long meeting and all are welcome. The format of this meeting is as follows:

- We will hear a selected reading.
- Our speaker will share for 10-15 minutes.
- We will have a secretary's break with CMA related announcements.
- This will be followed by the sharing of clean time.
- We will then go to a round-robin beginning with the person of the speaker's choice.
- Shares will be limited to 3 minutes with a 1-minute warning after 2 minutes.
- The first person in the round-robin will choose a direction after their share.
- This will continue until 7:00pm, at which time we will take a burning desire.
- In the remaining time after the burning desire we will go to a show of hands until 7:15pm.

It is the group conscience of this meeting that if you need to call or text, please leave the room to do so. Otherwise, please turn off and put your phone away for the duration of the meeting.

Crystal Meth Anonymous is a fellowship of men and women who share their experience, strength and hope with each other, so they may solve their common problem and help others to recover from addiction to crystal meth and all other mind-altering substances. 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; and neither endorses nor opposes any causes. Our primary purpose is to live free of active addiction and to carry that message to the addict who still suffers.

I've asked _____ to read "Can you relate?"

Please help me welcome tonight's speaker _____.

(10-15 minute share followed by the Secretary's break)

(After the Secretary's break)

It is the group conscience that if you have had a drug or mind-altering substance within the past 24 hours, we ask you to please refrain from sharing. Sit back, relax and listen. If you need to speak with someone you may talk to the Secretary or me at the end of the meeting.

(Remind the speaker to choose the first share)

7:00pm

It is now time for a burning desire. A burning desire is the opportunity to share if you feel you may pick up and/or hurt yourself or someone else. Are there any burning desires?

(Time permitting, go to a show of hands until 7:12pm)

7:12pm (applause)

Thank you. That's all the time we have for tonight. If you didn't get a chance to share, please speak with someone after the close of the meeting and join those of us who will be going to fellowship.

I have asked _____ (a friend) to read the 5th Step and its promises.

(After the 5th Step reading)

Remember, in order to remain sober:

- We must avoid people, places and things that used to trigger us.
- Not taking the first drug is essential.
- Don't let yourself get too hungry, angry, lonely or tired, also known as HALT.
- If you think you are in trouble, please call on another addict.

After a brief moment of silence for the suffering addict in and out of the rooms, please join me in the Serenity Prayer:

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