

## THE TWELVE TRADITIONS OF CRYSTAL METH ANONYMOUS\*

1. Our common welfare should come first; personal recovery depends upon 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 its 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 and 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 non-professional, 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.
12. Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

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# WHAT IS A SERVICE COMMITMENT?

CHIPS... CLEANUP... LITERATURE... PHONE NUMBERS... GREETER... COFFEE/REFRESHMENTS...

Crystal Meth Anonymous

**WHAT IS A COMMITMENT?** We often take on service commitments in an effort to support individual meetings and Crystal Meth Anonymous as a whole. In doing so, we have benefitted personally. Especially as newcomers, we were often encouraged by our sponsors to take commitments at meetings.

Being “of service” is the core of our First Tradition: “Our common welfare should come first; personal recovery depends upon CMA unity.”

Showing up early to help set up chairs or make coffee helped us to meet other members as the room filled up. We learned responsibility by having others depend on us. Following through on our commitments improved our sense of self-worth, while supporting the fellowship.

When it was announced at a meeting that a commitment was available, some of us received a gentle nudge from our sponsors or a friend in the program. It was their way of pointing out an opportunity for us to contribute to the group.

By accepting a commitment, we made a contract with the group to show up—on time—and perform the duty to the best of our ability. If we couldn’t meet our obligation, we found a replacement and notified the meeting’s Secretary or Chair. Acceptance of responsibility helped us to stay sober.

For many of us, being of service was a new experience—very different from the self-centeredness that so often ran our lives when we were using.

The following is a list of different service commitments we have taken at CMA meetings. This list is not intended to be comprehensive. Because every CMA group is autonomous, some groups may not have all of the positions listed here, and some groups may have other commitments that are not included.

### **Setup**

Arrives early to setup chairs and arrange the room as appropriate for the particular meeting’s format.

### **Coffee/Refreshments**

Makes coffee and sets out cookies or other snacks. Sometimes this commitment involves purchasing supplies for refreshments.

### **Greeter**

Welcomes people as they enter the meeting.

### **Cake**

Buys or makes cakes for anniversary meetings in groups that celebrate sobriety milestones in this fashion.

### **Chips**

Hands out sobriety chips to help other members mark their time in sobriety. Sometimes this commitment involves purchasing chips.

### **Phone List**

Maintains the group contact list.

### **Sponsor Coordinator**

Makes announcements asking for people to identify themselves if they are willing to act as a sponsor and helps match members with potential sponsors.

### **Literature**

Maintains a stock of program literature and makes announcements at meetings to let members know what is available.

### **Cleanup**

Insures the room is returned to order after the meeting. Sometimes makes announcements reminding attendees to put away their trash.

### **Treasurer**

Collects the Seventh Tradition contributions, pays the meeting’s bills, hold the prudent reserve, and makes reports to the group as to its financial condition. This individual is also responsible for forwarding any contributions the group may make to the local intergroup, the General Service Office, or other service entity.

### **Secretary**

The responsibilities for this commitment vary widely from group to group but generally center around making sure the meetings run smoothly. They may also help run the business meetings.

### **Chair**

The responsibilities for this commitment also vary but may include calling the meetings to order, selecting speakers or discussion leaders, and helping to run the business meetings.

### **Service Structure Commitments**

The service commitments we just mentioned were all at the individual meeting level. Other opportunities to be of service exist with your local Intergroup and the General Service Organization. These positions, such as General Service Representative or Intergroup Representative, are elected and have various requirements for clean time. Local intergroups and the General Service Organization also operate several committees, providing even more opportunities to do service.

### **Other Commitments**

Many other opportunities for service exist, such as conventions, fund-raising, public information, hospitals and institutions outreach, phone lines, as well as other areas.