

THE PIPELINE

Volume 76

November 2020

Namaste

Step 11: “Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.”

Now arrived at Step 11, we have done a lot of work ridding ourselves of self, cleared our side of the street and the onset of moving forward with care is essential. This step is action with reflection. Some find prayer and meditation easy while others still struggle to master the task. Do not despair if this action is not yet routine! There are ways to relate and so much more to try.

To encourage daily prayer and meditation, there might be a need to understand the importance beyond the logic of, “my sponsor told me to do it.” That works for many, which is great, but for the resisters out there, this is for you.

Try to think of someone in your past that influenced you in some way. Ask yourself if you remember the words they said? Perhaps a few phrases might come to mind, but if they are long apart of the past, the words may not be clear.

What is clear, is how that person made you feel.

The words are not as important as the feeling. Same goes for prayer and meditation. Use whatever words come to you. They need not be deep or profound, they only need to be yours.

Pray to ask your Higher Power questions on their will for you and then meditate to be open to answers on how to carry that out. If you only pray without mediation, it is like having

a one-sided conversation where you do all the talking and then can't figure out why you never get any answers.

Keep the connection and let the energy of healing flow through your body and into your universe. Prayer and meditation may never be perfect, but it provides peace of mind that focuses your purpose and direction. When that connection happens, you will be prepared for anything that comes your way.

By: Jennifer L.



The Sassy Sponsor

Dear Sassy,

If I hear one more 12 stepper tell me how many toilets and ashtrays they've cleaned for their service commitments... I mean, there aren't that many toilets and I haven't seen an ashtray in public in 20 years!! Seriously though, I know service is a big part of staying sober, and I have about two years now, but in my early sobriety, I didn't know what service could look like for me. What are a few examples of things we could do for service for the following sobriety ranges: 0-1 year? 1-2? 3-5? More than five?

Sincerely,
Never Cleaned an Ashtray

Well "Never Cleaned,"

I don't even know where to start with a question like this because there are so many things one can do to get involved in service. For 0-1 years, you can make coffee at meetings, take notes at home group meetings, chair meetings (usually there's a six month recovery requirement, but not always in CMA), answering the phone for the hotlines, etc...

There's a program called "Bridging the Gap" where you sign up to take newcomers out of rehab to meetings and introduce them to recovery as soon as they are out of inpatient... great program and a great way to help newcomers. There are a list of committees that you can be part of at the District and Area level, like helping with literature, HELPING US WITH THE PIPELINE, working a counter at an event, helping us throw events, etc... My first

service commitment was helping put on "12 Steps in the Pines," a retreat we do every other year. All you have to do to find out more about these opportunities is to attend your homegroup meeting, or read the pipeline, or call the hotline, or attend a district level meeting we have the third Tuesday of every month... And OF COURSE, there are the thankless service opportunities like cleaning, and running errands for the club houses.

In CMA, we have something that others don't have: a service sponsor. You can team up with someone that has more time than you who can show you the ropes specifically in service. This is an incredible way to get plugged in.

For 1-2 years, there are service opportunities like chairing committees that are at the District and Area level. Usually sponsorship is a huge part of service and you can lead your sponsees into different service opportunities that might work for him or her. This tends to occur closer to one to two years because you have to get through the steps. This is where H and I opportunities begin. You may not be able to get into the prisons, but you may be able to accompany members into meetings that are in hospitals and detoxes. This is where you can learn how to carry the message in simple ways. Who knows, you may be asked to speak.

For 3-5 years, you can get into prisons with H and I, which is a great way to get involved if you were ever in the system, which most meth addicts have been. You can help at district and area when it comes to prudent reserve and the transfer of funds in between different programs, if needed.

(continued on next page)

Poster Child

Tradition 11: "Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, television, films and other public media."

When I first got sober and began to experience the blessings of what CMA has to offer, I struggled with honoring Tradition 11. After all, if this program could save a mess like me, I could only imagine what it could do for the world. I started wanting to tell everyone on social media, at the bus stop, at Circle K and anywhere I could find people about how I have been transformed and how they could do it, too.

Then someone pointed out to me that I am not the poster child for CMA, I am simply a human and a drug addict. What if I fell? What if my program fell apart and I was right

back where I was? What message would that send when the world was watching?

The truth is that I don't want that pressure on me, the weight of carrying the CMA name on my shoulders. My position is best as a member of Crystal Meth Anonymous, to greet the newcomer as an equal, as another drug addict under my Higher Power. I am a better example of what CMA can do if I remain humble knowing that my Higher Power will speak to others through me and the other members of CMA and bring the people who are ready to hear our message.
- Kelly M.

(Sassy Sponsor continued)

And for five years and more, it's time to recycle all these opportunities that we've just mentioned. And by now, you can be a service sponsor, making it time to go out and find service sponsees. This is just the tip of the iceberg. This article is already too long, so ask us here at the PIPELINE, or at your local meeting how you can get involved.

Hope to meet you soon during one of these opportunities! - Sassy

Voices of the Fellowship

Read Our Stories

Hear Our Stories

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

<https://www.crystalmeth.org/for-the-fellowship/voices-of-the-fellowship.html>

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

8:30 pm
CMA Rocks online
Zoom ID:
720-0557-4797
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:
840-1563-8948
no password
2262 N. 16th St.
Phoenix, AZ 85006

8:00 pm
Humble Pie
12838 N 22nd Pl
Phoenix, 85022
(Sweetwater House)

Tuesday

7:00 pm
CMA Out West online
Zoom ID:
884-9206-3085
no password

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)

Wednesday

6:00 pm
Broken Glass
Zoom ID:
954 690 6463
Password: 826

7:00pm
Valley of the S
4430 N 23rd A
Phoenix 85015
(The New Solu

7:15 pm
Faith Over Fear
6830 N. 39th A
Phoenix, 85019
(La Pradera Pa

7:30 pm
**New Hope on
person**
Zoom ID:
840-1563-894
no password
2262 N. 16th S
Phoenix, AZ 85

Meeting list published monthly. Times and locations can change without notice.
Please email John at jjnomo75170@gmail.com

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

Central Arizona Meetings

Monday

Online

6305

Spun

Ave.
5
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Ave.
19
ark)

line/in

8

St.
5006

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:
720 0557 4797
Password: rockon

9:00 pm

Los inadaptados (The

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

8:00 am

Valley of the Spun

6609 W. Ocotillo Rd.
Glendale, 85301

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:
840-1563-8948
no password
2262 N. 16th St.
Phoenix, AZ 85006
(in person starting
10/31)

8:15pm

Crystal Clean

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

notice, please phone or visit our website for the most current details.
[@gmail.com](mailto:) for any updates.

METH (6384) | List Updated October 13, 2020

Food for Thought

“ On awakening let us think about the twenty-four hours ahead. We consider our plans for the day. Before we begin, we ask God to direct our thinking, especially asking that it be divorced from self-pity, dishonest or self-seeking motives.”

~Alcoholics Anonymous pgs. 86-87

Mornings were the worst for me in my addiction. Whether I slept or not it was that morning that always triggered me into doing stupid shit to get loaded. All of my arrests happened right about 7am. And in the beginning of my recovery it was the morning hours which plagued me. I would struggle with what to do during that time, how to keep from caving and relapsing.

So what worked for me? I came up with a morning routine that I have been using for the last year and a half. And it was mostly thanks to Step 11, “Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out”. Every day I take my coffee out on the patio and as I sip ‘n smoke, I think about the day ahead. I put music in my ears and allow myself to feel my Higher Power’s presence. I pray, meditate and journal to get my thoughts right with my Creator. When I pray I talk

to God like I would talk to an old friend who sat in the chair next to me. I ask that I do things in my day that align with His will for me. I pray for others in my life and ask that I be supportive where and when I can. When I meditate I listen for that little nudge that sets me in the direction of the next right thing to do. And then I write about it to process the feelings that the whole process brings up as well as any other thoughts I might be thinking about the day.

It’s simple, but it works for me. Now I look forward to the mornings and the pure serenity they bring to me. I no longer have to be anxious and afraid. It helps too that I’ve made some early morning friends I can turn to if it seems like it’s going to be a rough morning. I’m very grateful for my mornings now and the spiritual connection they bring.

My name is Mandie and I’m an addict

Central Arizona CMA District Committees

The CMA Service Structure provides opportunities to be of service. 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., 7:15 pm*
- *Central District (CADI) - 3rd Tues. - 7:30pm*
- *Public Info & Outreach - 4th Tues., 7:00pm*
- *Literature - 4th Tues., - 7:00 pm*

Visit CMAAZ.COM daily calendar or Central AZ District Facebook page for more info!

SAVE THE DATE!

October 31, 5pm-11pm - **“Freak Show Carnivale”** flyer with details on back page!

December 31 - **Central District New Year's Eve event**, more details to follow!

Look for updates about events on CMAAZ.COM and the Central Arizona District CMA Facebook page.

★ CMA PRESENTS ★

Freak Show
GARNIVALE



CARNIVAL BOOTHS - KRAZY KOFFEE
COSTUME CONTEST - LIVE DJ
STREET TACO DINNER



**TRICK
OR
TREAT**

GUEST SPEAKER

Bobby M.

**-\$10-
ENTRY**

OCTOBER 31, 2020 | 5 - 11 P.M.

3719 N 32ND AVE, PHOENIX, AZ 85017