

THE PIPELINE

Volume 67

February 2020

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

All of the words of the 12 steps are very specifically chosen, which is another thing I really love about working with them. The second step doesn't say “We came to believe in a power greater than ourselves” it says “We came to believe that a Power greater than ourselves could restore us to sanity.” That's the beauty—we are invited to begin to think about what our higher power can be.

The emphasis is not on who or what the power is, but on what the power can do for us. The group of CMA itself certainly qualifies as a power greater than ourselves (our fellowship is in the millions and always growing) as do the spiritual principles contained in the 12 steps.

The awareness and understanding that we can't recover alone and that we need some kind of help is really the lesson at this point in recovery. The spiritual principles that are the foundation of this step are open mindedness, willingness, faith, trust and humility. It really doesn't matter whether we have any idea of how this power greater than ourselves is going to help, just that we come to believe it is possible. As part of a recovery process it's really helpful to ask and answer important questions pertaining to step two; questions about insanity coming to believe, a power greater than ourselves, restoration to sanity and spiritual principles: Did you make insane decisions as a result of your

addictions?

Do you have any fears about coming to believe in something greater than yourself?

What does “we came to believe” mean to you?

What experiences have you heard other recovering addicts share about their process of coming to believe and have you tried any of them in your recovery/life?

Do you have a problem accepting that there is a power/powers greater than yourself?

What evidence do you have a “higher power” is working in your life?

What are some of the things you consider good examples of sanity?

What changes in your thinking and behavior are necessary for your restoration to sanity?

Why is having a closed mind harmful to your personal recovery?

How are you demonstrating open-mindedness in your life right now?



THE SASSY SPONSOR

Dear Sassy,

I always look for the similarities rather than the differences during meetings. And even though I'm a crystal meth addict, I often go to AA meetings and I still get the essential message. But lately, I've been noticing the uniqueness of my addiction and recovery, and frankly, crystal meth isn't the same as alcohol in a lot of ways. Should I only be attending CMA meetings?

Sincerely,
Questioning AA but not CMA

Great question "Questioning!" There's a few things to go over here that are extremely important. First, your primary program should be chosen according to your primary drug of choice. Ultimately, there are differences (sometimes little differences but differences none-the-less) that address specific issues related to recovery necessary from any given drug. For example, someone in a CMA meeting may talk about staying up for days on end while masterbating, and peeking out windows constantly. Someone in AA cannot relate to that, and most likely, cannot relate to the paranoia that may need to be addressed after one comes into recovery. CMA is a safe place to discuss this and find the MOST support needed when dealing with issues like this.

Now, if you can't get to a CMA meeting is it okay to go to an AA meeting? Well, in my opinion, it is the second best option. CMA uses the AA literature and CMA uses the same techniques to overcome addiction as AA. Culturally, they are very similar. This is why you've been getting along okay in AA. Still, you cannot identify as an

addict in AA and many AA meetings frown upon discussing any other substance other than alcohol. Your best bet is to get to a CMA meeting as soon as you can. There are many CMA meetings at all times of day all over the valley. You won't have to look too hard to find one... just pick up a Pipeline, and use the meeting guide in it and you are good to go.

It is important to remember that there are some who don't share the same addiction as you in CMA yet find the support they are looking for. You may find solace in other programs as well at times and that's okay. But don't forget that it is easiest to identify with those who share the same addiction as you. You will most likely benefit from the rooms of CMA for this reason.

Best of luck to you,
Sassy

CMA EVENTS

The 2019 H&I Committee is looking for people to help with different events throughout the rest of this year! This is a great opportunity to reach people and meet fellow CMA members. If you're interested

**Contact: Garth K. (602) 754-2169
or join the committee on the 1st
Tuesdays at Trinity United Methodist**

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.

In 12-step groups, there is no such thing as individual authority. No one member “directs” or “controls” the actions of the other members of the group.

Tradition 2. For our group purpose there is but one ultimate authority - a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.

Group decisions are just that, group decisions. After a discussion of all aspects of a given situation, including the minority opinion, the group votes on the issue and an agreement is reached with the majority vote. This vote is called a “group conscience.”

Each group is a fellowship of equals. No matter what an individual member’s background, education, or professional expertise, no member has authority “over”

the group.

This tradition has been misquoted many times as “we have no leaders.” But it clearly states that each group does have its leaders, they just have no authority over the rest of the group. Whether they be the group’s representative to the area or district, or the secretary or treasurer, they have been entrusted with the responsibility to serve the group, not make decisions for it.

Groups clearly have other “leaders” also. There are those, who by sharing their wisdom and strength in the meetings, who are quietly recognized by the group as “spiritual leaders.” There are those members, who are so well-founded in the principles and traditions of the program, the group turns to when questions arise involving possible violations of those principles and traditions. These too are leaders, but they do not govern either.

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
Trinity United Methodist Church, 3104 W. Glendale Ave.*

*Public Info & Outreach - 4th Tues., 7:00pm
Denny’s, 2801 N. Black Canyon Hwy. (I-17), Phoenix*

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

*Communications - 2nd Tues., 7:00 pm
Lambda Phoenix Fellowship, 2622 N. 16th St.*

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

*Literature - 4th Tues., - 7:00 pm
St Mary’s Episcopal Church, 6501 N. 39th Ave., Phoenix*

Crystal Meth Anonymous

Sunday

1:30 pm

All Methods Met

19729 E San Tan Blvd,
Queen Creek, 85142.

5:30 pm

No More G

590 N. 96th St.,
Mesa, 85207

7:00 pm

The Young and the Rubies

2830 W McLellan
Phoenix, 85017

7:00 pm

Backyard

4012 S Central Ave
Phoenix, 85040

7:15 pm

No Half Measures

545 E Palm Park Blvd
Casa Grande, 85122

7:15 pm

Misfits

2801 E. Paradise Ln
Phoenix, 85002 (K)

7:30 pm

Break the Ice

5116 E. Thomas Rd
Phoenix, 85018

8:00 pm

Life or Meth Squad

9430 N 111th Ave
Phoenix, 85021

8:15 pm

CMA Rocks

7523 N. 35th Ave
Phoenix, 85051

Monday

6:30 pm

Life or Meth Squad

9430 N 111th Ave
Phoenix, 85021

7:00 pm

CMA in the Pit

2801 E Paradise Ln
Phoenix, 85032

7:15 pm

Branching Out

7523 N. 35th Ave
Phoenix, 85051
(Women only)

7:30 pm

Misfits

244 N. Extension R.
Mesa 85201

7:30 pm

Spun-N-Done

7523 N. 35th Ave
Phoenix, 85051

7:30 pm

New Hope

2822 N. 16th St
Phoenix, 85006 (LGBT)

8:00 pm

Humble Pie

12838 N 22nd Pl
Phoenix, 85022

Tuesday

5:00 pm

Lost Time

10421 N. 33rd Ave.
Phoenix, 85051

6:30 pm

CMA Rocks

9825 W Sahara Dr
Peoria, 85145

6:45 pm

Sunup Shinedown

13627 N 32nd St
Phoenix, 85032

7:30 pm

Broken Glass

1826 W Denton Ln
Phoenix, 85015

7:30 pm

Misfits

4415 S Rural Rd
Tempe, 85282

8:00 pm

The Meth Lab

8910 N 43rd Ave #102
Glendale, AZ 80302

8:30 pm

CMA Out West

959 Dysart Rd.
Avondale, AZ 85323

(starts January 7)

Wednesday

6:00 pm

Broken Glass

19234 N 7th A
Phoenix, 8500

7:00 pm

Valley of the A

4430 N 23rd A
Phoenix, 8500

7:15 pm

Misfits

1632 E Flower
Phoenix, 8500

7:30 pm

New Hope

2822 N. 16th S
Phoenix, 8500

8:00 pm

Kidding Time

749 W 2nd St
Mesa, 85201
(Open / LGBT)

Meeting list published monthly. Times and locations can change without notice.

Please email John at jjnomo751@gmail.com

Website: CMAAZ.org | Hotline: 1-877-700-1111

Central Arizona Meetings

Wednesday

7:00 pm

Open

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Thursday

7:00 pm

One Day at a Time
2801 E. Paradise Ln
Phoenix, 85032

7:30 pm

Just An Oink
1832 E. Flower St
Phoenix, AZ 85016
(Women only)

7:30 pm

Position of Neutrality
13627 N 32nd St
Phoenix, 85032

7:30 pm

Twelve's Paradise
2720 E Thomas Rd
Phoenix, 85016

Friday

6:30 pm

Twelve's Home
4415 S Rural Rd.
Tempe, 85282

7:00 pm

Sandwich Shenanigans
2810 W McLellan
Phoenix, 85017

7:15 pm

Misfits
3204 W. Glendale Ave
Phoenix, AZ 85051

8:00 pm

South Sounds
12838 N 22nd Pl
Phoenix, 85032

8:30 pm

CMA Rocks
13627 N 32nd St.
Phoenix, AZ 85032

Saturday

8:00 am

Valley of the Sun West
6609 W Occello Rd
Glendale, 85301

9:30 am

There Is a Star Out
8910 N 43rd Ave.
Glendale, 85302

6:00 pm

Shot Out
4430 N 23rd Ave
Phoenix, 85015

7:00 pm

The Rose Show
3702 N 13th Ave
Phoenix, 85013

7:15 pm

The Misfits
13627 N 32nd St
Phoenix, 85032

8:15 pm

Crocal Clean
4430 N 23rd Ave
Phoenix, 85015

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

Contact us at centralaz@6384.com for any updates.

6384 (6384) | List Updated: December 12, 2019

My Eskimo

I was told once that an Eskimo is someone who brings you in from the cold. My Eskimos brought me from the cold, dark depths of my addiction to a light, warm, and loving room filled with people who care. My life as an addict changed through the years. Through the trials of my addiction, many people came into my life and saved or guided me to a better path.

It was hard to be openly gay growing up in a small, redneck, religious town. It didn't help being brought up in a strong Hispanic Catholic family. My life was sheltered due to my upbringing. My dad had a cousin who was flamboyantly gay. He was the outcast of the family and was spoken of badly by others in the community. I knew I was gay by the age of 10 and I had to hide it because of my dad's cousin. I developed shame for being gay at that early age.

At the age of 16, I found an outlet to express myself while hiding my sexuality. I discovered modeling. I was approached by a company to model kid's clothes, and things took off from there. It helped that I grew up close to a large city within driving distance. My parents bought me my first car, which enabled me to attend modeling events in the big city. This was my big break because I was away from my parents and for the first time, and I could truly be myself.

One day at one of my modeling events, I met Michael, who was a year older than me. We started to talk. I learned he was gay and out to

his parents. We started to hang out a lot. He was the first person who made me feel safe about being myself. He asked me if I had ever tried drugs or drank anything. I replied no because my parents kept me on a tight rein. He pulled out a bottle of vodka he had taken from his parents. We then shared our first drink. I didn't like the feeling at first, but I did come to like it a lot later.

As our friendship grew, we started to like each other a lot more and we became boyfriends. We decided to go dancing together. We found a nightclub open to 18-year olds. We were having so much fun on the dancefloor. We decided to take a break from dancing, and we were approached by this guy and his boyfriend. They offered us a little bag of white stuff and this little blue pill. I later learned that the white stuff was cocaine, and the blue pill was ecstasy. Me and my boyfriend said we never tried anything like that. We agreed to try it if we kept an eye on each other. From my first use I felt like I was flying. It was an amazing feeling unlike anything I've felt before. We hung out with this couple the rest of the night. I wanted more of this stuff because I loved the way it made me feel. At the same time, it scared me, so I didn't use anymore that night.

After dating Michael for two years, he finished high school and moved away to college. I was alone and scared again with one year left in high school. I reverted back to hiding my sexuality. I became one of the popular kids in school, but felt lonely inside because I could not be my true self anywhere.

I survived high school, and by the late 1980s I started college. I decided to move away so

I could be myself without any judgment from my family or my hometown friends. College was freeing. One of the first things I did was join a gay organization on campus. I wanted to surround myself with people like me. This is where I met my next boyfriend of four years. This was also a time I experienced incredible grief from the loss of some of my new friends to AIDS. In addition, this was the beginning of my binge drinking and occasional use of cocaine to cover up my grief and shame.

After finishing college, I accepted a job as a medical auditor in Los Angeles. This was my first attempt at sobriety. I decided to leave my using, drinking, and the boyfriend behind me. I didn't know anyone in the city, and things were hard and lonely for me. Then I met my next boyfriend, Aldo. We lived a very good and healthy life without using and drinking for the first five years.

After five years together, Aldo and I moved to Austin for my career. The next five years would include a career change for me to real estate. In that time, Aldo contracted HIV and passed it on to me. This was the end of our relationship and the beginning of my spiral out of control.

I started to travel a lot because of my job. Before I knew it, I was reunited with cocaine. I wanted to cover up the hurt and pain of having HIV. I felt like life was not worth living, and I doubted I'd ever have a person in my life that would love me because of the HIV. My cocaine use progressed within a year, and it went hand-in-hand with risky sex at the bathhouses, sex parties, and circuit parties.

I was traveling for work when I met this guy

online who wanted to hang out. I went to his place, then he proceeded to ask if I had ever tried crystal. I said no. He took a pipe out, then took a hit off it, then passed it over to me. I was very nervous and didn't know what to expect. I took that first hit. I thought I inhaled a cloud from heaven. At that point, I knew my life had changed. I was in love, so I thought, with crystal and with this man that I had just met.

I continued dating this guy, who became physically and mentally abusive, for over two years. I knew I could not get out of this relationship. I was so blinded by him, the abuse, and the drugs. The physical and mental abuse was getting worse, but I was in love. I became dependent on him and crystal. I knew I would not find another person who would love me and accept me because of my HIV.

I was suffering so much. My physical appearance and health were taking a toll. Self-care was nonexistent. I left my job in real estate because my health was getting worse. I almost died in the hospital three times from pneumonia, but continued my life with the abusive boyfriend and crystal. They became the loves of my life. I was using crystal every day. Then one day, I had enough. I told my boyfriend I could not be with him anymore, because I didn't want to live anymore.....

Finish reading this story and others at www.crystalmeth.org

Roast Round Up Committee

Presents



SUPER BOWL

PARTY!

FEBRUARY 2nd 2020

SAVE THE DATE



????? VS ??????

MORE DETAILS TO FOLLOW

THE NEW SOLUTIONS

4430 N 23rd Ave, Phoenix, AZ 85015