

H&I Meetings Hospitals and Institutions

Monday 7:00 PM

Here's How (In-Person Only)

The Salvation Army Denver Harbor Light
2136 Champa Street
Denver, CO 80205

Colorado Area Hospitals and Institutions Committee Meeting

Second Saturdays Only:

4:30PM (Online Only)

Email hiococma@gmail.com for more info!
Zoom Meeting ID: 820-5256-5634
Passcode: service

Colorado Area Business Meeting

Second Saturdays Only:

6:30PM (In-Person and Online)

Meeting space entrance in back alley.
Located at Tribe Recovery Homes INC
1178 Mariposa St, Denver, CO 80204

Join us via Zoom:

Meeting ID: 84352628743

Password: COArea



What is Crystal Meth Anonymous?

Crystal Meth Anonymous is a fellowship of people for whom crystal meth has become a serious problem. The only requirement for membership is a desire to stay clean. The members of Crystal Meth Anonymous meet regularly, share support and fellowship, and create a safe environment to stay clean. The fellowship advocates complete abstinence from crystal meth, alcohol, illegal inhalants, and medications not taken as prescribed, as well as all other mind-altering substances.

The Twelve Step program that we follow is found in the text of the book, "Alcoholics Anonymous." We begin to define our relationship with spirituality as we work the Twelve Steps with a sponsor. The Twelve Steps are a set of principles designed to produce a spiritual awakening. The steps promote actions that help us to achieve and maintain sobriety. They offer a plan for recovery that helps repair the damage our addiction to crystal meth has caused. The steps guide us with new ways of living to create a fulfilling life in recovery. Our primary purpose is to lead a sober life and to carry the message of recovery to the crystal meth addict who still suffers.

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 person 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.



Crystal Meth Anonymous Colorado Area Intergroup

951 20th St
P O Box 921
Denver, CO 80201
www.coloradocma.org

Colorado Area Meeting List

Last Updated July, 2023

For a list of CMA meetings in Colorado
please visit: www.coloradocma.org/meetings/



For virtual meetings outside of
The Denver Metro Area please visit:
www.crystalmeth.org



You always have a seat here! Welcome home!

Sunday 7:00 PM

Tweaker Project (Online Only)

Now Fully Self-Supporting!
Newcomers encouraged to attend!
Second Sundays: Tweaker Speaker
Zoom Meeting ID: 891-1202-3356

Monday 6:30 PM

Life After Crystal (In-Person Only)

Open Meeting: All are welcome!
Reading lead / open share.
Located at Saint Peter & Saint Mary
Episcopal Church (North Red Doors)
126 W 2nd Ave, Denver, CO 80223

Tuesday 12:00 PM

Bitches Breaking Bad: A Women's Meeting of Crystal Meth Anonymous (Online Only)

Open to all women identifying.
Zoom Meeting ID: 938-6243-1119

Tuesday 7:30 PM

Crystal Clear Denver (In-Person Only)

Open Meeting: All are welcome!
Located at Advocates For Recovery
Meeting space in the back parking lot.
6981 Federal Boulevard
Westminster, CO 80221

Tuesday 7:30 PM

All Our Affairs (Online Only)

A candlelight meeting focused on dating,
intimate relationships, and sex in sobriety.
Zoom Meeting ID: 833-5110-4638
Passcode: 123

Wednesday 5:45 PM

Quit Methin' Around (Hybrid)

In-person and online.
Located behind the gas station.
Day At A Time Club (DAAT)
3345 S Wadsworth Blvd Unit H-125,
Lakewood, CO 80227
Zoom Meeting ID: 883-6671-2022
Passcode: 5g1JUC

Wednesday 7:00 PM

Open Blinds (In-Person Only)

Meeting space entrance in back alley.
Located at Tribe Recovery Homes INC
1178 Mariposa St, Denver, CO 80204

Thursday 6:30 PM

Life After Crystal (Online Only)

Open Meeting: All are welcome!
Zoom Meeting ID: 887-423-941
Password: LAC1!

Thursday 6:30 PM

Hope Dealers (Pueblo In-Person Only)

Pueblo's only CMA meeting.
Come in through the front door.
Located at The 3 Point Club
2506 Lake Ave, Pueblo, CO 81004

Thursday 7:15 PM

Bitches Breaking Bad: A Women's Meeting of Crystal Meth Anonymous (Online Only)

Open to all women identifying.
Zoom Meeting ID: 938-6243-1119

Friday 6:30 PM

Life After Crystal (In-Person Only)

Open Meeting: All are welcome!
Newcomer Meeting!
Located at Saint Peter & Saint Mary
Episcopal Church (North Red Doors)
126 W 2nd Ave, Denver, CO 80223

Saturday 10:30 AM

Topic + 5 Minute Meditation Lead Life After Crystal (In-Person Only)

Located at Saint Peter & Saint Mary
Episcopal Church (North Red Doors)
126 W 2nd Ave, Denver, CO 80223

Saturday 8:00 PM

Open Blinds (In-Person Only)

Meeting space entrance in back alley.
Located at Tribe Recovery Homes INC
1178 Mariposa St, Denver, CO 80204

H&I Meetings

Hospitals and Institutions

Friday 11:15 AM

Denver Metro Recovery Courts

Third Friday Only (Online Only)

Email hiococma@gmail.com to request
meeting attendance verification.
Zoom Meeting ID:
815-7414-3352

Sunday 7:00 PM

ICCS / Spundercats (In-Person Only)

Open to all male identifying.
(Need to bring ID)
1651 Kendall St, Lakewood, CO 80214

-H&I CONTINUED ON BACK-

THE TWELVE STEPS OF CRYSTAL METH ANONYMOUS*

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

*The Twelve Steps of Crystal Meth Anonymous have been adapted with the permission of Alcoholics Anonymous World Services, Inc. Permission to reprint and adapt the Twelve Steps and Twelve Traditions of Alcoholics Anonymous does not mean that Alcoholics Anonymous is affiliated with this program. AA is a program of recovery from Alcoholism only—use of AA's Steps and Traditions, or an adapted version of its Steps and Traditions in connection with programs or activities which are patterned after AA, but which address other problems, or in any other non-AA context, does not imply otherwise.

PHONE NUMBERS



CMA Conference Approved Literature

©2013 Crystal Meth Anonymous
4470 W. Sunset Boulevard
Ste 107 PMB 555
Los Angeles, CA 90027-6302
www.crystalmeth.org
CMA Helpline - (855) 638-4373

4.17.2013

TO THE NEWCOMER

THE ONLY REQUIREMENT FOR MEMBERSHIP IS A DESIRE TO STOP USING.

Crystal Meth Anonymous

TO THE NEWCOMER

The purpose of this pamphlet is to help answer some of the questions newcomers may have about recovery through Crystal Meth Anonymous. This pamphlet has been written by members of our fellowship, all of whom have found recovery through CMA.

What is Crystal Meth Anonymous?

Crystal Meth Anonymous is a fellowship of men and women 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.

The only requirement for membership is a desire to stop using. There are no dues or fees for CMA membership; we are self-supporting through our own contributions. CMA is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy; and neither endorses nor opposes any causes.

Our primary purpose is to lead a sober life and carry the message of recovery to the crystal meth addict who still suffers.†

Am I an Addict?

Only you can answer that question. For many of us, the answer was clear. We could not control our drug use. Our lives had become unmanageable.

Have you tried to stop using crystal meth and found that you couldn't? Do you find that you can't control your use once you start?

If so, you may be suffering from the disease of addiction. The fellowship of Crystal Meth Anonymous can help.

Can I Recover?

There is a solution. Our experiences may differ externally, but internally we believe they are very much the same.

Many of us that had been arrested, lost our jobs and the trust of our family and friends, now lead productive, honest and purposeful lives. To do so, we place our sobriety before all else and remain open to a spiritual life. If you want what we have, and are willing to go to any lengths to get it, then you are in the right place.

We encourage you to stay close to the CMA fellowship and experience recovery with us.

How Can I Stay Sober?

1. Attend meetings and fellowship.

Meetings are where we find the support of others who are recovering from crystal meth addiction. We suggest attending 90 meetings in 90 days in order to get a better understanding of how Twelve Step recovery can help you.

2. Get a sponsor and do Step work.

A sponsor is a person in the fellowship that helps guide us in working the Twelve Steps.

3. Get involved in service.

One of the best ways to stay sober is to help others in recovery. Even a person with only two days sober can help someone with one day.

What About God?

Crystal Meth Anonymous is a spiritual program, but we believe our members can define what spirituality means for themselves.

What is crucial to recovery is an adherence to spiritual principles. Among these, there are three—honesty, open-mindedness and willingness—that are vital. With these, we will not be defeated. ■

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WHAT IS CRYSTAL METH ANONYMOUS?

WHAT ARE THE TWELVE STEPS? WHAT ABOUT ALCOHOL AND OTHER DRUGS? HOW CAN I STAY CLEAN?

Crystal Meth Anonymous

What is Crystal Meth Anonymous?

Crystal Meth Anonymous is a fellowship of men and women 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. The only requirement for membership is a desire to stop using. There are no dues or fees for CMA membership; we are self-supporting through our own contributions. CMA is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy; and neither endorses nor opposes any causes. Our primary purpose is to lead a sober life and carry the message of recovery to the crystal meth addict who still suffers.[†]

What are the Twelve Steps? The Twelve Steps of CMA are a set of principles designed to produce a spiritual awakening. Including prayer and meditation, the Steps guided us to a more honest way of living and helped us to repair the damage caused by our addiction to crystal meth. By working the Steps, we learned how to lead fulfilling, sober lives.

How does CMA work? Like other Twelve Step fellowships, CMA's program of recovery consists of three basic components:

- 1. Meetings and fellowship.** We attend meetings regularly to learn how others have stayed sober and to find support in our efforts to cope with fear, loneliness, grief or other emotions that might overwhelm us from time to time. After a meeting, we often go out as a group for dinner or coffee. At fellowship, we discuss the ideas we have just heard and get to know other members on a more personal level. Our experience has shown that daily attendance of Twelve Step meetings and fellowship are among the most effective ways to stay sober.
- 2. Sponsorship and Step work.** A sponsor is another recovering addict whom we choose to offer us guidance in working the Twelve

Steps of CMA. They also share with us how they have stayed sober and make suggestions to help us stay sober as well. Sponsors do not tell us what to do; the choices we make in recovery are ours alone.

- 3. Service and commitments.** We strengthen our sobriety by helping other addicts. We volunteer to do service. For example, we agree to make coffee, stock recovery literature, keep a group's finances, or stand by the door to offer a warm hello to a newcomer. These commitments keep us attending meetings regularly, help others in the program get to know us and provide us with the satisfaction of following through on our promises.

How is CMA different than other Twelve Step programs? We have found that we relate best to other crystal meth addicts because they understand the darkness, paranoia and compulsions of this particular addiction. The Twelve Steps of CMA were adapted from Alcoholics Anonymous. We do not believe we are better or worse than those in other Twelve Step programs. At the same time, many of us fail to fully identify with "a falling-down drunk" or, in the case of a heroin addict, "a nodding-off junkie." The hyper-extended length and intensity of crystal meth's effects, be it compulsive cleaning or sexual activity, were unique. Many of us have attended other Twelve Step programs, but the feeling of identification in the Rooms of CMA has helped us to keep coming back. After all, who but another meth addict understands the insanity that accompanies the high and, finally, that seemingly bottomless drop into depression that makes us desperate to use still more?

What about alcohol and other drugs? Many of us struggled with the suggestion that we give up alcohol and other unprescribed drugs, along with crystal meth. The first step in our recovery was for us to admit we were

addicts. We came to understand that our addictive behavior could easily be transferred to other substances. Physicians, psychologists and other professionals familiar with the treatment of our disease refer to this as cross-addiction. This is a very real danger. Further, cocaine, marijuana, alcohol or other drugs have often led us right back to crystal meth. For some of us, it took time, but for most it happened fairly quickly: Our innocent escape to the neighborhood bar sent us back to our crystal meth dealers in search of our drug of choice. It is important for us to remember that alcohol is a drug, period.

What about relapse prevention?

We experienced great relief when, in time, the desire to use crystal meth was lifted. We know that it is easier to stay clean than to get clean. Relapse never had to happen, but when it did, it was crucial for us to be rigorously honest about our using, and in any self-examination that followed. We returned to meetings immediately, called friends in the program, and discussed our obsession to use. We did not risk being further caught in the familiar patterns and torment of our addiction. We tried to accept our mistake, without being embarrassed. CMA members welcomed us back, listened and often made helpful suggestions as we redoubled our efforts in recovery.

Why one day at a time? The idea of never using crystal meth again was impossible for us to comprehend. In early recovery, we were encouraged to make a commitment each day not to use just for *that day*. This pledge was still too much for some of us. In these instances, we promised ourselves something along these lines: "I won't use crystal meth, *just for the next hour*." This helped us to stay in the here and now and not to get caught up in what *might* be. For these reasons, we say we stay sober one day at a time. ■



Crystal Meth Anonymous.

CMA Helpline: (855) 638-4373

For national online meetings:
Crystalmeth.org/meetings

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ColoradoCMA.org



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