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### **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 selfsupporting, 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 and films and all other media.
12. Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.



# **ABOUT MNCMA**

**Minnesota Crystal Meth  
Anonymous Intergroup**

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Anonymous Intergroup**  
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**CMAMN.ORG**

**What is the Intergroup?** The Fourth Tradition says each group should be autonomous, except in matters affecting Crystal Meth Anonymous as a whole. That is where our Intergroup comes in. In the state of Minnesota, MNCMA is the Intergroup.

**What does the Intergroup do?** MNCMA does things that any one group really can't do effectively on its own:

- ⑥ Generates meeting lists for all of Minnesota
- ⑥ Creates CMA literature such as a newsletter and pamphlets
- ⑥ Maintains the hotline
- ⑥ Operates the MNCMA Website
- ⑥ Keeps a clearinghouse of recovery literature and chips
- ⑥ Provides information to hospitals and institutions
- ⑥ Represents MNCMA at the CMA General Service Organization, the worldwide Intergroup

**What does the Intergroup not do?** Going along with the Fourth Tradition, MNCMA does not make decisions for individual meetings, which are autonomous.

**Why have an Intergroup?**

- ⑥ To carry the message to the addict who still suffers through public information and hospitals and institutions
- ⑥ To help groups with any questions and problems relating to the Twelve Traditions
- ⑥ To avoid duplication of services
- ⑥ To provide services such as the Web site, the literature clearinghouse, and the meeting list
- ⑥ To provide groups with resources such as pamphlets, newsletters, and chips
- ⑥ To represent Minnesota CMA at the General Service Organization

**Who can attend an MNCMA meeting?**

All CMA members are welcome at MNCMA meetings. Only officers and GSRs may vote on business matters.

**Who are the MNCMA officers?** MNCMA has a Chair, Secretary, and Treasurer. There are also other officers, including committee Chairs and Cochairs, a Public Information Officer, a General Service Representative, a GSR Coordinator, and a Literature Clearinghouse Coordinator. These officers are elected by the voting body of MNCMA and serve for one year. Any MNCMA member meeting the sobriety requirement can be an officer.

**What happens at the monthly MNCMA meetings?** The Secretary calls the roll to see if there is a quorum. The Treasurer reports on our finances. The members hear old business. The committee chairs give their reports. The group discusses any new business.

**What are the MNCMA committees?** There are four committees: Structure and Finance, Literature, Public Information, and Hospitals and Institutions.

**Basic structure of the Intergroup** We must have a quorum at our meetings in order to conduct business. That means fifty percent of currently held voting positions must be present. Motions require a two-thirds majority to pass.

**What is a GSR?** GSR stands for "Group Service Representative." A GSR is the link between a CMA group, or meeting, and the Minnesota Intergroup (MNCMA). There are two main responsibilities of a GSR:

- 1) Represent your group and its group conscience at the monthly MNCMA meeting.
- 2) After MNCMA meetings, report back to your group about MNCMA and the CMA General Service Organization.

**What does a GSR do at MNCMA meetings?** Listens, participates in discussions, and votes on business.

**How does a GSR report back to a group?** GSRs give updates about MNCMA at a group's business meetings. They may also make brief announcements about MNCMA activities and resources during the "any CMA-related announcements" part of a regular meeting.

**Are there any requirements to be a GSR?** The requirements are decided by each group, but only members with six months of sobriety can vote at MNCMA. It is recommended that GSRs serve for one year in order to provide continuity within MNCMA.

**What is an alternate GSR?** Some groups have an alternate GSR. If the GSR cannot attend the MNCMA meeting or a business meeting, the alternate can represent. Alternates are encouraged to attend MNCMA meetings, but each group only gets one vote at MNCMA. If an alter-nate and the "first-string" rep are there, only the first-string rep votes.

**How do I know what my group's conscience is?** GSRs are not expected to consult their groups on every single matter. For most MNCMA issues, the rep should consider himself or herself entrusted to vote his or her individual conscience. For example, a matter such as "Should we approve \$200 in expenses for newsletter duplication?" need not be taken back to a group's business meeting. It would make group business meetings cumbersome and dull, and nothing would ever get done in MNCMA. If a matter does require groups' consciences, a GSR may be requested to ask his or her group about it. Examples of this would be decisions such as "Should we establish a CMA clubhouse?" or "Is there interest in a CMA conference?" GSRs can ask for a group's conscience at the group's business meeting and then bring the decision or opinion back to MNCMA.