Tuesday Night Stepping Up
DC CMA 7:15pm

Hello everyone, my name is \_ \_\_\_ and I am a crystal meth addict. Welcome to the Tuesday night Stepping up meeting of Crystal Meth Anonymous, if you’re looking for a new way of life free from using, you’re in the right place.

At this time, please place yourself on mute (click the mute icon) and refrain from using other electronics devices in order to preserve the primary purpose of this meeting.

This includes the chat box. The trusted servants use the chat box for the proper running of the meeting and for administrative purposes, and phone numbers for the newcomer, so it’s helpful if you refrain from using it in a distracting manner. Keep your chats down to a minimum.

Also, please be mindful of your appearance on camera.
For example, please do not smoke or vape on camera and do not have any references to drugs or alcohol in your background.  [Avoid outside issues such as politics in your background and please wear clothing.]

We begin with some readings, which will be on your screen:

Would someone please read “What is CMA”?

Would someone please read “Are You a Tweaker”?

Would someone please read “The 12 steps: A Plan of Action“?

This is a literature meeting. We were rotate through readings from “Just for Today“ and the steps, 1 through 12, from the NA Basic Text.  But before reading this literature, I’d like to ask if this is your first ever CMA meeting, your first time at this meeting, or if you’re calling in from outside the DC area, would you please introduce yourself by first name so that we may get to know you?

[Pause]

For the newcomer, we have found that together, one day at a time, we do recover. We are recovering addicts who have suffered the devastation of addiction and are willing to share our experience, strength, and hope with you. If you’re new and looking for help, just ask in the chat box and somebody will get in touch with you.

Now, let’s turn to today’s readings:

Would someone please read “Just for Today“ for today’s date?

And today, we will be reading step \_(#)\_ from the NA basic text, which is on your screen. Anyone may begin reading, just say “pass“ when you’re done.

Thank you to everyone who read. Before opening the meeting, I’d like to remind you to avoid language that glorifies drug use or drug driven sex. Also, we do not have a time keeper at this meeting, so please be mindful of how much time you use.

At this meeting, you may share about the “Just for Today,“ your experience with step \_\_\_, or where you are in your recovery. Please use the “raise your hand“ button (see the reactions link) if you’d like to share, and I will call on you.  The meeting is now open.

{halftime at 7:45} it’s 7:45 and now I’ll turn it over to our Secretary for halftime.

[five minutes before end of meeting] We are nearing the end of the meeting, but we always save time for burning desires. That is, if you think you’re going to hurt yourself, hurt someone else, or use after the meeting, this is your time to share.  We take this time seriously.

[open meeting again if time permits]

OK… We’ve come to the end of the meeting. If you didn’t get a chance to share, we’ll remain online here for a bit fellowship. I’d like to thank everyone for attending, everyone who read, and everyone who shared a day count.

And we have a great way to close with the we version of the Serenity prayer….God……grant me…….

End of the meeting, chat fellowship follows for a few minutes.