

THE PIPELINE

Volume 85

August 2021

Step 8: “Made a list of all persons we had harmed and became willing to make amends to them all”

Coming into sobriety after decades of active using, I had a lot of work to do. After climbing the mountain of self-examination that was steps 4-7, the prospect of step 8 was much bigger than I had originally thought. I had started seeing my part in things that I hadn't before, and it turned out I was kind a whirlwind of harms to the world around me for most of my life. I knew this had to be done, but it just seemed insurmountable.

But then I got to work on the list and discovered it came quite easily. The harms I had committed in my addiction came out like a dam had burst, and within a few hours I had several pages written out. My pen wrote things that I had not thought about in years. As the list grew longer, more things came to mind. By the time my list was done I had taken a hard look at the damage I had done to the world around me.



The second half is “became willing to make amends to them all” and by the time my list was done, I was willing. How could I not be? All these things were what had been weighing so heavily on me. I realized at some point while writing the list out that deep down, I did feel guilty for these things. The guilt had been buried by time and heavy drug use, but it did not go away. I just learned to not listen to my conscience.

I was willing and ready to make amends to every single one on that list because if I am going to be rocketed into the fourth dimension, I can't be weighed down by the baggage of my past.

My name is Jake and I'm an addiction combo platter.

THE SASSY SPONSOR

Dear Sassy,

I feel stuck. I have been sober for a year and seven months, but my life is not what I hoped it would be. I've had a variety of dead-end jobs and can't seem to get anything better. I just moved out of sober living, but I have roommates and my credit score is bad. My family is somewhat divided in having me around, with half of them happy to see me and the other half still seemingly resentful of me. Finally, I'm really having a difficult time with relationships, as the one serious relationship I have been in was with a person who turned out to be toxic. I seem to mostly attract hot mess people.

I see other people in recovery I know snapping into a brand new lives, starting new careers, rekindled relationships, going back to school, and all these other things. They seem to be happier and way more effective than I'm capable of being. I'm sponsoring a few people, I have commitments, a home group, and all the other things people have suggested to me and still I wonder, when will it be my turn? I have no desire or delusion that relapse will improve any of my mess of a life, but I want to know what I'm doing wrong. What am I missing here?

Love,

Help-Struggling To Remain Grateful

Dear Struggling,

Let me start by congratulating you on your 19 months, that is a big deal! Now, to the task at hand. I am going to use a term that irked the hell out of me in early recovery, "Rome wasn't built in a day." You did not destroy your life in 19 months while in active addiction, so you're not going to rebuild your life in that amount of time either. Let me first ask, how did your amends go? You mentioned your credit isn't good—are you ducking your creditors, or are you paying your bills on time and working on building your credit through avenues like responsible usage of what you can qualify for? You also mentioned there are family members that are leery or resentful of you—have you asked them if there is anything else you can make right or might have not sufficiently made amends for? This is an important part of the 9th step. As far as your career (or lack thereof), what is it you would like to do? What is your passion? Are you focused on just the monetary gain? What are you qualified to do, your educational qualifications, your skill set? Would some education help you out, like a degree, certification, or apprenticeship program? Is fear holding you back from pursuing something like that?

You are now out of the initial stage of trying to hold on for dear life and some aspects of depression or a feeling of sadness can occur, but the good news is it is neither inevitable nor permanent. Bill Wilson referred to this as

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(Sassy Sponsor - continued from previous page)

“Emotional Sobriety,” and talked a lot about how he discovered his depression during this stage was due to his dependence on people and things. So ultimately, there are two things at play here: your need to feel okay, and the results of your actions.

Your actions are the easiest to correct. Keep in mind the last part of the 12th step indicates that you should “practice these principles in all your affairs.” I will phrase this neutrally in order to not sound accusatory about what you may or may not be doing: you may do anything you want in recovery, as long as you’re willing to pay the price. So if you wish to be respected, have a good relationship, a good job, or even just qualify for a small credit card or car loan to help rebuild your credit score, it’s on you to be the person who takes actions that will qualify you for it. “Although financial recovery is on the way for many of us, we found we could not place money first. For us, material well-being always followed spiritual progress, it never preceded” (BB pg. 127). Rooms of recovery are filled with people who have come back from financial ruin, so I’m sure you can find someone in your network who can share their experience on coming back. It looks slightly different for everyone—e.g. some people have to chunk away slowly, whereas others figure out legal arrangements, etc.—but it’s entirely possible.

But, I must emphasize this in tandem: your net worth as a person is not the same as your worth on paper. Some people buy houses at a year sober, others at five or eight, and others never at all. Some people have glamorous careers that involve initials after their name, and others more modest. Some get into long-term relationships, others remain comfortably single. Try to divorce yourself from expectations on what your life and recovery “should look like” just because somebody else has something you want. Realize that sometimes, it has nothing to do with spiritual progress and more to do with circumstances of life. If you can do that, you’ll experience a bit of freedom that even many “normies” never get in their life.

Hope this helps! Love, Sassy

Committees

The CMA Service Structure provides opportunities for being 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., 7:00 pm
- Central District - 3rd Tues. - 7:30pm
- Public Info & Outreach - 4th Tues., 7:00pm
- Literature - 4th Tues., - 7:00 pm

Visit the Central Arizona District Facebook for current information.

Crystal Meth Anonymous

Sunday

1:30 pm
All Meth'd Up
19729 E San Tan Blvd,
Queen Creek, 85142

3:45 pm
Broken Glass
4220 W. Northern
Phoenix, 85051

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

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

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

Monday

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
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 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
4220 W. Northern
Phoenix, 85051
(The Spot)

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

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. 65
Glendale,

6:00 pm
Broken Gla
Zoom ID:
954 690 64
Password:

7:00pm
Valley of th
4430 N 23
Phoenix 85
(The New S

7:15 pm
Faith Over
4220 W. N
Phoenix, 8
(The Spot)

7:15 pm
Faith Over
6830 N. 39
Phoenix, 8
(La Pradera

7:30 pm
New Hope
(LGBTQ)
2622 N. 16
Phoenix, A

7:30 pm
New Hope
(LGBTQ)
Zoom ID:
835-3302-
no passwo

Meeting list published monthly. Times and locations can change without notice.
Please email John at jino7517@gmail.com

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

s | Central Arizona Meetings

Monday

Faith Stag

th Dr.
85301

Class online

63
826305

The Spun

rd Ave.
5015
Solution)

Fear

orthern
5051

Fear

th Ave.
85019
a Park)

th St.
Z 85006

Online

2894
rd

Thursday

7:00 pm

Vineyard Faith Stag

(women only)
6422 N. 65th Dr.
Glendale, 85301

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

Inadaptados (Misfits) online

Zoom ID:
934-291-6437
no password

7:30 pm

CMA Rocks online

Zoom ID:
708-3817-889
Password: rockon

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

4220 W. Northern
Phoenix, 85051

7:15 pm

Faith Over Fear

6830 N. 39th Ave.
Phoenix, 85019

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)

3:45 pm

Broken Glass

4220 W. Northern
Phoenix, 85051

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

7:30 pm

New Hope Online

(LGBTQ)
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.

n for any updates. List updated July 11, 2021

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

Dialogue Inclusion

– by Jennifer L.

The heart of CMA is the people. When we realize our humanity, then we create space for all. In a perfect world, all of us would be equal. In our imperfect world, we do not often generate equality in CMA. Some practices are seen as good like, celebrating length of sobriety – it's fun to get those chips! It is also often a requirement for service positions. Basically, we rank our own, and that may not change. Other times the inequality can be fatal. Excluding any individual from our group meetings and activities based on misinformation is not a great way to show our solidarity.

But there are things we can do today to be more inclusive, and lives can be saved. What can change is how we treat each other. Be kinder, more open, and heartfelt.

Understand that the trauma of being an addict is huge, but for many, it is with a heavy fear when entering a meeting. If you do not have personal experience of being of color, remember that no one is saying your life is not hard, but know that the color of your skin did not make it harder. Encourage your fellows to speak their truth and provide space for people who are not like you to have a voice and be validated.

When sexist or misogynistic words are used –speak up and let others know it is not ok. Women are often the minority and should not carry this burden. Change happens when it starts with you.

Use the correct pronouns and names people provide to let them know they belong. LGBTQ community has limited rights in this country and our meetings can be a safe haven. Let people be who they are and grow with compassion.

What can you do to help create the needed diversity space in your meeting? Talk about it at your next home group meeting and keep the discussion going. Let us know your ideas too. We can always continue to grow.

Soberscope

**Humility is key this month.
You don't have to handle
things alone anymore.**

**Always remember you have an
entire sober network now.
And your Higher Power is
with you always.**

Tradition 8

“Crystal Meth Anonymous should remain forever nonprofessional, but our service centers may employ special workers.”

One way CMA “employs a special worker” in a “service center” is through chip fulfillment. This unique service work happens here in Phoenix and impacts our fellowship all around the world. Chip fulfillment is an important funding stream for CMA, in addition to providing “outward signs to each recovering addict’s inward commitment to living a sober life.” While the compensation is minimal for the hours of work involved in receiving chip orders, processing, and sending out orders in a timely manner, this very special “worker” (who asked to not be named in this article, though many of you may know her), does this work with passion, professionalism, love, and light.

I have had the opportunity over the past two years to be a “chipmunk apprentice” and learn the process for chip fulfillment. Not only have I learned how to follow through accurately with the process but to do so in a caring, and problem-solving manner. In addition to fulfilling each order, there are yearly tasks that come along with the day-to-day orders

These tasks include the annual mass order of chips from China, fiscal end-of-year inventory, putting excess chips in storage, and being accountable to CMA and the General Service Board.

I have found this unique opportunity for service to be beyond rewarding. While orders have been limited during the pandemic, they have continued to come in and are increasing due to more meetings going back to “in person.” Please reach out if you are interested to see how the process works. If you need to submit a chip order go to: <http://cma-online-store2.mybigcommerce.com/new-chips/>, set up an account, and let us know if you would like to pick up your order or have them mailed.

Love and Light!

- John E.

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