

CMA SUNDAY MORNING 11:15 AM ZOOM SOLUTIONS **SCRIPT**

Good morning and welcome to the "Sunday Solutions" meeting of Crystal Meth Anonymous.

This is a closed meeting for anyone who would like to stop using Crystal Meth and all other mind-altering substances.

My name is _____ and I am an addict. Are there any other addicts present?

Please join me in the Serenity Prayer: (GROUP)

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.

At this time, please mute yourself so that we can all hear each other.

This is not our usual meeting or usual format, so we appreciate everyone's patience and cooperation in making this a safe space for your fellows this morning. To reassure everyone, this meeting will not be recorded.

The format of this meeting is as follows: I have selected 3 cards with recovery topics at random. Each person will share for up to 3 minutes on any of the subjects chosen. I will choose the first

speaker by show of hands and then we will proceed alphabetically down the participant list.

In order to raise your hand, please go to the participants panel and click on “reactions” and select “raise hand.” On a smart phone or tablet you may click on “more” to raise your hand. Or if you dialed in, press *9 to raise your hand.

When it’s your turn to share, feel free to share on one of the topics chosen or on any other subject of your choice. Please be mindful of the number of people here and keep your shares to less than 3 minutes so that everyone has a chance to speak. And please keep in mind while sharing that we need to avoid glorifying drug-driven sex.

At 11:45 we will take a secretary's break for the 7th Tradition and any CMA- related announcements, then back to sharing.

At 12:00 we go to burning desires. And at 12:15 we will conclude the meeting with the Serenity Prayer.

By group conscience we have a spiritual reminder to keep share time. Shares are three minutes long with a one-minute warning. May I have a volunteer to keep time, please?
[GET A VOLUNTEER]

Let's applaud for those who are here sharing their sobriety and their Sunday with us this morning.

Now let’s begin sharing.

11:45 AM- SECRETARY'S BREAK

Our 7th Tradition states that each meeting should be self-supporting. The suggested donation is \$2 and you can Venmo TJ Jackson @TJ-Jackson-4.

Please give what you can but remember, we want you more than your money.

Is there anyone here for the first time who would like to introduce themselves to the group?

[PAUSE FOR NEW PEOPLE]

There are currently over 30 CMA meetings here in New York City. For a list of these or other gay-friendly meetings relating to addiction, you may go to the NYCMA.org website, which will be posted in chat.

Are there any CMA related announcements?

[PAUSE FOR ANNOUNCEMENTS]

[Resume sharing]

12:00 PM -BURNING DESIRES

It's now time for burning desires. A burning desire is available for someone who feels that if they do not get a chance to share, they may pick up, injure themselves or someone else.

Are there any burning desires? [AFTER CALLING FOR BURNING DESIRES, RESUME SHARING WITH A SHOW OF HANDS]

12:15 PM - CLOSING

If you haven't had a chance to share and need to, or if you feel triggered, please see me or someone else after the meeting. I will keep this room open for a few minutes for fellowship.

Our 12th Tradition states that anonymity is the spiritual foundation of all our traditions. Remember, whom you see here and what you hear here, please let it stay here.

With that, please join me again in the Serenity Prayer.
[SERENITY PRAYER] (GROUP)

MEETING ENDS