

CRYSTAL METH ANONYMOUS is a fellowship of people for whom all drugs, particularly methamphetamines, have become a serious problem. The only requirement for membership is a desire to stay clean and lead a sober life. There are no dues or membership lists; each group is expected to be fully self-supporting through its own contributions.

The members of CRYSTAL METH ANONYMOUS meet regularly, share support and fellowship, and create a safe environment in which to stay clean.

The fellowship advocates complete abstinence from crystal meth, alcohol, inhalants, any medication not taken as prescribed, and all other mind-altering substances.

The Twelve Steps of our program were developed 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 addiction.

THE TWELVE STEPS OF CMA

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 our affairs.

Upcoming...

2008 CMA World Conference

"UNIFYING OUR FELLOWSHIP"

Park City, Utah, USA

Friday-Sunday, October 17th-19th, 2008

Our very first world service conference as a fellowship

All CMA members are welcome!

Check CrystalMeth.org for registration details

Being of Service...

District Assembly (Group Service Representatives and District Committee) meets

2nd Saturday of the month at 6:00 p.m.

St John the Evangelist Episcopal Church

1661 15th Street (@ Julian Ave)

San Francisco, CA 94103

District Committee (the Board and Subcommittee Chairs) meets
bimonthly

Check NorCalCMA.org for details

All the subcommittees are in need of volunteers, and there is no specific clean-time/sobriety requirement to serve on them.

Public Information Subcommittee meets

2nd Sunday of the month at 12:00 noon

San Francisco Alano Club

1748 Market Street (nr Octavia Blvd)

San Francisco, CA 94102

Hospitals & Institutions Subcommittee meets

3rd Sunday of the month at 11:45 a.m.

San Francisco Alano Club

Structure & Finance Subcommittee meets
monthly

Check NorCalCMA.org for details

Social Events Subcommittee meets

as needed

Check NorCalCMA.org for details

Retreat Subcommittee meets

as needed

Check NorCalCMA.org for details

Attendance at the business meetings above is open to all crystal meth addicts interested in the rewards of service.

NorCal CMA Infoline 415/835-4747

CMA Hotline 213/488-4455

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N O R T H E R N
C A L I F O R N I A
C M A



CRYSTAL METH
ANONYMOUS

MEETING SCHEDULE

SPRING 2008

Recovery
from addiction to meth
is possible.

We hope you will find the support, information, and resources that a personal plan of recovery requires. If you feel you may have a problem, we suggest that you make a commitment to yourself to stop using for the rest of this day. Renew that commitment to yourself tomorrow, and seek out a Twelve-Step meeting as soon as possible. Our experience has shown that daily attendance at Twelve-Step meetings combined with working the Steps with a sponsor can lead to freedom from active addiction.

NorCalCMA.org