

THE PIPELINE

Volume 92

March 2022

Step 3: “Made a decision to turn our will and our lives over to the care of a God of our understanding.”

Step 3 has the power to scare many people away from the rooms. I remember thinking 25 years ago that this step was too much and that it was never going to work out. I mean, the way I was running my life was great, right? It got me here! Despite all the bad decisions I had made, I was unwilling to concede that maybe my plans and my best thinking were not a recipe for happiness or success. I know that some people have a problem with the God idea. That wasn't my issue with this step, as I absolutely believe and trust God. If I'm taking a test I haven't studied for, I'm all over talking to God! If there's a cop behind me, you bet I will say a prayer! But the idea that someone was in control of my life? Nah, I'm good. I don't need any help from the sky fairy. Our founders knew that we would say this. They knew we would hesitate at this step. How did they know? Because they were addicts too. Maybe we can break this step down and make it more palatable.

I remember being at a coffee shop after my 5th meeting or so, talking to my friend about how I just could not, would not, turn my life over to the care of God. And God clearly put this person in my life because he looked at me and said, “No, no one is telling you you need to do that right now. The step says, ‘made a decision’. That's it, that's all.” And just like that, he got me with semantics! We make decisions everyday, and some of them are more ill-advised than others. If you are here in the rooms, you have made a few good decisions. You know your life is unmanageable, you know you are an addict, and you decided to come get help. It's time to let something bigger than you, bigger than your addiction take the reins for a while. Make the decision and the rest will fall into place.

Every action starts with a belief and when you came to believe that a power greater than you could restore you to sanity, you did

(continued on last page)

THE SASSY SPONSOR

Dear Sassy,

I have relapsed repeatedly. I just can't seem to stop. I do good for about 3 weeks and then poof, I am right back at the trap house. My sponsor said that I am getting some sort of emotional payoff, but I can't see how that is true. I feel broken, like a total failure, like an outcast. It is making me feel like I am just never gonna get it. What can I do?

Love,
Chronically Relapsing

Dear Chronically Relapsing,

First of all, your sponsor is right. You are either running away from something or running towards something. The whole doing good for 3 weeks and then, "poof" you're back at the trap? Nope, then you were not doing well. You're still seeking relief instead of chasing freedom. The major difference between relief and freedom is that relief is cutting off your fingers to prevent yourself from scratching an itch. And freedom is applying the medicine that is causing the itch. The medicine removes the problem causing the itch. And yes, you are absolutely getting some sort of payoff each time you relapse. It is validating your out of control, negative ego that gives you permission to stay out of the center of the herd, preventing you from having any real connection with people in recovery.

You're probably not doing much of anything your sponsor has suggested, or if you do, you do it with absolute resentment.

I suggest that you stop "OTHERING" yourself. Do exactly what your sponsor is suggesting. If you are not clear on the entire assignment, pick up the same phone you use to call the dope man with and ask your sponsor what exactly it is they want you to achieve. From there, be honest with yourself. Don't hold in the compulsion to use. Talk to someone and do not be ashamed of having those thoughts. It isn't an addict's natural state to be clean, so of course you are going to have cravings and thoughts of using. There isn't any shame in sharing that with trusted home group members or your siblings in sobriety.

Have a modicum of faith that your sponsor isn't there to judge you. Your sponsor is there to be the tour guide out of hell and on a path towards the higher power of your own understanding. Make the commitment to attend 90 meetings in 90 days and do exactly what your sponsor asks of you when it comes to step work. Remove all toxic people from your realm. When you feel shaken or "weak" send out the SOS! There are plenty of us that have been in your shoes. Hope this helps! Love, Sassy

Questions for Sassy?
Email sassy@cmaaz.org

Tradition 3

“The only requirement for C.M.A. membership is a desire to stop using.”

When I began writing this article I reached out to a friend in the program who has a lot of service work experience and who is well versed in the Traditions. He helped me to understand that each one of our Traditions is a guideline of how and why we carry the message to the suffering addict—that each of our Traditions is directly related to the 12th Step. Also, that the Third Tradition is more about us as a group, not the newcomer. He explained that we as a group are following this Tradition when we are welcoming to the newcomer, to the chronic relapser, to the person who may not even seem to have the desire to stop using.

As the *Twelve Steps and Twelve Traditions* states, “You are a member if *you* say so. You can declare yourself in; nobody can keep you out. No matter who you are, no matter how low you’ve gone, no matter how grave your emotional complications—even your crimes—we still can’t deny you A.A. We don’t *want* to keep you out.” It goes on to say, “we just want to be sure that you get the same great chance for sobriety that we’ve had. So you’re an A.A. [or C.M.A.] member the minute you declare yourself.”

This was illustrated for me one day when I was complaining about helping someone that I had deemed a chronic relapser by giving him a

ride to the meeting. “After all,” I declared “I just don’t know that he’s done using yet.” My sponsor stopped me dead in my tracks. “No, that’s right. You *don’t* know whether he’s done yet. That’s none of your business. Now give him a ride.” I was taken aback and I soon realized that I had been playing God, feeling superior and smug (one of my worst character defects) and certainly not abiding by the Third Tradition.

Today I’m grateful for greater awareness of what this Tradition means. I want to always remember that as a group member, I need to be welcoming to every person who walks through that door. It does not matter if it’s someone who thinks differently than me politically, or someone I don’t like. It does not matter whether I doubt they want to stay sober or that they may not seem serious about the program. The fact is, if those were barriers to entry, I would have been kept out at various points long ago. It’s not my business whether someone has the desire to stay sober—it’s my business to welcome them to C.M.A.

“Have a seat. Welcome home.”—Barry H.

**Interested in writing for the
Pipeline?**

Email to editor@cmaaz.org

Crystal Meth Anonymous

Sunday

3:45 pm

Broken Glass

4220 W. Northern
Phoenix, 85051
(The Spot)

6:00 pm

CMA Old School

(biweekly)

Zoom: 867-5251-8566

6:00 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)

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 St
Glendale, 8

6:30 pm

Broken Gla

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 jinom7517@gmail.com for more information.

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

s | Central Arizona Meetings

uesday

Faith Stag

th Dr.
85301

ss

rthern
5051

le Spun

d Ave.
015
olution)

wer St.

Z 85016
s Flower)

Fear

rthern
5051

th St.

Z 85006

Online

3302-2894
rd

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

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

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

for any updates. List updated February 8, 2022

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

It Is Your Recovery!

– by Edmund Y.

Early in recovery I had attended a meeting that I did not feel comfortable with. I recall wanting to leave during the meeting and staying only because I had a halfway house meeting slip to be signed. I called my sponsor immediately after the meeting, and since he lived nearby, he had asked me to come over and talk... Besides, he needed to sign my slip too. I learned a lot from our talk that day. More importantly it was made very simple for me to understand.

You see, I can choose the meetings I want to attend. I can choose the fellowship(s) I connect with the most. If I do not feel comfortable in one meeting, I can attend a few others until I find the one I vibe with the most. As I grew in my recovery I found ways to become a part of making my recovery more enjoyable. I was learning to live in the solution. I learned that when a meeting goes off topic or away from a solution, I can be the one to bring the solution back to the group. I realized that I can join the planning committee of an event and incorporate ideas to try to make things more exciting. I have the ability to make my journey exactly what I want it to be. My talk with my sponsor that day changed my outlook on what for myself.

Although I was living in a halfway house at the time, I was able to make suggestions to my house manager for attending new meetings.

Even though I was on foot, I was able to call friends in the fellowship for a ride to conventions, awesome holiday events, and to help me find new meetings. It became an adventure. As I reached out, my circle grew and my recovery grew.

When you read these words and see these letters form into audible sounds in your head and observe whatever is happening around you... realize that you are in the present. The only moment that truly exists is right now and you have the ability to enjoy this moment if you want to. Remember... It is YOUR recovery!

Soberscope

*Make an active decision
to let your higher power
have the chance to
work miracles through you.*

*You may not see
the full picture until much later,
but their fingerprints are all over the
blueprint of your life.*

“Hypnotic”

So blinded by tears shed from the sun,
our dream is not over in fact just begun. I
wish I could say in the most beautiful way,
something today might convince you to
stay. You know my next words,
before couldn't say, as I've seen you again
drifting farther away.

But I need you here, you don't understand.

My world without you would never
expand. I'm sorry for this but you've
known all along, abusing your trust and
know this was wrong. I've taken some
things, while you've taken my heart,
and I'll do as I must to try and restart.

Hypnotic, breathtaking,

I was always here waiting,
never forgetting what makes my blood flow.
I'm not attached beyond comprehension,
I'm incapable of letting go...

You look at me with those precious dark
eyes, like a snowflake I'm frozen, but falling
she sighs. So many mistakes that one life
can take, our dreams not over
but we all have to wake...

-CK



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., 7:30 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.

Voices of the Fellowship

*Members share their stories through
the written and spoken word.*

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

(Step 3 - continued from first page)

part one of this step. There's a saying in the program, "fake it til you make it" and it applies here more than you would think. People aren't perfect at this step. Sometimes you will hear people 1 year, 5 years, 20 years down the line saying that they have had to stop and think because they've been trying to take their will back again. If you find yourself in that position, try to go back to this step and work it thoroughly. We in the fellowship are always here to help.

So many people have had a problem with the big G word, feeling that God has been used against them. They see him as a source of fear, judgment and negative experiences from their past. Luckily you can use any concept of God as you understand him. Sometimes it takes

judgment and negative experiences from their past. Luckily you can use any concept of God as you understand him. Sometimes it takes people years to get comfortable with a god of their understanding, but when you do you will never want to live as you used to.

Remember, God is love. It's nothing too complicated and it shouldn't be something that keeps you away. Nothing about this program is particularly easy, but this step is less scary than it seems at first glance. There's no one way to do it and it's a step you may have to take several times. Just remember when you try and take your will back, that you gave it up for a reason. Trust the process and trust that your higher power wants what is best for you.

Sarah E.

Save the Date

- CMA H & I Day - Planting Seeds Across the Country
April 23, 11am-5pm, 3104 W. Glendale Ave.
- 5th Annual Roast Roundup - May 20-22, Apache Lake
<https://caughtup88.wixsite.com/roastroundup>

For More CMA event info visit:
<https://meetings.cmaaz.org/events/>