

MN CMA Intergroup Volunteer Sign-up Sheet

Full name _____ M / F Birth Year _____
Street address _____ City _____ Zip _____
Home group _____ Sobriety Date _____ Do you have a sponsor? yes /
no
Phone-1: _____ Phone-2 _____
Date _____ Do you speak a non-English language or ASL? What language? _____

Service options (choose as many as you wish).

New Volunteer **Change Volunteer Information**

12 Step Calls (A minimum of one year of sobriety is recommended to make twelfth step calls.)

Twelfth Step work is the surest way we know for an addict to stay sober. We call you to meet with the newcomer to share your experience, strength & hope, as described in "Working with Others." Best done in pairs.

12-Step Buddy (A minimum of 30-day sobriety recommended.)

Accompany the volunteer answering a 12-step call, so the call is answered by two people.

Temporary Sponsor (A minimum of one year of sobriety is recommended.)

You will be called to act as a temporary sponsor to a CMA member. This includes members who may have slipped and want to come back, current members who may not know how to ask, and people who are in a facility and need someone to introduce them to the meetings and principals of CMA.

Speaker at CMA meetings (A minimum of one year of sobriety is recommended.)

Share your story--what it was like, what happened, and what it's like now -- at MN CMA area meetings.

Hotline Volunteer (A minimum of one year of sobriety is recommended.)

Take the Intergroup cell phone with you at all times. This service allows us to always have a CMA member answering the phones -- 24/7. Most calls are for meeting information and 12 step calls. You are required to attend a one-time orientation meeting and receive an instruction manual before you begin.

Outreach Committee (90-day minimum sobriety recommended.)

Visit MN area groups to explain the purpose of Intergroup and encourage group participation and CMA unity.

Give a ride

Willing to pickup people up and give them a ride to a meeting. We will try to connect them according to city.

Newcomer greeter (A minimum of one year of sobriety is recommended.)

Talk to the newcomer on the phone and be waiting at the door to greet the newcomer. This will help them feel more comfortable.

CMA MN Area Hotline # (612) 558-5655

Please return this form to the MN area intergroup GSR