

MINDFUL MEDITATION MEETING LEADER/CHAIR'S SCRIPT

Hello and welcome to the Mindful Meditation meeting of Crystal Meth Anonymous. My name is _____ and I'm a crystal meth addict. If you are looking for a new way of life free from using, you are in the right place. At this time please turn off any noise-making devices and refrain from using your cell phones, including texting, in order to preserve the primary purpose of the meeting.

This is a CMA step 11 meeting.

I have asked _____ to read "What is CMA?."

I have asked _____ to read "DC CMA's Inclusive Statement"

I have asked _____ to read "Tradition of the month."

I have asked _____ to read "The Twelve Steps-A plan of Action."

The format for this meeting is a 10-minute meditation followed by a reading from The Language of Letting Go!

If this is your first CMA meeting, your first time at this meeting, or if you are visiting from out-of-town, would you please introduce yourself by your first name so we may get to know you?

[If someone has identified as a newcomer] "For the newcomer, we have found that together, one day at a time, we can recover. We are recovering addicts who have suffered the devastation of addiction and are willing to share our experience, strength and hope with you.

10-minute meditation begins (start 10-minute timer).

I have asked _____ to read today's passage.

The meeting is now open for sharing.

When sharing, we ask that you be aware of the number of people who want to share and limit your share accordingly so everyone who wants to share can have the chance to do so.

At 11:20 am: We are nearing the end of the sharing, 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 want you to share now rather than taking it with you.

[Allow time for a burning Desire]

At 11:25 am: I will now turn the meeting over to our secretary.

MINDFUL MEDITATION MEETING CMA SECRETARY SCRIPT

My name is _____, I am a crystal meth addict and your Secretary for this meeting.

[PASTE FOLLOWING IN CHAT]

In keeping with the 7th Tradition we are fully self-supporting through group contributions. To contribute and help pay for our zoom account please visit: <https://dccma.com/give> or use Venmo: @DCCMAintergroup
Please reference Saturday Meditation with your donation. Thank you for your support!.

If you have meeting slips that need to be signed please place them in the basket as well. Remember to pick them up after the meeting.

At this time, are there any announcements for the good of CMA or this meeting?

At this meeting we celebrate milestones with a chip and a hug. Is there anyone counting days up to 90? Is there anyone celebrating 30 days? 60 days? 90 days? Up to 6 months? Up to 9 months? Are there any celebrations for 1 year? 18 months? Multiple years? We also have a chip and a hug for anyone with less than 29 days. 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.

And to show that the program works one day at a time, will all those in the room who are crystal meth addicts staying clean and sober today please raise your hand and give yourselves a round of applause.

Finally, before we close the meeting, in the keeping with the spirit of anonymity, please remember:

WHO YOU SEE HERE, WHAT YOU HEAR HERE, WHEN YOU LEAVE HERE, LET IT SAY HERE!!"

I would like to thank everyone who read, shared a day count or picked up a chip.

Please help me thank Moises for guiding us through the meditation.

I have asked _____ to close the meeting with "Today I Can."

We have a great way to close. (Close with the We version of the Serenity Prayer)