

THE PIPELINE

Volume 87

October 2021

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

Last year both my mom and my uncle passed away one day apart and so our family held a joint memorial for them back in my hometown. Before I flew out of town, my sponsor had me make a plan for attending a meeting while I was there. He also drew my attention to the 10th Step Promises on pages 84-85 of the Big Book. “And we have ceased fighting anything or anyone—even alcohol. For by this time sanity will have returned.” Later it says that we have been, “placed in a position of neutrality—safe and protected... That is how we react so long as we keep in fit spiritual condition.”

I’m so glad we reviewed that section of the book and that I attended that meeting while I was back home. The day of the memorial came, and along with it a flood of emotions. I must have been in fit spiritual condition that day because to my surprise there was a lot of alcohol served at the memorial and I wasn’t tempted to drink at all. It turned out to be a really fun day with lots of reminiscing, everyone

telling stories about my mom and uncle. It was really great catching up with family members I hadn’t seen in years. And as the hours passed, more and more alcohol was being consumed. I was offered drinks several times, and I truly felt safe and protected, just as the passage talks about. I truly had no desire to drink or use—talk about being restored to sanity!

There was a time earlier in my recovery when I had made it through Step 9 and my amends, yet I continued to relapse. I now see that, among other reasons, I had kind of glossed over this important maintenance step. It’s easy for me to feel a sense of “mission accomplished” after making a bunch of amends, but the fact is, I continue to make mistakes and really bad decisions, even in sobriety. One of my favorite things I’ve heard about this step is “don’t let the sun go down on your bullshit.” It kind of gets right to the point. I find that staying in fit spiritual condition means that as soon as I realize I’m being selfish, dishonest or acting out of resentment or fear, (continued on next page)

(Step 10 - continued from page 1)

I really have to make things right as soon as possible. I try not to leave it for an Evening Review (part of the 11th Step), which is really just me procrastinating- one of my worst character defects. "What we really have is a daily reprieve contingent on the maintenance of our spiritual condition" (p. 85.) When I clear my side of the street right away things turn out so much better—and I get to stay clean and sober one more day. - Barry H.

Soberscope

*Your self-worth and self-esteem will increase as you start taking responsibility for your actions. Remember, you ARE worth it!
- Mandie B.*

THE SASSY SPONSOR

Dear Sassy,

I live with my long-time partner and have recently gotten sober while they have not. Although they are not as far into addiction as I was, and they don't bring it into our home, it still is an issue that is hard to handle. Every day I talk to my sponsor, being of service by driving others to meetings and I work full time. They say they support my sobriety, but complain that I do not have time for them and that I was more fun when I was "partying." I try to make time for them, but they usually space it, or I'm just too tired to do anything. If I make dinner, it goes uneaten, and I am often alone. They invite me to go out, but I know there are going to be drugs available and I don't have the stomach for it anymore. I ask them to go to meetings with me, but they won't. How do I get my partner to understand I don't want to get high and that I don't want them to get high either?

Love, Caught Between My Program and My Partner

Dear Caught Between,

So proud of you for making sobriety a part of your life! It is quite painful to be with someone who you are not on the same page with in general, and even harder when your loved one is still using with impunity. You know as well as anyone that they will not stop using until they want to. So let go of the (continued on next page)

(Sassy Sponsor - continued from previous page)

notion that they will cease to get high just because you want them to stop.

There is no easy way to handle emotionally charged and challenging personal situations. If communication is lacking, try creating a safe space for a conversation with your partner. Perhaps assuming they know how you feel is not reality - you might need to say it in a more forward fashion. Start by letting them know that there is no judgement, all cards laid on the table, and be open and honest about the struggles you both are facing in the relationship. Do not make demands, speak with concern and ask questions. Be receptive to what they are saying as that is how they feel. Set goals together on how the next week will look for you both. Take into consideration that if motives are selfish, there will not be room for anyone else, so make plans that show you have time for your program, work and them.

Aside from talking to your partner there are things you can do to make better choices on how to move forward with the relationship. Talk to your sponsor, a counselor or therapist. Maybe make a pro / con list on the relationship and see in black and white the issues. Get comfortable with the idea that the relationship has run its course of usefulness in your life. Prepare to receive love in all forms, since there is more than just this moment.

Love, Sassy

The CMA General Service Conference 2021

**The CMA General Service Conference 2021 will be held in Dallas, Texas
October 14-17 2021**

In-person with online participation.

Registration for The CMA General Service Conference 2021 is now open.

The Crystal Meth Anonymous General Service Conference is the mechanism by which the Groups of CMA, through their elected Delegates, convey the Group Conscience of the Fellowship.

Visit crystalmeth.org for more info!



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)

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

7:15 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

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. 65th
Glendale, 85143

7:00pm
**Valley of the
Methless**
4430 N 23rd
Phoenix 85018
(The New Spot)

7:15 pm
**Faith Over
Fear**
4220 W. Northern
Phoenix, 85051
(The Spot)

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

7:30 pm
**New Hope
Online**
(LGBTQ)
2622 N. 16th
Phoenix, AZ 85006

7:30 pm
**New Hope
Online**
(LGBTQ)
Zoom ID:
835-3302-2894
no password

Meeting list published monthly. Times and locations can change without notice.
Please email John at jjnomo7517@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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85301

One Spun

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Solution)

Fear

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5051

Fear

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5019
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Online

2894
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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
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 Dr.
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

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.
r any updates. List updated September 14, 2021

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

Self-Care Is Key – by Michelle R.

When we are new in recovery, self-care looks quite basic. Eat regularly, go to sleep at a regular time, drink water, go to meetings, work your steps (with a sponsor), do your daily check-in, stay in gratitude and be of service. These things work well for a while. When these things become almost robotic or lose the impact they had initially, this is when the rubber meets the road.

For so long we got used to being in survival mode. Now with a solid foundation under our feet, we can address the things that really have an impact on ourselves mentally, emotionally, spiritually, and last (but certainly not least) physically. We may find ourselves having to go to therapy, go on psych meds (or have them adjusted), perhaps go to our primary care physician (get blood work done, have an EKG or ECG, etc. etc.), go to the dentist, or podiatrist, or chiropractor.

Perhaps the spiritual practice we had is no longer as powerful because we have out grown it and need to find a better way to have that strong connection. All of these things are self-care. They are not sensational or romanticized; however it shows a level of growth when we can focus on them. There is also the matter of expanding the mind. We can now do some major self-work on how the outside world and the things in it can affect our recovery (including societal, economical, and political issues), and see how the others in our recovery groups view things. All these things have a common denominator-YOU.

You are the walking representation of recovery and how the principles of this program are to be practiced. You want your actions in this program to be so loud that no one can hear a word you're saying. So remember: when you practice self-care, it isn't just the external or aesthetic that needs to be take care of.


Gratitude
Celebration
for all that there is and all
there will be.

November 13th 2021
Apollo Baptist Church
11611 N 51st Ave
Glendale, AZ 85304

FOR MORE INFO CALL: JASON
(928) 362-9258

Tradition 10

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

However, I cannot say the same thing for myself. I feel all kinds of ways about all kinds of things, but I am very careful to separate my opinions from the group and they do the same for me. But you may ask, how can CMA not speak out about the correct way to put the toilet paper on the roll? But you see, all I need to do is find a way to undermine recovery and then I can get back to my life of using. I am driven by my beliefs and I like to feel other people out and find out what they believe too. If I had heard CMA had thoughts I deemed wrong, I never would have come. Our founders know this, they made sure to address it with Tradition Ten.

I imagine you feel the same way. Once you have made the decision to give CMA a chance to save your life, you are probably pretty whipped. You are willing to do whatever it takes. But your addiction isn't ready to let you go just yet. It's still thinking, calculating, and wondering how it will break through your resolve and turn you off of recovery once and for all. Your addiction is telling you to find out everything about these CMA people and to find a way to out-think them and be done with it. Your addiction wants you to ask the secretaries what CMA thinks about this movie, or to ask what they think about sushi or politics, etc

Ask them and find out they hold an opinion different to your own and that will be it- you can wash your hands of these people and go party like you were meant to.

Only you will find that CMA has no opinion on any current events. They don't read that author you don't like. They don't listen to that music you despise. They do know you though; they ARE you. They know that you don't want to be here just yet and that you will find absolutely any reason to write them off. They know you have some doubts, and they want to reassure you that the primary purpose of the group is to help others stay sober, one day at a time.

When we are here, we are here as fellow addicts. We don't want the group to be dragged into anything that will make the man who is still sick decide this place is not for him. We all have our personal opinions, of course, and that's fine. CMA does not want you to be a mindless robot. Feel free to think however you like, talk to people after the meeting about interests you may have, make friends, and learn about your fellow addicts. But please do not bring the CMA name into any outside discussions. CMA is here to save our lives and teach us a new way to live. We are not here to pass judgement on or be involved in any controversy.

So what's your excuse now?

- Sarah E.



Join us for a shrilltastic night at

Horror Halloween

**STREET
TACOS**

**KRAZY
COFFEE**

Special Guest speaker
Chris B

TRINITY CHURCH
OCTOBER 30TH
5PM-11PM
3104 W
GLENDALE AVE
PHOENIX, ARIZONA
85051

GENERAL PUBLIC: \$10
Kids are free
GAME BOOTHS, TRICK OR TREAT
COSTUME CONTEST

LIVE DJ