

# THE PIPELINE

Volume 95

June 2022

## Step 6

**“We were entirely ready to have God remove all these defects of character.”**

We’ve come a long way! We have admitted we were powerless over drugs, we have come to believe in a power greater than ourselves and we have listed and admitted our shortcomings to another addict. All of these things are preparation for Step 6, which focuses on the willingness to change and that is what this program is basically all about—being willing to admit that we are flawed people willing to change our ways.

Like all of the steps, this is not something we have to do just one time. Keep that in mind if you worry that you haven’t done it perfectly the first time. The steps are ordered the way they are for a reason. You have to be willing to believe that a higher power can help you in order to have a higher power remove your character defects.

Hopefully, you now have a relationship with a higher power. For this step, like all the others, you will need to practice some humility. You have told your sponsor the defects of character that are holding you back. It’s imperative that you are rigorously honest about these things in order to change. This step is about developing an attitude of willingness to let go of the things that aren’t

working for you. No one does this perfectly—it’s an on-going daily process.

When you are ready to take Sep 6, make sure you are very mindful of why they are defects to begin with and what the consequences of acting on them may be. Your sponsor can help you pinpoint if what you are listing are true character defects or if you are just being too hard on yourself. This is another step that some may find a little embarrassing and very personal. It doesn’t need to be. Your sponsor already knows your defects by now and they didn’t run screaming, your higher power won’t either. And let’s face it—you know what they are too.

Remember, this is just preparing to have your higher power remove your character defects. You aren’t actually doing it just yet. You may think that in changing your behavior you won’t be “you” anymore. But I promise you, all of these steps will only improve your life. And try to keep in mind that this program is about progress, not perfection. Good luck!

—Sarah E.

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## Tradition 6

“A CMA group ought never endorse, finance, or lend the CMA name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.”

I spoke to a few of my friends in recovery in order to get a better understanding of this Tradition. I came away with three main themes that pertain both to our own individual behavior, as well as the activities that our groups engage in.

### 1) Outside Issues

One friend helped me to understand that all of the Traditions bind us together. They are the glue that holds us together, which is why our unity actually comes before individual recovery. That’s why outside issues—like politics, religion, or other non-recovery topics—are not to be discussed in our meetings. Not only are they off-topic, but they are often divisive, therefore diverting us from our primary purpose. When we as individuals inappropriately spout our opinions on our political leanings, or religious views, or take sides regarding various medical issues, we limit our ability to help the addict who is suffering, but might think or worship differently than we do.

### 2) Endorsement

Another friend shared how an old timer had chided her for bragging about which treatment center she had gone to during her share from the podium. That surprised me, because I talk about where I went to rehab all the time. I have such a fondness for that place—it saved my life and kick-started my recovery journey. But when we are sharing with the whole group it can sound like an endorsement. Her story also illustrated that when we share in meetings we are engaged in our group’s activity. And our group is a spiritual entity. So the Traditions apply not only to our group, but to us as the individuals that form that group. There’s that unity principle again!

### 3) Cooperation; not affiliation

Another story I heard involved a softball fundraising event between a C.M.A. group and a Heroin Anonymous group, which they called “Speedball.” Isn’t that the best name ever? It was a successful event, but both groups had to make sure they weren’t bringing either fellowship’s names or logos into their promotions, thereby implying endorsement. Here’s where the principle of cooperation; not affiliation comes in. Both groups needed to work together cooperatively, while avoiding the temptation to use either fellowship’s good name to suggest affiliation.

This principle also applies to the way our groups work with the meeting halls, clubs and churches where our meetings occur. We shouldn’t be using the meeting to push membership at that church, for example. Nor does our presence at a meeting hall imply their endorsement of us, or our endorsement of them. We are working cooperatively when we follow their rules regarding smoking, parking, etc. Likewise, it was interesting for me to learn that because the meeting clubs and halls aren’t groups themselves, they do not need to conform to our Traditions. As the long form of this Tradition states in the *Twelve Steps and Twelve Traditions* on page 190, this is how we go about “dividing the material from the spiritual.”

Learning about the 6<sup>th</sup> Tradition has given me a lot to think about. I never want to do anything to harm my group or our Fellowship overall. And I have a better understanding of how I should share in meetings. After all, we are in this together.

— Barry H.

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## Spotlight: Finding Faith

The words, “I’ll pray for you,” always rubbed me the wrong way. I have heard them all my life; not in response to an injury or hardship, but when I said or did something that made others uncomfortable. Being gay is apparently a reason to warrant a stranger’s prayers. Or wearing revealing clothing in public in 115-degree weather. Yes, please! Pray for me to stay cool while wearing long-sleeved shirts and slacks for the summer in Arizona – seems as plausible as getting an empathetic glance for asking to use the bathroom at a local coffee shop without buying something.

A relationship with a Higher Power was elusive at best as I entered rehab for the first time at the age of 40. I never prayed and would not even curse God because it seemed to give up too much power over me. The rehab offered a “Spiritual” and a “Traditional” path to recovery. Just the word, “Spiritual,” sent shivers down my spine, so I chose the more traditional approach which was Big Book focused. The problem I had with that approach was it still talked about a Higher Power. What??!! I mean, did I not choose the traditional path to sidestep the spiritual? I could not escape the looming reality that there was no recovery without spirituality.

I decided to sit down with the Spiritual Director of the rehab and have a

conversation. He asked me important questions that helped me realize the formation of a God I grew up with might not be what I had created. I created... me... my understanding was skewed. The Spiritual Director was not there to force me to think the Bible was true, he was a caring heretic of sorts that put me at ease. The stories of any religious text don’t need to be true for me. They are like Disney movies that I can at least get a good moral out of.

The Spiritual Director talked about the story of the Good Samaritan which in short tells a story of a man beaten bloody and broken, laying on the side of the road leading into the city. (Trigger warning: I am paraphrasing here, so cut me some slack) A priest walks by, looks at the man and thinks, “God’s will be done,” and keeps walking. A lawmaker walks by this man and thinks, “justice has been served!” and continues his stroll. Then a man from another city, Samaria, walks by and sees this half dead man. Instead of passing judgment, he scoops the man up in his arms, carries him to the city, gets him a room, cleans his wounds, clothes, and feeds him. This perfect stranger did what no one else did out of compassion for another. Wow, right?

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# Crystal Meth Anonymous | Central Arizona Meetings

## Sunday

7:30am

### CMA Rocks online

Zoom: 708-3817-889  
Password: rockon

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

online/in person

Zoom: 708-3817-889

Password: rockon

7523 N. 35th Ave.

Phoenix, 85051

(Crossroads West)

7:15 pm

### Faith Over Fear

4220 W. Northern

Phoenix, 85051

(The Spot)

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. 96<sup>th</sup> 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)

### Meth Busters

2310 N 56th St., bldg a

Phoenix, 85008

(Valley Alano Club)

7:00 pm

### Sober Sisters

(women only/

first Tuesday of the month)

2432 W. Turney Ave.

Phoenix, 85015

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

### The Meth Lab

8910 N 43rd Ave.#102

Glendale, 85302

(Fellowship Hall)

## Wednesday

6:00 pm

### Vineyard Faith Stag

(men only)

6422 N. 65th Dr.

Glendale, 85301

6:00 pm

### Broken Glass

4220 W. Northern

Phoenix, 85051

(The Spot)

7:00pm

### Valley of the Spun

4430 N 23rd Ave.

Phoenix 85015

(The New Solution)

7:15 pm

### Misfits

1632 E. Flower St.

Phoenix, AZ 85016

(Crossroads Flower)

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 85006

7:30 pm

### New Hope Online

(LGBTQ)

Zoom: 835-3302-2894

no password

## Thursday

7:00 pm

### Vineyard Faith

(women only)

6422 N. 65th Dr.

Glendale, 85301

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 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

(The Spot)

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

11:00 am

### Broken Glass

4220 W. Northern

Phoenix, 85051

3:00pm

### BMXBikes/Backpacks

7523 N. 35th Ave.

Phoenix, 85051

7:00pm

### All Gas No Breaks

4430 N. 23rd Ave.

Phoenix, 85015

7:00pm

### Crystal Clean

5116 E. Thomas Rd.

Phoenix, 85018

7:15 pm

### Misfits

13627 N. 32nd St.

Phoenix, AZ 85032

7:30 pm

### New Hope

(LGBTQ)

2622 N. 16th St.

Phoenix, AZ 85006

Meeting list published monthly. Times and locations can change without notice, please phone or visit our website for the most current details.

Please email John at [jjnomo7517@gmail.com](mailto:jjnomo7517@gmail.com) for any updates. List updated May 1, 2022

Website: [CMAAZ.ORG](http://CMAAZ.ORG) | Hotline: 1-877-700-METH (6384) | Central AZ District CMA - P.O. Box 38243, Phoenix, AZ 85069

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He looked at me and said, “which person in that story do you identify with the most?” I sat upright and puffed my chest out and exclaimed what I wanted to be true, that I was a good person, “well the Samaritan of course!” He looked at me and said, “if you cannot see you are the man who is beaten and broken on the side of the road, we are not going to get any work done.”

My recovery changed in that moment, and I finally felt a bit of faith in surrendering to what I am. I am that person who needs

help. I am that person that a Higher Power put in my path to scoop me up in his arms and care for my broken body and mind. I am that person that can take all the prayers people will give me.

Today I belong. I belong on this planet, in this world and community. Even at my worst, my Higher Power loves me. As I started to believe that I belong, my actions took hold to do better in this world. I have a faith now that guides me to remove fear.

— Jennifer L.



## June Soberscope

Change can be a good thing.

Let go of what is holding you back and embrace the possibility of what you can become.

## THE SASSY SPONSOR

Dear Sassy,

*I keep hearing the term “Emotional Sobriety” brought up in meetings lately, and I’m afraid to say I don’t know what it’s really supposed to mean. Can you give me your take on this topic please?*

Sincerely,

*Confused by Terminology*

Dear Confused,

I understand what you’re going through on a couple of levels.

First off, you’re legitimately curious and would like to know more about a beneficial topic. Secondly, you’re unable to shake a sense of shame because you don’t know something. We’re not in a secret society with levels of knowledge here in recovery; we’re in a place where knowledge and examination are the tools which allow us to take further action. Unfortunately, sometimes people in meetings like to pontificate and make themselves sound smart, and nobody stops to explain it.

So I’ll say there’s no shame in not knowing something. Questions are how we find out more in this deal we call life. Ask questions, don’t be shy, and don’t let your lack of knowledge define you. Most importantly, ask a lot of people, and get more than one

perspective. Besides, the odds are that when you ask questions, you’ll instead activate some pride in the person you speak with. After all, what addict or alcoholic you doesn’t like a chance to wax poetic about something they know? You might very well give them a self esteem boost just by asking.

Now, to the topic at hand. Emotional sobriety, as first defined in an article by Bill Wilson when he had years of sobriety, was written as he was coming out of a bout of depression. You can google the article, but in it he mentions how he realized at one point with many years of depression that his dependence on people and external factors frequently caused him suffering. He spoke about an increasing dependence on a higher power, and of not being as attached to things worldly.

In addition to a whole host of other writings on the subject, there’s also a great talk that was recorded in the annals of AA speakers by a now passed old-timer named Tom Brady Jr., who spoke at great length about this state being defined by “purity of heart.”

Whatever particular descriptor we may attach to the concept, the end result is clear—to be okay with life and its events to the extent of not having one’s serenity dictated by others or this physical world. Yes, we’re going to go through the downs as well as the ups in this life, since that’s what life throws us. One day you’re hugging your friends or relatives and

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the next they've suddenly passed. One day you're doing great financially, then you're laid off and you can't find a new job for months. One day you're gazing into your partner's eyes, only to subsequently have them tell you they haven't loved you in a long time. The point is that life can, does, and will happen, and we have to learn to deal with it. We have to learn to not ask "Why me?" and instead acknowledge "Why not me?"

Hard life events don't necessarily take us out, especially when we've got a bit of time under our belt, but they do definitely tend to make us prone to depression, isolation, and fear. These are not good neighborhoods for us to frequent because they make it harder for us to be of service to others. The key is to remove our expectations of both people and circumstances. Just

because we're sober doesn't mean others won't occasionally treat us badly. Just because we've been doing the right thing for a bit doesn't mean that life won't throw us unpleasant curveballs or even just the occasional mountain of bullshit.

Having emotional sobriety means that we can handle life's challenges by showing up, being present for others, and not take it as a personal affront. It's not always fun, and it's not always happy, but it beats being stuck in denial and anger. Hope this helps.

Love, Sassy

Have a questions for Sassy? Email it to [sassy@cmaaz.org](mailto:sassy@cmaaz.org)

SAVE THE DATE:

U  N  I  T  Y

**August 26-28, 2022**

[www.azareaconvention.com](http://www.azareaconvention.com)