

THE PIPELINE

Volume 88

November 2021

Step 11: “Sought through prayer and meditation to improve our conscious contact with a God of our understanding praying only for the knowledge of God’s will for us, and the power to carry that out.”

A funny thing happens when we come to the rooms of CMA; we suddenly have issues with a higher power, and with prayer. But as active addicts, did we not pray frequently? “God, please don’t let this cop pull me over!” “God, please, let me pass this drug test!” “Please let me find some money in my couch!” Sometimes these prayers were answered, sometimes not.

If you are new here, you may think that your prayers were not answered, but I promise you, they were.

The newcomer needs only to learn about a different conception of a higher power and a different way to pray. We used to treat God as our personal Santa Claus, praying selfishly for money, for things, and even for people around us to act as we wanted them to. When our prayers weren’t answered, we were angry and bitter with



God until we came to the rooms and we make a decision to turn our will and our lives over to the care of God as we understood him. For some, this is our first brush with a different God or Higher Power. This one is not so much a sky fairy as it is a wise, all-knowing, caring being.

When we have worked Steps 1 through 10, we have already changed dramatically. We’ve made decisions, we’ve prayed steadfastly, and we’ve talk to our sponsor and to other addicts. In fact, we’re doing so well, we don’t really feel like we need too much else. We do, though, we need to keep in contact with our Higher Power and to continually pray for His knowledge, His will for us and the power to carry that out. We’ve all been given antibiotics before, with our doctor telling us we must take the medicine until it is gone- and we have every intention of doing so. (continued on next page)

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

(Step 11 - continued from previous page)

However, if you're like me, you don't. You take the medicine for 3 days and suddenly, you feel great again! Once we feel better, we decide we don't need the medicine anymore. It did what it was intended to and we feel better. And so we feel better in the rooms of CMA too. We have done so much and come so far, and our lives have changed for the better. Why continue to take our medicine, our prayers, when they have already worked? Well, because our Higher Power isn't done with us and we aren't done with him.

We have pledged to make a change, to live differently and to become better people. We may have the best sponsor, the best friends, the best home group, but it's not enough; we need our Higher Power as well. The 11th step implores us to keep in contact with our Higher Power through prayers and meditation. We may do this as the 11th step prayer:

Lord, make me a channel of Thy peace - that where there is hatred, I may bring love - that where there is wrong, I may bring the spirit of forgiveness - that where there is discord, I may bring harmony - that where there is error, I may bring truth - that where there is doubt, I may bring faith - that where there is despair, I may bring hope - that where there are shadows, I may bring light - that where there is sadness, I may bring joy.

O, Divine Master, grant that I may not so much seek to be consoled, as to console; to be understood as to understand; to be loved, as to love; for it is in the giving that we receive; it is in the pardoning that we are pardoned, and it is in dying that we are born to eternal life.

There is no one way to pray or meditate. A good guide for prayer is that we ask God to help us to do the next right thing. Letting go of self will be a struggle everyday, no one is exempt from the bondage of self. We are constantly trying to take our will back from God. Prayer is us talking to God, meditation is quieting our mind to listen to the answers.

This sounds more daunting than it is. It didn't take us one night to become addicts and it won't take one night to undo all of our thinking and lead a spiritual life. We strive for progress and not perfection. Every day we wake up and decide if we want to do continue on a path of healthy living, but we are not assured our sobriety. Just because we have it today it doesn't mean we will tomorrow. What we really have is a daily reprieve contingent on the maintenance of our spiritual condition. We maintain our spirit through meditation and prayer. It doesn't really matter what we pray to, just so long as we do it. Oh and if you still say a prayer when 5-0 creeps up behind you, don't worry. Old habits are hard to break. - Sarah E.

Soberscope

With the holidays approaching, remember to be grateful for where you are at this time.

Try not to dwell on what has passed or what "might" happen and instead focus on your current accomplishments. Every day is an opportunity to create some beautiful memories.

THE SASSY SPONSOR

Dear Sassy,

I am just shy of 2 years clean and sober. I was recently told by a home group member that I am still in in a deep state of resentment, and have failed to grow. I honestly don't know about that, and they said that some of my character defects are still glaring. They suggested I read "Drop The Rock". However, I don't see how this is even close to the truth! It feels like I am being told that my clean time is IDK not valid. Am I being overly sensitive, or are they correct in their accusations?

Sincerely,

Hating Bleeding Deacons.

Dear Hating,

First, let me say that being shy of 2 years is awesome congratulations! Now, to address the topic. From my experience, I can tell you that I too in early recovery was still in a deep state of resentment, and I honestly thought I addressed my resentments and character defects, and took the proper action to remove them. I thought I was in a good space. Yet in all honesty I was still angry, judgmental, and ran on a thousand forms of fear. I would wallow in self pity, I was closed off and extremely guarded with even some of my closest friends and family. I redid my 6th & 7th steps and read "Drop The Rock". But, here is the beauty of it all. I did realize that I failed to

address the defects of procrastination, envy, wrath, and self-pity. If it weren't for that "bleeding deacon" yanking my covers and telling me what I needed to hear, not what I wanted to hear, I don't know if I would still be in recovery. So in conclusion, "bleeding deacon home group members" can be annoying, yet are vital in recovery. They are sometimes a lesson of what we don't want to be and other times these people can makes us succeed in the deadly battle for our soul. Hope this helped.

Love, Sassy

send questions for Sassy to moshell0309@gmail.com

Committees

The CMA Service Structure provides opportunities for being of service. Attend a committee meeting and find one that's right for you!

- Hospitals & Instituions - 1st Tues., 7:00pm
- Events & Fundraising - 1st Wed., 7:30pm
- Communicaions - 2nd Tues., 7:30 pm
- Central District - 3rd Tues. - 7:30pm
- Public Info & Outreach - 4th Tues., 7:00pm
- Literature - 4th Tues., - 7:00 pm

Visit the CMAAZ.ORG or 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
(The Spot)

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

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

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 ID:
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

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)

7:30 pm

New Hope Online

(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. 65th
Glendale, 85301

7:00pm

Valley of th

4430 N 23rd
Phoenix 85018
(The New S

7:15 pm

Faith Over

4220 W. No
Phoenix, 85051
(The Spot)

7:30 pm

New Hope

(LGBTQ)
2622 N. 16th
Phoenix, AZ

7:30 pm

New Hope

(LGBTQ)
Zoom ID:
835-3302-2
no passwor

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

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Fear

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5051

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Online

894

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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)

7:15 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

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

7:15 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.

or any updates. List updated October 12, 2021

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

Tis the Season – Jennifer L.

The winter holidays are upon us. Emotions are somewhere on the spectrum of hating to loving what this season brings. For some it is a treasured time to be with loved ones and celebrate a new normal that does not include using. For others, it is a reason to go back out. The simple truth is that for most of us, this time of the year is wrought with trauma and shame of our past years. It is hard to break with the memories of the events of our lives, but simply acknowledging this truth can help us to change.

Remember, it took more than a month or a year to tear down our lives in such splendor with the help of our addiction. It is going to take time, and in most cases years, to repair the damage we have done. Keep moving forward and in time, things will work out. It may not be what you want, but it will be what you need. Count the blessings throughout the day - It is hard to be in thoughts of what you don't have, when you see all that you actually have.

If you are fortunate enough to have made amends and/or, your loved ones welcome you to the table, try to make a new memory. Make the time and stop with excuses. Try to shy away from an agenda on how you think it should go. Show up and let it happen organically. The important part is you get to be present for your loved ones.

If you are still struggling, the time is now. Start by being kind to yourself. Don't wait till tomorrow to reset to a new attitude. In this moment, make the change. Get to a meeting,

work the steps with a sponsor, call a recovery buddy and make today the day things shift in a different direction. Repeat the mantra, "Don't let me harm myself or others today," and give it up to your Higher Power.

Celebrate and love this season. Volunteer to be of service to make a difference in another human's life. Use resources available to you to help with stress or to get back on your feet. Find a resource center, use your employer's assistance program, see a counselor, or any number of other options. Choose to do something different this time and then follow through. You are worth it!

Interested in writing for the Pipeline? Email to editor@cmaaz.



Tradition II

“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 was in rehab my counselor advised me to maintain my anonymity with my future employers—not that I had one at the time. I was pretty unemployable, and as it turned out, unteachable. As with most things she suggested, it went in one ear and out the other, although not without some arguing from me first. I just thought it was hypocritical...weren't we supposed to become more honest people? If we are as sick as our secrets, then why would I hide this aspect of myself? I had been so secretive about my drug use for so long. Now I was eager to tell anyone who would listen all about it.

And that's exactly what I did, which I now regret. I told some of my former colleagues, which has probably harmed my career. I told the checkout lady at the 24 grocery store who had refused to sell me alcohol once during off-sale hours. "Hey, remember me? I went to rehab and I'm sober now!" She was confused and unimpressed. I even made an announcement on Facebook and was puzzled why everyone wasn't rushing to congratulate me on my newfound sobriety. Didn't they want what I had?

That was probably the most damaging mistake I made at the time. I began pushing the program and meetings on all the people I

knew that I thought had a problem with drugs and alcohol. Friends, family, I even tried to 12 step my drug dealer. Not surprisingly, he wasn't interested.

Fast forward a couple months to my first relapse, and I began to understand what my counselor had been trying to teach me and why my anonymity was so important. I simply couldn't stay sober, not without working the 12 steps. And once people know this fact of my life, they can't un-know it.

When I finally got a sponsor, he explained that when we are outside the rooms, navigating life in the real world, we might be the only example of the fellowship that someone might ever meet. That's why it's so important to be a good example of what recovery looks like. If I am working the program to the best of my ability, the results will shine through without having to say anything at all. That's where the attraction piece comes in.

- Barry H.

Voices of the Fellowship

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



Gratitude Celebration

*for all that there is and all there will
be.*



November 13th 2021
5pm-10pm

Apollo Baptist Church
11611 N 51st Ave
Glendale, AZ 85304



FOR MORE INFO CALL:
JASON (928)362-9258
JULIE(602)762-3529