The 12 Steps of CMA

1. We admitted that we were powerless over crystal meth - 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 of 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 the knowledge of His 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.
WHAT IS CRYSTAL METH ANONYMOUS?

Crystal Meth Anonymous is a fellowship of people for whom crystal meth has become a serious problem.

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 taken not as prescribed, as well as all other mind-altering substances.

Prayer and meditation are important parts of our program. Some of us are suspicious at first, fearing that we will be made to believe certain things. We may also react to our past experiences with organized religion.

This is a spiritual program, but we can define for ourselves the nature of our personal relationship with spirituality. For now, we can accept that something has helped many people stay clean and sober. We will begin to define our relationship with spirituality as we work The Twelve Steps with a sponsor.

(Rev. 10/3/2015)

Southern Arizona District Crystal Meth Anonymous Meetings

**Monday**
7:30 PM “Speed Bump” (S)(O)
Pima Alano Club Annex
4405 E Pima St, Tucson, AZ 85712

**Tuesday**
7:30 PM “Crystal Clear” (S)(O)(FS)
Northwest Alano Club
3120 W Curtis Rd, Tucson, AZ 85705

**Wednesday**
7:30 PM “Crystal Method” (S)(O)
Pima Alano Club Annex
4405 E Pima St, Tucson, AZ 85712

**Thursday**
7:30 PM “Crystal Clear” (S)(O)(FS)
Northwest Alano Club
3120 W Curtis Rd, Tucson, AZ 85705

6:00 PM “Serenity Seekers” (NS)
1st United Methodist Church
10th St & 10th Ave, Safford, AZ 85564

**Friday**
6:00 PM “Serenity Seekers” (NS)
1st United Methodist Church
10th St & 10th Ave, Safford, AZ 85564

Southern Arizona District CMA Service Meetings

**Saturday**
5:30 PM “Tweakenders” (NS)(O)
Water of Life Church
3269 N Mountain Ave
Tucson, AZ 85711

6:00 PM “Serenity Seekers” (NS)
1st United Methodist Church
10th St & 10th Ave
Safford, AZ 85564

S = Smoking NS = Non-Smoking
FS=Fireside O = Open

CMA Service Meetings

Southern Arizona District Committee Meeting
1st Saturday of every month at 7:00 PM
Water of Life Church
3269 N Mountain Ave
Tucson, AZ 85711