



Hello, and welcome to the Daily Check-in Meeting of Crystal Meth Anonymous Washington DC, my name is _____, and I am a crystal meth addict.

If you are seeking recovery, you are in the right place.

If there is anyone new to our meeting or calling from out of town, would you please introduce yourself and where you're calling from so we may get to know you.

[Let newcomers introduce themselves, if any]

At this meeting we read from The Language of Letting Go and then pause for a 5-minute silent mediation followed by open sharing.

[Pick someone to read or]

Could I please have a volunteer read for us this morning?

[Screen share the following reading:

<https://www.hazeldenbettyford.org/thought-for-the-day/the-language-of-letting-go>]

Thank you for reading _____.

Alright everyone, we will now pause for a 5-minute mediation. If you are going to move around, please turn your camera off and remain muted, we will be back in 5 minutes!

[Start screen share of waterfall video or ask another trusted servant to start the video]

[Set your timer for 5 minutes and paste link to reading in chat box]

[Silently identify if your spiritual timekeeper is present, or pick someone to keep time]

Alright everyone, please come back when you're ready. Did we have anyone who came in during the meditation that's new or visiting from out of town?

At this meeting we have a spiritual timekeeper. _____ will alert you when you have 1 minute remaining. Please keep your shares under 3 minutes and use the raised hand feature under the reactions button and I will call on you.

This meeting supports crosstalk or feedback, as long as it is appropriate and from a place of acceptance and kindness. Please don't share verbally outside of your given time. The chair has the option to close the chat stream if it becomes a distraction. In the spirit of anonymity remember who you see here, what you hear here, when leave here, please let it stay here.

You may share on today's reading or just check-in with us. That's what we're here for.

[Call on participants in the order their raised hands appear in the participants window and lower them as each is called on]

For the Secretary/spiritual timekeeper: 3-minute timer for shares, alert at 1 minute remaining

[Paste the following in the chat at the 30 minute mark:]

The 7th Tradition states we are self-supporting through our own contributions. To contribute and help pay for our zoom account please visit: <https://dccma.com/give> or use Venmo: @DCCMAintergroup

Please reference Daily Check-In Meeting with your donation. Thank you for your support!

[At 8:55, ask for burning desires]

The meeting is almost over and we reserve this time for "burning desires." A burning desire is if you think you'll use, hurt yourself or hurt someone else. We take this time very seriously. If you have a burning desire, please unmute and share it now. Don't take it with you.

[Call on the final raised hands, if any]

[Conclude the meeting at 9am, thank people that shared and invite them back in 23 (or on Fridays 71) hours]

