**LEADER:**

Good evening, and welcome to the “Step Up” meeting of Crystal Meth Anonymous. My name is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, and I am a crystal meth addict. If you are seeking recovery, you are in the right place. We welcome **ALL** who seek serenity and recovery from addiction to any mind-altering substances including alcohol, and especially crystal meth. Thank you for being here and sharing your recovery with us. Please remember to silence all phones and other noise making devices.

Before we begin this meeting, let us have a moment of silence followed by the serenity prayer…. *God, grant me the serenity to accept the things I cannot change; courage to change the things I can; and wisdom to know the difference.*

We ask a few questions at this meeting to better acquaint ourselves with one another, but not to embarrass anyone.

1. “I have shared that I am an addict, by a show of hands are there any other addicts present?”
2. “Is there anyone here in their first 30 days? If so, please raise your hand.
3. “Last and most importantly is there anyone else at this meeting for the first time or visiting from another city?”

To everyone here tonight, welcome! For those who are new, please don’t hesitate to contact members who have been around for a while, as they will be honored to share their experience, strength, and hope with you. The Twelve Steps of CMA are suggested to provide us with a plan with which to build a sober, better life. We believe that if we work these simple steps, we will live a life free of active crystal meth addiction.

**I have asked \_\_\_\_\_\_\_\_\_\_ to read “What is CMA?”**

**I have asked \_\_\_\_\_\_\_\_\_\_ to read the “DCCMA Inclusion Statement.”**

**I have asked \_\_\_\_\_\_\_\_\_\_\_ to read “The Twelve Steps of CMA.”**

The format of this meeting begins with five minutes of silent meditation. On the first week of each month, we will read the Tradition of the month followed by open sharing. For each of the remaining weeks, we will read a Step per week making our way from 1 to 12 followed by open sharing. If you haven’t reached the Tradition or the Step in your journey, please stay present and listen to what is said. Feel free to share what applies to you and let us know how we can best support your recovery.

We will now pause for 5 minutes of silent meditation.

**[At the end of meditation]** This week we are on Tradition/Step \_\_\_\_\_. We are reading from the Narcotics Anonymous Basic Text. I will start us off pass the reading to someone else, who will do the same until the reading is complete. When we are finished reading, the meeting is open for sharing.

**[At the end of reading]** The meeting is now open for general participation. We suggest that you have 24 hours of “clean time” to share. Please share in a general way that is respectful to the recovery of all in the room. Please raise your digital hand in the reactions button. (**if over 20 people )** At the end of three minutes a timekeeper will alert you in the chat, so please wrap up your share accordingly so others who need to share can do so.

[**7:30ish we pause for half time and the 7th Tradition]**

**[7:55 we end sharing]** Now it time for **Burning Desires**. That is if you have a desire to use, hurt yourself or hurt someone else, please share now. Leave it here. Don’t take it with you.

Thank to everyone who shared, gave a day count, picked a chip and was in service for the good of the fellowship.

**I have asked \_\_\_\_\_\_\_\_\_\_\_\_\_\_ to read The Promises.**

**We will close with the Third Step Prayer.**