

THE PIPELINE

Volume 62

October 2019

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Step 10: “Continued to take personal inventory and when we were wrong promptly admitted it..”

This step is often minimized into a review which happens but once a day, but what it actually says is “continued”. Webster’s defines continued as “without ceasing”. Therefore, I must through out the day take an inventory on my behaviors. It would be dangerous for me to treat someone poorly and then wait until I am going to bed to take a look at my actions. It would be best if I could immediately take care of things as the pop up during the day.

We have done the work! It must prevail throughout the day. There are specific instructions that go along with this step. We ask God to remove them (steps 6 & 7)...that means you pray. Then much like the step work we have already completed, we talk about it with a trusted friend (step 5). If we need to make an amends (step 8 & 9), we do so quickly.

This step is crucial to our continued recovery. We will be working steps 4 through 9 on a daily basis for the rest of our lives. We must. This is what step work has taught us to do. If we are to enlarge our spiritual fitness and continue trudging the road of happy destiny!

Clifford



THE SASSY SPONSOR

Dear Sassy Sponsor,

Everyone loves the “Acceptance” paragraph on p. 417 and I have to tell you, I think it’s a crock. Am I the only one who thinks this passage is BS? Why do I have to accept everything?

Signed,
Westside CMAer

Dear Soul Mate,

OMG NO! Sassy also thinks this passage is a sham. Let’s take a look:

“And acceptance is the answer to all my problems today. When I am disturbed, it is because I find some person, place, thing, or situation—some fact of my life—unacceptable to me, and I can find no serenity until I accept that person, place, thing, or situation as being exactly the way it is supposed to be at this moment. Nothing, absolutely nothing, happens in God’s world by mistake.”

Gag me.

I’m glad Jonas Salk didn’t look around early 1950s America and think, Oh my, this deadly polio virus – but what can I do? It must be God’s will! I’ll just accept it! Or that Rosa Parks didn’t just walk to the back of the bus as per the usual, having decided that she was just one person – how could one person fight institutionalized racism? Besides – it must be how God wants it! Nothing happens in God’s world by mistake! Uggggh. Someone take me out back and shoot me if I ever subscribe to this type of drivel.

People find things unacceptable in their lives all the time, and they refuse to accept it. They go on a diet, they quit their jobs, they leave bad relationships, they campaign for a new candidate, they develop vaccines and they fight the system. Thank goodness they do.

No one need accept the unacceptable. This is in direct conflict with the Serenity Prayer. If you don’t like something – change it. Mistake happen all the time. Do something different.

Also, this passage is in the stories section, so we should remember, it is one alcoholic’s opinion – same as if it were spoken from the podium. Take what you can use, and leave the rest.

Thanks for writing.

All my love, Sassy

CMA EVENTS

Celebrate the Art of Recovery Expo
“Breaking Down Barriers”

September 28th, 2019, 10am-2pm
Phoenix Convention Center

For event tickets:

www.celebratetheartofrecovery.org

CMA H&I Awareness Day
December 7th, 2019

We will be having an “ice breaker” activity a spiritual Workshop by Jay D. , We will have workshops on how to get a badge to take meetings into the jails, as well as a workshop on the correspondence sponsorship program to sponsor people who are incarcerated in prison. entertainment food and an amazing closing speaker please make sure to join us and sign up to volunteer.

Tradition 10: “Crystal Meth Anonymous has no opinion on outside issues; hence the CMA name ought never be drawn into public controversy.”

Now more than ever, is this tradition important to the very foundation of CMA. In a world that has become so polarized, bipartisan and split on so many issues, we have to remember this tradition as we walk into the rooms of Crystal Meth Anonymous. The beauty of all 12-step recovery programs is that we are united by our recovery. We can sit and relate to one another on a spiritual level, not letting our differences divide us, but our similarities in recovery unite us. Blacks with whites, Americans with Mexicans, Gays with Straights, Republicans with Democrats, Atheist with Christians and with Muslims; all societal labels disappear and we are left in our raw selves.

In these moments we can learn from walks of life that maybe we haven't experienced, but could lead us to a path free from addiction. Like all the other traditions, Tradition 10 was formulated to protect us from the internal and external forces that could destroy us.

Through the years, many churches have come up with different opinions as to what was written,

leaving society with all sorts of new and improved ways to change the Word of God that they supposedly understood – and in those changes we have seen a multitude of different churches arrive. In CMA, although not perfect, in its 10th Tradition it tries harder than any other fellowship I've seen to stay with the message exactly as it was written.

I, myself, have walked into rooms and felt uncomfortable and distant. I, too, felt as though I had nothing in common with the people in those meetings, but as I let that feeling leave my body and opened my ears to listen I began to hear stories that I could relate to or experiences that I too have had. What I came to realize is that I was living in fear. Fear of judgement! That fear is as toxic as our addiction. It will divide us. When we remember why we walk into the rooms of CMA and why CMA exists, then we can remember to stay focused on the mission.

Ryan W.

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

5:30 pm

No More G

590 N. 96th St.
Mesa, 85207

7:00 pm

The Young and the Methless

2610 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

2601 E. Paradise Ln
Phoenix, 85032 (K)

7:30 pm

Break the Ice

5116 E. Thomas Rd
Phoenix, 85018

8:00 pm

Life or Meth Squad

9430 N 11th Ave
Phoenix, 85021

8:15 pm

CMA Rocks

7523 N. 35th Ave
Phoenix, 85051

Monday

6:30 pm

Life or Meth Squad

9430 N 11th Ave
Phoenix, 85021

7:00 pm

CMA in the Pit

2601 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

2622 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

9625 W Sahuaro Dr
Peoria, 85345

6:45 pm

Sunup Shinedown

13627 N 32nd St
Phoenix, 85032

7:30 pm

Broken Glass

1626 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 85302

8:30 pm

Methican American

1632 E. Flower St
Phoenix, AZ 85016
(Women only)

Wednesday

6:00 pm

Service Junk

6501 N. 39th St
Phoenix, 85018

6:45 pm

Broken Glass

13627 N 32nd St
Phoenix, 85032

7:00 pm

Valley of the

4430 N 23rd St
Phoenix, 85016

7:15 pm

Misfits

1632 E Flower St
Phoenix, 85016
(Open to Me)

7:30 pm

New Hope

2622 N. 16th St
Phoenix, 85016

8:00 pm

Kicking Tina

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

Meeting list published monthly. Times and locations can change without notice.
Please email John at jjnomo75@gmail.com

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

Central Arizona Meetings

Wednesday

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Ave.
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Ave
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(n & Women)

St.
006 (LGBT)

T)

Thursday

7:00 pm
One Day at a Time
2601 E. Paradise Ln
Phoenix, 85032

7:00 pm
Maverick Methology
4425 W. Olive Ave. Ste 200
Glendale,, 85032

7:30 pm
Position of Neutrality
13627 N 32nd St
Phoenix, 85032

7:30 pm
Tweaker's Paradise
2720 E Thomas Rd
Phoenix, 85016

Friday

6:30 pm
Tweaker's Hope
4415 S Rural Rd.
Tempe, 85282

7:00 pm
Sundown Shenanigans
2610 W McLellan
Phoenix, 85017

7:15 pm
Misfits
3104 W. Glendale Ave
Phoenix, AZ 85051

8:00 pm
Fresh Grounds
12838 N 22nd Pl
Phoenix, 85022

8:30 pm
CMA Rocks
13627 N 32nd St.
Phoenix, AZ 85032

Saturday

8:00 am
Valley of the Spun West
6609 W Ocotillo Rd
Glendale, 85301

9:30 am
There is a Way Out
8910 N 43rd Ave.
Glendale, 85302

12:00 pm
Break the Ice Too
6501 N. 39th Ave.
Phoenix, 85019

6:00 pm
Shot Out
4430 N 23rd Ave
Phoenix, 85015

7:00 pm
The Dope Show
3702 N 13th Ave
Phoenix, 85013

7:15 pm
The Misfits
13627 N 32nd St
Phoenix, 85032

8:15 pm
Crystal Clean
4430 N 23rd Ave
Phoenix, 85015

ut notice, please phone or visit our website for the most current details.
17@gmail.com for any updates.

METH (6384) | List Updated: September 11, 2019

The Ladder

I'm so tired of fighting, tired of being beaten down. My body is heavy with exhaustion -physically as well as mentally. Every time I try to get the darkness out of my mind, it only becomes darker, louder and emptier. Defeated, I fall.

My knees hit the ground and I use my hands to keep from my face from hitting the dirt below me. I clasp my hands over my ears but the voices, the screams and the memories of those I let down are loud and they never stop. My tears streak my face, and I'm crying so hard that I can barely breathe. I just want the Pain To End. I want it all to end. There's nothing left for me to do.

Please, somebody help me. Please, someone do something. I can't go on like this. I hear something, but I can't tell if it's real or just another sound in my head. I look around me but all I see is Darkness. Something causes me to look up. I see the stars above me, I haven't seen them in so long that I forgot how beautiful they are little lights in the darkness which feel like hope for a moment, but I know better. Hope isn't here.

I hear the sound again and that hopeful feeling comes over me, stronger this time. It's the tiniest Whisperer. I can't quite make it out over all the screaming in my mind of the beatings, the panic, and the fear. Please don't go away, I beg to the hopeful feeling in my heart. Please stay with me,

Somehow, it's brighter now. Confused, I look up again. It's the moon. I didn't know the moon was this bright. It's beautiful and that feeling of hope is a little stronger. I hear the sound again and finally I see someone else. "Do you need some help?" The voice says. No one can help me; there is evil inside me. It's better for him if he

stays away from me. "Hello?" He calls to me again. I can see him so I know he's real.

That hopeful feeling is back. Maybe he could actually help me, maybe this is my way out of the darkness I'm in. I take a breath, "I can't get out of this pit." My voice is shaking. Asking for help from anyone, especially someone I don't know, feels foreign. Why would anyone help me? How can anyone help me?

"I have a ladder," he calls to me. "It can get you out, but you're going to have to climb."

I look down at my hands. They are shaking. I'm weak and I can't remember the last time I ate. There is no way I can hold myself up long enough to climb. "I can't," I say. "Is there any other way?"

He doesn't hesitate when he speaks again. "Not that I know of. Do you want to get out of there?" I know I do. I've never wanted anything more. That hopeful feeling inside me is keeping the darkness quiet for right now, but I know it won't last long down here. "Yes, I'll climb."

He throws down the ladder but it's not what I expect. This ladder is old and worn, made of rope and fabric. Some pieces look stretched out and others look completely frayed. I almost wish I was alone again, that I didn't have to do anything but lay down and let the darkness consume me. "I can't do this," I tell him. "What if I fall?"

"If you don't climb it, you'll never get out. If you do, you have a shot."

He's right. I know he is. Fear rises in my chest again. "What if I fall? I'm dying in here."

“If you believe this ladder will save you from death, you won’t fall. If you believe you can make it on your own down there, you will fall. That’s up to you,” he tells me.

I look at the ladder again, noticing every flaw, studying every possible loose end. I’m not sure it makes sense to trust it. “I just have to believe in it?” I ask.

“And be willing to climb it,” he says. I’m quiet now and the screams return, the flashes of all the times I’ve tried something and failed playing over in my mind like slides. I clasp my hands over my ears again.

Please. Make. Them. Stop.

He speaks again, this time his tone drops and I listen closely. “I know the darkness is loud right now. But I promise you once you start climbing, it will get quieter. The longer you climb, the quieter it will get until you won’t hear it anymore. You just have to start.”

That catches my attention. How could climbing a rope silence the darkness? Can I even trust this person? “How do you know?” I ask him. “Because I had to do it, too” he says.

“How? If you are holding the other end?” I ask. He chuckles, “I’m not holding it. Something far more powerful than me is. If you’re ready to get out, start climbing.” And he disappears as quickly as he came.

I want to call for him, make him come back, but I don’t. I worry that the feeling of Hope inside me

will leave with him, but it doesn’t. I don’t want this feeling to go away and if he means what he says about believing this rope will save my life, then I am ready. I’m ready to get out of this hole, to silence the voices inside, too dim the darkness. I don’t believe I can do this, but he didn’t say anything about believing I can, just believing that this rope can save me from the pit.

So I grab hold, and my heart beating in my chest and I feel more alive than I have in a long time. I don’t want to die and I’m ready to believe anything.

So I begin to climb.

Kelly C.

CADI New Year's Eve Committee Presents

KICKBALL TOURNAMENT FUNDRAISER

CMA

KRAZY KOFFEE 50/50 RAFFLE AND \$5 PLATE OF FOOD

**SPEAKER MEETING
SATURDAY, OCTOBER 19TH
12PM-5PM**

AT LA PRADERA PARK AT 8830 N. 39TH AVE.
8-10 MAN TEAMS \$5 PER PERSON

Celebrate

THE ART OF RECOVERY EXPO

CBI

COMMUNITY BRIDGES, INC.
CELEBRATE BELIEVE INSPIRE

A DAY FOR THE WHOLE FAMILY

**SATURDAY
SEPTEMBER 28
10 AM - 2 PM**

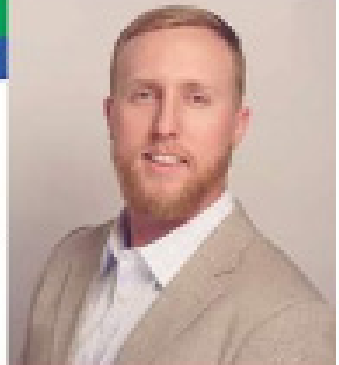
KEYNOTE SPEAKER, BRENDAN MCDONOUGH

ADDICTION & MENTAL HEALTH ADVOCATE

LONE SURVIVOR OF YARNELL HILL WILDFIRE

Brendan McDonough is living proof that **Breaking Down Barriers** leads to success in recovery. He knows it is possible to live happy, joyous, and free! He gets real and raw when sharing his own story in recovery and how that fateful summer night in 2013 changed the whole trajectory of his life. Despite all Brendan's trials and tribulations, he is passionate about being an advocate and empowering individuals through their recovery journey.

ON STAGE 11:00 A.M. | MEET-AND-GREET 1:00 P.M.



A DAY OF RESOURCES TO SAVE LIVES!

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FREE TO THE PUBLIC - MAP ON THE BACK