



12 STEPS



STEP 1

We admitted we were powerless over crystal meth, and that our lives had become unmanageable.

STEP 2

Came to believe that a Power greater than ourselves could restore us to sanity.

STEP 3

Made a decision to turn our will and our lives over to the care of God as we understood them.

STEP 4

Made a searching and fearless moral inventory of ourselves.

STEP 5

Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

STEP 6

Were entirely ready to have God remove all these defects of character.

STEP 7

Humbly asked God to remove our shortcomings.

STEP 8

Made a list of all persons we had harmed and became willing to make amends to them all.

STEP 9

Made direct amends to such people wherever possible, except when to do so would injure them or others.

STEP 10

Continued to take personal inventory and when we were wrong promptly admitted it.

STEP 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.

STEP 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.



TRADITION 1

Our common welfare should come first; personal recovery depends upon CMA unity.

TRADITION 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.

TRADITION 3

The only requirement for CMA membership is a desire to stop using.

TRADITION 4

Each group should be autonomous except in matters affecting other groups or CMA as a whole.

TRADITION 5

Each group has but one primary purpose—to carry its message to the Addict who still suffers.

TRADITION 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.

TRADITION 7

Every CMA group ought to be fully self-supporting, declining outside contributions.

TRADITION 8

Crystal Meth Anonymous should remain forever nonprofessional, but our service centers may employ special workers.

TRADITION 9

CMA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.

TRADITION 10

Crystal Meth Anonymous has no opinion on outside issues; hence the CMA name ought never be drawn into public controversy.

TRADITION 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 and all other media.

TRADITION 12

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



NYCMA PRESENTS

RECOVERY TOOL BOX

14TH ANNUAL SHARE A DAY

Saturday
October 6th, 2018
9am to 4pm
PS111
(440 W53rd St. & 10th ave.)

Share A Day

A day of inspiring meetings,
workshops, speakers & fellowship.

Enrich your program.

Relate to the keynote speakers.

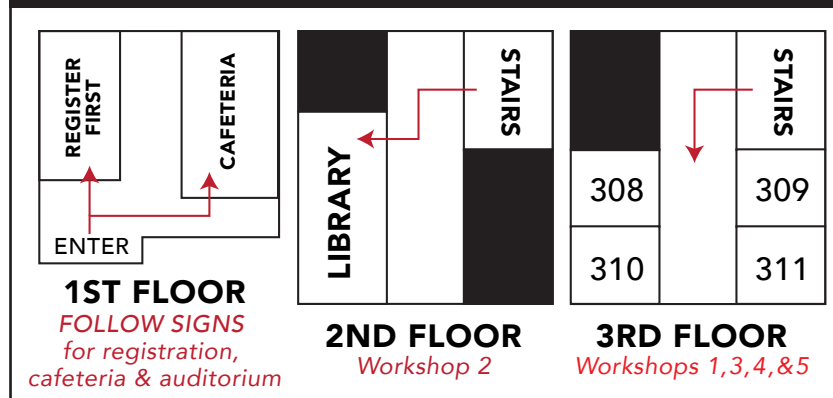
Connect with newcomers
and old timers.



SCHEDULE

TIME	EVENT	ROOM #
9:00 AM - 9:30 AM	Registration & Breakfast	CAFETERIA
9:30 AM - 10:30 AM	Intro & Speaker:	AUDITORIUM
10:30 AM - 10:40 AM	Transition	
10:40 AM - 11:50 AM	Workshops 1-5	See Workshops
11:50 AM - 12:50 AM	Lunch	CAFETERIA
12:50 PM - 2:00 PM	Workshops 1-5	See Workshops
2:00 PM - 2:10 PM	Transition	
2:10 PM - 3:00 PM	Group Workshop	AUDITORIUM
3:00 PM - 4:00 PM	Speakers, Closing Remarks, & Sobriety Countdown	AUDITORIUM

MAPS



Listen to today's speakers again.

Visit: <http://www.nycma.org/ShareADay>

Qualifications will be available until December 31, 2018.

WORKSHOPS

WORKSHOP 1

OMG

Fernan R. and John G.
Room: 308

Follow The Yellow Brick Road To A Higher Power

WORKSHOP 2

SEX

Ruben C. and Edward P.
Room: Library

Sex problems... what can we do about them? As it turns out, a lot! You're invited as we share our collective experience regarding sex in sobriety and explore some of the tools commonly used throughout recovery.

WORKSHOP 3

INVENTORIES

Jeff G. and Wiafe M.
Room: 309

Wanna get a read of what's really going on? There are many kinds of inventories and many ways to use them to combat anger, frustration and fear. See how inventories are effective tools in getting to truth, serenity and self-awareness.

WORKSHOP 4

SPONSORSHIP

Rob R. and Gustavo G.
Room: 310

The sponsor/sponsee relationship is an integral part of the program, yet there is no formal 'sponsor training'. This workshop examines the various styles of sponsorship as well as the ways sponsors and sponsees work together and may even decide not to work together. For both sponsors and sponsees.

WORKSHOP 5

PAIN, HEARTACHE, AND EMOTIONAL SOBRIETY

Ava L. and Dana R.
Room: 311

Heartache and pain trigger both physical and emotional slips. Explore tools we can use to transform those experiences into touchstones for spiritual growth and foster emotional sobriety. This workshop, which draws from Steps 10, 11 and 12, is best for those with some experience in the steps though all are welcome to explore this challenge most of us face at some point.

GROUP WORKSHOP

DROP THE ROCK

In the AUDITORIUM at 2:10 PM
with Kathy A.

*A Study of Steps 6 and 7:
Character defect vs. short comings.
Get in touch with what blocks you
from your authentic self.
Name it and drop it !!!!!*

The tools offered in these workshops are based on CMAs 12 Steps and approved literature. Literature can be found at NYCMA.ORG or at the literature table (near the entrance).