

CMA Relapse Prevention Meeting
Mondays, 6pm
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 an hour-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 one-minute warning after 2 minutes.
- The first person in the round robin will choose a direction after their share.
- This will continue until 6:45pm, 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 7:00pm.

Please take this moment to turn off all pagers and cell phones.

Crystal Meth Anonymous is a fellowship of men and women who share their experience, strength and hope with each other so that 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 institutions; 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]

6:45pm

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 6:57pm]

6:57pm (applause)

Thank you. That's all the time we have for tonight. If you didn't get a change 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 that first drug is essential.
- Don't let yourself get too hungry, angry, lonely or tired; also know 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.

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Secretary's Script

[After the speaker shares]

Hello, my name is _____ and I am your secretary for tonight's meeting.

According to our 7th Tradition, each CMA group must be fully self-supporting, declining outside contributions. I will now pass the basket. Please give what you can, but remember we want you more than we want your money.

Is there anyone from out of town or new to this meeting who would like to raise their hand and introduce themselves? This is not meant to embarrass you, but only so that we may get to know you.

We will now share our clean time in days, months and years. Would anyone counting days from 1-89 like to share his or her day count? To save time, please hold your applause until the end.

[Applause after]

Is there anyone celebrating 90 days or a multiple of months or years?

[Applause after]

Congratulations everyone!

Are there any CMA related announcements?

When sharing, we need to be careful and mindful of others. Please remember the recovery of others and avoid glorifying drugs or drug-driven sex. We realize this is part of many of our stories and needs discussion however; either the chair or I may interrupt and redirect the share if it is triggering.

To give more people the chance to share, we ask that you limit your share to 3 minutes. We will give a **one-minute** warning at 2 minutes and **time** at 3 minutes. May I please have a volunteer to be our timekeeper?

Thank you. I now turn the meeting back over to the Chair.

CAN YOU RELATE?

Adapted from a www.crystalmeth.org reading

Crystal Methamphetamine, Speed, Tina, Glass, Ice, Crank

It doesn't matter what it's called.
It doesn't matter how it was done.
It inevitably brought us to our knees.

Some used crystal meth as a tool to work harder and longer, but then couldn't keep a job. Others picked at our faces and arms for hours or pulled out our hair. Some had insatiable sexual appetites. Others suffered incredible, unbearable paranoia. Some endlessly tinkered with projects, accomplishing nothing, and then found ourselves too busy to get on with the business of life.

What may have started out as occasional or weekend use became a daily habit. We deluded ourselves into thinking that staying up for nights on end were acceptable, thinking our drug use was under control. We thought we could quit on our own, whenever we chose. Or we thought that our using didn't affect our lives.

We soon found that we were helpless – we lacked the power to control our drug use. Crystal met became our master. Some of our friends went to jail. Others lost their apartments, their jobs, or the trust of their families and friends. Some died. We thought that none of these things could happen to us. But some of them did.

It felt like there was no way out. We believed we would use forever. We realized that our drug use was out of control – our lives were unmanageable. We finally admitted that crystal meth, our one-time friend, was killing us.

It doesn't matter how we got here. The courts sent some of us; others came through family or friends. Some of us simply came to CMA on our own. We needed help. We needed another way.

If you think you have a problem with crystal meth, Crystal Meth Anonymous might have a solution for you.

What can you do?

Come to a meeting. You have already taken the first step.

5th STEP

From page 75 of the Big Book

We admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

We pocket our pride and go to it, illuminating every twist of character, every dark cranny of the past. Once we have taken this step, withholding nothing, we are delighted. We can look the world in the eye. We can be alone at perfect peace and ease. Our fears fall from us. We begin to feel the nearness of our creator. We may have had certain spiritual beliefs, but now we begin to have a spiritual experience. The feeling that the drink and drug problem has disappeared will often come strongly. We feel we are on The Broad Highway, walking hand in hand with the Spirit of the Universe.