

THE PIPELINE

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Step 8: “Made a list of all persons we had harmed and became willing to make amends to them all.”

None of the steps took me on a future trip quite like my 8th step. Who hadn't I harmed in my life? I was nothing if not a tornado of lies, manipulation, false promises and selfishness, not just in my active addiction but my whole life. My 4th step made that abundantly clear to me in no uncertain terms.

Not only had I seen how my hurt in turn hurt almost everyone in my path but it cascaded further into those people's lives too!

Now here I was, on step 8 and I had a whole new list to add – people who hadn't done anything at all to me and I marked them with my stamp of negativity. I was overwhelmed by the numbers.

Sitting in my room, my eyes floating from name to name, my thoughts flashing from memory to memory,

some names I could imagine they would just be happy to not have me causing destruction in their lives anymore. Some would probably tell me to kick rocks. I played out entire scenarios in my head about how I expected these conversations to go.

I found myself excited about some of them, some people I hadn't seen in a while that I wouldn't dare reach out to while I was in bad shape, would be nice to catch up and maybe become friends again. Then there were names that the very idea of admitting to them

my true bad behavior made me feel nauseas. The ones that I knew were going to gossip about me afterward, those were the ones that made me want to erase their names from my 4th step and my memory altogether. The saying that almost became a cliché in treatment stood out to me right then.

How free do you want to be?

I couldn't deny it, I wanted to be as free as possible. I couldn't avoid those names or the fact that I had harmed them. I had done damage. It was right there in my 4th step, clear as day. I was not an angel. A woman I respect in the program asked me what I would do if I ran into them. I avoided by saying that they are back home

in California, the chances of me running into them were slim to none. She followed up by asking me what if I wanted to go back home? Would the possibility of running into the hold me back? The honest answer was yes, it would. She said to me, “imagine being able to go anywhere and run into anyone and never feel ashamed, never look over your shoulder or take detours. Imagine holding your head high everywhere you go, knowing you owned up to what you have done and took action to make it right.”

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THE SASSY SPONSOR

Dear Sassy,

In the past six months, I've had two friends die from this disease. Both deaths shook me and made me feel a mix of sad, angry, confused, scared and a whole range of emotions, both for my friends who died and myself. What's the right way to feel when this happens? What should I be feeling at this moment?

Signed, Scared to Death

Dear Scared to Death,

My heart goes out, it truly does. I know how you feel. I've lost many people to this disease over the years, and you know what? When it comes to grief, there is no right way to feel. I lost a sponsee named Floyd. He was murdered by his drug dealer during a relapse. At first, I was very unsympathetic. I felt he played with fire and got burned. Then, I began to miss him. Then, I began to lose others to this disease and I realized his disease just took him. It was hard to reconcile because he was a prayer warrior and he loved recovery.

I want to take this time to say something. When you get the flu, you take off of work, you go to the doctor and get medicine. After, you follow doctor's orders until you feel better. When you feel better, once you feel normal, you stop taking the medication and you go back to your regular life. It's the nature of illness to

follow these steps. When it comes to addiction, we have to keep up on our program even after we feel normal. So many do what they know to do when they start feeling healthy again. They stop going to the doctor and taking their medication (i.e. sponsor, meetings, steps, and service). It's the nature of health and illness. When I feel better after sickness, that's what I do. It is common for addicts to go back out because they feel well again, forgetting they are still ill. And this is a very human mistake that so many make. They feel they can get away with one more time, or that they've changed enough that it won't affect them the way it did. They let go of step 1.

There's a range of things that can go on in an addict when one goes back out but the number one thing is they forget that it is deadly. Many do not come back. Losing our loved ones is the hardest aspect of this disease. I just have to remember, I have the same disease, it lives in me as well. So if you are scared to death, know that we have a program unlike so many throughout history. We are blessed with a fellowship and tools to help us stay sober just for today and if we choose to pick up these tools everyday, we don't have to die an addict death like they did. When it came to Floyd, it was the only thing that gave me hope amongst disaster. Make sure you go to the fellowship and rely on those who have been through the same thing. We have each other and our Higher Power. This can bring us through what I believe to be the hardest aspect of recovery. Contact us again if you are struggling, we can help you as well.

In tears, Sassy

Tradition 8: “Crystal Meth Anonymous should remain forever nonprofessional, but our service centers may employ special workers.”

One way CMA “employs a special worker” in a “service center” is through chip fulfillment. This unique service work happens here in Phoenix and impacts our fellowship all around the world. Chip fulfillment is an important funding stream for CMA, in addition to providing “outward signs to each recovering addict’s inward commitment to living a sober life.” While the compensation is minimal for the hours of work involved in receiving chip orders, processing, and sending out in a timely manner, this very special “worker” (who asked to not be named in this article, though many of you may know her or him), does this work with passion, professionalism, love, and light.

I have had the opportunity over the past year to be “chipmunk apprentice” and learn the process for chip fulfillment. Not only have I learned how to follow through accurately with the process but to do so in a caring, and problem solving manner. In addition to fulfilling each order, is also the yearly tasks that come along with the day to day orders. These tasks include the annual mass order of chips from China, fiscal year end inventory, putting excess chips in storage, and being accountable to the CMA and the General Service Board.

I have found this unique opportunity for service to be beyond rewarding. While orders have been limited during the pandemic,

orders have continued to come in and are increasing due to more meetings going back to “in person.” Please reach out if you are interested to see how the process works. If you need to submit a chip order go to: <http://cma-online-store2.mybigcommerce.com/new-chips/>, set up an account, and let us know if you would like to pick up your order or have them mailed.

Love and Light! - John E.

Committees

The CMA Service Structure provides opportunities for accomplishing this. Attend a committee meeting and find one that’s right for you!!

- *Hospitals & Institutions* - 1st Tues., 7:00pm
- *Events & Fundraising* - 1st Wed., 7:30pm
- *Communications* - 2nd Tues., 7:00 pm
- *Central District (CAD)* - 3rd Tues. - 7:30pm
- *Public Info & Outreach* - 4th Tues., 7:00pm
- *Literature* - 4th Tues., - 7:00 pm

Visit the *Central Arizona District Facebook* for current information.

Step 8 (continued from page 1)

I couldn’t really imagine it. I’ve been ashamed over something or everything my whole life but the way she said it, the sincerity in her eyes, I believed I could have that for myself. I wanted that feeling, that confidence, that assurance. “It’s possible. God will put those people in front of you when the time is right. Don’t be afraid of anyone on that list, don’t put expectations on them or you. When God has prepared you for that moment, you’ll know. Until then, all you need is willingness.” - Kelly C.

Central Arizona CMA meetings can be found at the following:

- <http://cmaaz.com/meetings.html>
 - <https://crystalmeth.org/cma-meetings/cma-meetings-directory/3197-centralarizona.html>
 - <https://crystalmeth.org/cma-meetings/online-cma-meetings.html>
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CMA Fellowship supports during Covid-19 and for online meetings

<https://crystalmeth.org/cma-meetings/online-cma-meetings.html>

CMA Statements on Covid-19

<https://crystalmeth.org/9-uncategorised/171-cma-statement-on-covid-19.html>.

A Guide to Applying the Traditions to Online CMA Meetings

(The) “experience (of the Fellowship) has also raised a number of concerns, including meeting etiquette, autonomy, personal anonymity, the Seventh Tradition, and endorsement of online platforms. To read more: <https://crystalmeth.org/for-the-fellowship/cma-literature/send/15-online-meeting-toolkit/94-cma-onlinetraditions-guide.html>

Seventh Tradition Guide for Online Meetings

Honoring the 7th Tradition - “While some customs may change, our Traditions remain the same. The Finance Advisory Committee recently presented a segment on its first Town Hall called Honoring the Seventh Tradition in an Increasingly Cashless Society. To read more: <https://crystalmeth.org/for-the-fellowship/cma-literature/send/15-online-meeting-toolkit/93-cma-online-traditions.html>

Reaching and continuing to engage the Newcomer

Engaging the Newcomer in Online Meetings - To read more: <https://crystalmeth.org/for-the-fellowship/cma-literature/send/15-online-meeting-toolkit/95-cma-online-newcomer.html>

Meeting readings and virtual resources

Meeting formats, readings, virtual chips, and powerpoint with readings and chips can be found on the Online Meeting list page (Links to Downloads, lower right portion of the page: <https://crystalmeth.org/cma-meetings/online-cma-meetings.html>