

THE PIPELINE

Volume 91

February 2022

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

A pertinent realization in my recovery is that I will put substances into my body when I am completely sober. Insane, right? I go to the store and buy alcohol completely sober. I call my dealer sober. I do these things knowing full well what will happen and do them anyway. I tell myself, “it will be different this time,” but the only difference is that it gets worse each and every time.

Using and drinking no longer gave me any comfort or enjoyment. I was at a point where I did not want to go on with life, but I also still wanted to live. I would die if I didn’t stop. I had a glimpse at a solution by seeing others recover from addiction in the rooms of CMA. I also heard these same individuals share about their “God” or their “High Power” and I found myself unsure if I was doing the right thing. I wanted to stop using, not become religious.

I got a sponsor and he asked me if I was willing to accept spiritual help. I was. I completed Step 1 and while working with my sponsor, I began to learn a lot about myself. I realized that my mind is not my best friend. The best decision I thought I had made for myself was going to rehab, but in reality I only went because I had nowhere else to go. With these humbling revelations I became

willing to believe that a Power greater than myself could restore me to sanity.

Thankfully, my sponsor asked me if I understood what a spiritual term was. I knew of a few, “holy,” “sacred,” and “prayer.” Then, my sponsor asked what the term “God” meant to me and I found myself sharing my thoughts on the idea without reserve. I was back on track!

Reviewing Step 2 again, I soon realized that if my mind isn’t sound, then I cannot be the one to restore myself to sanity. My sponsor shared with me that he also likes to put drugs into his body completely sober, so he couldn’t be the one to restore my sanity or his own. He then asked if I would be willing to believe in something other than myself or another human being to achieve this idea of restoring my sanity.

At that point, I recall myself thinking back to a time when I was just a young boy sitting in a trailer park in Tucson, Arizona. I was watching clouds in the sky change shapes, move, and dissipate into the vast blue yonder. I remember asking the sky to let me have good things in life for myself and my family. I don’t really know

(continued on last page)

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.”

Supreme Being, Creative Intelligence, Spirit of the Universe, Creator, Power, Realm of the Spirit, The Big Guy, All Powerful, God of Reason, Great Reality, Dude in the Sky, Father, Mother, Infinite Power and Love, Maker or God- there are so many names we can call our Higher Power. Our book simply says we have to believe there IS a power greater than ourselves that can relieve the insanity of addiction. And our program teaches us that whatever we choose to call our Higher Power, they must come before any man or woman and be the ultimate authority in our lives.

Yet our organization is made up of people who must govern us. They make decisions about our needs and we trust that as a collective they make the right choices. Every voice has a say, from the newcomers to the old timers. The newcomers offer us a fresh perspective and keep us current in how we can be of service. We look to the old timers to provide wisdom and continuity, showing us what has already been tried and proven successful in the past.

Outsiders often wonder how this approach works, since there is no leader among us. Surely this causes disagreements and fractures the group! The answer is simple; we each tried to be the leader in our own

destinies before coming to CMA and it was that ego that kept us sick for so long. In order to get better we have to set aside our own personal will and work for a common good. However, some of us find this easier to do than others. This can lead to what is referred to as, “elder statesmen vs bleeding deacons”.

The elder statesmen are the wise voices in the fellowship, not only offering their wisdom and experience, but also teaching others about kindness, patience and compromise. Whereas the bleeding deacon is one who cannot let go of their ego and is continuously trying to take back the power they gave up in Step 3. It's not difficult to see that most of us would seek to become an elder statesman, yet many of us find ourselves as a bleeding deacon at some point in our recovery. It's not as though we change our entire approach to life overnight, after all. This program is a new way of living for all of us and it's not without some growing pains.

Our founders wanted us to achieve better in life and in recovery. They foresaw that if members were paid for their services it would take away from our message. They wanted to instill integrity in us to do the right thing because it is the right thing to do. It is this experience of integrity that builds genuine self-esteem and shapes us into trusted servants
(continued on last page)

THE SASSY SPONSOR

Dear Sassy,

I have a little over 12 years sober, an amazingly full and fantastic life with several service commitments and a good amount of sponsees working their steps. However, I also have a couple of sponsees that I would call **EXTREMELY HIGH DRAMA!** I watch them consistently, repeatedly, and epically blow up their lives by not taking care of their mental, emotional, and physical health. They get into demonstrably toxic relationships and often use gaslighting and weaponized incompetence as excuses **NOT** to do the work. They repeat patterns that continue to lead them to eventual relapse. They are financially irresponsible, buying unnecessary things when they're already in debt and financed up to their eyeballs. They do all of this while owing friends/family money.

It seems they only call to whine, cry, trauma dump or attempt to manipulate me, never taking suggestions or putting in the work that is necessary to change the situation. So basically what I am saying is- I am spent! How do I lovingly, gently, and firmly say to my Drama Royalty Sponsees, "If you're not willing to do the work and take the suggestions/solutions offered, then, I honestly don't know what to tell you." Please **HELP!** I am at a loss on what to do here.

Love, Above My Pay Grade

Dear Above Pay Grade,

Let me start by saying 12 years is amazing! Keep up the fantastic work! As far as your Drama Royalty Sponsees go- Wow, that is a lot! I absolutely understand how disheartening, irritating, time consuming, and draining that can be. It is truly unnatural for one to NOT preserve their own life. To have a solution laid at their feet, and they blatantly disregard/dismiss/discount the very suggestion/solution, can drive someone who sponsors absolutely batty. Here is the deal though, there isn't a gentle way to say "I don't know what to tell you." The language and words we use have meaning. Sometimes to communicate with thick-headed people, it is necessary to be blunt. As the saying goes, "I care more about your life than your feelings." However, be prepared that whatever you say may very well be ignored, dismissed, argued with, or alternately they could "yes" you to death and then go do whatever it is they were going to do anyway. It doesn't matter how wise, experienced, insightful or helpful your counsel is, some people are hell bent on learning their lessons the hard way or never learning them at all.

I realize how incredibly irritating this can be to hear. I also realize that this represents a level of powerlessness. Unfortunately, this is the reality of the situation. You sponsor others to help them find a path to a higher power and to plug them into the recovery community. Willingness cannot be manufactured, created, or transferred.

(continued on page 7)

Crystal Meth Anonymous

Sunday

3:45 pm

Broken Glass

4220 W. Northern
Phoenix, 85051
(The Spot)

6:00 pm

CMA Old School

(biweekly)

Zoom: 867-5251-8566

7:00 pm

The Young and the Methless

2610 W. McLellan.
Phoenix, 85017

7:00 pm

CMA Rocks

7523 N. 35th Ave.
Phoenix, 85051
(Crossroads West)

7:15 pm

Faith Over Fear

4220 W. Northern
Phoenix, 85051
(The Spot)

7:30 pm

CMA Rocks (online)

Zoom: 708-3817-889
Password: rockon

7:30 pm

The Recipe

145 E. 1st Ave.
Mesa, 85210
(Mesa Alano Club)

Monday

7:15 pm

Faith Over Fear

4220 W. Northern
Phoenix, 85051
(The Spot)

7:15 pm

Branching Out

(women only)
7523 N. 35th Ave.
Phoenix, 85051
(Crossroads West)

7:30 pm

New Hope

(LGBTQ)
2622 N. 16th St.
Phoenix, AZ 85006

7:30 pm

New Hope Online

(LGBTQ)
Zoom: 835-3302-2894
no password

7:30 pm

No More G

590 N. 96th St.
Mesa, 85207

8:00 pm

Humble Pie

12838 N 22nd Pl
Phoenix, 85022
(Sweetwater House)

Tuesday

6:45 pm

Faith Over Fear

5116 E. Thomas Rd.
Phoenix, 85018
(Crossroads Arcadia)

7:15 pm

Faith Over Fear

4220 W. Northern
Phoenix, 85051
(The Spot)

7:30 pm

Broken Glass

1626 W Denton Ln
Phoenix, 85015
(Denton House)

8:00 pm

The Meth Lab

8910 N 43rd Ave.#102
Glendale, 85302
(Fellowship Hall)

Wednesday

6:00 pm

Vineyard F

(men only)
6422 N. 65th St
Glendale, 85301

6:30 pm

Broken Glass

4220 W. Northern
Phoenix, 85051
(The Spot)

7:00pm

Valley of the

4430 N 23rd
Phoenix 85016
(The New Spot)

7:15 pm

Misfits

1632 E. Florence
Phoenix, AZ 85016
(Crossroads)

7:15 pm

Faith Over

4220 W. Northern
Phoenix, 85051
(The Spot)

7:30 pm

New Hope

(LGBTQ)
2622 N. 16th St
Phoenix, AZ 85016

7:30 pm

New Hope

(LGBTQ)
Zoom: 835-3302-2894
no password

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

Please email John at jinommo7517@gmail.com for more information.

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

s | Central Arizona Meetings

Monday

Faith Stag

th Dr.
35301

ss

orthern
5051

ne Spun

d Ave.
015
olution)

wer St.
Z 85016
s Flower)

Fear

orthern
6051

th St.
Z 85006

Online

3302-2894
rd

Thursday

7:00 pm
Vineyard Faith
(women only)
6422 N. 65th Dr.
Glendale, 85301

7:15 pm
Faith Over Fear
4220 W. Northern
Phoenix, 85051
(The Spot)

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

8:30 pm
BMX Bikes and Backpacks
4220 W. Northern
Phoenix, 85051
(The Spot)

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
4220 W. Northern
Phoenix, 85051
(The Spot)

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)

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
4220 W. Northern
Phoenix, 85051
(The Spot)

11:00 am
Broken Glass
4220 W. Northern
Phoenix, 85051

7:00pm
Crystal Clean
5116 E. Thomas Rd.
Phoenix, 85018
(Crossroads Arcadia)

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
(LGBTQ)
2622 N. 16th St.
Phoenix, AZ 85006

ut notice, please phone or visit our website for the most current details.
for any updates. List updated January 12, 2022

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

The Dishonesty in Enabling: *Is There Even Such a Thing as a Little White Lie?*

If you're like me, you enjoy watching shows like "Intervention." It makes me feel better about myself, plus I like to see other people see the light at the end of the tunnel of addiction. However, I don't have any love for their families and their ridiculously enabling behavior which will kill an addict as sure as anything. I scoff at those moms who drive their kids to the drug house, the dads who let their child steal from their bank accounts again and again, and the grandma that lets the addict sell her possessions off, one by one. What the hell is wrong with these people? I find myself thinking smugly, "what kind of idiot would put up with all this crap again and again?" Well...I guess I would. I am guilty of enabling behavior too. Probably all of us are at some point. We may not enable people to buy drugs per se, but we can easily enable them to live dishonestly, which leads to other self-destructive behaviors.

When we were using and abusing drugs, it's pretty much a given that we lost friends. Some of our using friends needed to be lost, even though they were people that we really cared about. In our early sobriety we are so happy to have our fellowship and to be loved again, we may be a little too easygoing. A wise woman I know once said, "I didn't get sober to become a doormat." And she's right- we are inherently people pleasers and we usually go back to that mentality. For that

reason, we have probably been enablers without even realizing it.

Have you ever lied for someone? If you have lied for someone, then you're guilty of enabling. It requires a level of deceit that doesn't quite fit in with our program of rigorous honesty. Enabling can actually harm the person you think you are helping. We all hit a bottom somewhere; it's what brought us into CMA. If you enable someone, you take away their bottom, allowing them to live unhealthily for a longer time than they might otherwise have done. The person is obviously still sick in some way and is not making good decisions, but you don't have to live like that anymore. Anything that isn't constructive, is destructive. If you remember that and live by it, you should be okay. Anyone who is a true friend shouldn't ask you to put yourself at risk. Even a small lie is not constructive to you.

If you're working an honest program and running with honest people, this probably won't even come up. Try to remember back to the time when you were out using. You probably wish you had quit sooner and joined the program earlier. Don't take that chance away from someone else. Be a good friend

(continued on next page)

(**Enabling** continued from previous page)

to your friend, and just say no when they ask you to do something you know isn't right. Many of us have problems with co-dependency and doing a favor for someone is something we wouldn't balk at, but we should think twice before just saying "yes." It's a new year with a new chance to live well and we can even make a resolution not to enable others and to let them live an honest life too. Our paths won't always be easy but they will be right. Turn up your collar and welcome the unknown and remember, you are not alone.

Sarah E.

Sassy continued from page 3)

In recovery, we learn to work with the ones that are willing, and take the advice from the big book and not waste our time with prospects that are not interested in what recovery has to offer. While I personally have the philosophy of not "firing" a sponsee, I understand the people who do. However you ultimately handle it, make sure you do so in a manner that is kind, and loving. But don't condone their reckless behavior. Be grateful that you are no longer taking these actions in your life, and be grateful for the healthy sponsees and friends that surround you.

Hope this helps. Love, Sassy

Questions for Sassy?

Email sassy@cmaaz.org

"Angel"

*Your homeland may it be, sweet land of
hypocrisy, all of which I see...*

*Supposed to stand together, supposed to
see as one, instead we choose to grow apart
oblivious to what's begun. You need to up and
realize what is soon enough to be, at least
open up those precious eyes, do tell me what
you see.*

*I think I see a whisper, an echo, a dream
untold, I thank you for the most peaceful
words I shall forever hold.*

*So wish me away, I can no longer take, such
a darkened world, so cold, so fake. Not giving
up but not moving on, I wonder how long till
my soul is withdrawn. You know the space
between a blink and a tear, lies all your
emotions and all of your fear.*

*My wish is to help though you fail to come
near, my yearn is to speak, at last may you
hear. My voice, not weak, nor shaky, so clear.
I'm telling you now to hold onto your heart,
and to wait till this ends, for then shall it start...*

-CK

(Step 1 - continued from first page)

what I was talking to or why I was asking for good things to come at a young age, but I do remember I felt that something was listening to me. After sharing that memory, my sponsor asked me, "Do you now believe, or are you even willing to believe, that there is a Power greater than yourself?" I immediately said, "Yes!" with a confidence I never felt before. It was then that my sponsor did something I will never forget. He shook my hand ever so joyously and I felt my whole body shake with his excitement. He looked me straight in the eyes and assured me most emphatically, "You are on your way."

My sponsor never asked me to believe what he believed or what others believed. I had been given a chance to form my own conception of a Power greater than myself and it was enough to make a beginning. It was with me all along. I had found a Power that made me want to actually be alive and in hindsight is the reason I am alive today. I see now that it has always been there, saving me.

I have since adopted what my sponsor did with me that day. Whenever another man and I complete Step 2, I shake their hand ever so joyously and assure them most emphatically they are on their way. Hope is the spiritual principle behind Step 2 and I certainly needed some after Step 1. Step 2 opened my eyes to a whole new world that was already before me and I hope my experience helps comfort

those who have yet to approach this Step or are guarded. If you find you cannot quit entirely even when you want to, or if you have little control over the amount you use, I urge you to get a sponsor and join us on the road to recovery.

Mandie B.

(Treadition 2 continued from page 2)

who govern with wisdom and humility, championing for our common good instead of personal gain.

I encourage you all, from newcomers to old timers, to be willing to learn from others and have the humility to accept when your opinion or idea is not shared by the group conscience. Try seeing things from a different perspective and remember to practice kindness with each other.

Mandie B.

**Interested in writing for the
Pipeline?**

Email to editor@cmaaz.org