

# THE PIPELINE

Volume 96

July 2022

## Step 7

**“Humbly asked God to remove our shortcomings.”**

Something I had to learn about Step 7 is that it is an action step, not a magic trick or an overnight fix.

After my sponsor laid out a list of character defects based on what I shared in my 5th step, I was entirely ready for God to remove these things from me. I wanted to be free of them, to be perfect. I prayed the 7th step prayer. I asked God to take away my selfishness, toxic perfectionism, anger, laziness, constant self-pity, and on and on and on and on.

I wanted it all gone.

My sponsor then suggested I get popsicle sticks and write a character defect on one side and a character asset on the other and every day, pull one out and ask God to help me work on that. I was confused. I thought that I just had to ask Him to remove these things and because He is powerful, He would remove them from me. She told me that God will remove my

shortcomings, but it is up to me to replace them with something good. She said that He won't take something out if I don't put in the work to put something else in. When I was stuck in toxic perfectionism, I needed to be vulnerable instead. Where I have been selfish, I needed to be selfless. When I was angry I needed to be patient and understanding, and so on.



The 7th step prayer asks God to help me with every single defect of character that stands in the way of my usefulness to Him and my fellows. It is really a prayer that helps me get out of my own way, not just so I can be a better human, but so I can be helpful to others. If I was cleared of all my character defects in one night, without learning to change my outlook or learning to work through them, I would lose my ability to relate to others.

*...continued on page 2...*

...Step 7, continued from page 1

My struggle with these things makes me human, learning to work through these things helps me grow and growth gives me hope. My experience is what I use to help others, to show them that there is another way.

Some days, I am perfectly in tune with my character assets, not exploding over small things, not hiding in my house avoiding calls, but getting out of myself and being of maximum service to others. Other days, I fall short. Falling short reminds me that I am still a work in progress and that there is more work to be done.

On those days, I may need to draw a few sticks or keep my prayer general, so that He can show me what I may not be seeing. My defects of character pop up and I may not see them right away so I ask Him to show me what I can do to be a better me tomorrow and I get up and try again. I am never through with working toward getting out of my own way and being helpful to others, constantly leaning on God to help me, because I know I can not do any of this on my own.

—Kelly M.

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## THE SASSY SPONSOR

*Dear Sassy,*

*I just celebrated one year sober at the beginning of May. For well over 10 years, I was in and out, coming to recovery meetings when I felt the heat on, but barely doing anything, until I lost everything and was finally willing to do anything. When I did my stepwork this time, I expressed regret over my frequent relapses many times. Every single time, my sponsor said some variation of “it takes what it takes.” I’ve accepted this, even though I have a great amount of guilt over quite a few things I’ve messed up in my life that I’ll be making amends on for quite a while. Recently while I was at a speaker meeting watching someone I respect quite a lot give their pitch, I heard them use the line “relapse isn’t a part of recovery.” I’ve heard*

*the opposite out of others, and it seems like the majority of people I know have relapsed at some point. So, I know it’s perhaps an unimportant, picky question, but which one of them is right?*

*Sincerely,*

*Bewildered Retread*

*Dear Bewildered,*

Most importantly, congrats on finally conquering that incredible hurdle and getting a year! I feel it’s harder to accomplish when you’ve relapsed, as there’s more baggage to deal with, more guilt, and more shame.

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...Sassy, continued from page 2

Now, to the question at hand—your friend is right. Relapse is common, but not necessary. There are multiple reasons it is so common and most of those reasons have to deal with the mysteries of the addict psyche. Why do we accept help at our lowest, but then quickly forget how bad it was? Why do we claim credit for things we had very little to do with? Why are we so very quick to complain about luxury problems when it wasn't that long ago we were getting rides to meetings and bumming smokes because we were dead broke?

These questions are perhaps bordering on silly, but still accurate. I can tell you that I relapsed with nine years of sobriety, but now have 13 continuous years sober. My partner never relapsed after working their steps. Of my close circle, it's probably about a 60/40 split in favor of those who relapsed.

A relapse can be a learning experience. On the other hand, it can be just an experience that you do nothing with at all. It can be valuable, or it can be worthless. It can also be something that wrecks your health, or worse, kills you. But in and of itself, it's not of any value; it's just a thing that happens. The real question is what you do with that experience going forward. Do you harness it as motivation to never feel the same way again?

There's a line in the story called "Student of Life," in the back of the *Big Book*, where a woman relates the moment where she confesses her drinking problem to a workmate. When she says she isn't sure if she's yet hit bottom, he replies matter-of-factly "You hit bottom when you stop digging."

Ultimately the question one must ask is, "have I stopped digging?" Sometimes, a person manages to stop digging when they've still got a family, home, career, and life somewhat intact, if not threatened by drugs and alcohol. Other times, it takes more loss, and other times still, it takes losing everything. I've never figured out why it takes more suffering for some than others. The only thing I know for certain is that once we have that surrender, it's best to not waste it. After all, if you've truly stopped digging, then you're likely doing a lot of recommended things like prayer, meditation, attending meetings, service work, and sponsorship, to ensure that you never consider picking up your shovel again.

Hope this helps.

Love,  
Sassy

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

# Crystal Meth Anonymo

## 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)

## Wed

6:00 pm

### Vineyard

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### Broken

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### New H

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Zoom: :

no pass

Meeting list published monthly. Times and locations can change with

Please email John at [jjnomo7517@gmail.com](mailto:jjnomo7517@gmail.com).

Website: [CMAAZ.ORG](http://CMAAZ.ORG) | Hotline: 1-877-700-METH (638

# us | Central Arizona Meetings

## Wednesday

### **Hard Faith Stag**

online  
65th Dr.  
Glendale, 85301

### **Glass**

4220 W. Northern  
Phoenix, 85051  
(The Spot)

### **of the Spun**

23rd Ave.  
Phoenix, 85015  
(New Solution)

Flower St.  
Phoenix, AZ 85016  
(Roads Flower)

### **Over Fear**

4220 W. Northern  
Phoenix, 85051  
(The Spot)

### **Hope**

16th St.  
Phoenix, AZ 85006

### **Hope Online**

835-3302-2894  
password

## 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 **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

Without notice, please phone or visit our website for the most current details.

[www.cmaaz.com](http://www.cmaaz.com) for any updates. List updated May 1, 2022

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

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## Spotlight: Attitude of Gratitude

For years I have taken time every morning to write a short gratitude list. It comprises the highlights from my previous day to celebrate the wins in my life. To give thanks for so many blessings I have like my chosen family and friends who offer me purpose and direction. I text this daily list to several contacts which quite literally puts my gratitude out into the universe. Focusing on the things I have allows me a chance to reflect on what is in front of me instead of obsessing over what I wish I had. If I give thanks for the things that first come to mind, it is often humbling. Special moments with my daughter, a home I can afford, grocery shopping without having to put anything back, electricity and working appliances, and giving baths to my dogs remind me that I

get to do these things today because I am sober.

If I stop and reflect on the amazing gifts this life has bestowed upon me, I appreciate even more the struggles I must get through every day. Working long shifts is hard but having larger chunks of time off or overtime pay is a good trade off. I get to dream instead of seethe at everything I want and do not have yet. I get to plan and prepare while reaching small milestones to improve my life. I get to share everything with those close to me. Today is a good day because I choose to focus on what I have and thank my Higher Power that I get to live another day sober.

—Jennifer L.

### July Soberscope

Embrace growth and change. Learn something new. Try a new shampoo. Try a new meeting. Tell yourself, “I love you.”

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## Tradition 7

“Every CMA group ought to be fully self-supporting, declining outside contributions.”

When I came into this program, I was used to being reliant on others for everything. Whether it was begging my family for money, stealing from my friends, or flying a sign on an off-ramp, my food, my drugs and anything else I needed to survive came from others. In early recovery I found that as I became self-supporting, I gained a certain level of independence. That same independence is vital for our CMA meetings and home groups. Every group has its own personality and vibe. This is why some people choose one meeting as a home group instead of another. These meetings are free to be unique and attract newcomers in their own way. They get that independence the same way I did: through self-sufficiency.

Declining outside contributions, even those that mean do great good, keeps CMA focused on our primary purpose; to carry the message to the addict who still suffers. We are not beholden to any other entity. We can be free to speak on our experience, strength, hope and faith without having to be afraid of offending any corporate or religious entity. Our message is not diluted or censored in any way. This self sufficiency is absolutely vital to maintaining our integrity and independence.

—Jake B.

**Interested in writing  
for *The Pipeline*?**  
*Email [editor@cmaaz.org](mailto:editor@cmaaz.org)*

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2620 W Dunlap Ave  
Phoenix, AZ 85021



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