

THE PIPELINE

Volume 90

January 2022

Step 1: “We admitted that we were powerless over crystal meth and our lives had become unmanageable.”

Step One is one of the most critical steps of all twelve, and the only one that must be done “perfectly”. It creates the foundation and sets the tone for this program of recovery. Step One requires the 12 Principles of acceptance and honesty. I say this because as addicts and alcoholics we need to have a sense of power or control over every aspect of our lives, and this is where acceptance comes into play. “We admitted we powerless over crystal meth”. To fully complete Step One we must learn to accept the truth, even though this is probably the hardest part for us as addicts and alcoholics. As the big book says, “No person likes to think he or she is bodily or mentally different from his fellows.” The next principle of this step is honesty, even though this seems unfathomable to us as newcomers. As addicts and alcoholics, lies and manipulation are like breathing; it’s like we are programmed for it. But in order to become healthy, productive and joyful humans we need to get brutally honest about our pasts and more importantly, how we cope with the world around us. Only then can we truly live in the serenity that this program offers.

“Our lives have become unmanageable.” The first time I read that I was confused. I felt that powerlessness and unmanageability were the same thing. In a way they are, but with one major difference. Powerlessness comes from external sources. People were never meant to have control over other people, places, things, circumstances, etc. Our lives becoming unmanageable is a direct result of our actions and decisions. We always end up trying to exert control over those external forces, but if we are honest with ourselves we can plainly see that this is a losing battle.

Once we have accepted our powerlessness, we then must get honest with ourselves and acknowledge the unmanageability. Then it’s time to get honest with ourselves that we are addicts and alcoholics who have a terminal lifelong disease that there is only one proven treatment for. This is so difficult because I find myself thinking, like so many before me, that my problem was meth. No matter

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

Tradition I

**“Our common welfare should come first;
personal recovery depends upon CMA unity.”**

Since coming into the fellowship and getting involved in service work, I've heard a lot of discussion about what this tradition means and which is more important: group survival or individual recovery. To me it always sounded like a philosophical argument, like “which came first, the chicken or the egg” or the beer commercial debate of “great taste vs. less filling.” It just seemed like one more thing to argue and debate at a home group meeting. Anyone who has ever attended one can probably attest to the fact that addicts and alcoholics are opinionated, argumentative and will debate any topic to death.

When researching this Tradition, I turned to the Twelve Steps and Twelve Traditions and was really struck by the following line on page 130, “...that most individuals cannot recover unless there is a group.” It goes on further to say that “it becomes plain that the group must survive, or the individual will not.”

When put that way, it's easier to see why the stakes are so high. People's lives are on the line. It has been a difficult couple of years in the recovery community. It seems like we are losing people to this disease at an alarming rate. When I think of the

people I know personally who have either overdosed or committed suicide during a relapse, it makes this topic especially urgent, serious and personal.

I remember one discussion our home group had about the script we use for our meeting, which refers to the newcomer as “the most important person in the room.” I won't use this platform to debate that topic—rather, I'll use it to remind myself of just how important our group's common welfare is. Our very survival—yours and mine—depends upon it.

- Barry H.

(Step I - continued from previous page)
how hard I tried to manage my drug and alcohol use, I always ended up in the exact same place:

Homeless.

Alone.

Tweaked out.

Jobless.

This program has offered me another chance at life, and I intend to make the most of it by living the 12 Steps of Crystal Meth Anonymous.

~ Christopher T.

THE SASSY SPONSOR

Dear Sassy,

I am just over 11 years clean; I have a full plate. I am sponsoring at least 8 people, 3 are actively in step work, and the other 5 are well into sponsoring and service work. I have several service commitments. I have a wonderful spouse, adult children, and a host of chosen family. I live with ADHD, depression, and anxiety along with my issues with addiction. My life is beyond anything I could have ever dreamed of when I was in active addiction. However, lately I find myself getting salty at the most benign things. Petty jealousy is emerging and I find myself easily irritated over the most common things while in meetings, forgetting that love and tolerance of others is our code. I'm even forgetting to practice principles before personalities from time to time. I do my prayer and meditation routine consistently, but I sometimes feel that it is my ego and pride that is getting in the way of my empathy for others. I feel so jaded and disenchanted with the recovery community. Perhaps it is the countless people we lose to relapse, or the passes we give to the cult of personalities for predatory behavior, or the sheer willful ignorance of some people in the community. I honestly don't know what to do to get myself out of this funk. HELP!!!

Love,

Disenchanted

Dear Disenchanted,

Let me first and foremost congratulate you on 11 years! Tis amazing! I also found once I reached a decade of clean time that I began to find some problematic behaviors in the community irritating and disheartening. Let me give you two perspectives that might potentially seem disheartening, but once you completely accept them, you can find a large amount of freedom in them. Are you ready? People in recovery are weird, and life will continue to happen no matter what you do.

I know that perhaps sounds dismissive, or even a bit defeatist. It's not intended to be so. I've had disagreements galore with people in recovery and lost respect for people over their attitudes around politics, or rights for others based on sexuality, gender, etcetera. I've lost respect for people who I thought were decent based on things they said during meetings, only to realize they were involved in dishonest business practices, cheating on their spouse, or something else similarly messed up. To the second point, I have had many great moments, but I've also battled the ups and downs of emotional swings, stress, health issues, and family turmoil in my sober life. Things have not always been smooth.

The recovery community is meant to allow us to establish connections, something we lacked in our using careers. Yes, we do
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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

Vineyard F

(men only)
6422 N. 65th
Glendale, 8

6:30 pm

Broken Glass

4220 W. Northern
Phoenix, 85051
(The Spot)

7:00pm

Valley of th

4430 N 23rd
Phoenix 85018
(The New S

7:15 pm

Misfits

1632 E. Flower
Phoenix, AZ
(Crossroads

7:15 pm

Faith Over

4220 W. Northern
Phoenix, 85051
(The Spot)

7:30 pm

New Hope

(LGBTQ)
2622 N. 16th St
Phoenix, AZ

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

Faith Stag

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Online

3302-2894

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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)

7:30 pm

CMA Rocks online

Zoom: 708-3817-889
Password: rockon

7:30 pm

New Hope Online

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

8:30 pm

BMX Bikes and

Backpacks

4220 W. Northern
Phoenix, 85051
(The Spot)

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

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

r any updates. List updated December 14, 2021

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

Suggestions for Surviving the Holidays Sober

It's hard to believe that the end of another year is upon us. Hopefully the year was full of sobriety and serenity. The holidays can be incredibly difficult for everyone, even more so for those of us in recovery. The average person is able to attend parties with family and if stress creeps in from so much togetherness, they can take the edge off with egg nog or champagne. Not so for us.

We can't even have a glass of wine at a holiday dinner. Some of us are able to stay sober through the season quite easily, while others have to white knuckle it and check in with our friends and sponsors pretty often. There's no one right way to get through tough times. However, here are some tips to help keep your program strong and keep you successful for another day.

1. Be grateful

Most people don't think too much about gratitude. It's something that comes up at Thanksgiving and we might mumble a couple of things before the prayer. We need to think about gratitude every day. Some people even do a gratitude list that they read to their sponsors on a daily phone call, or they may write a list everyday in their journal and text it to one of their sober friends.

Sometimes we feel like there's really nothing to be grateful for, but even having just one more day of sobriety is enough. Count your blessings and be thankful. When we were out there using we took chances and put ourselves in dangerous situations. The fact that we even survived our addiction is a miracle and something to be appreciative of. Having gratitude keeps you out of your head and in the present moment.

2. Be vigilant

Our sobriety was hard won. It's precarious and it is not a given. If you think it's going to be too tough or uncomfortable to be somewhere where the alcohol is flowing then you should not risk it and just stay home. If you are already somewhere that is getting to be too jolly, keep in touch with your sponsor or any of your sober friends. When possible, bring your own car to any parties so that you can leave when you want. If not, plan an escape, an uber or some other way out. Sometimes even our families want to see us use again to prove to themselves that they aren't the only "problem drinker" or user. No one cares about your sobriety more than you do, so keep it safe at all times.

3. Be close to the program

If you have a sponsor that you speak with everyday, that's great. If you don't speak to your sponsor everyday, find someone in the program that you can speak with regularly, make sure you have a couple people you text and check in with each day. I have about three program friends that I interact with at least once a day. I like to think that if they don't hear from me via text, they will reach out and see that I'm okay. One of the biggest habits we learn in the program is to help our fellows and that the only way to stay sober is to give our time freely to others in the program because a good deed is its own reward. You might be okay on the holidays and have a pretty mellow schedule with family, but not everyone does. Make sure you check in with the newcomer and others who may be shaky in their program. Helping others also takes us out of our own heads, which is great since our heads can be dangerous places. If you are able to host marathon meetings or any other CMA activities to keep people from using, please do.

Mainly, be safe. Try not to get in any situations where you are stuck and have no one to talk to. Stay in contact with your

sober friends and stay in contact with your Higher Power. Stop and meditate or pray when you have to. Remember to be patient and kind, especially when dealing with other addicts who may still be sick.

You can't give away something that you don't already have, so you must maintain your sobriety and health above all else. Be kind to yourself too. If you want to eat some baked goods or other holiday food, go ahead! Eating cookies is better for you than using drugs, so don't feel bad if you go off your diet. Stay safe, stay sober and try to stay stress free. Hopefully I will be seeing you at a meeting in 2022!

- Sarah E.



(Sassy - continued from page 3)

make friends in recovery. We should also make friends out of it as well. We won't like everyone in it, as there's a lot of people we wouldn't necessarily associate with due to a variety of reasons. Regardless of the reason though, it's important to remember that we are not the arbiter of who deserves recovery or peace. We are encouraged in our literature to recognize that others are occasionally sick and show them love and tolerance because it's what our higher power would do, and because that's the empathy and kindness we should emulate if we really believe what we're taught in this program. Others will either grow, relapse, or be miserable. We have no control or say over how and when this happens.

Finally, although I would love to give you some heartwarming and rousing speech about life, the truth is it's not always safe, sane, or fair, a fact I'm reminded of frequently. Please realize that you do need to do the basics beyond your spiritual practice—please remember to take care of your physical and mental health because it's hard to get back when it slips even a little bit—but after you do these things, there's a fundamental point here we often miss. A program of recovery doesn't guarantee a lack of sadness or adversity. It attempts to give you the tools to deal with the adversity that comes. For people like us, that means showing up when loved ones die to provide support even

though it may be the last thing you want to do, holding hands of friends in hands of friends in grief as they pour their heart out, showing courage when you get laid off, and many more things you may not want to deal with. Regardless, we get to show up today, we get to participate in life even when we don't like what it serves up, and we get to be better people for it. And never forget that in between all of this there is joy. There is beauty in simple moments and the love and life we build. In my own life in recovery I've had multiple moments that have made my heart feel like it might burst, and it's important to not lose sight of the fact that it's sobriety that is the foundation on which all of this is built. I suspect it's probably not much different for you, if you examine things thoroughly. Don't let your feelings obscure the reality of how good your life actually is. Hope this helps.

Love,

Sassy

**Interested in writing for the
Pipeline?**

Email to editor@cmaaz.org