

THE PIPELINE

Volume 81

April 2021

Step 4: “Made a searching and fearless moral inventory of ourselves.”

I found a Higher Power who loves the authentic me! No longer does fear consume my life. Time to list, without hesitation, all the resentments of a lifetime. There is no longer a moral dilemma, as I now know right from wrong. This is part of change, and insight into the past is very much needed. If looking at where we were amiss helps us to stay sober and lead a happy life, why not give it a try?

Pro Tip: Make a bullet-point list of all the people, places, and things with which you hold (or they may hold) a resentment. Expansion on each item can be done with your sponsor on Step 5.

It is easy to list out all the wrongs, as am I not the victim in almost all situations that have happened? I often even revel in the ability to say I overcame any given situation. But did I really? I say, “I’m totally over that!” It turns out that is only part of the story since I did not ever deal with the trauma in a healthy way. I must come to terms

with listing the things that are so deeply rooted in trauma in my life. The start is that I muster up the courage to put them down in black and white.



Sound like a lot of work? Sure, it can be time-consuming, but the payoff later will be greater than the sacrifice made now. Some can list it all in hours, while others may take weeks or even months. The advantage to working it out sooner than later is not holding onto what we think are righteous resentments.

Pro Tip: To ensure I have a thorough list, I ask myself if that person, place, or event occupies space in my mind at random times. This happens mostly while I try to sleep, and my mind is off to the races. It is good to keep pen and paper next to the bedside to write it down while remembering and then sleep as it can be addressed with a sponsor later.

Jennifer L.

THE SASSY SPONSOR

Dear Sassy Sponsor,

I am roughly 6 months clean and sober, I am on my 9th step. During my addiction I abandoned my child, I left my child with some friends and just never came back for them. Needless to say, my child was put into the foster care system and after several failed attempts of reunification, my parental rights were severed and my child was adopted by their foster family.

Well, I am now sober and I want to make amends to my child. What is the best way to go about doing this without creating further injury?

Sincerely,

Making Hard Amends

Dear Making Hard Amends,

Let me first start by saying Mazel Tov on 6 months! That is a big deal! Also, being on your 9th step at that length of sobriety is awesome! Now to address your question. I have all the empathy in the world for you in this extremely difficult situation. There are several ways you can approach this without causing harm. The first way I would suggest is making an amends via a proxy person. Finding someone that will hear your amends and give you feedback.

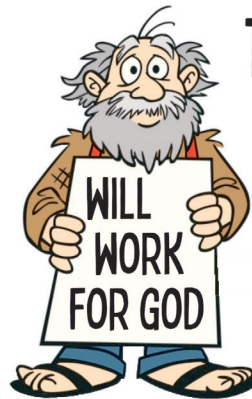
The second way is to write your amends in the form of a letter and go over it with your sponsor for feedback.

The third way is less desirable in my opinion, you must come to a level of acceptance that you will have to make your amends to a child when they are an adult, and that is if they are open to hearing it. Remember the 9th Step is “Made direct amends to such people wherever possible, except when to do so would injure them or others.” Sometimes, in order to make this kind of amends, it should be a living amends, by staying sober (that is the bare minimum), being of service, and no longer creating harm.

I understand the pain of not being present in a child’s life. However, the whole point of recovery is to be helpful. If you cannot do anything to help, do not do anything to cause harm. I hope this was helpful.

Love, Sassy

SERVICE JUNKIES TRADITION STUDY



EVERY 4TH WEDNESDAY
AT 6PM STARTING 1/27
TINYURL.COM/SERVICEJUNKIES

CRYSTAL METH
ANONYMOUS



Tradition 4: “Each group should be autonomous except in matters affecting other groups or CMA as a whole.”

The experience of a pandemic brought many important discussions over the past year in terms of holding in person and digital meetings, and whether the different decisions being made affected only that group or CMA as a whole.

Time and again, homegroups found that they could preserve the principle of autonomy by separating into entirely new consciousnesses. We saw this with Faith Over Fear and the Misfits, and more recently with New Hope and New Hope Online.

And while some of the conversations were difficult, some of the homegroup meetings contentious, I firmly believe that our ultimate authority, a loving God, was expressed in those decisions. No matter how frustrating or disappointing it felt to watch a beloved group split to accommodate the different takes on how to fulfill our primary purpose, the reality is being human is more complicated than one single decision by each homegroup could serve.

After all, we weren't just talking about what the existing members at the time wanted. Some wanted in person for political reasons, some wanted digital for health reasons, some wanted hybrid for unity reasons, and none of them could get their way without trampling on the others.

But what about the newcomer in a halfway house whose management prohibited them from outside meetings, requiring digital only? What about the unhoused addict with a flip phone they can barely keep charged, much less connect to zoom? What about the ones living with HIV, elderly family, or without internet service?

Our primary purpose is not to serve only ourselves, but also the addict who suffers without a solution. It is to make that solution available in the most expansive way that we can, inviting all to the solution we freely offer.

When I look at our complicated and sometimes messy application of the 4th Tradition over the past year, I don't see division and separation. I see a complex population of diverse and beautiful people, operating from a place of genuine hope and concern for their fellow addicts, and I see a fellowship that loved them enough to make the difficult choices necessary to make sure they were being served.

I see a fellowship that bravely and effectively utilized their homegroup autonomy according to God's will.

-Mike S.

Crystal Meth Anonymous

Sunday

1:30 pm
All Meth'd Up
19729 E San Tan Blvd,
Queen Creek, 85142

5:30 pm
No More G
590 N. 96th St.
Mesa, 85207

7:15 pm
Faith Over Fear
6830 N. 39th Ave.
Phoenix, 85019
(La Pradera Park)

7:30 pm
CMA Rocks online
Zoom ID:
708-3817-889
Password: rockon

Monday

7:15 pm
Faith Over Fear
6830 N. 39th Ave.
Phoenix, 85019
(La Pradera Park)

7:15 pm
Branching Out
3150 W. Morten Ave.
Phoenix, 85051
(Mariposa Park)

7:30 pm
New Hope
2622 N. 16th St.
Phoenix, AZ 85006

7:30 pm
New Hope Online
Zoom ID:
897-5847-4106
no password

8:00 pm
Humble Pie
12838 N 22nd Pl
Phoenix, 85022
(Sweetwater House)

Tuesday

7:15 pm
Faith Over Fear
6830 N. 39th Ave.
Phoenix, 85019
(La Pradera Park)

7:30 pm
Broken Glass
1626 W Denton Ln
Phoenix, 85015
(Denton House)

7:30 pm
New Hope Online
Out West
Zoom ID:
897-5847-4106
no password

8:00 pm
The Meth Lab
8910 N 43rd Ave.#102
Glendale, 85302
(Fellowship Hall)

Wednesday

6:00 pm
Broken Glass
Zoom ID:
954 690 64
Password: 8

7:00pm
Valley of the
4430 N 23rd
Phoenix 85
(The New S

7:15 pm
Faith Over
6830 N. 39th
Phoenix, 8
(La Pradera

7:30 pm
New Hope
2622 N. 16
Phoenix, AZ

7:30 pm
New Hope
Zoom ID:
897-5847-4
no password

Meeting list published monthly. Times and locations can change without notice.
Please email John at jjnomo7517@gmail.com

Website: **CMAAZ.ORG** | Hotline: **1-877-700-METH (6384)**

Central Arizona Meetings

Monday

Online

63
826305

Spun

d Ave.
015
olution)

Fear

th Ave.
5019
Park)

th St.
Z 85006

Online

106
d

Thursday

7:15 pm

Faith Over Fear

6830 N. 39th Ave.
Phoenix, 85019
(La Pradera Park)

7:30 pm

The Glass House

1626 W Denton Ln
Phoenix, 85015
(Denton House)

8:30 pm

CMA Rocks online

Zoom ID:

708-3817-889

Password: rockon

9:00 pm

Inadaptados (Misfits) online

Zoom ID:

934-291-6437

no password

Friday

6:30 pm

Tweaker's Hope

online/in person

Zoom ID:

206-236-6675

Password: 508344

4415 S. Rural Rd.

Tempe 85282

7:00 pm

Dude Where's My

Bike

1612 E. Ocotillo Rd.

Phoenix, 85016

(Mandalay Village)

7:15 pm

Faith Over Fear

6830 N. 39th Ave.

Phoenix, 85019

(La Pradera Park)

7:15 pm

Misfits

11611 N. 51st Ave.

Glendale, AZ 85304

(Apollo Baptist

Church)

8:00 pm

Fresh Grounds

12838 N 22nd Pl

Phoenix, 85022

(Sweetwater House)

Saturday

8:10 am

Tweaker Time

6609 W. Ocotillo Rd.

Glendale, 85301

9:30 am

There is a Way Out

8910 N 43rd Ave.

Glendale, 85302

(Fellowship Hall)

7:15 pm

Faith Over Fear

6830 N. 39th Ave.

Phoenix, 85019

(La Pradera Park)

7:15 pm

Misfits

13627 N. 32nd St.

Phoenix, AZ 85032

(Studio 164)

7:30 pm

New Hope

2622 N. 16th St.

Phoenix, AZ 85006

7:30 pm

New Hope Online

Zoom ID:

897-5847-4106

no password

8:15pm

Crystal Clean

4430 N 23rd Ave.

Phoenix 85015

(The New Solution)

For more notice, please phone or visit our website for the most current details.

Check back for any updates. List updated March 7,2021

Central AZ District CMA - P.O. Box 38243, Phoenix, AZ 85069

Spotlight- Virtual Recovery in the Time of Covid

On March 15th, 2020 I picked up my one year sober chip at Crossroads to Heaven. It was a damn near perfect day filled with good memories and good people. Almost immediately after that our pandemic situation caused so many treatment centers to close their doors to outside visitors, meeting halls were forced to make tough decisions and suddenly staying in recovery became a much more difficult situation for so many. As we come upon a year of lockdowns, required isolation and continuous fear for the fate of this pandemic, there really is only one question to ask:

How has recovery changed in the last year?

When we first began this Covid-era chapter in history, we stumbled along trying to figure out the best way to meet the needs of the recovery community. Suddenly Zoom was a thing everyone knew about (and a four-letter word to some...). How to connect the message with vulnerable populations became a hot topic. Opportunities for service work started to decline even as the need for service rose. Sponsors worked with sponsees in so many new and unconventional ways, often before ever meeting each other face-to-face. And many of us found ourselves feeling anxious, disconnected, restless, irritable and maybe even a little discontented. We are a group who hugs strangers and at one time felt no fear holding their hand as we prayed together. The very way of living which helps keep so many of us sober was becoming something that could kill us.

It's important to remember that while fellowship is a huge part of our program, at the core the program is not found in meetings, group prayer and the coffee and cigarettes after. It is found in twelve simple steps that we live each day. It is found in a Higher Power who loves us when we feel unlovable, supports us in our struggles and teaches us to do better than we think we can. But we do need the support of one another, especially now, to help us in our recovery. But how?

At September's CMA Arizona Area meeting the question of how to foster fellowship in the current culture was brought up. How do we celebrate our sobriety without endangering our health? And with relapse, overdose and mental health statistics increasing dramatically across the country over the past year, how do we support one another through this? This idea looks different to everyone and so The Spiritual Problems of the World Committee was formed and they began discussing these ideas. One solution was the forming of a Zoom meeting for Service Junkies that meets on the fourth Wednesday of the month to delve into the Traditions of CMA to get back to the roots of how we function as an organization and how we can move forward in the next chapter of our story.

We are slowly starting to realize a new "normal". (continued on next page)

(Spotlight, continued from previous page)

Many find comfort in Zoom meetings and likely their popularity will continue. There is something appealing about being able to login to a meeting wherever you may be. Events are slowly starting to reemerge, allowing for more opportunities for fellowship. The initial fear and isolation have led us to being more creative and resilient. And we are reaching out to each other so much more in ways we didn't think possible before this health crisis.

This isn't an easy time to be one of us. But I heard someone say something early on that stuck with me. He said that we are actually tailored for such a crisis. The Steps and the Traditions give us a blueprint for living that allows us to weather events by relying on a Higher Power and by knowing and accepting that we are powerless. There is comfort in knowing that we don't have to do this alone.

Going forward, it will be interesting to see where the next year takes us.

Mandie F.

Soberscope

Winter is behind us,
which means warmer weather and
more hours of sunshine.
You are blooming and full of life. Stay
active in your journey.
Keep the momentum.
You are the miracle.

Merchandise for 12 Steps in the Pines retreat

now available online at
www.12stepexperience.com

You can custom order merchandise for
this experience, including kids apparel,
shirts and hoodies.

This is a perfect option for those that
want to be a part of the experience,
but can't attend. There will be a limited
number of T-shirts, hoodies, bracelets, and
stickers for sale at the retreat.

Contact Patricia H. at
480-267-7520,
with sizes and preferences.

Voices of the Fellowship

*Members share thier stories through
the written and spoken word.*

<https://www.crystalmeth.org/for-the-fellowship/voices-of-the-fellowship.html>

4th Annual

Roast Roundup



Apache Lake

May 14th - 16th 2021

- * 3 SPEAKER MTGS!
- * PIG ROAST
- * CAMPING!

- * WATER RODEO!
- * ADULT GAMES!
- * LAKE FUN!

\$35 PRE-REG
\$40 AFTER 4/30

Come be part of the fellowship! An event everyone can enjoy!

Register online!

Copy link exactly— <https://caughtup88.wixsite.com/roastroundup>

Payment accepted at time of registration!

Registration is \$35.00 (BEFORE 4/30) and \$40 on 5/1 and after per adult. Children under 18 are FREE! This includes your campsite, breakfast, lunch, dinner and water for the entire weekend!!

If you would like to reserve a room at the Apache Lake hotel, space is limited and will only be made 3 weeks in advance of Roundup date! The phone number for reservations is 928-467-2511.

**SCHOLARSHIPS AND RIDES ARE AVAILABLE—REQUEST THROUGH THE WEBSITE!!!

