

THE PIPELINE

Volume 83

June 2021

Step 6: “Were entirely ready to have God remove all these defects of character.”

When I first came into the program I was completely in denial and delusion about not only my drinking and drugging, but about my character defects too. If you had asked me back then what my character defects were, I would have struggled to come up with more than a couple. I was really sick!

That’s how bad my disease was...and still can be. It wants to keep me in the dark about the things that allow it to thrive—my character defects.

I put a lot of effort into my first fourth step and it was really surprising—almost alarming—to see how many people I resented. When I shared this with my sponsor in my fifth step, he helped me to see all the ways that fear caused me to act out or feel threatened. I started to see that I actually had a ton of character defects and that these came out of fear.

One thing that was helpful to me was a list of character defects that a friend in the program had given me. On one side of the page was a

list of character defects, and on the other side were the exact opposite of each trait—character assets. This list became a helpful tool in writing my inventory.



I recently attended a CMA retreat and someone shared something that really hit home. “Our character defects are parts of us that just need to become right sized.” I love that and I agree. When they do become “right sized” the very worst parts of us can become the very best parts of us. One of the miracles for me in this

program has been just that—the slow but steady transformation of some of my worst character defects into some of my best attributes.

Today, as part of my morning prayer and meditation, I ask my Higher Power to make me aware of what is blocking me from being of maximum service to him and my fellows. I feel that in this way, I am working Step Six every day, striving to become a little bit closer to the man I am supposed to be. - Barry H.

CMAAZ.ORG - Statewide Hotline: 1(877) 700-METH

THE SASSY SPONSOR

Dear Sassy Sponsor,

I have been in an intensive and extended treatment facility. It allowed my family and I to stay together. It was hard adjusting to living on a strict level of routine and being held accountable for every action/behavior, along with establishing firm healthy boundaries with my children.

Since they were raised feral while I was using, my children lacked discipline, courtesy, and manners. They saw everyone as a person to manipulate, to get their basic needs met and simultaneously they saw these people they were manipulating as also meaning them harm-including police, EMTs, case workers, guidance counselors, and teachers. In their eyes, every relationship my children had was transactional. Come to think of it, in my eyes as well. This treatment facility addressed all of these issues and helped us heal as a family.

Just recently I have completed my commitment to this treatment program and have been placed into transitional/ sober living, giving me a new level of freedom and access to the “real world”. I was excited at first, looking forward to being able to go to the gas station and buy a large soda (with the good ice), getting drive-thru fast food and going outside to smoke a cigarette whenever I wanted to. Going to meet my sponsor, going to see family, going to meetings, you know? A taste of freedom.

This level of freedom also made me realize that it was A LOT easier to stay sober under the protective hedge of the treatment facility. I don't have the staff and counselors to call me out on my bad behaviors and I don't have the level of supervision that has been there for at least the last 18 months. I find myself losing personal boundaries to old “friends” (using buddies). It isn't that I use with them, or even place myself in that position.

However, I am communicating with these people and the addict brain in me says, “you can handle hanging out with them. You can tell them to not come over drunk/high.” I can feel old behaviors creeping back with a quickness. I know that I can contact my sponsor and siblings in sobriety, and I know that I can reach out to the countless people I have met in these meetings. I just don't know how to stop the past from singing it's siren song, luring me back to a life of homelessness and irresponsibility. What actions can I take to ensure success in this life of recovery and accountability?

Love, Transitioning to Normalcy

Dear Transitioning,

Let me first say congratulations on your completion of the treatment program, and getting into sober living! That is awesome! Now, to get to your question. You clearly went into treatment because your life (and consequently your childrens' lives) wasn't something that was effective as an active addict. (continued on next page)

Tradition 6: “A CMA group ought never endorse, finance or lend the CMA name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.”

(Sassy, continued from previous page)

We get clean/sober to have a better life. We choose to have new beginnings, new experiences, a path to normalcy. The call of the past is a response to fear of success, fear of having problems in areas you've never had before, and the fear of consistent accountability towards yourself, friends and loved ones.

You already kind of answered your own question by acknowledging that you can reach out to your sponsor, your siblings in sobriety, and the core group of people you have met in the meetings. You also are cognizant that you're violating the personal boundaries you set for yourself by speaking with these "old friends". Take action in your life and let go of the old people/places/things and embrace the path to a new, peace-filled, successful life. Dive into step work, service work, sponsoring, and fellowship with people that can respect the boundaries you set for yourself. This should keep you so engaged that you won't have time to be homesick for homelessness and irresponsibility. You're doing fantastic! Keep up the great work.

Love,

Sassy

Tradition 6 can seem tedious, however, necessary to keeping CMA's integrity. There are thousands of CMA groups that have their own cultures that would support movements like BLM or in favor of a local LGBT facility. However, CMA should not endorse these entities as it could divert us from our primary purpose: to help the addict that still suffers. In doing so, we may alienate diverse groups and not reach the individual who needs to hear the message. What does that look like, you may ask? Well, similar to Step 12 where it states, "We try to carry the message", we TRY. For example, we TRY our best not to have all of our events at one particular location.

When we turn our energy towards funding, advocating, or endorsing related or outside entities we can lose sight of our simple primary purpose. Keeping it this way has maintained our fellowship and has kept the integrity of the program intact. Just like most things in the program, if you find yourself questioning whether something may not be in line with Tradition 6, reach out to a peer or in a home group meeting and allow the group conscious to help you find the answer. I hear God most clearly through others. Stay well and safe friends. - Andrew C.

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

6:00 pm
I Stand at the Door
2720 E. Thomas Rd.
Phoenix, 85016

7:00 pm
CMA Rocks
7523 N 35th Ave.
Phoenix, 85051

7:00 pm
**The Young and the
Methless**
2610 W. McLellan.
Phoenix, 85017

7:15 pm
Faith Over Fear
6830 N. 39th Ave.
Phoenix, 85019
(La Pradera Park)

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

7:30 pm
The Recipe
145 E. 1st Ave.
Mesa, 85210

Monday

7:15 pm
Faith Over Fear
6830 N. 39th Ave.
Phoenix, 85019
(La Pradera Park)

7:15 pm
Branching Out
(women only)
3150 W. Morten Ave.
Phoenix, 85051
(Mariposa Park)

7:30 pm
New Hope
2622 N. 16th St.
Phoenix, AZ 85006

7:30 pm
New Hope Online
Zoom ID:
835-3302-2894
no password

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 Online
Out West
Zoom ID:
835-3302-2894
no password

8:00 pm
The Meth Lab
8910 N 43rd Ave.#102
Glendale, 85302
(Fellowship Hall)

Wednesday

6:00 pm
Broken Glass
Zoom ID:
954 690 64
Password: 8

7:00pm
**Valley of the
Meth**
4430 N 23rd
Phoenix 85016
(The New S)

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

7:30 pm
New Hope
2622 N. 16th
Phoenix, AZ

7:30 pm
New Hope
Zoom ID:
835-3302-2894
no password

Meeting list published monthly. Times and locations can change without notice.
Please email John at jinomom7517@gmail.com

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

s | Central Arizona Meetings

Monday

WSS online

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826305

He Spun

d Ave.
015
olution)

Fear

th Ave.
5019
Park)

th St.
Z 85006

Online

894
d

Thursday

7:15 pm

Faith Over Fear

6830 N. 39th Ave.
Phoenix, 85019
(La Pradera Park)

7:30 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

Branching Out online

(women only)

Zoom ID:

292-2727-258

Password: Sisters

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

8:10 am

Tweaker Time

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

2622 N. 16th St.
Phoenix, AZ 85006

7:30 pm

New Hope Online

Zoom ID:

835-3302-2894

no password

8:15pm

Crystal Clean

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

ut notice, please phone or visit our website for the most current details.

m for any updates. List updated May 9, 2021

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

Forming This Sober Life

by Jennifer L.

My long-term focus after sobering up and working the steps was to seek and maintain emotional sobriety. The fact is meth and other substances were an escape – anything to not feel. My past trauma was the driver for all my responses, from being compulsively apologetic or over explaining, even when no one asked. I worked on self to improve my confidence and emotional state. I did intensive EMDR therapy, and that helped a lot! I stayed connected to my home group and service commitments to maintain my sobriety.

Now what?

It was time to get out of survival mode and make my way to live life. The big question is, how do I create a life from which I do not feel a need to escape? When I balance the duties of being a mom, a wife, an employee, a friend, I know that I have a purpose. I take it in a direction to drive my passion for things like art, movies, technology. I have interests and hobbies and I dream for the future. I make the time to be a part of my environment instead of trying to flee. I seldom have bad days anymore since I am engaged in the forward trajectory of my life.

This program is one day at a time and that works for sobriety. I have the freedom to make goals and change course. As long as I stay in action, boredom will not be an issue. If I feel I hit a wall and cannot get motivated, I call my

sponsor or someone in my tribe in the program. I pray for direction and wait for an answer.

Feeling all the feels is my comfort zone now and I get to participate in life. I hope you do too!

Soberscope

This month's focus is on relieving ourselves of depression, anxiety, irritability, and secrets.

Trust that your Higher Power will carry you through.

“My Own Worst Enemy”

By Antone “Tone “ Caschetta

The image in the mirror is one that I despise

*Reminiscent of that little boy, blood oozing
from one of his eyes*

*I've caused tremendous pain and crushed
dreams not yet dreamt*

*The scars are deep embedded and filled with
so much regret*

*I was scared and selfish, driven by fear and
pain*

*I prayed for death nightly, but hoped it never
came*

*I struggled with reality knowing it could be
changed*

*My grip on it kept slipping, the drugs kept me
deranged*

*I fought like hell, determined to conquer the
mountain*

*One step forward two steps backwards kept
my mind doubt'n*

*My heart is weak and broken, I've sacrificed
so much joy*

*It has been almost a year since this father has
seen his boy*

*It's a sobering and excruciating realization,
Unable to escape your thoughts*

*Nothing to prevent them racing, just sitting
24/7, your stomach in knots*

*I was known to be a good leader, but I can't
be my own boss*

*The path of destruction I've left has put
everyone at a loss*

*I've prayed for divine intervention because I
need help with me*

*I hope God answers this time because I'm my
own worst enemy.*

Voices of the Fellowship

*Members share thier stories through
the written and spoken word.*

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

A Letter To Anyone New To CMA

Dear Friend,

Thank you for your interest in Crystal Meth Anonymous. Crystal Meth Anonymous is a fellowship of people for whom all drugs, specifically crystal meth, have become a problem. The only requirement for membership is a desire to stop using. There are no dues or membership lists. The fellowship that is Crystal Meth Anonymous is a new way of life without Crystal Meth. Crystal Meth Anonymous advocates a twelve step recovery program for spiritual development, no matter what our religious belief or background. The first step in our recovery is admission by the addict that he or she is powerless over crystal meth, and that life has become unmanageable.

The experience of CMA members is that Crystal Meth Addiction is a progressive illness that cannot be cured, but which, like some other illnesses, can be arrested, by not using, one day at a time. CMA members are happy to offer help by sharing their experience, strength and hope in how they stay clean & sober. One of the ways members stay clean & sober is by helping other Crystal Meth Addicts to achieve sobriety.

It is often helpful for the Crystal Meth Addict to talk with a CMA member, because it may make it easier to understand the nature of our illness, and to accept the help the fellowship of CMA can offer. We would encourage you to get in touch with the World Services Office or the nearest local group near you to get further information on Crystal Meth Anonymous, speak to a CMA member or find local CMA meetings. Many of these local groups have email and/or phone numbers.

Our web-site navigation system at www.Crystalmeth.org includes links to CMA pamphlets and readings that explain how members of our fellowship used a “12 step program of recovery” and to give a general idea of how CMA works.

Best Wishes,

General Services Office