



CMA Meditation meeting – CHAIR

Good evening, and welcome to the Saturday Night Meditation Meeting of Crystal Meth Anonymous. My name is _____ and I'm a recovering addict.

At this time, I'd like to ask everyone to turn off any cell phones or devices that might disturb other people during the meeting.

Please join me in the Serenity Prayer **[Serenity Prayer]**

I have shared that I'm an addict, are there any other addicts present? Welcome!

If you're seeking recovery, you're in the right place. Thank you for being here and sharing your recovery with us.

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 stay clean and lead a sober life. There are no dues or membership lists. Each group is expected to be self-supporting through its own contributions.

Meeting format:

This is a one-hour meeting. The format of tonight's meeting is as follows:

first we will sit together in the silent meditation for 10 minutes. We will then have a secretary's break, followed by a group sharing in a round robin format.

Each participant will be given 3 minutes with a 1-minute warning. Who would like to volunteer to be a spiritual timekeeper?

At approximately 845, we will call for a burning desire, which is an opportunity for someone who feels a strong need to share and didn't get a chance to do so already.

Following a reading of the promises we will end the meeting with the Serenity prayer.

I have asked _____ to read meditation in recovery.

Thank you. I have asked _____ to read basic meditation. Thank you.

We will now observe a period of silence for 10 minutes.

SECRETARY'S BREAK

AT 8:45pm:

It's that time in the meeting when we call for burning desire. A burning desire is an opportunity for you to share if you have not had a chance to speak and you feel like you might use tonight or hurt yourself or someone else if you don't get a chance to share.

AT 8:55pm:

That's all the time we have tonight for sharing. Before we conclude the meeting but sit together in service again for five minutes

[Someone reads THE PROMISES]
SERENITY PRAYER



CMA meditation meeting - secretary

Hi, my name is _____, and I'm an addict. I'm also your secretary for tonight's meeting. According to our seventh tradition, each CMA meeting is expected to be self-supporting through its own contributions. For that reason we pass this bag. Please give what you can, but remember that we need you more than we need your money.

Is there anyone here for the first time, or visiting from out of town, who would like to introduce themselves to the group?

Are there any CMA related announcements?

We will now begin sharing in a round robin format, beginning with _____(Secretary picks someone to start).



BASIC MEDITATION

There are many different techniques and forms of meditation. CMA does not endorse or oppose any particular approach. However, for the sake of those who have never practiced meditation before, we offer the following general guidelines as helpful suggestions.

Sit upright in a comfortable position. Keep the spine and neck straight, but not tense. Scan your whole body and relax the places where you feel tension or blocked energy. Your eyes can be open or close, which ever is most comfortable for you.

Allow your breath to flow naturally, without forcing it or putting any particular effort into it. Bring your attention gently to rest on the breath as it flows in and out of your body. Don't think about your breath rather, notice the physical sensation of your body Breathing, and let your attention rest in that simple experience.

Inevitably, before long, you will find that your Attention wanders off into a thought or feeling or a fantasy, which is okay. At that point, come back to the present moment, check your posture and sit up straight again, if necessary; Then gently return your attention to that experience of your breath as it flows in and out of your body. Above all, be gentle and patient with yourself and relax.



MEDITATION IN RECOVERY

Prayer and meditation are important parts of our program. Some of us are suspicious at first, fearing that we will be made to believe certain things. We may also react to our past experiences with organized religion. This is a spiritual program. We can define for ourselves the nature of our personal relationship with spirituality. For now, we accept that something has helped many people stay clean and sober.

If this meeting is our first encounter with meditation, we may be surprised to learn that we've already been meditating, and doing so on a regular basis. Every time we stand in a circle at a meeting and observe a moment of silence, we are meditating. It is from such beginnings that we go on to build a pattern of regular meditation in our lives. There are many different ways we can go about meditating, but it's usual goal is to quiet the mind so that we can gain understanding and knowledge from our higher power. We try to minimize distractions so that we can concentrate on knowledge arising from our own spiritual connection. We try to be open to receiving this knowledge. It's essential to understand that such knowledge is not necessary, or even usually, instantaneous. It builds in us gradually as we continue to practice regular prayer and meditation. It comes to us as a quiet sureness of our decision and a lessening of the chaos that used to accompany all our thoughts.

The 11th step encourages us to use prayer and meditation as a means of seeking a connection to our higher power. To do this, we need to make a commitment to the practice of prayer and meditation on a regular basis.



The Promises

(3rd ed. Big Book pg. 83 & 84)

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

We are going to know a new freedom and a new happiness.

We will not regret the past nor wish to shut the door on it.

We will comprehend the word serenity, and we will know peace.

No matter how far down the scale we have gone, we will see how our experience can benefit others.

That feeling of uselessness and self-pity will disappear.

We will lose interest in selfish things and gain interest in our fellows.

Self-seeking will slip away.

Our whole attitude and outlook upon life will change.

Fear of people and of economic insecurity will leave us.

We will intuitively know how to handle situations which used to baffle us.

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.