

THE PIPELINE

Volume 89

December 2021

Step 12: “Having had a spiritual awakening as a result of these steps, we tried to carry this message to crystal meth addicts, and to practice these principles in all of our affairs.”

Step 12 is the most important step of all, aside from step 1. It is where we walk the walk of our program. As has been noted in the program, though, you can't transmit something you don't have. We have come a long way in our program when we are at step 12, and now we have to give it away to keep it. The most important thing though, before we give it away, is to make sure to practice these principles in ALL our affairs. That can be tricky for the newcomer...and the old timer...it's just tricky.

It's easy to feel respect, and love and kindness when we are in the rooms and with our friends. Our friends and our fellow anonymous meeting goers are trying to practice the principles too, and they would probably be more apt to call us out if we weren't doing what we should. The spiritual principles of our recovery program are as follows: acceptance, hope, faith, courage, honesty, patience, humility,



willingness, brotherly-love, integrity, self-discipline, and service.

Acceptance is very important. We even say a little prayer about it. We absolutely need to practice acceptance so that we are able to get through our days. We must accept situations as they are unless we can do something to change them. Hope and faith will come in to play now. We hope that we will have a good day, we have faith that we should as long as we do our part, we will accept whatever happens. We need courage everyday as well. Sobriety isn't all lollipops and puppies. We have to do things we don't always want to, and we have to try and do them with grace and dignity. Some of the things we need to do are scary, we have read of being able to handle situations that used to baffle us. We are able to do this because we practice courage.

(continued on next page)

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

(Step 1 - continued from previous page)

We may still be scared of things, but we have our friends, we have our prayers and we have our principles. After working the steps, we will hopefully have some courage in our spiritual tool kit as well. When you are in doubt of the courage needed to proceed, you can always ask your higher power to help you.

Patience is needed now. Did you already pray for courage and hope and acceptance? Do you feel ignored? Not to worry, we are also practicing patience and as long as we exercise it, we can get through anything. Patience is easy to practice when we are having a good day, when we are at a meeting, when we are with our loved ones. What about patience when we are stuck in traffic, when we are waiting on a call back? Do we still practice patience then? If we're honest, our answer is probably no, not always. Luckily we strive for progress and not perfection, so don't worry! Everyday is a do over to practice these principles. If you answered that you don't always practice patience, then congratulations, you are practicing honesty! Honesty is absolutely key in our new way of life. We have to have some integrity, we have to do what we say and say what we mean. If you are like me, you weren't exactly known for being a person of your word, and that's okay. Now we have a chance to use our integrity, our honesty, our patience everyday.

What would even make us be open to trying to practice these principles, besides faith, hope and courage? Well that would be where willingness comes in. We were resistant to change, we were scared of the unknown, we didn't have a lot of hope. We do now though, through the program,

through our higher power, through our friends in recovery, we became a little more open. We became willing to take leaps of faith, we became willing to try something new, we didn't have much to lose so we were more receptive to taking direction. We must be willing everyday to try new things, to step out of our comfort zone, if we have faith, we will do this. We are happier people now, we have really changed! What do we do with our newfound joy? We decide we'd like to pass it on, and that is the crux of step 12; we try to carry this message to other addicts. We go to meetings and help the newcomer, or we go to meetings and ARE the newcomer. Luckily for us, the rooms are full of fellow addicts who are here to help us, and in turn, it helps them. And so on. No matter how far you are removed from your first meeting, you can probably still remember the terror, the despair, the absolute hopelessness you had that day. Some days, someone will need to hear that from you, they need to know that other people felt as they felt and continued to trudge on, until some modicum of relief was felt. Helping a newcomer is, essentially, our reason for being here. If you have come this far, you already know the secret of our happiness is in service, service to our fellow addict, and our fellow man. When we set out to help someone, we have already succeeded.

Sarah E.

Voices of the Fellowship

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

THE SASSY SPONSOR

Dear Sassy,

Until recently I had two years of sobriety, but on a recent vacation to the Bahamas with my girlfriend, I drank. My primary addiction was opiates, especially heroin so I wasn't especially worried when she suggested we get a couple of drinks at the poolside bar. While I only had a few and nothing seemed out of control, when I got back to real life, things quickly got chaotic. I was saddled with a crazy amount of bills out of nowhere, went through some major career upheaval, and my girlfriend and I quickly began fighting a lot, eventually breaking up. I soon found myself on a miniature run of meth and heroin for two days, after which I came back to my home group with my tail between my legs and an immense amount of shame, despite them welcoming me back with open arms.

My sponsor has said that he thinks I have an obvious first step issue, but also that I'm really deficient in 6, 7, and 11. He has said I know this program well and I need to actually practice these more than I need to write another inventory or any other items. I suffer from some mental health issues which are treated, but otherwise a lot of my life is pretty decent on the material front—I own a home, and my job is pretty good, even if I don't like it. I don't understand why I'm struggling so much emotionally, or dealing with depression on such a regular basis. I'm at a loss as to what I do next. I have some hope, but I also am confused and scared on what to do next.

Sincerely, Prey to Misery

Dear Prey to Misery

First let me say I understand your pain, having been someone who relapsed many years ago myself; kudos on only taking a short amount of time relatively to get back to people who love you and will lift you up. To quote a song I love, "it's always darkest before the dawn." Please remember that.

There are several things at play with a relapse. The first and most obvious is an issue with your first step. While there are rare people who can seemingly "just drink" normally despite having an issue with another substance, they're so uncommon as to be practically unicorns to my way of thinking. Furthermore, the real issue is what activates the phenomenon of craving. Some people don't behave in crazy ways with booze, but drinking sets off something that has them finding the dope house post-haste. This is one of the reasons some fellowships classify "all other mind altering substances" as a condition of abstinence.

The bigger issue here is what might be drawing you back into a cycle of a change in attitude. Because it is your change in attitude and outlook that triggers a big part of your relapse.

While some might say your sponsor's words are "unconventional," I happen to agree. A spiritual awakening can happen during the work of any step, and differs from person to person.

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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
4220 W. Northern
Phoenix, 85051
(The Spot)

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: 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

6:45 pm
Faith Over Fear
5116 E. Thomas Rd.
Phoenix, 85018
(Crossroads Arcadia)

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
Broken Glass
4220 W. Northern
Phoenix, 85051
(The Spot)

6:00 pm
Vineyard Fellowship
(men only)
6422 N. 65th St.
Glendale, 85301

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

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

7:30 pm
New Hope
(LGBTQ)
2622 N. 16th St
Phoenix, AZ 85016

7:30 pm
New Hope
(LGBTQ)
Zoom: 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

Wesley
Northern
85051

Faith Stag

th Dr.
85301

Life Spun

d Ave.
85015
olution)

Fear

northern
85051

th St.
85006

Online

3302-2894
d

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: 934-291-6437
no password

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

New Hope Online
(women)
Zoom: 835-3302-2894
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
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

7:00pm
Crystal Clean
5116 E. Thomas Rd.
Phoenix, 85018
(Crossroads Arcadia)

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: 835-3302-2894
no password

For more notice, please phone or visit our website for the most current details.
For any updates. List updated November 11, 2021

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

(Sassy - continued from page 3)

Some people are struck with one at step one, others at 4/5, some at 11. It's different for everyone, and there is nothing in the book about you going back to the beginning, and I'd say if you trust your sponsor's advice, perhaps he sees something that he's worried you're lacking in those steps and principles. It is connection, more than anything else, that keeps us sober. That means connection to our god as we understand him, connection to our fellows, and connection to the fellowship. It sounds like you have some work to do there.

As to your other struggles, some of them might very well be due to a lack of spiritual action, and others might be due to needing to dig deeper into therapy or mental health treatment of some kind. My advice at this time is to make sure you make both a top priority. You can come back from financial struggle, and you'll likely find another relationship—perhaps with someone who will respect your recovery and not goad you into drinking. What you cannot come back from is repeated destruction like what you've been doing. Besides the immediate physical risks, each relapse is harder to come back from with your pride, spiritual and emotional sobriety, and the overwhelming guilt you keep heaping on yourself. Stop torturing yourself, and just try for the foreseeable future to plant yourself in the pocket of people who love you while you put one foot in front of the other. As generic as it sounds, remember that you are loved and it will get better.

Love, Sassy

send questions for Sassy to sassy@cmaaz.org

Save the Date

December 11 @ 1:00 pm - 5:00 pm
GSR Luncheon
The Spot - 4220 W Northern Ave,
Suite 111, Phoenix

December 18 @ 10:00 am - 2:00 pm
**Jingle Balls Volleyball
Tournament**
Crossroads Arcadia
5116 E Thomas Rd, Phoenix

December 18 @ 6:00 pm - 10:00 pm
CMA Rocks Christmas Dance
The Spot - 4220 W Northern Ave,
Suite 111, Phoenix

December 31 @ time info tba
New Year's Eve event
more info to follow!

**For the latest on CMA Events
visit:
[https://meetings.cmaaz.org/
events/](https://meetings.cmaaz.org/events/)**

Tradition 12

“Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.”

When I first began attending meetings I would hear the Traditions being read and I always enjoyed hearing everyone chant “principles before personalities” at the end. Everyone seemed so happy saying it and it had a nice ring to it. It was one of those phrases that lodged easily into my brain. The problem was, until quite recently I had no idea what it meant.

For the longest time I believed what they were talking about was *other people’s* personalities. I would use this phrase as a tool when trying to get my way in home group meetings or in other service work. “You know, we have to put the principles before so and so’s personality, right?”

Wrong. What I have learned is that it’s my own personality I have to overcome when practicing the principle of anonymity in my life. I’ve learned that even as an introvert, I love the attention and validation that can come my way as people inside and outside the rooms see me getting sober. It’s very easy for me to get cocky or boastful about how great I’m doing when I get some time under my belt. In short, it’s my pride and ego that get re-inflated. When that happens, it’s only a matter of time before I’m no longer humble, no longer teachable, and a relapse is right around the corner.

So today, I understand that humility is the spirit behind this principle. I need to remain humble when my inner instinct is to seek attention and approval from my fellows in sobriety and the world at large. When my impulse is to seek praise or take credit for the service work I do, the 12th Tradition reminds me that humility—in the form of anonymity—is how I protect myself from the thing most dangerous to me, *myself*. As a result, I generally only break my anonymity if I really think it will be helpful to someone else, not for an ego-boost, or other self-centered reason.

As our CMA literature states, “humility is an action...it brings perspective. This is the gift of recovery: We awaken, our lives improve, and we gradually move from self to service.”

Barry H.

Interested in writing for the Pipeline?

Email to editor@cmaaz.org

SPOTLIGHT

Creating Change

In our daily reprieve from Crystal Meth, we might find that our life has taken us in a direction we never knew existed. Our unrealistic expectations (that would make dandy resentments!) tend to take a backseat to our service work. Working the steps with a sponsor provides a structure we once used to rebel against. As we push away the need to take back our will, and surrender completely, we discover a freedom in letting it f***ing go already.

It is there, in the direction we have chosen to point our compass, that leads us to new adventures. We carry out our purpose with a clear mind, happy heart, and willingness. With the tools of this program, we make changes in ourselves that directly impact others around us. Staying sober is alone a big accomplishment, but for a good portion of society, it is almost the bare minimum we can do in a day. With every day that passes we have so many choices to make. Some choices are easier than others like what toothpaste to buy (YES, I now have some money to buy the things I need!) While other choices are complex like whether to quit a job or not, or stay in a relationship.

So how do we make decisions not based on self, yet need to be made to create change in our life? How do we decide to leave a job or a spouse? Letting go of toxic family members or friends? What about any fallout? The answer is that there will always be consequences for any decision made. And even more so, we cannot control the outcome. How we navigate this life is what makes the most impact on our character. What we present as authentic and true will always be the right path to walk.

So with that, we always run things by our sponsor; be open to options we never thought of, and put it on a prayer line – remember to meditate to get the answers too! Live fully on the principle that true character is not just how we are in certain situations, but also how we leave it in the end.

Stay sober my friends, you are doing great!

- Jennifer L.

***For the latest on CMA Events visit:
<https://meetings.cmaaz.org/events/>***