

THE PIPELINE

Volume 79

February 2021

Step 2: “Came to believe that a power greater than ourselves could restore us to sanity.”

I was insane in my addiction. How do I know this for sure? The day I surrendered to Him I was in a head-on collision accident that nearly killed me. When I came to in the car, air bags exploded, front end basically gone and I found myself surrounded by about fifty burritos, my first thought was “I can fix this. I can put the car back together and no one needs to know I stole it and wrecked it.”

If that’s not insanity, I don’t know what is.

Thankfully a few hours later I came to know my Higher Power for the first time and had the peace of God’s love settle over me and begin to transform me into something better. Every day my relationship with him grows and I take comfort in the knowledge that I don’t have to have all the answers today because I am open to the experience of getting to know Him. More will be revealed, every day. The book describes him in so many ways. Supreme Being, Creative Intelligence, Spirit of the Universe, Creator, Power Realm of Spirit, All Powerful, Guiding, Presence of

God, God of Reason, Great Reality, Infinite Power and Love and Maker. Personally, I’ve always been comfortable with the term Creator. It implies to me that I was born to be molded into something worthwhile.

It’s not an easy task my Creator has in restoring me to sanity. First, was I ever sane to begin with? Maybe not. But today I feel pretty sane most of the time. I understand the insanity of the first drink or the first drug I put in my body and what the result will be. My brain lies to me and tells me that this time it will be different. But my experience with the power of drugs and the Power

of my Creator helps me to understand that if I do so I will inevitably find myself back in a dark place. And I’ve so gotten to love the light. I just have faith that something out there (and I choose to call Him God), is a greater Power than the power drugs and alcohol have over me. He can handle things that baffle me and reminds me always that I am never, ever alone.

My name is Mandie and I’m an addict and an alcoholic.



THE SASSY SPONSOR

Dear Sassy Sponsor,

I am just shy of 5 years clean & sober. I was recently told by a sobriety sibling that I am still in survival mode and have failed to grow. I asked them what they meant by that, and they said that some of my character defects are still glaring, and I haven't taken any action to address them, that I have failed to dig deeper to eradicate them. They suggested I read "Drop The Rock" I am trying not to cop a resentment here. However, I don't see how not to. It feels like I am being told that my program and my recovery is fragile. Am I being overly sensitive or are they correct in their accusations?

Sincerely,
Confused & Insulted.

Dear Confused & Insulted,

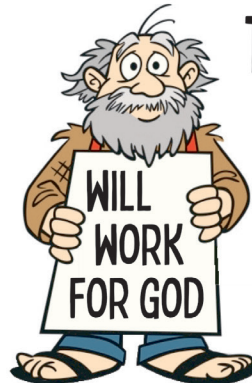
First, let me say that being shy of 5 years is awesome, congratulations! Now, to address the topic, from my experience I can tell you that I too in my first few years of recovery was still in survival mode, I honestly thought I addressed my character defects and took the proper action to remove them.

I thought I was in a good space until a life event forced me to take a real hard look into myself and my actions. I was still angry, judgmental, in fear, and comparing myself to others in the program. I would get envious/jealous of their material successes.

I would wallow in self-pity because I wasn't as successful as others. I was closed off and extremely guarded with even my closest friends and family. I had a sobriety sibling suggest I redo my 6th & 7th steps and read "Drop The Rock". I begrudgingly took the suggestion and also copped a resentment towards them. But here is the beauty of it all: I did realize that I had failed to grow, I failed to address the defects of procrastination, envy, wrath, and self-pity. If it weren't for that sobriety sibling loving me enough to yank my covers and suggest that I work on getting out of survival mode, I don't know if I would still be in recovery. And then I would again be that person who relapsed with multiple years. So, in conclusion, sobriety siblings are a vital and valuable figure in recovery, and they are willing to yank your covers in a loving way to save your life. Hope this helped.

Love, Sassy

SERVICE JUNKIES TRADITION STUDY



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

CRYSTAL METH
ANONYMOUS



Tradition 2: “For our group purpose there is but one ultimate authority --- a loving God as expressed in our group conscience. Our leaders are but trusted servants; they do not govern.”

We often refer to CMA as “the fellowship”, and that works as a verbal shortcut. But fellowship isn’t just an organization, it’s also a principle with an action behind it. Fellowship is a choice to put the well-being of others equal to one’s own; to hold one’s fellows in their sickness and their health. And through the act of fellowship, we learn about commitment in service and sponsorship.

The second tradition touches on one of the most important places we exercise this action: the group consciousness. If you’ve ever been to a CMA business meeting whether it was your homegroup, a service committee, the district / area bodies, or even the annual general service conference, then you know how bureaucratic and boring, or sometimes even contentious they can be. But this tradition reminds us that in these meetings we are actually in the presence of a loving God, who is expressing their authority through our voices.

Let that sink in.

No really, let it sink all the way in.

To participate in a CMA consciousness meeting is to participate in an act of God.

Now think about the role of the General Service Representative, or GSR. Their commitment is to carry the voice of the homegroups to other levels of service - to

attend a series of business meetings and bring the voice of God from each last meeting to the next one, communicating it clearly for everyone to understand so they in turn can participate fully in that meeting’s business. So often we see people elected to this position because they “want to be a part of the group” and are told their job is to “just take notes”. If you are a GSR who finds yourself in this position, please take some time to sit with the reverence that is really due to the position. The GSR is the primary vehicle for our loving God’s authority to be communicated throughout the fellowship.

The greater care and joy we bring to this role, the healthier and more fully our Tradition Two is fully expressed. The more active willingness we put into the spiritual aspect of the role, the less procedurally mundane and transactional the experience will be. Like our step work, service work gives back to us only as much as we’re willing to put in.

The same principles apply across service bodies and commitment levels, so if you aren’t a GSR, these ideas can also strengthen you in service. My prayer for CMA is that together we are able to live up to the trust placed in us by our one ultimate authority, and match God’s love with our own for one another. - Mikester

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)

7:15 pm
Misfits online
Zoom ID:
557-871-290
Password: 055884

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 online/in person
Zoom ID:
812-8498-0703
no password
2622 N. 16th St.
Phoenix, AZ 85006

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 Out West online
Zoom ID:
812-8498-0703
no password

Wednesday

6:00 pm
Broken Glass
Zoom ID:
954 690 646
Password: 8

7:00pm
Valley of the
4430 N 23rd
Phoenix 850
(The New S

7:15 pm
Faith Over F
6830 N. 39th
Phoenix, 85
(La Pradera

7:30 pm
New Hope o person
Zoom ID:
812-8498-0
no password
2622 N. 16th
Phoenix, AZ

Meeting list published monthly. Times and locations can change without notice.
Please email John at [jjinomo751](mailto:jjinomo751@gmail.com)

Website: CMAAZ.com | Hotline: 1-877-700

| Central Arizona Meetings

Monday

Online

53
26305

Spun

d Ave.
015
olution)

Fear

h Ave.
6019
Park)

online/in

703
d
h St.
85006

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

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 online/in
person**

Zoom ID:

812-8498-0703

no password

2622 N. 16th St.

Phoenix, AZ 85006

8:15pm

Crystal Clean

4430 N 23rd Ave.
Phoenix 85015
(The New Solution)

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

Contact: 7@gmail.com for any updates.

-METH (6384) | List Updated January 13, 2021

Love in the Time of Covid-19

By Jennifer L.

Valentine's Day is around the corner. Whether you are with someone special, have a BFF to spend time with, or seek out fun with others in your circle, there is plenty to do safely without exposing yourself to Covid-19 or using any mind-altering substances. Try some of these ideas to bond and stay connected in these trying times.

- Dance party – Learn new moves or make them up. Get physical and have some fun. Can even have a dance off contest. Use TikTok, Zoom, or the like with your loved ones.

- Cook together – Virtual or in person with loved ones, get some ingredients delivered or use curbside pickup and then spend quality time creating a nourishing meal to share and have some great conversation.

- Games – Great way to find out just how compatible you are by seeing your romantic interest in competitive mode – go for trivia or charades to get the party started! Easy to do in person or on Zoom with others.

- Movie – IMDB streams free movies with limited commercials and has a lineup of great options for Valentine's Day. Or stream a concert. Anything you would enjoy with that special someone will work!

- Hike – Arizona has so much to see and perfect social distance if needed. Beautiful hike or bike ride to be romantic and take in a sunset might set just the right mood...

There are so many ways to make a connection. Use your imagination and get to bonding!

SoberScope

Will you be YOUR Valentine?

YES! You are super important and deserve to be loved.

Buy some flowers, get a massage, take a yoga class, whatever makes your heart smile.

You're worthy.



Voices of the Fellowship

“Read Our Stories/Hear Our Stories”
Members share their experience through the written and spoken word.

Through this new portal, you have access to our members’ written stories of recovery. You can also listen to speakers from meetings and perhaps identify with our experiences. Following is a sample:

I Love Me, I Love Me Not

This recounting of a process of recovery demonstrates many of the spiritual principles of our new life, safe from our previous self-destruction. She tells about her acceptance, love, and compassion, for others and for herself as well.

What has been the most important issue in my recovery? What comes to mind is the process of learning to love myself. I don’t mean the false bravado or fake ego we might come in with. I’m talking about the process that requires a long journey of emotional travel from diminished self-worth into acknowledgment of strength and resiliency as a woman and a survivor. Little did I know when I dragged myself into my first CMA meeting that my salvation was going to be determined by my action in developing a strong central core, one that can withstand the storms of life that whip through me and try to steal my sobriety.

I first had to acknowledge the feelings and thoughts within myself that I had never wanted to admit – my fears, loneliness, thoughts of inadequacy, lovesickness and distorted mental scripts. I had to admit how awkward I felt fellowshiping, how I still thought of myself as a child, how embarrassment sometimes paralyzed me. I had to understand that these feelings were part of the real me and that I was not the rough-and-tough Superwoman who told herself that she was just fine. My denial had to go; otherwise, I would use again. My first awareness of these problems arose when my mother had major surgery in my first year of sobriety, triggering complicated feelings which, without drugs to kill them off, were new to me. Later in recovery, the same thing happened in my romantic relationships; pain and confusion led me to get help from other women in the Fellowship who had experience with codependency. I sought outside help and continued to work the Steps. My sponsor helped me tremendously, and the acceptance and support of the Fellowship demonstrated to me what love is supposed to be.

To read more:

<https://www.crystalmeth.org/i-love-me,-i-love-me-not.html>

I STAND BY THE DOOR

MINGUS MOUNTAIN CAMP
MARCH 26-28, 2021

CRYSTAL METH ANONYMOUS
12 STEP EXPERIENCE

REGISTER NOW:
12STEP EXPERIENCE.COM



MARCH 26-28, 2021

MIRACLES HAPPEN IN THE PINES

Central Arizona District Intergroup of Crystal Meth Anonymous invites all of our fellows and your families to join us for our biannual retreat at Mingus Mountain Camp near Jerome, AZ. The 12 Step Experience in the Pines is an experience you won't want to miss.

Over the course of the weekend we will work through all 12 steps using outdoor and group activities to learn and grow together. Many of our long time members tell stories of miracles they experienced at the 12 Step Experience. We can't wait to see you there!

REGISTRATION INCLUDES

- Four meals
- Activities for all 12 steps
- Lodging for two nights
- Speaker meetings
- Entertainment
- Babysitting
- Beautiful cabins
- Access to all camp amenities

PAYMENT PLANS AVAILABLE: 12STEP EXPERIENCE.COM



\$140



\$55