A Welcome to the DC CMA Late Night Potluck meeting. My name is \_\_\_\_\_\_\_\_\_\_\_ and I am a crystal meth addict. If you are an addict or alcoholic looking for a new way of life free from using, then you are in the right place!

At this time, please mute yourself on Zoom, silence your cell phones, and refrain from using them (including texting) so that we may preserve the primary purpose of the meeting.

* First, we have some readings:
  + I have asked \_\_\_\_\_\_\_\_\_\_\_ to read “What is the CMA Program?”
  + I have asked \_\_\_\_\_\_\_\_\_\_\_ to read the “DCCMA Inclusion Statement.”
  + I have asked \_\_\_\_\_\_\_\_\_\_\_ to read “The Twelve Steps of CMA.”
  + I have asked \_\_\_\_\_\_\_\_\_\_\_ to read the Tradition of the Month.

Thank you all for reading. If this is your first CMA meeting, or your first time at this meeting, would you please introduce yourself by your first name, so we may get to know you?

For the newcomer, we have found that together, one day at a time, we **CAN** recover. We are all recovering addicts and alcoholics who have suffered the devastation of addiction/alcoholism and are willing to share our experience, strength and hope with you no matter your substance of choice.

[MONDAY NIGHT]

* At this meeting we are reading from the Big Book of Alcoholics Anonymous. I will begin the reading then pass to the next reader, who will read for a bit then pass, etc. until the reading is complete. Tonight, we are on Chapter\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. After the reading is done, we will open the meeting for general sharing.

([Go to Open Sharing](#OpenSharing))

[WEDNESDAY NIGHT]

* This meeting alternates between four formats each followed by open sharing:
  + One week we read a **Step** from the “NA Basic Text” followed by a speaker.
  + One week we read a piece of recovery-based **Literature**.
  + One week we listen to a **Speaker** share their experience, strength, and hope.
  + One week we take turns spinning the **Spiritual Principles Wheel** and sharing.

This week is we will:

* ***(If Steps)*** Read Step \_\_\_\_ from the “NA Basic Text”, starting on page \_\_. I will begin and the pass to another, who will do the same until the reading is completed.
* **(*After reading)*** Now, I would like to introduce \_\_\_\_\_\_\_\_\_\_ who will share their experience, strength, and hope based on the reading.
* ***(If Literature)*** We will now begin reading from “\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_”. I will begin and then pass to another, who will do the same until the reading is completed.
* ***(If Speaker)*** And now I would like to introduce \_\_\_\_\_\_\_\_ who will share for 10-15 minutes.

***(After the reading of Speaker is done)*** The meeting is now open for sharing. Please try to keep you share to under 4 minutes. You can share on \_\_\_\_\_\_\_\_\_\_\_\_\_, or wherever you are in your recovery journey.

* ***(If Spiritual Wheel)*** Lets take turns spinning [SPIRITUAL PRINCIPLES - Random wheel](https://wordwall.net/resource/13742268/recovery/spiritual-principles) and sharing on the spiritual principles the wheel lands on. NOTE: We allow one pass.
* **(At 10:30 pm)** Lets break for our [half-timesecretary report](#Secretary_Report).
* Let’s return to sharing!
* ***(At 10:55 am)*** We are nearing the end of the meeting, but we always save time for burning desires. That is, if you think you may use today, hurt yourself, or hurt someone else, this is your time to share. We encourage you to share now, rather than taking it with you.
* ***(At the end of the meeting)*** I’d like to thank everyone who read, shared a day count or picked up a chip. ***(and if applicable)*** Help me thank \_\_\_\_\_\_\_ for starting us off today.
* We have one final reading. I have asked \_\_\_\_\_\_\_\_\_\_\_\_ to read:
  + “The Promises,” or
  + “Today I Can,” or
  + “Acceptance.”
* We have a great way to close! Let’s take a moment of silence for the addicts still suffering inside and outside of these rooms followed by the We-version of the “Serenity Prayer.”

Good evening, my name is \_\_\_\_\_\_\_\_\_\_\_\_\_, I am a crystal meth addict/alcoholic and your secretary for this meeting.

In keeping with the 7th Tradition that states “Every 12-Step group ought to be fully self-supporting,” if you wish to help contribute to the cost of our Zoom Account, the information to contribute is posted in the chat window.  
***(Cut and Paste into Chat):*** [7th tradition, you may donate via Venmo to @Russ-R-0523 and put CMA Late Night Potluck in the notes.}

Is there anyone here for the first time who came in after the meeting began who would like to introduce themselves?

Are there any announcements (<https://dccma.com/announcements>) for the good of CMA, NA or AA or this meeting?

At this meeting we celebrate milestones with a lot of applause. Is there anyone counting days up to 90?

Is there anyone celebrating a milestone of 1,2,3, 4, 5, or 6 months? 7, 8 or 9 months? 10 or 11 months? Are there any celebrations for 1 year? 18 months? Multiple years? Finally, we also have a big applause for anyone with less than 29 days or 24 hours. In fact, you don’t even have to be clean, but simply have a desire for a new way of life?

For the purposes of inspiration and potential sponsorship will everyone with one or more years of clean time please raise your hand. If you are new to the program, these are great people to talk to after the meeting, which will hold open for fellowship after the meeting ends.

And to show that the program works one day at a time, will all those here who are addicts or alcoholics staying clean and sober today please raise your hands and give yourselves a round of applause.

Now we will go back to sharing, but in keeping with the spirit of anonymity, please remember WHO YOU SEE HERE, WHAT YOU HEAR HERE, WHEN YOU LEAVE HERE, LET IT SAY HERE!”

The meeting is now open again. [[Back](#Return)]