



Wednesday Night CMA – Mid-Week No Tweak

Chair Script

Readings:

- Are You a Tweaker
- 12 Steps, A Plan of Action
- 12 Traditions – Tradition of the Month
- “Voices of the Fellowship” Reading: _____

<https://www.crystalmeth.org/for-the-fellowship/voices-of-the-fellowship/voices-blog.html>

Chair Script

Good Evening and welcome to the Wednesday Night Mid-Week, No-Tweak **ZOOM** Meeting of DC Crystal Meth Anonymous. My name is Russ and I am a Crystal Meth Addict. If you are looking for a better way of life, free from using, then you are in the right place.

Anyone may join us regardless of age, race, sexual identity, creed, religion, or lack of religion.

The format for this meeting is:

- A Step Meeting the first Wednesday of the month,
- A Speaker on the last Wednesday of the month, and
- Reading from the “Voices of the Fellowship” on the other Wednesdays.

After we have open shares, with half time at 7:45 for announcements, the 7th tradition, and celebration of clean times; followed by more open sharing until we close with the serenity prayer at 8:15.

Our speaker on the last Wednesday of the month is one of our fellows who is celebrating an anniversary. If that might be you please reach out to me so you can share your experience, strength, and hope with the fellowship.

For this online meeting format, please treat this as you would any other CMA meeting. Please do not cross-talk during the meeting, whether that’s via the chat window or verbally. Please respect the recovery of others by not vaping or smoking on-camera and by being appropriately clothed during the meeting. Please be mindful of what appears on your screen and what is in your background, and that nothing may be triggering or potentially offensive. If someone finds



something disturbing, they can send a private chat to (that person or to) the chair or other trusted servant, who in turn will send a private chat message to the offender.

We observe a 3-minute time limit on shares, **Jordan H.** is our timekeeper for the meeting. He will signal when the speaker has 1 minute left, and again when time is up.

Is there anyone here who is new to CMA, new to this meeting, or visiting from out of town? If so, please unmute yourself and share you name and where you are calling in from so we may get to know you better.

- **Can I have a friend read “Are you a Tweaker?”**
- **Can I have a friend read, “CMA, The Twelve Steps: A Plan of Action”?**
- Can I have a friend read, the Tradition of the Month?

Thank you to all who read (if possible, get names) _____

[1st Wednesday of the month:]

Tonight, we will be reading the _____ Step from the NA Basic Text.

[2nd, 3rd, and possible 4th Wednesday of the month:]

Tonight, we will be reading from the “Voices of the Fellowship”: _____

[Last Wednesday of the month:]

Tonight, we have a speaker with us who is celebrating _____ who is going to share their experience, strength, and hope with us. So without further ado, _____ please take it over!

[Start with the night’s reading or speaker (about 15 mins)]

[Start Sharing portion]

Thanks to [all who read | our speaker]. Before I open the floor for sharing, please remember when sharing we ask that you please honor the recovery of others and be careful in describing drug effects and avoid glorifying drug use and drug-driven sex as some of us may be triggered, that is, thoughts of using might be heightened. Also please refrain from mentioning web sites by name as that may be triggering to some as well.

We realize that this is a part of all our stories and needs discussion. However, a trusted servant may interrupt to refocus the meeting if this gets out of hand. We ask that you have at least 24 hours of clean time before sharing at this meeting.



Please remember that this is our meeting and not my meeting. As a reminder, please do not use the chat window for cross talk. Watch to see how many people raise their hands who want to share. Please limit your sharing time accordingly, so that as many people as possible get a chance to share.

The meeting is now open for sharing. **Please raise your digital hand using the “raise your hand feature” under the “reaction” button and I will call on you to speak.**

At 7:45: “Let’s break for halftime.” I turn the meeting over to **Chuck H.**

At 8:10: We are nearing the end of our meeting, but we always save time for burning desires. If you feel like you are going to use, hurt yourself or someone else, please take this time to share, don’t take it with you.

At 8:15: We are at the end of our meeting. If you didn’t get a chance to share and would like to chat with someone, please stay after the meeting and we’ll stay around for a few minutes of fellowship to talk and/or share contact information. I would like to thank everyone who shared a day count, who celebrated a period of sobriety, or who read. [On Last Wednesday:] *And please help me give a round of applause to our speaker _____.* We have a great way to close.

Let’s have a moment of silent for the addict still suffering inside and outside these **zoom** rooms followed by the “We” version of the serenity prayer.