

THE PIPELINE

Volume 1, Issue 3

The Official Newsletter of Arizona Central District CMA

July 2014

HELP NEEDED

BY MEREDITH H.

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HELLO TO THE CMA FAMILY OF ARIZONA. COMMUNICATIONS IS TRYING TO MAKE INFORMATION ABOUT THE PROGRAM AND THINGS THAT ARE GOING ON WITH IN THE FELLOWSHIP AS A WHOLE. I AM IN NEED OF SUGGESTIONS TO FILL THE NEWSLETTER ALSO STORY'S, POEMS AND ANY THING YOU CAN THINK OF THAT YOU WOULD ENJOY READING ABOUT. THIS IS SOMETHING NEW AND EXCITING WE CAN NOT DO IT WITH OUT YOUR HELP. YOU CAN GO TO THE WEBSITE AND EMAIL ME OR EVEN CALL ME [602-980-9259](tel:602-980-9259)

COMMUNICATIONS CHAIR: "UNITY"

BY: CLIFFORD M.

UNITY. A SIMPLE CONCEPT. ONENESS. IN OUR FELLOWSHIP WE ARE UNITED BY OUR RECOVERING FROM A SEEMINGLY HOPELESS STATE OF MIND AND BODY. IN TRADITION ONE, IT STATES:

"PERSONAL RECOVERY DEPENDS ON CMA UNITY."

TO ME THAT MEANS IF I AM DOING WELL TO CARRY THE MESSAGE TO OTHER ADDICTS, THAT MY RECOVERY MUST BE MOVING ALONG JUST FINE. I HEAR MANY PEOPLE SAY THEY HAVE REACHED A PLATEAU IN THEIR RECOVERY. I ENCOURAGE YOU, THAT IF YOU FEEL YOU ARE STAGNANT IN YOUR RECOVERY JOIN THE UNITY PART OF YOUR RECOVERY.

THERE IS SO MUCH WORK TO DO TO ENSURE THAT THE ADDICT WHO STILL SUFFERS HEARS THE MESSAGE OF HOPE WE HAVE TO OFFER. VOLUNTEER TODAY FOR A COMMITTEE, START A MEETING, VISIT A HALFWAY HOUSE.

BE ACTIVE IN YOUR RECOVERY AND THE FELLOWSHIP REMAINS UNITED.

HOPE

BY GARTH K.

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PEOPLE IN HIGH SCHOOL I STARTED SMOKING MARIJUANA AND FOUND THAT IT HELPED ME TO FIT IN AND SOMEWHAT FEEL A PART OF, AS MY SISTER AND HER FRIENDS ALSO SMOKED. I STARTED DRINKING IN HIGH SCHOOL ALSO; RIGHT AWAY PARTYING SEEMED TO BE THE ANSWER TO MY PROBLEMS. I STARTED GETTING KICKED OUT OF SCHOOL BECAUSE OF ABSENCES WHICH CONTINUED UNTIL THE TIME I WAS 18. REALIZING I COULD NOT FINISH HIGH SCHOOL I STARTED WORKING CONSTRUCTION. NOW I WAS AMONGST MEN WHO DRANK HEAVILY, DID COCAINE AND SMOKED MARIJUANA ALL THE TIME. THIS SEEMED LIKE THE ONLY NORMAL LIFE TO ME BECAUSE EVERYONE I WAS AROUND DID IT.

THIS CONTINUED ON FOR SEVERAL YEARS UNTIL I MET A WOMAN THE FIRST WOMAN THAT SHOWED ATTENTION TOWARDS ME, WHICH FELT REALLY GOOD, AND I WAS ABLE TO QUIT AT THAT TIME, FOR A COUPLE YEARS, TRYING TO KEEP HER HAPPY. THAT DID NOT WORK OUT, AND THE RELATIONSHIP FELL APART AFTER 3 AND HALF YEARS. THAT WAS WHEN I WAS INTRODUCED TO METH, THEN THE PARTY SEEMED LIKE IT NEVER HAD TO STOP.

AFTER ABOUT A YEAR I MET ANOTHER WOMAN, SHE DIDN'T USE OR DRINK, AND I THOUGHT THIS WOULD HELP ME TO STAY RESPONSIBLE, WHICH IT DID FOR A LONG TIME, BUT AS WITH ALL ADDICTS I STARTED TO BECOME DISCONTENT ALTHOUGH THE RELATIONSHIP WAS GOING WELL. WE WERE MOVING FORWARD WITH LIFE, BUYING HOUSE AFTER HOUSE, NEW VEHICLES, AND I KEPT MOVING UP AT WORK AND MAKING MORE MONEY, BUT STILL FELT EMPTY AND UNSATISFIED WITH MY LIFE. I STARTED SEEKING ATTENTION FROM OTHER WOMEN I STARTED USING MORE DRUGS AND ALCOHOL AND I WAS FEELING MISERABLE. AT ABOUT THE 10 YEAR MARK I WAS WAY BEYOND THE POINT OF CALLING IT QUILTS ON THE RELATIONSHIP, FOR SOME REASON SHE DECIDED WE SHOULD GET MARRIED? WHICH I AGREED TO? (I'VE ALSO FOUND THAT I'M VERY CODEPENDENT ON OTHER PEOPLE FOR MY HAPPINESS) I REALLY DIDN'T WANT TO GET MARRIED BUT AGREED TO IT.

(CONTINUED ON PAGE 2)

STEP ONE

BY MIKE S.

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STEP 1, PAGE 59: "WE ADMITTED WE WERE POWERLESS OVER ALCOHOL/DRUGS AND THAT OUR LIVES HAD BECOME UNMANAGEABLE."

UNDERSTANDING STEP ONE CONSISTS OF THREE THINGS:

1. UNDERSTANDING WHAT IT MEANS TO BE POWERLESS.

IF YOU'VE EVER PUKED YOUR GUTS OUT OR LEFT SOMETHING ON THE BUS THEN YOU HAVE EXPERIENCED POWERLESSNESS. CLEARLY THERE ARE MANY FORCES IN THIS WORLD THAT WE HAVE NO POWER OVER.

2. UNDERSTANDING WHAT IT MEANS TO BE AN ALCOHOLIC (ADDICT).

WHAT DOES BEING AN ALCOHOLIC OR AN ADDICT MEAN TO YOU? UNTIL YOU CAN ANSWER THIS QUESTION YOU ARE WASTING EVERY ONE'S TIME. PAGE 30 CLEARLY STATES "WE HAD TO FULLY CONCEDE TO OUR INNERMOST SELVES THAT WE WERE ALCOHOLICS." SO ASK YOURSELF THESE QUESTIONS:

- A. *DO I EVER USE MORE THAN I INTENDED?*
- B. *DO I USE WHEN I KNOW I SHOULDN'T OR WHEN I KNOW THERE ARE CONSEQUENCES?*
- C. *DO I FIND MYSELF AT THE BAR OR DOPE HOUSE WHILE THINKING ABOUT THE BILLS I HAVE TO PAY?*

IF YOU CAN ANSWER "YES" TO ANY OF THESE YOU MIGHT BE AN ALCOHOLIC OR AN ADDICT. YOU MUST DECIDE.

3. FINALLY, UNDERSTANDING UNMANAGEABLY.

THE EASIEST WAY TO UNDERSTAND THIS IS TO LOOK AT YOUR LIFE. IF YOU FIND THAT IT CONTINUALLY WINDS UP WHERE YOU DON'T WANT TO BE THAN YOU ARE DOING A CRAPPY JOB OF MANAGING YOUR LIFE. YOU NEED TO BE FIRED.

CALLING ALL ARTISTS

BY CMA CONVENTION COMMITTEE

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WE ARE LOOKING FOR ART WORK TO DISPLAY FOR A SILENT AUCTION, AT THE CMA CONVENTION AND ALL PROCEEDS WILL GO TO THE FELLOWSHIP. WE NEED ALL DONATIONS BY AUGUST 25, 2014 YOU CAN CONTACT MEREDITH H.

HOPE: CONTINUED

BY GARTH K.

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ABOUT ONE YEAR LATER MY DAUGHTER WAS BORN, THIS IS WHEN MY WORLD STARTED TO FALL APART, WHEN IT SHOULD HAVE BEEN CHANGING FOR THE BETTER, AT THIS POINT WHEN SHE BECAME PREGNANT I DECIDED I NEEDED TO CHANGE, BUT FOUND THAT I COULDN'T. IT WAS TOO LATE, I WAS PAST THE POINT OF NO RETURN, NO MATTER HOW MUCH I WISHED AND WANTED TO CHANGE I COULDN'T.

THE DAY MY DAUGHTER WAS BORN I LEFT THE HOSPITAL (TO WALK THE DOG) AND DID NOT COME BACK TILL THE NEXT DAY THAT LOOK IN MY WIFE'S EYES MADE ME FEEL LIKE THE SMALLEST PIECE OF SHIT IN THE WORLD, THAT WAS WHEN THE S UNBEARABLE SHAME AND GUILT STARTED TO CREEP IN. OVER THIS NEXT 6 YEARS I TRIED TO MAINTAIN SOME SORT OF STABILITY ON THE OUTSIDE, BUT WAS LIVING A DOUBLE LIFE (WIFE AND KID, DECENT JOB ON THE OUTSIDE) DRUGS, ALCOHOL, PROSTITUTES, AND HOTELS ON THE OTHER SIDE.

MY WIFE TOLD ME SHE HATED MY GUTS AND THAT I WOULD NEVER SEE MY DAUGHTER AGAIN (THAT SCARED THE SHIT OUT OF ME) MY DAUGHTER WAS THE ONLY THING IN LIFE THAT I CARED ABOUT AT THAT POINT, AND I KNEW I HAD TO DO SOMETHING,, ALTHOUGH I DIDN'T KNOW WHAT.

THAT WAS THE TURNING POINT. I WAS AT A POINT WHERE I DID NOT WANT TO LIVE BUT WAS AFRAID TO DIE. A FRIEND SUGGESTED I GO TO DETOX, SO I DID. IN DETOX THEY SUGGESTED I GO TO REHAB SO I WENT THROUGH 30 DAYS OF TREATMENT AT THE REHAB, (WHICH HELPED ME DRY UP I GUESS YOU WOULD SAY), AFTER GETTING OUT OF REHAB I STILL DIDN'T KNOW WHAT TO DO, THEY SUGGESTED I GET A SPONSOR, WHICH I DID AND STARTED WORKING THE 12 STEPS. THAT'S WHEN EVERYTHING STARTED TO CHANGE, MY WIFE WAS WILLING TO LET ME SEE MY DAUGHTER ON WEEKENDS, I STARTED TO WORK THROUGH THE STEPS AND TRY TO CLEAN UP THE PAST. I CONTINUED TO GET INVOLVED IN THE FELLOWSHIP AND TO TRY TO GIVE BACK TO OTHERS. THIS WHOLE PROCESS HAS SHOWN ME A NEW WAY OF LIFE. I DON'T LIVE IN THE GUILT AND SHAME OF ALL OF THE HORRIBLE DECISIONS AND THE BAD THINGS I HAD DONE. I'M ABLE TO BE A PRODUCTIVE MEMBER OF SOCIETY, I NOW MANAGE A SOBER LIVING HOUSE, I TAKE MEETINGS INTO THE JAILS AND INTO THE HALFWAY HOUSES. I SPONSOR MEN THROUGH THE

SERVICE COMMITTEE MEETINGS:

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COMMUNICATIONS | 8/5/2014 | 5PM
PUBLIC INFORMATION | 8/5/2014 | 6PM
HOSPITALS & INSTITUTIONS | 8/5/2014 | 7PM
THE ABOVE THREE COMMITTEES MEET AT THE SAME PLACE:
JERRY'S RESTAURANT AT (2323 E THOMAS RD)

EVENTS & FUNDRAISING | 8/6/2014 | 7:30PM
FELLOWSHIP HALL AT (12428 N. 28TH DR.)

CENTRAL AZ DISTRICT | 8/19/2014 | 7PM
FELLOWSHIP HALL AT (12428 N. 28TH DR.)

12-STEPS IN THE PINES | 8 /14/2014 | 7:30PM
MY HOUSE AT (7625 N. 39TH AVE)
CHAIR CECILIA Y. (602) 980-9260

2014 CONVENTION: IS IN AUGUST 29,30,31 OF
2014 AT THE CROWN PLAZA
BRYAN M. (480) 584-2806

FELLOWSHIP

OK WHO IS READY FOR THE STATE CONVENTIONS AT THE END OF AUGUST THERE IS SOMETHING NEW THIS YEAR WE ARE DOING NORMAL T-SHIRTS BUT WAIT HERE'S MORE: NEW COMER PACKET FOR ANY ONE UNDER 30 DAYS, HATS, ART AUCTION COME JOIN THE 8TH ANNUAL CMA CONVENTION

HELP WANTED: SERVICE COMMITMENTS

FOR *SOBER* MEMBERS OF THE FELLOWSHIP WILLING TO WORK *STEP 12* BY HELPING ANOTHER ADDICT.

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NEEDED: 12 STEPS IN THE PINES COMMITTEE NEEDS PEOPLE TO JOIN THE COMMITTEE ASAP CALL CECILIA AT (602) 980-9260

PLEASE: ASK YOUR HOME GROUP TO ELECT A PUBLIC INFORMATION LIAISON TO ATTEND COMMITTEE MEETINGS ON 1ST TUESDAYS AS WELL AS PERFORMING OUTREACH FOR YOUR GROUP. FREE TRAINING!! EMAIL AZPIO@CMAAZ.ORG FOR MORE INFORMATION OR PHONE MIKESTER: 602 492 4201

THE SASSY SPONSOR

BY THE SASSY SPONSOR

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1) DO I HAVE TO RETURN ALL THE UNDERWEAR I STOLE?

I WOULD NEED A LITTLE MORE INFORMATION TO ANSWER THIS ONE. HAVE YOU WORN SAID UNDERWEAR? IF SO, THEN MY ANSWER IS A RESOUNDING "NO." IS IT STILL NEW WITH THE TAGS ON? IN THIS CASE, YOU CAN RETURN THEM WHEN YOU MAKE A PROPER AMENDS TO THE STORE MANAGER. DID YOU STEAL IT FROM AN EX-GIRLFRIEND'S DRESSER DRAWER? YOU NEED TO TALK TO YOUR SPONSOR. DID YOU STEAL THEM FROM YOUR MOTHER'S DRESSER DRAWER? YOU NEED TO TALK TO A THERAPIST. GOOD LUCK.

2) MY MOM IS AN ALCOHOLIC. SHOULD I GO TO HER HOUSE FOR DINNER?

SHORT ANSWER: READ FROM THE BOTTOM OF PAGE 100 TO THE TOP OF 102 IN THE BIG BOOK. ASK GOD WHAT YOU SHOULD DO AND WAIT FOR THE ANSWER. CALL YOUR SPONSOR.

3) WHY DO I HAVE TO MAKE MY BED AT REHAB?

BECAUSE THEY SAID SO. STOP QUESTIONING EVERYTHING.

4) I HATED EVERY MINUTE OF THE SPEAKER'S STORY TONIGHT. DO I OWE HER AN AMENDS?

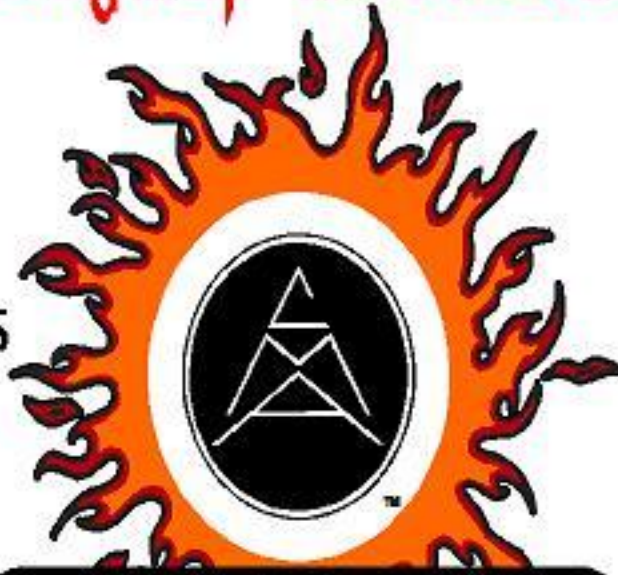
DID YOU HECKLE HER? LOB ROTTEN TOMATOES (OR RIPE ONES, FOR THAT MATTER) AT HER? TEXT YOUR FRIENDS THROUGH HER ENTIRE PITCH? (VERY RUDE, BTW) IF NOT, THEN NO, YOU DON'T. MAKING AMENDS IN THIS SITUATION WOULD ACTUALLY CAUSE HARM, SO DON'T DO THAT. THINK OF IT LIKE THIS: YOU CAN THINK ABOUT ROBBING A BANK ALL YOU LIKE. JUST DON'T ROB A BANK.

5) SHOULD I KEEP SLEEPING WITH THE DEALER I'M IN LOVE WITH, NOW THAT I'M IN RECOVERY?

"GOD ALONE CAN JUDGE OUR SEX SITUATION. COUNSEL WITH PERSONS IS OFTEN DESIRABLE, BUT WE LET GOD BE THE FINAL JUDGE." -- BIG BOOK, P 69-70

I'M A PERSON, SO I'LL WEIGH IN HERE: NO, YOU SHOULDN'T. IT'S A BAD IDEA.

Arizona Area Intergroup 8th Annual CMA Convention



Speaker Meetings
Free Newcomer
Packets

Silent Art Auction
Hot Tub Meeting
Marathon Meetings

Financial
Workshop



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Crowne Plaza

2532 W. Peoria Ave. 85029

August 29, 30, 31

1-602-943-2341

Room Rate \$75 A Night

Contacts

Event Chair Bryan M.
Registration John G.
Marathon Meetings Cecilia Y.
Hospitality Robert C.
Donations Brandon R.

480-584-2806
623-419-1608
602-980-9260
602-435-0426
602-475-5637