

THE PIPELINE

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Step 11: “Sought through prayer and meditation to improve our conscious contact with a God of our understanding, praying only for the knowledge of His will for us, and the power to carry that out.”

Keep Calm and Pray On.....

“Nothing much can grow in the dark.” Twelve Steps and Twelve Traditions pg. 89

If we have gotten this far, to Step 11, we have accepted our powerlessness, our Higher Power’s ability to recover us, resentments from the past, our shortcomings of the future and we actively repair our broken relationships. Through all of this, life continues to happen; heartbreak and disappointments intermingle with joy and celebration.

For me, life’s obstacles seem not to let up. I can only maintain inner peace and healthy relationships with people, places and things if I continue to exercise my spiritual self on a regular basis through prayer and meditation.



Meditation can be simply defined as

We admitted we were powerless, we have come to believe that a Higher Power can restore us to sanity, and we made a decision to turn our will and our lives over to Him. What more must we do? Approaching Step 11, we need have some understanding about who or what our Higher Power is, and what we must do in order to grow our relationship with Him spiritually.

While in active addiction, prayer or meditation was the last thing that would come to mind, if it ever did. Other than the occasional, “God, please help me,” pursuing any type of spiritual path was unheard of. After finally humbling ourselves to ask for help, we seek out on a quest for truth, peace, love, and joy. This step can be done anywhere, with anyone, at any time of the day,

deep thinking or focusing my mind. I can do this at night, regarding my words and actions throughout the day, and in the morning regarding the day to come. Need be, I pray for redirection as I reach any fear or doubt. My ultimate goal today is to be present and align my spirit with that of the Spirit of the Universe. I still need a lot of correction but over time the right decisions come easier.

In early sobriety, much like in my using, I did a lot of talking and not a lot of listening. I must remember to not only take time to ask for direction, but also designate a time to listen for an answer. This is how I grow, by opening that door to let the light shine in and through me. After all, faith without works is dead.

Christine R.

all year round. Isn’t that amazing?

This stage in recovery is where some folks find themselves talking to God more often than talking to their spouses. Adopting a daily spiritual practice of prayer and meditation, we find that we are given an opportunity to deepen our conscious contact with Him. Step 11 helps to create a solid foundation for a peaceful and fulfilled life to develop a more positive way of thinking, which in time, will better serve moving you forward. If you’ve ever felt alone in a crowded room, putting all of your faith in a Higher Power means that you never have to feel alone again.

Max D.

THE SASSY SPONSOR

Dear Sassy,

After almost a year of actively participating in recovery, I still find myself grieving the life I had using. Not necessarily the drugs but the people and places. How long will this last? When will I realize I can't go back?

Sincerely,

Mr. Fear of Missing Out

Dear Mr. FOMO,

It's OK to miss a thing or two about our old lives. I, for one, fully admit to missing meth sex **BIGTIME**. It was (mostly) mind-blowing and awesome, and while I've had plenty of good sex since I got sober... it ain't meth sex. And as phenomenal as it was, I hope I never have it again. Because the price is simply too high.

It sounds to me like you've already realized you can't go back. Or you would go back. #AmIRight? And so I caution you against self-fulfilling prophecies; change the stories you tell yourself. You can miss a thing or two, but let your narrative be that on a whole, that life was so terrible, and it is better to be on this side of things. No matter what.

Finally, remember this: I'm not the "great persuader" (p. 48, Big Book). The dope is. Are you convinced? If not, ask your sponsor to take you through step 1 again. Before you take YOURSELF through step 1.

All my love,

Sassy

UNITY
C.A.D.I PRESENTS
2018 HALLOWEEN
10.27.18
SPEAKER ARLENE M.
\$5 / KRAZYKOFFEE
HAUNTED HOUSE
FOOD & GAMES
BOUNCE HOUSE
COSTUME CONTEST
HOME GROUP PARTICIPATION
3104 w Glendale Ave
Phx. 85051
6-10P

CMA EVENTS

CMA Gen. Service Conference: Nov. 1-4
Denver, Colorado

Registration: \$150

Host Hotel: The Curtis by Doubletree in Denver
<https://cma-conf-2018.eventbrite.com>

Nov. 17: Breaking Free, 3-9 p.m.

3109 N. 24th St. Phoenix, AZ

Main Speaker: Jay E.

Live Music and Workshops

March 8-10, 2019: 12 Steps in the Pines

But How Do We Get More People?

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."

There's two key parts to this tradition. The first, "attraction versus promotion" and the second, "anonymity." For the first, all we have to do is ask ourselves, are we selling something? Are we? Should we go door to door, or do infomercials? Of course not!

We don't do this because of the stigma of sales, the force and control salesman and the religious employ to entice searchers and impose belief systems. It closes open-minds, and breeds contempt. The culture of sales look a lot like conventions of manipulation. To avoid the aversion it tends to create, we leave it to the seeker to find us. It has not inhibited the growth of CMA, but rather protected the strength of the message and the truth of recovery by placing the possibilities strictly in the hands of the seeker and his or her Higher Power.

Secondly, anonymity in public forums protects the fellowship from anything that may try to feed off its community for reasons other than sobriety. It eliminates destructive ambitions for those associated with 12-step recovery. Businesses, corporations or celebrities could use their success or failure in this program as means to an end, persuading them to try to use recovery as a financial stepping stone as opposed to a healing process, crippling the reliability of the message. We have instituted this tradition as an obstruction to the glaring liabilities that grow up and out of the desire for money, success and reputation. Our recuperation wouldn't be possible amidst the presence of these beasts.

Rich

The 12th Step instructs us to put our principles into action by carrying the message of recovery to the addict who still suffers. The CMA Service Structure provides opportunities for accomplishing this. Come to a committee meeting and find one that's right for you!!

Hospitals & Institutions - 1st Tues., 7:00pm
Jerry's Restaurant, 2323 E. Thomas Rd., Phoenix

Public Info & Outreach - 4th Tues., 7:00pm
Jerry's Restaurant, 2323 E Thomas Rd., Phoenix

Central District (CADI) - 3rd Tues. - 7:30pm
Fellowship Hall, 8910 N 43rd Ave #102, Glendale

Communications - 2nd Tues., 7:00 pm
Freedom Hall, 2720 E. Thomas, Ste. C160

Events & Fundraising - 1st Wed., 7:30pm
MY House, 7625 N. 39th Ave., Phoenix

Literature - 4th Tues., - 7:00 pm
U-Can-2, 8607 N 59th Ave #D, Glendale

H&I is looking for people to be badged in for the jails or prisons for meetings there. They need people to get gate passes. The requirements are 3 years out of jail or prison, 3 years sober, and 3 years off paper for prison or 3 years out of jail 2 years clean and 1 year off paper for jails. Jail liaison is James C. and prison liaison is Lily C at lillybear65@gmail.com



Crystal Meth Anonymous | Central Arizona Meetings



Sunday

- 5:30 pm
No More G
8615 E Main Street Lot 197
Mesa, 85207
- 7:00 pm
God Rocks
2610 W McLellan
Phoenix, 85017
- 7:00 pm
Backward
4012 S Central Ave
Phoenix, 85040
- 7:15 pm
No Half Measures
5415 E Palm Park Blvd
Casa Grande, 85122
- 7:15 pm
Misfits
2801 E. Paradise Ln
Phoenix, 85032 (K)
- 7:21 pm
Twokeetz-R Us
5143 N 28th Dr
Phoenix, 85017
- 7:30 pm
Break the Ice
5116 E. Thomas Rd
Phoenix, 85018
- 8:00 pm
Life or Meth Squad
9430 N 11th Ave
Phoenix, 85021
- 8:15 pm
CMA Rocks
7523 N. 35th Ave
Phoenix, 85051
- 8:30 pm
Unspan
4430 N 23rd Ave
Phoenix, 85015

Monday

- 6:30 pm
Life or Meth Squad
9430 N 11th Ave
Phoenix, 85021
- 7:00 pm
CMA in the Pit
2601 E Paradise Ln
Phoenix, 85032
- 7:15 pm
Branching Out
7523 N. 35th Ave
Phoenix, 85051
(Women only)
- 7:30 pm
Spun-N-Done
7523 N. 35th Ave
Phoenix, 85051
- 7:30 pm
New Hope
2622 N. 16th St
Phoenix, 85016 (LGBT)
- 8:00 pm
Humble Pie
12838 N 22nd Pl
Phoenix, 85022
- 8:00 pm
No Half Measures
5415 E Palm Park Blvd
Casa Grande, 85122

Tuesday

- 6:30 pm
CMA Rocks
9625 W Sahuaro Dr
Peoria, 85345
- 7:30 pm
Broken Glass
1626 W Denton Ln
Phoenix, 85015
- 7:30 pm
Misfits
4415 S Rural Rd
Tempe, 85282
(Women only)
- 8:00 pm
The Meth Lab
8910 N 43rd Ave #102
Glendale, AZ 85302
- 8:30 pm
Methican American
1632 E. Flower St
Phoenix, AZ 85016
(Women only)

Wednesday

- 6:15 pm
Valley of the Spun
4430 N 23rd Ave
Phoenix, 85015
- 6:45 pm
Broken Glass
1367 N 32nd St
Phoenix, 85032
- 7:15 pm
Misfits
1632 E Flower
Phoenix, 85017
(Open to Men & Women)
- 7:30 pm
New Hope
2622 N. 16th St.
Phoenix, 85006 (LGBT)
- 8:00 pm
Kicking Tins
749 W 2nd St
Mesa, 85201
(Open / LGBT)

Thursday

- 7:00 pm
One Day at a Time
2801 E. Paradise Ln
Phoenix, 85032
- 7:00 pm
Twokeez for Life
4430 N 23rd Ave
Phoenix, 85013
- 7:30 pm
Position of Neutrality
13627 N 32nd St
Phoenix, 85032
- 7:30 pm
Twokeez's Paradise
2720 E Thomas Rd
Phoenix, 85016

Friday

- 6:30 pm
Twokeez's Hope
4415 S Rural Rd.
Tempe, 85282
- 7:00 pm
Sundown Shenanigans
2610 W McLellan
Phoenix, 85017
- 7:00 pm
The Trenches
545 E Palm Park Blvd
Casa Grande, 85122
- 7:00 pm
Fidget Spinners
143 S. Center St.
Mesa, AZ 85210
- 7:15 pm
Misfits
8910 N 43rd Ave #102
Glendale, AZ 85302
- 8:00 pm
Fresh Grounds
12838 N 22nd Pl
Phoenix, 85022
- 8:30 pm
CMA Rocks
13627 N 32nd St.
Phoenix, AZ 85032

Saturday

- 8:00 am
Valley of the Spun West
6609 W Oroclillo Rd
Glendale, 85301
- 9:30 am
There Is a Way Out
8607 N 59th Ave
Phoenix, 85302
- 4:45 pm
Knuckleheads
8607 N 59th Ave
Glendale, 85302
- 6:00 pm
Stout Out
4430 N 23rd Ave
Phoenix, 85015
- 7:00 pm
The Doge Show
3702 N 13th Ave
Phoenix, 85013
- 7:15 pm
The Misfits
13627 N 32nd St
Phoenix, 85032
- 8:15 pm
Creat Clean
4430 N 23rd Ave
Phoenix, 85015

Meeting list published quarterly. Times and locations can change without notice, please phone or visit our website for the most current details.
Please email John at juno7517@gmail.com for any updates.

Website: **CMAAZ.org** | Hotline: **602-235-0955** | List Updated: **October 6, 2018**