2021

Crystal Meth Anonymous

General Service Conference



Delegate Packet

June 15, 2021

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To conserve expenses and the use of paper,
this document was designed to be printed double sided.

Delegate Packet Summary

In this section of the Delegate Packet, you will find the most important agenda items for Delegates to share with their Area Assemblies, General Service Representatives (GSRs), and groups. Alongside each item, we share with you the associated documents, the type of feedback to elicit from the Fellowship, and what the goal is for each item at the Conference. Each entry here also references the page number in this Delegate Packet where you can find more complete information about the agenda item and/or external download links as needed.

A Delegate Feedback Form is available HERE to help in the information collection.

1. Feedback

The Diversity, Equity, and Inclusion (DEI) Committee has made a request from the Fellowship for guidance on deliverables for the future.

Goal for this item: Provide feedback on DEI Committee deliverables

Location of information: Download here or see Appendix page 43

2. "Help Us Get the Word Out"

The Hospitals and Institutions (H&I) Committee is requesting help to get the word out to Areas and local fellowships about the resources we can provide to help. It has been requested that interested members fill out the section of the attached form to provide feedback.

Goal for this item: Provide feedback on how H&I can help local Areas and fellowships

Location of Information: Download here or see Appendix page 44

3. "Call to the Fellowship"

The Public Information and Outreach (PI&O) Committee has made a Call to the Fellowship to solicit feedback on what PI&O can provide for local groups and fellowships in order to reach professionals and addicts in their Area; and what obstacles are preventing the Area from having the number of meetings it desires. It has been requested that interested members fill out the section of the attached form to provide feedback.

Goal for this item: Provide feedback on how PI&O can effectively help reach the addict who still suffers in your Areas and fellowships

Location of Information: Download here or see Appendix page 45

4. Request for Conference Approval for three CMA Readings

The Literature Committee is seeking Conference Approval for each of these readings:

What is CMA

The Twelve Steps: A Plan of Action

The Twelve Traditions of CMA

Goals for these items: Delegates are requested to get feedback from their fellowships and be prepared to discuss and vote for Conference Approval on each of these three readings at the Conference.

Location of information: Download here or see Appendix page 46

5. Request for Conference Review: ***Sex in Sobriety*** Pamphlet

The Literature Committee is seeking feedback from the Fellowship on the interim-approved pamphlet, *Sex in Sobriety.*

Goals for these items: Delegates are requested to get feedback from their fellowships on the new pamphlet and be prepared to discuss this feedback at the Conference.

Location of information: Download here or see Appendix page 47

6. Voices of the Fellowship (VOTF) "Call to the Fellowship"

The Literature Committee has made a Call to the Fellowship regarding future VOTF projects. It has been requested that interested members fill out the section of the attached form to provide feedback.

Goal for this item: Provide feedback about future VOTF book/booklet projects

Location of information: Download here or see Appendix page 48

7. Feedback

The Finance Committee has made a request of the Fellowship to provide feedback on their webpage information, revenue generation, and experiences with Seventh Tradition.

Goal for this item: Provide ideas on how Finance can help increase funding for the Fellowship.

Location of information: Download here or see Appendix page 49

Letter to the Delegates

Dear Delegates and Members of Crystal Meth Anonymous,

Congratulations, you have been elected as an Area Delegate to the CMA General Service Conference to be held on October 14-17, 2021 in Dallas, TX, and virtually using a hybrid platform. This document will provide a general idea of how to prepare and what you can expect at the Conference. We have tried to make this Delegate Packet streamlined and easy to use. Delegates will be invited to a meeting in the next few weeks to help with any questions you may have regarding this packet or the Conference.

Delegates are the vital link in the chain of communication between the General Service Conference and the local groups, and represent the active voice and effective conscience of the Fellowship. Work done at the General Service level is communicated to the groups (in this packet) and likewise, issues that arise at the group level sometimes need to make their way to the General Service Committee (GSC). ***That is where you come in***. Each year before the Conference, the GSC creates this Delegate Packet. The Packet provides a detailed outline of the Agenda items that will be presented at the Conference as well as the current work of the GSC Advisory Committees. Items that require a vote or feedback at the Conference will be shared by you, the Delegate, with the groups of your Area; that informed conscience is then brought by you to the Conference.

The experiences of current or past Delegates in your Area are invaluable. They can help guide you in the use of the Delegate Packet in preparation for the Conference. Another valuable resource is your Regional Trustee. The Conference Advisory Committee can also assist and be reached via crystalmeth.org under the Contact Us tab.

It is suggested that all Delegates begin attending the monthly Advisory Committee meeting to which you will be assigned. There you will get to know other Delegates, committee members, and the work that is being done by that committee.

Area Assembly

Areas that have a multi-layered service structure can hold an Area Assembly to share the information in the Delegate Packet with the trusted servants from that Area. General Service Representatives (GSRs), District Committee Members (DCMs), and

other representatives from around the State or Province participate at the Assembly, where the Delegate(s) presents the Delegate Packet to elicit feedback about the content. This information is brought back to their groups for feedback and instruction.

A Delegate Feedback Form has been created and can be located HERE. We hope you find it a useful tool in your communication process between the Areas and the General Service Conference.

General Service Conference

The Conference begins Thursday, October 14, 2021, with a Welcome Meeting where you will be introduced to your assigned Conference Committees. Later that evening, there will be a Delegate Meeting where you will get a chance to discuss your questions and hear from other Delegates about their experience at previous Conferences.

We have full days of committee and assembly work. Conference Committees meet on Friday. The Conference Assembly convenes on Saturday morning and concludes by noon Sunday with a Gratitude Panel. And there will be plenty of time for fellowship, activities, and nightly speaker meetings.

Registration

To register, please go to the Conference website at conference.crystalmeth.org.

All meetings will be held at the Doubletree Dallas Market Center and virtually on Zoom. The Zoom meeting IDs and passwords will be provided prior to the event.

Please note the special room rate will be available until September 22, 2021, or until the group block is sold out, whichever comes first. Please reserve your room as soon as possible.

If you have any questions, please contact conference.chair@cmagso.net.

We thank you for your service and look forward to working with you this year.

Best regards,

Aaron M. Chair and John G. Co-Chair,
The General Service Committee of Crystal Meth Anonymous

What to Expect at This Year's General Service Conference

Delegate Meetings – October 14, 2021

On the first day of the Conference, Delegates will have a Meet-and-Greet with their assigned Conference Committees, so they can become more acquainted with their fellow committee members, ask questions of the Committee Chairs, and get a real-time sense of what to expect in advance of the meetings.

Delegates will also participate in the Delegate Meeting, where all of the Delegates will meet with each other and with members of the GSC. Delegates will have the opportunity to discuss any of the issues in this packet, ask questions about their responsibilities at the Conference, and express their feelings. The experience of seasoned Delegates and GSC members from other parts of the Fellowship will be a great resource.

Conference Committee Meetings – October 15, 2021

On this Friday, you will attend your assigned Conference Committee meeting. The committee will discuss in detail the ongoing projects of the Advisory Committees throughout the year, as well as the work done by the Conference Committee that day. These sessions are attended by Advisory Committee members, assigned Delegates, and other CMA members. New Delegates are important as they can bring fresh ideas and perspectives, and are highly encouraged to participate.

The Chair of the Conference Committee will provide a report of this session during the Conference Assembly.

Conference Assembly – October 16-17, 2021

The Conference Assembly is the active voice and effective conscience of the CMA Fellowship as a whole. Each Conference Committee will report on the projects their committees have completed this past year and describe what they plan to work on in the upcoming year. The Annual Financial Report will be provided, and we may vote on new members to the CMA Board. The Conference may also hear minority reports, vote

on matters submitted for Conference Approval, or provide guidance to the Board on spiritual matters affecting the Fellowship. The Assembly is where you will have an opportunity to provide the Conference with feedback from your Area.

There will be opportunities to vote, comment on issues, and deliberate as the assembled fellowship moves through the Conference Agenda.

Conference Assembly Agenda Items

An informed group conscience is critical to the success of our Fellowship. Here are the Conference agenda items that lay out topics for discussion to be presented at the Conference. More detail can be found in the Conference Committee sections below.

Executive Conference Committee

Items for Discussion:

- Intellectual Property Update
- CMA App Update
- International Service Structure
- Nomination Advisory Committee Update
- Organization & Structure Committee
- Google Drive Organization (joint session with Finance Committee)

Diversity, Equity, and Inclusion (DEI) Conference Committee

Items for Discussion:

- Purpose, Scope, and Traditions
- Deliverables for the Fellowship
- DEI Tools and Education for the CMA Board and Trusted Servants
- Strategic Discussion and Two-Year Goals

International Service Structure Conference Committee

Items for Discussion:

- Proposal for Future Service Structures Worldwide
- FAQs Development

Hospitals & Institutions (H&I) Conference Committee

Items for Discussion:

- Review of CMA H&I across North America
- Review Status Updates of Projects
    - Sober Cell Book Project
    - Website review of H&I Sections
    - History of H&I Project
    - H&I Lighthouse Project
    - Tracking and Responding to Requests from Inmates
    - H&I Handbook

Public Information & Outreach (PI&O) Conference Committee

Items for Discussion:

- Medical Professionals Database
- Underserved Areas
- Helpline Update
- Digital Outreach
- Fellowship Survey
- FAQ Document

Literature Conference Committee

Items for Discussion:

- Request for Conference Approval for three CMA Readings (What is CMA, Twelve Steps: A Plan of Action, The Twelve Traditions of CMA)
- Request for Conference Review for *Sex in Sobriety* pamphlet
- Meditation Reader Project
- Translation Project
- Two-year Goals
- Brainstorming/Development Session

Communications Conference Committee

Items for Discussion:

- Existing Service Offerings - website, service portal, CMA app, newsletter, speaker recordings, communications processes
- Committee Liaisons
- New Service Offerings

Finance Conference Committee

Items for Discussion:

- Google Drive Organization
- Virtual Seventh Tradition
- Chart of Accounts
- Revenue Generation
- Future Investments

Documents to Review

Documents that will be discussed or voted on at the Conference are linked to or included in this packet and are referenced as:

- "Request for Conference Review"
  Conference Review is generally for documents making their way along the process to Conference Approval. *(example: Sex in Sobriety Pamphlet)*

- "Request for Conference Approval"
  Conference Approval is the final approval to make a document part of CMA's permanent literature. *(example: The Twelve Traditions of CMA Reading)*

There are also "living documents" that will be discussed by the Conference which are updated periodically. *(example: The Service Manual and H&I Handbook)*

Gratitude Meeting

The Conference will conclude with a Gratitude Panel.

CONFERENCE SCHEDULE

2021 CMA General Service Conference Schedule of Activities

SATURDAY, OCTOBER 2, 2021 (to be held on Zoom)

7:00 AM (EST)	International Service Structure Conference Committee

THURSDAY, OCTOBER 14, 2021

All times are CST

1:00 PM	Registration Opens
3:30 PM	GSC Meeting (GSC Members Only)
4:00 PM	Welcome and Announcements
4:30 PM	Conference Committees Meet & Greet, Secretaries Meeting
5:00 PM	Dinner (On Your Own)
7:00 PM	Speaker Meeting
8:30 PM	Delegate Meeting

FRIDAY, OCTOBER 15, 2021

7:30 AM Registration Opens

8:00 AM Conference Committees Meet for Breakout Sessions:

- Executive
- Diversity, Equity, and Inclusion
- Hospitals and Institutions
- Public Information and Outreach
- Literature
- Communication
- Finance

10:00 AM 15 Minute Break

12:00 PM Lunch (Provided On Site)

1:30 PM Conference Committees Reconvene

3:30 PM 15 Minute Break

5:15 PM Regional Assemblies

5:45 PM Dinner (On Your Own)

7:30 PM Speaker Meeting

8:45 PM Entertainment - Drag Bingo!

SATURDAY, OCTOBER 16, 2021

8:00 AM	Registration Opens
8:00 AM - 12:30 PM	Conference Assembly in Session
10:00 AM	15 Minute Break
12:30 PM	Lunch (On Your Own)
2:00 PM - 5:00 PM	Conference Assembly in Session
3:30 PM	15 Minute Break
5:00 PM	Dinner (On Your Own)
7:00 PM	Speaker Meeting
8:00 PM	Free Evening to See the City or Hang-out in the Hotel

SUNDAY, OCTOBER 17, 2021

9:00 AM	Conference Assembly in Session
11:00 AM	Break
11:15 AM	Gratitude Panel
12:15 PM	Conference Ends

Conference Assembly Procedures

General Rules of Debate

For each item on the Agenda:

- People who wish to speak shall line up at the mic, or use the "Raise Hand" feature on Zoom, and are called upon to speak by the moderator
- Each person may speak for two minutes
- No speaker may speak for a second time on a topic until all who wish to speak have spoken for the first time
- People may line up or raise their hands to speak at any time until the discussion has ended, the "Question is Called", or the motion is tabled
- Voting for a motion is by a show of hands: for, against, or abstention

Substantial Unanimity:

- All matters of policy require substantial unanimity – or a two-thirds vote
- The Minority Opinion will always be solicited and heard
- All motions approved by substantial unanimity will become a Conference *Advisory Action* to the Board — the Board will be compelled to take action based on the direction of the Conference
- A simple majority will constitute a *Recommendation* from the Conference to the Board — the Board will take the recommendation under consideration at a subsequent Board meeting

Calling the Question:

- A motion to "Call the Question" must be made in turn at the mic or by using the "Raise Hand" feature
- This is essentially a motion to end discussion and proceed to a vote; it's a vote on whether to vote; it is not a vote on the original motion

- The motion requires a second and is not debatable
- A two-thirds majority is required
- If passed, debate on the issue ceases, and the Conference proceeds immediately to a vote; if not passed, the debate continues

To Table a Discussion (postpone to a later time during the Assembly):

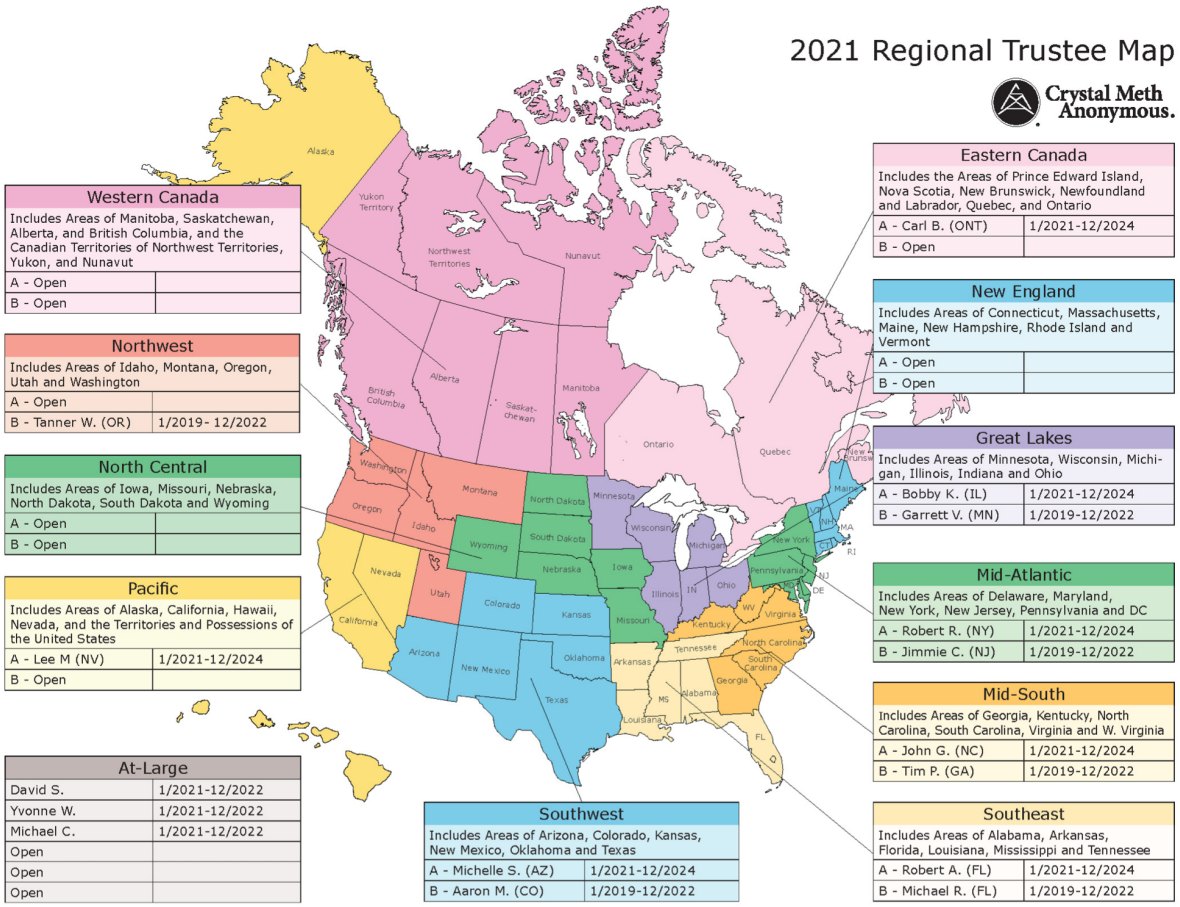
- Requires a motion and a second
- Requires only a simple majority (51%)

Departing from Agenda:

- It is the responsibility of the Chairperson to ensure adherence of the Agenda
- When necessary, the Chairperson may call a vote on whether the Conference shall depart in a significant way from the Agenda (eg, a motion or topic introduced to the assembly that is not on the agenda)
- It requires a two-thirds vote of the Conference to depart in a significant way from the agenda.

CMA REGIONS

North American Conference 2021



As part of the Delegate Packet, the Board will inform the Area Delegates of current or upcoming vacancies for Regional Trustee positions. See the list on the following page to see when these vacancies will become open in your Region.

REGIONAL DIRECTORS (TRUSTEES)

VACANCIES, CURRENT AND UPCOMING

Eastern Canadian Region
Position A – Filled (Term ends 12/31/2024)
Position B – Vacant (Term ends 12/31/2022)

Great Lakes Region
Position A - Filled (Term ends 12/31/2024)
Position B - Filled (Term ends 12/31/2022)

Mid-Atlantic Region
Position A - Filled (Term ends 12/31/2024)
Position B - Filled (Term ends 12/31/2022)

Mid-South Region
Position A - Filled (Term ends 12/31/2024)
Position B - Filled (Term ends 12/31/2022)

New England Region
Position A – Vacant (Term ends 12/31/2024)
Position B - Vacant (Term ends 12/31/2022)

North Central Region
Position A – Vacant (Term ends 12/31/2024)
Position B - Vacant (Term ends 12/31/2022)

Northwest Region
Position A – Vacant (Term ends 12/31/2024)
Position B - Filled (Term ends 12/31/2022)

Pacific Region
Position A - Filled (Term ends 12/31/2024)

Position B - Vacant (Term ends 12/31/2022)

Southeast Region

Position A – Filled (Term ends 12/31/2024)
Position B - Filled (Term ends 12/31/2022)

Southwest Region

Position A - Filled (Term ends 12/31/2024)
Position B - Filled (Term ends 12/31/2022)

Western Canadian Region

Position A – Vacant (Term ends 12/31/2024)
Position B – Vacant (Term ends 12/31/2022)

Executive Conference Committee

Purpose of this Committee

The Executive Committee is a standing committee of the Board of Directors (Board) and is responsible for the overall corporate governance of Crystal Meth Anonymous (CMA). The Executive Committee primarily concerns itself with matters affecting the corporation of Crystal Meth Anonymous. In this regard, it helps ensure CMA's compliance with federal, state and local laws. In conjunction with the Board's attorney, the Executive Committee also handles legal issues as they arise.

The Executive Committee is also the custodian of several important documents for the Board and Fellowship of Crystal Meth Anonymous:

- CMA Conference Charter
- Manual for CMA World Service (Service Manual)
- The Bylaws of Crystal Meth Anonymous

In addition, important strategic discussion and work regarding future operation of the annual General Service Conference (Conference) is assigned to the Executive Committee breakout during the Conference. (This is not specified in the Service Manual, and is subject to change in the future.)

Contact Info: Chair: David S., david.si@cmagso.net

Conference Breakout Session Topics

Intellectual Property Update

The current status of intellectual property registrations will be reviewed, with focus on the Canada refusal and status of the appeal.

CMA App Update

After a successful fundraising campaign, the CMA app is in advanced stages of development, including design, function, deliverables, pricing, and testing. The

Executive Conference Committee will review the status of the app and provide the Conference with an update.

International Service Structure

Background: At the 2018 General Service Conference, a motion was passed for this body to begin working on a template for a World Service Structure by the 2023 Conference, distinct from the existing Service Structure of the North American Conference.

At the 2019 Conference, a motion was passed to establish a CMA World Service Conference Committee, the purpose of which is to:

- Understand and listen to the needs of CMA Worldwide
- Propose structures and systems that satisfy those needs
- Leadership in this committee should be broadly distributed and equitable among the international fellowships involved. The guiding principles of this committee will be the Steps, Traditions and Concepts of CMA.

The International Service Structure Committee was formed from the initial work group and meets bi-monthly towards the development of an International Service Structure.

The International Service Structure Conference Committee met prior to the Conference and an update will be provided on the work that has been done over the course of the last year.

Nominating Advisory Committee Update

Background: The Executive Committee has continued to review the items that came out of the group inventory conducted in 2018. The Nominating Advisory Committee was charged with developing At Large Trustee vetting procedures that were transparent and in line with our spiritual principles.

This year, two process documents were developed and approved by the Board:

- CMA Regional Trustee-to-At Large Trustee Candidate Process
- CMA External At Large Trustee Candidate Process

Nominating is an advisory committee to the Executive Committee and will provide an update on the work it has done over the course of the last year.

Organization & Structure Committee

This new advisory committee to the Executive Committee was approved by the Board at their Annual Board Meeting in May 2021. The committee was formed to address projects and administrative tasks not assigned to other committees, including Google Drive administration, document review and editing, Service Manual maintenance, and record-keeping.

Google Drive Organization

We will have a joint session with the Finance Conference Committee on Google Drive Organization in their support of this activity for the Organization & Structure Committee.

Documents Relating to the Executive Conference Committee

- None

Actionable Items

- None

Diversity, Equity, and Inclusion Conference Committee

The Purpose of this Committee

Background: At the 2019 General Service Conference, the Illinois Area started a conversation about inclusivity and made a motion that the General Service Committee (GSC) facilitates a sharing session at the 2020 Conference about inclusivity with regard to our primary purpose and traditions. The DEI Intergroup was later formed by the fellowship to prepare for the sharing session.

The DEI sharing session was held at last year's Conference (2020). Topics included an overview and background of DEI, DEI and the Traditions, and DEI assessment results. This was followed by an open dialogue and sharing of experiences of CMA fellows around various DEI situations. There was a clear call from the Fellowship for CMA to address DEI.

The Executive Committee started exploring DEI from an organizational perspective. The DEI Workgroup was formed to consider the call from the Fellowship. The workgroup discussed ways that the CMA Board, GSC, and Advisory Committees could provide DEI resources to the Fellowship, including DEI inclusivity statements and literature based on the experience of the Fellowship. The workgroup also examined ways to provide DEI tools and education to the CMA organization itself as well as interface with the various committees on matters related to DEI.

The workgroup recommended a DEI Committee be formed as an Advisory Committee of the GSC to fulfill these needs. This new Advisory Committee was approved by the Board. Feedback from the Fellowship will be very helpful as we move forward.

The DEI Advisory Committee will provide an update on the work they have done in the past year.

Contact Info: dei@cmagso.net

Conference Breakout Session Topics

Purpose, Scope, and Traditions

The scope and purpose of this committee, and issues around the CMA Traditions, including unity, autonomy, primary purpose, outside issues, and anonymity, will be discussed. A Statement of Purpose/Mission Statement will be developed.

Deliverables for the Fellowship

Items requested by the Fellowship include inclusivity statements, DEI-related literature, and non-binary meeting scripts. This work will commence or continue at this Conference Committee session.

DEI Tools and Education for the CMA Board and Trusted Servants

A DEI workshop for the Board and GSC is planned at the annual Board retreat in August. This activity will be reviewed and ideas will be generated for continued development of DEI tools and education for Trusted Servants.

Strategic Discussion and Two-year Goals

Brain-storming session for development of two-year goals for the committee.

Documents Relating to the DEI Conference Committee

- None

Actionable Items

- Provide guidance on the DEI Committee, including desires and deliverables, suggestions, etc.
- Encourage members to attend the DEI Conference Committee and Advisory Committee

International Service Structure Conference Committee

The Purpose of this Committee

At the 2018 CMA General Service Conference, the following motion was made: "Peter S (AU) moves to establish a template for a World Service Structure by the 2023 General Service Conference." The motion was seconded by David M (MN). This motion was passed at that same conference. The existing International working group (which at the time was primarily a reporting and information sharing resource), was tasked with developing this template.

The International Committee is developing a proposal for future service structures worldwide, with an awareness that global fellowships are autonomous. We recognize that these structures are best adapted and developed locally to suit linguistic and cultural needs. We are also in regular communication with the Literature subcommittee regarding their translation projects.

We are aware that a "one size fits all" approach won't be that useful, so we are developing FAQs detailing the experience of creating the service structures which already exist in North America, and questions emerging from our international members. We also plan to outline guiding principles such as democratic processes, representation, autonomy, anonymity, ways to encourage service, and respecting linguistic and cultural identity.

We are aware of CMA meetings in Africa, Asia, Australia, Europe, North America, and the Middle East. We currently have regular representation from Australia, Canada, Germany, the UK, and Nepal; with occasional representation from other countries. At this time, our committee meetings are in English, but we are aware that live translation may be necessary as the fellowship grows worldwide.

We meet twice a month, on the first and second Saturdays, at 11:00 a.m. UTC (Universal Time Coordinated) which is a reasonable shared meeting time across multiple time zones. Our first monthly meeting is a work session devoted to developing documents and brainstorming, the second one is a reporting meeting at which we update the committee on progress of work and hear reports from trusted servants of issues affecting the fellowship around the world.

Your participation is welcome; please contact the International Committee secretary Trish M. at international@cmagso.net if you would like to be added to our invitation emails.

Contact Info:

Chair: Will H., will.h@cmagso.net

Conference Breakout Session Topics

Proposal for Future Service Structures Worldwide

FAQs Development

Documents Relating to the International Service Structure Conference Committee

- None

Actionable Items

- None

Hospitals & Institutions (H&I) Conference Committee

The Purpose of this Committee

The purpose of this Advisory Committee is to carry the message of recovery to the Crystal Meth addicts who are confined and/or restricted and would otherwise not be able to attend a CMA meeting. The H&I Advisory Committee carries out this purpose by performing the following activities:

- Provides guidance to CMA members involved in H&I service throughout the fellowship by soliciting participation and input from all of those involved in H&I activities within the various service elements of CMA (eg, Area, District, Intergroup, etc.)

- Establishes recommended guidelines and suggested meeting formats for CMA H&I meetings

- Encourages and assists all H&I meetings to:
  - Adhere to the guidelines and rules of the facilities in which they hold meetings
  - Provide CMA Conference-approved literature to the facilities and meeting participants
  - Provide a means of celebrating various lengths of recovery to those attending meetings
  - Carry the message of recovery from addiction to the crystal meth addict

H&I service work occurs primarily at the local level, as Areas, Districts, and Intergroups are generally responsible for carrying meetings or panels into facilities. Therefore, the main objective of the H&I Advisory Committee is to support the work of the local service structure in this mission. By collecting the experiences of H&I service people from throughout CMA, the H&I Advisory Committee can serve as a resource to local service entities on how to set up H&I meetings and overcome problems they may encounter.

Contact Info:

Chair: James C., James.Ca@cmagso.net
Co-Chair: Sarah G., Sarah.G@cmagso.net

Conference Breakout Session Topics

Review of CMA H&I across North America

We will go around the room and talk about what is working and what needs to be addressed to get the message of recovery to addicts who are confined and/or restricted, and would otherwise not be able to attend a CMA meeting.

Review status updates of projects

A quick update will be given on these items to get everyone up to speed prior to action items.

- *Voices of the Fellowship: Sober Cell - From the Inside Looking Out*
    - Near Completion – Book nearing approval status.
    - Going Forward – Distribution and Future Books
- Website review of H&I sections (with Communications):
    - Submitted Suggestions To Pete S.
- History of H&I project (information gathering form distributed with Delegate packet):
    - For this ongoing project we will continue to collect the local histories of H&I with an eye towards what might be useful to include in the H&I Handbook
- H&I Lighthouse Project:
    - Contact and meeting information is always changing. We will look at updating this information and making it available to keep us connected and able to share experiences.
- Tracking and responding to requests from inmates:

- We will review the much lower number of requests the past year, and how our other projects tie into trying to get the message out that we have resources for anyone on the inside.

- H&I Handbook:
  - The Handbook is a living document available on the crystalmeth.org website that will continue to be updated as the Advisory Committee continues its work.

Action Items

Discuss H&I projects for the coming year and confirm leads for each. We will transition into work groups and come up with solutions and actions for the following items

- 2021-2022 Budget
- Website Review/Revision and Discussions
- Handbook Review
- Discussion on Future Projects

Documents Relating to the H&I Conference Committee

H&I does not have any items for Conference review or approval. For information purposes we provide the following documents to Delegates and Conference attendees:

- *Letter to Facilities*
  www.crystalmeth.org/download/hi-letter-to-facilities/
- *Inside Meeting Starter Kit*
  www.crystalmeth.org/download/hi-inside-meeting-starter-kit/
- *H&I Handbook*
  www.crystalmeth.org/wpx/download/hi-information-handbook/

Actionable Items

- Help Us Get The Word Out: We ask Delegates to help get the word out to their Areas and local fellowships about the resources we can provide to help them.

That is our main purpose and we rely on the Delegates for this communication. Please let your Areas know about:

  - The *Letter to Facilities*: a letter PI&O and H&I created that summarizes the CMA online recovery resources which facilities can use. Any Area or District can use this letter to reach out to jails, prisons, and recovery houses to get the word out and establish a relationship that may work towards a future H&I meeting that can be brought in. It is included in this Delegate Packet and is also on the CMA website.
  - History of H&I project: We continue to gather the collective experience of H&I across the Fellowship. Please let us know if there is someone who has a story to tell about how H&I started in your Area. We can provide forms or gather the information with a phone call.
  - H&I Lighthouse Project: The H&I Advisory Committee functions best when we can communicate with the local and Area H&I members. Please let us know who is doing H&I in your Area.
  - H&I Handbook: Please let your fellowship know about the H&I Handbook. We want feedback and ideas of new sections to add to it.
  - Coming Soon: *Voices of the Fellowship: A Sober Cell – From the Inside Looking Out*: This booklet of personal recovery stories with an H&I angle should be ready to send to addicts inside facilities soon. It even includes an *Inside Meeting Starter Kit* (available now on the website; *see links under section 5*). More information will become available soon.

- Help Get the Word To Us: Please let us know your Area's H&I needs and where we can help. The H&I Advisory Committee exists to help H&I at the local level. Our projects reflect past needs we have identified. We are always looking for new ways we can help.

Public Information & Outreach (PI&O) Conference Committee

The Purpose of this Committee:

CMA PI&O has one ultimate focus, and it mirrors the primary purpose of each CMA Group, "to carry its message to the addict who still suffers." PI&O accomplishes this in three ways:

- Providing information to the public regarding the CMA fellowship.
- Providing information to the "non-addict" whose work or association may be involved with an active crystal meth addict.
- Providing information to the CMA fellowship, keeping it well informed so that members and groups may work more effectively to carry the message.

Contact Info: Chair: Armando D., armando.d@cmagso.net

Conference Breakout Session Topics

Medical Professionals Database

Underserved Areas

Helpline Update

Digital Outreach

Fellowship Survey

FAQ Document

Documents Relating to the PI&0 Conference Committee

- None

Actionable Items

- Call to the Fellowship
    - What can the PI&O Committee create/provide to help local fellowships reach professionals and the still-suffering addict?
    - If your Area currently has a meeting one or two days a week and has the desire to have more meetings during the week, what are the obstacles that prevent that?
- Provide Direction to the Delegates:
    - When you are holding your Area/ District meetings, please inquire about the support you would like from the GSC PI&O Committee. This feedback will be presented at the PI&O breakout session.
- How do Delegates provide their feedback:
    - Please submit your feedback, ideas, suggestions and requests from your Districts and Areas via the Delegate Feedback Form, or directly via email at *publicinfo@cmagso.net*. Feedback should be received prior to the Conference in October.

Literature Conference Committee

The Purpose of this Committee

The purpose of this committee is to produce literature for the Fellowship of CMA. This literature should carry the message of recovery from crystal meth addiction through the application of the spiritual principles outlined in the Twelve Steps and Twelve Traditions of CMA. The Literature Advisory Committee carries out this purpose through the following activities:

- Solicits literature submissions from individual members or local literature committees of CMA
- Writes and edits literature
- Adheres to the guidelines for literature adopted by the General Service Conference
- Recommends such literature for approval by the GSC and the Conference

Literature is certainly one of the most effective means by which CMA is able to carry its message to crystal meth addicts. Therefore, it is essential that all Conference approved literature reflect, to the greatest extent possible, the collective experience of CMA as a whole. Notwithstanding this, the Literature Advisory Committee can also create literature that focuses this message to a specific demographic.

In considering topics for new literature, time and care should be taken both in deciding what literature to create and what relevant experience we have with the proposed subject. Whenever the committee completes a new piece of literature, it is first submitted to the GSC for interim approval. It can then be circulated to the Fellowship.

When completed, the Fellowship should be given ample opportunity to review any new literature and provide feedback before submission to the Conference for approval.

Contact Info:

Freddie C. fred.d@cmagso.net

Conference Breakout Session Topics

- An overview of projects that the Literature Advisory Committee (LAC) has worked on over the last years will be presented. Updates on our upcoming books, translations, pamphlets, readings, meeting formats, joint committee projects, and booklets that are currently in progress, including:
    - *Voices of the Fellowship: Our Recovery*, which received interim approval in 2021
    - *Sex in Sobriety* pamphlet, which received interim approval in 2020 and for which we are seeking feedback from the Fellowship
    - *What is CMA*, *The Twelve Steps: A Plan of Action*, and *The Twelve Traditions of Crystal Meth Anonymous* readings, for which we are seeking Conference Approval
    - *A Sober Cell: From the Inside Looking Out*, our joint project with the H&I Committee
- Brainstorming session: What does our fellowship want from us? This will be an opportunity for all of us to chime in and discuss new ideas for future projects, especially from new members of the committee.
- Meditation Reader Project
- Literature Translation Project
- Two Year Goal Update - A brief report on what's been accomplished of our goals, and what the next year looks like
- Development Session - The members of the Literature Conference Committee will collectively develop ideas for new projects.

Documents Relating to the Literature Conference Committee

- *Sex in Sobriety* - www.crystalmeth.org/download/sex-in-sobriety/
- *What is CMA* - www.crystalmeth.org/download/what-is-cma/
- *The Twelve Steps: A Plan of Action* - www.crystalmeth.org/download/the-twelve-steps-a-plan-of-action/
- *The Twelve Traditions of Crystal Meth Anonymous* - www.crystalmeth.org/download/the-twelve-traditions/

Actionable Items

- The readings *What is CMA, The Twelve Steps: A Plan of Action,* and *The Twelve Traditions of Crystal Meth Anonymous* received interim approval from the GSC in 2019 and has been on the CMA website since that time. The Literature Advisory Committee is requesting Conference Approval for each of these readings.

- The pamphlet *Sex in Sobriety* received interim approval after the 2020 Conference and has been on the CMA website since that time. The Literature Advisory Committee is seeking feedback from the Fellowship on this pamphlet.

- A call to the Fellowship. Delegates, the Literature Committee is inviting you to reach out to your local fellowships and ask: What kind of literature from CMA would you like to see in the future? Below is a list of projects and suggested topics, some of which are in different stages of production. This will give you an example of ideas that came to us from the fellowship in past Conferences. We will have a portion of our report dedicated to hearing from Delegates as you share ideas from your Area. In addition, any feedback or questions regarding the current list would be welcome.
    - Voices of the Fellowship (VOTF) Projects
        - VOTF: Daily Meditations
        - VOTF: Our Families
        - VOTF: Sex in Sobriety
        - VOTF: Our Mental Health
        - VOTF: A Step at a Time (This could be a series of 12 small booklets focusing on individual experiences with that Step)

- VOTF: Steps 6 & 7
- VOTF: A History of CMA In the Beginning
- VOTF: Prison and Legal Issues
- VOTF: What We Do to Stay Sober
- VOTF: Sobriety at 10 Years and Beyond
- VOTF: New beginnings - Returning from a Relapse
- VOTF: Sponsorship - How do we do what we do?
- VOTF: Women
- VOTF: DEI
- VOTF: Aging
- VOTF: Sober and Isolated in Areas Without Meetings
- VOTF: Challenges in Recovery, Straight/LGBTQ Challenges

Communications Conference Committee

The Purpose of this Committee

To develop, deliver, and facilitate communication within the Fellowship of CMA. The Communications Advisory Committee carries out this purpose by:

- Providing communication to CMA members involved in all areas of service throughout the Fellowship with the goal of providing information and soliciting participation and input from all of those involved in activities within the various service elements (e.g. Area, District, Group, Intergroup, etc.)
- Managing the CMA General Service website: crystalmeth.org
- Managing the CMA Service Member's Portal: cmaservice.org
- Establishing recommended guidelines for CMA communications and activities

Contact Info: Chair: Brandon S., brandon.s@cmagso.net

Conference Breakout Session Topics

Existing Service Offerings

Review of current offerings, goals from last Conference, and discussion regarding goals for the coming year.

- Website - Pete S.
- Service Portal - Brandon S.
- Speaker Recordings - John G.
- CMA App - Dale G.
- Newsletter
- Communications Process

Committee Liaisons

Making sure we are engaged and serving the other Advisory Committees.

- Conference
- Finance
- H&I
- Literature
- PI&O

New Service Offerings

Additional ways we can meet our objectives and better communicate up through the service structure and to the Fellowship as a whole.

Documents Relating to the Communication Conference Committee

- None

Actionable Items

- None

Finance Conference Committee

The Purpose of this Committee

The purpose of the Finance Advisory Committee is to develop and implement policies and procedures in all matters concerning the finances of Crystal Meth Anonymous, including ways and means to generate funds necessary for the continued growth of the Fellowship, in accordance with our Twelve Traditions and Twelve Concepts. The Finance Advisory Committee carries out this purpose through the following activities:

- Drafts annual CMA budget and advises on budget development and submission
- Recommends other financial priorities
- Advises on:
    - Acquisition of assets in a manner consistent with CMA Twelve Traditions, CMA Twelve Concepts and applicable laws
    - Management, maintenance, and protection of assets
    - Liabilities and contingent liabilities
    - Required financial filings
    - Ensuring that receivables are collected in a timely manner
    - Ensuring that invoices and other payments are made in a timely manner
    - Utilization of assets (i.e., expenses) to meet needs of CMA as determined by trusted servants in a manner that benefits CMA as whole and does not inure to individuals by asking:
        - Does the expenditure support the mission of CMA?
        - Is the expenditure disallowed by CMA Bylaws or applicable law?
        - Has the expenditure been properly authorized in writing?

- Acts as a resource for CMA groups on financial matters including, but not limited to, advising on negotiating leases and other contracts

Contact Info: Chair: Bruce W., bruce.w@cmagso.net

Conference Breakout Session Topics

Google Drive Organization

The Finance Advisory Committee will work with the Structure Committee to organize our Google Drive and other legal documents in a manner consistent across the entire organization; possible joint session with the Executive Committee.

Virtual Seventh Tradition

The Finance Advisory Committee will continue the discussion started at our Annual Town Hall presentation on how to best assist and provide guidance to groups and Areas in creating and maintaining virtual Seventh Tradition collections in a post-COVID world.

Chart of Accounts

The Finance Advisory Committee will discuss how to best revise the Chart of Accounts currently in use to provide clearer reporting and information for consumption by the general Fellowship.

Revenue Generation

The Finance Advisory Committee will continue its ongoing efforts to discuss and implement new and innovative ways to create revenue streams that will yield positive dividends for the benefit of the Fellowship.

Future Investments

The Finance Advisory Committee will work with the other Advisory Committees to create dynamic investment in the future of the Fellowship by aggregating the projects and ideas left unfunded by the current budgeting process and making them priorities in the coming fiscal year.

Documents Relating to the Finance Conference Committee

- None

Actionable Items

- Delegates can review the Finance Advisory Committee page of the crystalmeth.org website, especially the Quarterly Profit & Loss Report, and be prepared to discuss what did and did not make sense to them and how the data could better be presented in a manner that would help them to understand what the numbers mean.
- Delegates can request that the individual groups within their Areas have meetings to discuss possible revenue generating ideas that they would like to see and have those brought back to them to then in turn be reported to the Finance Advisory Committee for consideration.
- Delegates can reach out to the groups within their respective Areas to gather their personal experiences with collecting virtual Seventh Tradition, as well as any questions or concerns they may have for deliberations by the Finance Advisory Committee.

Appendix

This section may contain documents for you to review that will be voted on or discussed at the Conference. Other documents that will be discussed can be downloaded from the hyperlinks provided throughout the Delegated Packet.

For your convenience, you can also use the Delegate Feedback Form to record the collective conscience of the fellowship in your Area.

DELEGATE FEEDBACK FORM

Dear Delegate,

Thank you for your service in facilitating the communication between the Fellowship and the General Service Conference. The work you do to collect the group conscience of the Fellowship is invaluable to the work done in CMA General Services. The Conference is the effective voice of the Fellowship and the work you do is the main wellspring by which that voice is spoken at the Conference. This form may be useful in documenting the collective conscience of your Area. We hope that it will aid you in recording the feedback you receive about various pieces of literature, initiatives we are undertaking, or changes to our documents that are proposed for the upcoming Conference. Fill out the blank form for whatever item on which you are collecting information. Fill in any feedback you receive so that you can record the group conscience.

Thank you for your service.

1. Approximately how many CMA Groups are there in your Area? _____

2. How many individual CMA Groups or their GSRs did you communicate with about the

Delegate Packet? _____

3. How do you communicate with your groups about the Delegate Packet?

Area Assembly _____

District/Intergroup Meetings _____

Visiting Individual Meetings _____

4. Was there enough time to get good feedback on the items in the Delegate Packet between

the release of the Delegate Packet and the Conference? Yes_____ No _____

Feedback to the Diversity, Equity, and Inclusion Committee's request for guidance on future deliverables and participation on the Committee.

With how many CMA Groups or GSRs were you able to discuss this item?_____

Did you feel like you had all of the information you needed about this item?_____

If not, what further information would you like to have had?

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What feedback was given to you about this item?

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Was any vote taken on this item? Yes _____ No _____

If so, what was the motion and what was the outcome?

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Feedback to the H&I Committee's request to Help Us Get the Word Out.

With how many CMA Groups or GSRs were you able to discuss this item?_____

Did you feel like you had all of the information you needed about this item?_____

If not, what further information would you like to have had?

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Were you able to bring back completed forms to the Conference? What feedback was given to

you about this item?

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Was any vote taken on this item? Yes _____ No _____

If so, what was the motion and what was the outcome?

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Feedback to the PI&O Committee's Call to the Fellowship.

With how many CMA Groups or GSRs were you able to discuss this item?_____

Did you feel like you had all of the information you needed about this item?_____

If not, what further information would you like to have had?

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What feedback was given to you about this item?

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Was any vote taken on this item? Yes _____ No _____

If so, what was the motion and what was the outcome?

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Feedback to the Literature Advisory Committee's request for Conference Approval of three CMA readings, ***What is CMA, Twelve Steps: A Plan of Action,*** and ***The Twelve Traditions***.

With how many CMA Groups or GSRs were you able to discuss this item?_____

Did you feel like you had all of the information you needed about this item?_____

If not, what further information would you like to have had?

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What feedback was given to you about this item?

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Was any vote taken on this item? Yes _____ No _____

If so, what was the motion and what was the outcome?

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Feedback to the Literature Advisory Committee's request for Conference Review of the pamphlet ***Sex in Sobriety***.

With how many CMA Groups or GSRs were you able to discuss this item?_____

Did you feel like you had all of the information you needed about this item?_____

If not, what further information would you like to have had?

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What feedback was given to you about this item?

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Was any vote taken on this item? Yes _____ No _____

If so, what was the motion and what was the outcome?

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Feedback to the Literature Advisory Committee's Call to the Fellowship regarding future Voices of the Fellowship projects.

With how many CMA Groups or GSRs were you able to discuss this item?_____

Did you feel like you had all of the information you needed about this item?_____

If not, what further information would you like to have had?

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What feedback was given to you about this item?

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Was any vote taken on this item? Yes _____ No _____

If so, what was the motion and what was the outcome?

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Feedback to the Finance Committee's request for a review of their information on the website, ideas for revenue generation, and experiences with Seventh Tradition.

With how many CMA Groups or GSRs were you able to discuss this item?_____

Did you feel like you had all of the information you needed about this item?_____

If not, what further information would you like to have had?

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What feedback was given to you about this item?

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Was any vote taken on this item? Yes _____ No _____

If so, what was the motion and what was the outcome?

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Crystal Meth Anonymous
Hospitals and Institutions Advisory Committee
4470 W Sunset Blvd Ste 107, PMB 555
Los Angeles CA 90027

To Our Valued Members of the Addiction Treatment Community:

We reach out in the hope that we may be of service to those in your care who might benefit from the fellowship of Crystal Meth Anonymous (CMA). CMA is a fellowship of people who share their experience, strength and hope with each other, so they may solve their common problem and help others to recover from addiction to crystal meth.

With so many facilities closed to outside visitors and many in-facility twelve step meetings suspended, we would like to present alternate ways of carrying the message of recovery to those in need.

CMA uses the twelve step model of recovery. On our website, www.crystalmeth.org, we offer:

- **Resources so clients can hold their own CMA meetings.**
  Perhaps your clients would like to hold their own CMA meetings. On the website, you'll find the CMA meeting formats and readings.
- **Speaker recordings and stories.**
  Clients can hear and read stories of recovery on our online library titled Voices of the Fellowship.
- **Online meetings.**
  We hold both regular meetings and recovery facility panels online. For an updated list of online CMA meetings, access the meeting list.
- **CMA National Helpline**:
  If you have questions about anything CMA-related, please call us at 855.METH.FREE (855.638.4373).

If you would like us to mail you additional materials about Crystal Meth Anonymous or to inquire about getting a CMA meeting brought into your organization, please email us at hospitals.institutions@cmagso.net.

Thank you,

Crystal Meth Anonymous
https://crystalmeth.org
855.METH.FREE (855.638.4373)
hospitals.institutions@cmagso.net

with our sponsors, going to meetings, joining in fellowship, and doing service, we foster healthy connections in CMA.

How we feel about almost everything—and everyone—is likely to change during our first few years clean. For that reason, getting into or out of a relationship can be incredibly stressful in early sobriety. Some of us who impulsively broke up with partners found we were unable to deal with being alone. Others who dove into new attachments lost any semblance of serenity. Some took the suggestion not to date in early recovery. We were encouraged to "keep it simple." We were of service to our fellows. We learned how to be intimate and built platonic friendships that helped us with dating, romance, and sex when the time came. Looking around in meetings, we found plenty of examples of people who've made the transition to sex without drugs and stayed sober.

A Sexual Ideal Working the Twelve Steps provides us a set of values that promotes healthier relationships. We establish boundaries and gain self-awareness of our motives, character defects, and character assets. In Steps Four and Five, we shape a sound ideal for our sex life.

With each relationship, we ask ourselves, "Am I being selfish, self-seeking, or dishonest? Am I acting out of fear? Is what I am doing potentially harmful or destructive?" As we take our inventory and examine our motives, every intimate encounter becomes an opportunity to be more honest, considerate, and loving. We seek to align our sex lives with our Higher Power's will for us. Learning how to connect with others beyond satisfying our own needs, we establish a sexual ideal that works for us.

Connection Walking our sober path and practicing the spiritual principles of the Twelve Steps in our everyday lives, we experience increasing comfort with intimacy and the joy of living without shame and remorse. We wake up to a wonderful fact: We can be sober—in the moment, in our right mind—and not want to jump out of our skin. We learn to love ourselves and begin to feel whole again. In time, we can enjoy sex without thinking of crystal meth.

Sobriety allows all kinds of connections to become possible again. We find new friends in our fellowship and rediscover bonds with family and friends who respect our recovery. We feel grateful for those relationships. Each day, we're given the opportunity to explore healthy intimacy with everyone, including ourselves. It may be the most difficult and rewarding thing we do, and we do it with the support and wisdom of the fellowship.

Our sober sex lives have a new spiritual center. One relationship we try to cultivate as we work the Steps is our relationship with a Higher Power. Where solitude used to terrify us, we now find it can be a beautiful experience. Cultivating conscious contact with our Higher Power, we realize that we are never alone. Day by day in recovery, whatever our spiritual and romantic lives look like, we no longer fear connection. We have found true intimacy, with ourselves and with others.

CMA Interim Approved Literature

The General Service Committee has approved this literature to be used widely by the fellowship, and encourages feedback and comment so that it may be considered in the future for approval by the General Service Conference.

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CMA Helpline - (855) 638-4373

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SEX IN SOBRIETY

FROM DRUG DRIVEN SEX TO A SEXUAL IDEAL.

Crystal Meth Anonymous

When it comes to sex in sobriety, we may not have all the answers, but we can offer some solutions. We understand that there's a wide spectrum of sexual behavior, and we do not place judgment on anyone's preferences or activities. One thing we do agree on: Sober sex is not only possible; it can be wonderful. In this pamphlet, we'd like to share some of our experience, and, specifically, how we worked the Twelve Steps with our sponsors to address issues around sex and meth.

In our addiction, some of us experienced out-of-control, obsessive sexual behavior in combination with our crystal meth use. Some continue to suffer in recovery from the same obsessions. Others have difficulty finding sexual fulfillment. We may sometimes feel embarrassed, guilty, or regretful about our past, but sharing our experience in meetings and with our sponsors helps us realize we are not alone. We're comforted to learn that many of our fellows are also dealing with issues surrounding sex. The solution begins with honesty.

Like many crystal meth addicts, our thoughts and feelings about sex were shaped and sometimes distorted by our using. There may have been times we felt confused or overwhelmed by the complex emotions sex brings up. That's when we turned to our program, working the Twelve Steps and applying spiritual principles. In time, we grew to love ourselves and trust our Higher Power. We learned to no longer fear intimacy and found an ease in exploring and enjoying sex and having fun. With time, patience, a solid foundation in the Steps, and the support of our sponsor and the fellowship, we learned how to practice the principles of faith, hope, honesty, and trust to experience fulfilling lives.

Drug Driven Sex We turned to crystal as a way to escape. Maybe we felt personally or sexually inadequate. Maybe we were abused. Maybe we hurt others or ourselves. Maybe we lost the love and trust of people who were close to us. By the time we came to recovery, our self-esteem was so badly battered by our drug-driven sexual behavior that many of us struggled with a heavy sense of shame and lacked self-acceptance.

We were accustomed to using people and allowing ourselves to be used. Sex was just another way to hide from pain, from relationships, from responsibility, from the whole world. Some of us got high at first to pursue sex, but soon were trading our bodies for that next hit. Ultimately we were unsatisfied by both sex and drugs, and felt physically and emotionally isolated. Yet still we searched for more, more, always more.

Crystal meth addicts aren't the first people to have complicated feelings or compulsive behavior around sex. It's a complicated subject even for those who aren't addicts. How can we enjoy our inherent instincts for sex and intimacy without causing harm or sinking into remorse and fear, or worse, relapsing?

There is hope! Many of us have been relieved of the shame we used to live with. We recognize addiction as a disease and believe we are essentially good people trying the best we can. With honesty, open-mindedness, willingness, and a lot of patience, we're able to build and repair relationships with others and ourselves. Today we reach out to others not just to take, but to share.

Sober sex can be scary at first. We can be frightened of feeling vulnerable without some substance to hide behind, especially with our clothes off! It may be challenging, but sober sex is infinitely more satisfying than the unfulfilling obsession we've left behind. Where drug-driven sex left us in pain and isolation, our new reality brings us personal growth and real connection.

We Can Stay Sober When we first came into CMA, we found ourselves susceptible to euphoric recall and struggled to set aside potent memories of sexual encounters on meth. Feeling lonely, some sought out risky people, places, and things. A few of us, exhilarated and happy for the first time in years, rushed into a new romance—climbing onto an emotional roller coaster that threw us for a loop. Many CMA members say the quest for sexual contact led them back to crystal. What's going on?

Sex had become intertwined with our meth use, and severing this link takes time and effort. Our experience is that we need to stay rooted in our Twelve Step program. In recovery, many of us examined our relationships with certain partners, clubs, bars, pornography, sex-focused apps, and websites that led us to use meth. The work we did on our inventory and with our sponsor resulted in many different paths toward our new relationship with sex. Some members, with their sponsor's guidance, chose a period of abstinence. Others were directed to bring their Higher Power with them into their explorations of sober sex. No matter what path we chose toward a sober sex life, we were all able to rely on the safety net of the fellowship whenever we were triggered or frightened.

Many of us were broken down physically, emotionally, and spiritually. Crystal made intimacy—social and sexual—impossible. To become whole again, we needed time: Time to work the Steps with a sponsor, time to make sober connections, time to gather strength and hope from supportive fellows, and time to learn to have love and compassion for ourselves. Early on, things may feel strange and unsatisfying. That's okay.

After we've regained some stability and health, thoughts of drug-driven sex can still come upon us, seemingly out of nowhere. When these fantasies arrive, we ask ourselves, "What am I really looking for?" Sometimes it's as simple as not being alone. That's when we lean on the fellowship for support, by calling, talking, and sharing with other fellows. Just by staying connected and asking for help, we might be helping them as well. Perhaps they were also feeling isolated, living in fear, unable to reach out. Working with each other to stay sober, we're carrying the message of recovery. By sharing

What Is CMA?

CMA has a simple message:
Recovery from meth addiction *is* possible.
You never have to use again.
And you don't have to recover alone.

We are Crystal Meth Anonymous. Together we practice the Twelve Steps as a new way to live, free from crystal meth use.

The only requirement for membership is a desire to stop using. There are no dues or fees. We share our experience, strength, and hope to help each other stay clean and sober, one day at a time. Through our actions and service, we carry the message of recovery to the addict who still suffers.

Our Fellowship advocates complete abstinence from crystal meth and all other mind-altering substances, including alcohol, marijuana, inhalants, and any medication not taken as prescribed.

We suggest laying a solid foundation with

- Meetings and fellowship
- Sponsorship and Step work
- Service and commitments

Remaining anonymous gives every member the same opportunity to recover. We are simply addicts helping other addicts.

If you think you have a problem with crystal meth, you're in the right place. You always have a seat here. Welcome home.



CMA Interim Approved Literature
The General Service Committee has approved this literature to be used widely by the Fellowship, and encourages feedback and comment so that it may be considered in the future for approval by the General Service Conference.

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4.12.2019

Crystal Meth Anonymous®

THE TWELVE STEPS: A Plan of Action

We come to CMA because of our common problem. We stay because of our common solution. To find long-term freedom from the grip of addiction, we work the Twelve Steps of Crystal Meth Anonymous:

1. We admitted that we were powerless over crystal meth and our lives had become unmanageable.
2. Came to believe that a power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of a God *of our understanding*.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked God to remove our shortcomings.
8. Made a list of all persons we had harmed and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with a God *of our understanding* praying only for the knowledge of God's will for us, and the power to carry that out.
12. Having had a spiritual awakening as a result of these steps, we tried to carry this message to crystal meth addicts, and to practice these principles in all of our affairs.

Continued

Crystal meth seemed like the answer to our problems. Not anymore. We realize our drug use was killing us. Once we started, we couldn't stop. Today, to stay clean and sober, we don't pick up—no matter what.

When we take action, we choose faith over fear and progress over perfection. As we work the Steps, we put spiritual principles into motion.

Surrender is an action...it brings freedom.
Humility is an action...it brings perspective.
Gratitude is an action...it brings contentment.

This is the gift of recovery: We awaken, our lives improve, and we gradually move from self to service. We act as messengers to others who are suffering—messengers of hope and healing, of connection, compassion, and yes, even joy.

The Twelve Steps of Alcoholics Anonymous have been reprinted and adapted with the permission of Alcoholics Anonymous World Services, Inc. ("A.A.W.S."). Permission to reprint and adapt the Twelve Steps does not mean that Alcoholics Anonymous is affiliated with this program. A.A. is a program of recovery from alcoholism only—use of A.A.'s Steps or an adapted version of its Steps in connection with programs and activities which are patterned after A.A., but which address other problems, or use in any other non-A.A. context, does not imply otherwise.
The Twelve Steps of Alcoholics Anonymous: "1. We admitted we were powerless over alcohol—that our lives had become unmanageable. 2. Came to believe that a Power greater than ourselves could restore us to sanity. 3. Made a decision to turn our will and our lives over to the care of God *as we understood Him*. 4. Made a searching and fearless moral inventory of ourselves. 5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs. 6. Were entirely ready to have God remove all these defects of character. 7. Humbly asked Him to remove our shortcomings. 8. Made a list of all persons we had harmed, and became willing to make amends to them all. 9. Made direct amends to such people wherever possible, except when to do so would injure them or others. 10. Continued to take personal inventory and when we were wrong promptly admitted it. 11. Sought through prayer and meditation to improve our conscious contact with God *as we understood Him*, praying only for knowledge of His will for us and the power to carry that out. 12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs."

CMA Interim Approved Literature
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THE TWELVE TRADITIONS of Crystal Meth Anonymous

The Twelve Traditions guide the group just as the Twelve Steps guide the individual.

1. Our common welfare should come first; personal recovery depends on CMA unity.
2. For our group purpose there is but one ultimate authority—a loving God as expressed in our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for CMA membership is a desire to stop using.
4. Each group should be autonomous except in matters affecting other groups or CMA as a whole.
5. Each group has but one primary purpose—to carry the message to the addict who still suffers.
6. A CMA group ought never endorse, finance, or lend the CMA name to any related facility or outside enterprise, lest problems of money, property, or prestige divert us from our primary purpose.
7. Every CMA group ought to be fully self-supporting, declining outside contributions.
8. Crystal Meth Anonymous should remain forever nonprofessional, but our service centers may employ special workers.
9. CMA, as such, ought never be organized, but we may create service boards or committees directly responsible to those they serve.
10. Crystal Meth Anonymous has no opinion on outside issues; hence the CMA name ought never be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, television, films, and other public media.

Continued

12. Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

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The Twelve Traditions of Alcoholics Anonymous: "1. Our common welfare should come first; personal recovery depends upon A.A. unity. 2. For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern. 3. The only requirement for A.A. membership is a desire to stop drinking. 4. Each group should be autonomous except in matters affecting other groups or A.A. as a whole. 5. Each group has but one primary purpose—to carry its message to the alcoholic who still suffers. 6. An A.A. group ought never endorse, finance, or lend the A.A. name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose. 7. Every A.A. group ought to be fully self-supporting, declining outside contributions. 8. Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers. 9. A.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve. 10. Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy. 11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films. 12. Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities."



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