

THE PIPELINE

Volume 97

August 2022

Step 8: “Made a list of all persons we had harmed and became willing to make amends to them all.”

None of the steps are easy, not even Step 1, which just entails us admitting the obvious. Step 8, however, involves us dredging up the past, remembering things we would love to keep buried forever, and writing, damn it, so much writing! No one is saying that we have to make a list and then send flowers to everyone on it with a profuse note of apology. We are merely saying that you become willing (that word again!) to make amends to them. If you are here to begin with you are already in a willing state, so this shouldn't scare you off.

We should first clarify what we mean by amends. Many people just think amends are simply apologies, but that's actually not true. Apologies are just words that don't really mean anything without actions taken to back them up. Amends are actions that you take that show you are truly changing and living a different life. That's why we often hear about "living amends". I would wager a guess that some of the people you hurt in your using days have maybe already heard from you

that you are changing and turning your life around. If you have said things like this too many times, people stop believing your words. Living amends are a way that we show, by the new way we live, that we are serious in our recovery. We basically do the next right thing and continue this for the rest of our lives.

Step 8 prepares you to apologize to everyone for everything you screwed up in your old life and ask what you may be able to do to make it right. You'll need to go back through the list you made in Step 4 of the people or institutions you have harmed. Once you have the list, you need to ask yourself if you are willing to make amends to each person or institution on it. Step 4 is getting right with your higher power and your higher power is a loving and caring god. Step 8 is actually facing the damage you did to people who may not all be willing to forgive and that's what makes it hard.

(continued on page 6)

THE SASSY SPONSOR

Dear Sassy,

I am roughly 11 years clean & sober, I have always had trouble with identifying my emotions. I was never one of those people that from the moment they got sober, replaced their toxic health habits with positive health habits, e.g. started to eat clean, did yoga, practiced any type of meditation, hit the gym as hard as they hit up the dope man, etc.

My partner recently pointed out when other people hurt me, I tend to lash out & hurt them back. But when it is something emotionally painful like the loss of a job, the loss of a relationship, the loss of a loved one, the loss of a pet, I seem to go straight into punishing myself through self harm. I've smoked cigarettes and have eaten waaaay too much food that irritates my digestion.

Others have pointed out that I really like to "flirt with death" when something tragic or severely unpleasant happens. I feel ashamed that at this length of sobriety, I am having a difficult time identifying & addressing emotions. How am I supposed to be a guide to a path to a higher power when I myself can barely process & identify my own emotions & not use self-harming coping skills to deal with the emotional thing that is happening? I am at a loss, help!

Love, Emotional Train Wreck

Dear Train Wreck,

First of all, cut yourself a little slack! As I've pointed out to multitudes of people, sobriety is just the beginning. There's a lot to unpack here, and without knowing more, I can only guess a few things about your situation.

So you have self-destructive behaviors? Well, no active drug addict has ever been accused of being well-balanced or embracing positive habits. To hear you're struggling with not having those behaviors is expected! Many drug addicts struggle with weight gain due to unhealthy habits they pick up chasing the dopamine in different ways (donuts are healthier than meth, so what's a dozen, right?). This also affects their metabolism, now that they're eating regularly and not running from assassins that disappear the moment they turn their head. Yes, some people get sober and begin running daily and subsisting on chicken breast, yogurt, and not even thinking about carbs. However, that's not always healthy either, and if it's an attempt to just control things or another addictive way of living, it can be dangerous too. A friend of mine in the program used to run excessively to try and escape anxiety, until she discovered she had no cartilage left in her knee. She expressed later how this was the motivating factor to get into therapy and learn to deal with her issues.

In the beginning of We Agnostics, it discusses finding a power greater than yourself (continued on page 7)

Spotlight

My name is Mike and I'm still learning how to live life on life's terms. 2020 was the 13th year of my recovery and by far the hardest year of my life. I lost my brother in January and then my wife passed away on Thanksgiving morning, which was just 19 days after my Mom passed away. Using meth or any other drug today just wasn't an option for me. Instead, I decided to get back into C.M.A. Through Facebook I found an awesome home group: Faith Over Fear.

While attending these C.M.A. meetings, I couldn't help but notice the different ways people would identify themselves. Most of them said they were an Addict or Tweaker. Others were more creative with titles like being a Grateful Recovering Addict, Meth Monster, Chemical Dumpster, Too Much, T.V. Repairman, My Problem is Me, Hot Mess, and Professional Dumpster Diver, just to name a few. This got me thinking, since I have a significant amount of time and I'm usually the last one to say who I am. With this in mind I wanted to come up with something that would have an impact. Finally the term "Learning how to live life on life's terms" came to mind, which is absolutely perfect for me. I immediately Googled it and I found out that acceptance is the key to everything, which is why all these 12 step fellowships (including C.M.A.) put such a great emphasis on saying The Serenity Prayer. Of course, sometimes

accepting all of our circumstances is easier said than done.

I wanted to let people know that when we get clean and sober life does get better, but at the same time life is still going to happen and it doesn't always go the way we think it's going to go. Without a doubt I can say that using meth or any other drug will not make your circumstances better. In fact, it will probably make them worse.

It's easy to assume that the people in C.M.A. with substantial sobriety are the ones that help out the newcomers. That couldn't be further from the truth. So many times the people with less time in recovery have helped me out. And for that I am extremely grateful.

Over the years a lot of people I know, including myself, have drifted away from the program. But with all that happened in 2020 and the pandemic, I decided to get more involved. In a way, I was like a newcomer with a lot of time. I also really learned what it means to be a Grateful Recovering Addict. To tell you the truth, without these C.M.A. meetings I really wouldn't have anywhere else to go.

Even though I might not know you, I want to thank you for being a part of my recovery.

Mike F.

Crystal Meth Anonymous

Sunday

8:00am

CMA Rocks meditation

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

7523 N. 35th Ave.

Phoenix, 85051

(Crossroads West)

7:30 pm

CMA Rocks online

Zoom: 708-3817-889

Password: rockon

7:15 pm

Faith Over Fear

4220 W. Northern

Phoenix, 85051

7:30 pm

The Recipe

145 E. 1st Ave.

Mesa, 85210

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)

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 Fellowship

(men only)

6422 N. 65th

Glendale, 85301

6:00 pm

Broken Glass

4220 W. Northern

Phoenix, 85051

(The Spot)

7:00pm

Valley of the Sun

4430 N 23rd

Phoenix 85016

(The New Spot)

7:15 pm

Misfits

1632 E. Florence

Phoenix, AZ 85016

(Crossroads West)

7:15 pm

Faith Over Fear

4220 W. Northern

Phoenix, 85051

(The Spot)

7:30 pm

New Hope

(LGBTQ)

2622 N. 16th

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 jinomo7517@gmail.com

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

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

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

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

1 for any updates. List updated July 11, 2022

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

(Step 8 - continued from page 1)

But we've been brave before, the fact we are actually here is incredibly brave. Of course it's so hard to face what we did in the past, the shame and guilt always wants to take us out again. You've built a foundation that requires strength, so you will be called on to use that strength now. This step will require honesty, self-awareness and responsibility. The biggest test on this step is your ability to see your part in things you have done. It's probably not an exaggeration to say that you hung out with some questionable people. When you surround yourself with less than noble people, it's easy to think your actions are not as bad when you compare them to people who also behaved badly. That right there is the crux of this step; we need to be able to see our part in things and take responsibility for it. You must be able to see your shortcomings and to not embellish the shortcomings of others.

The point of the program is to change our behavior, our motivations and our reactions to life on life's terms. We really don't want to have to continue making lists of people we harmed- if we're still harming people then we're not really working the program. This should help to dissuade you from living a life that's not honest and kind. It allows us to be on guard in our heads and our actions. We think we know what a person is going to say or think about us, we often assume the worst and sometimes feel defeated before we even begin. Don't let resentment towards a person scare you from putting them on your list, we are doing this to be free, even if we

dislike them. It's not about the other person, their reaction or their forgiveness. We need to get our wrongdoings off our chest so we aren't weighed down by it anymore. Hopefully you are already telling yourself every day that "what other people think of me is none of my business". When you get these amends done and you do absolutely all that you can to make things right, you are freeing yourself. Don't get caught up in wondering what the person now feels about you, it doesn't matter. Do all that you can and remember that's all you can do. Now get out there and start writing!

Sarah E.

Soberscope

Now is the time to make things right.

Say the things

that are in your heart

and be kind to those

around you,

especially yourself.

Some doors

might remain closed,

but it might just surprise you

which ones open.

Interested in writing for the Pipeline?
Email editor@cmaaz.org

(Sassy - continued from page 2)

when it says “Well, that’s exactly what this book is about. Its main object is to enable you to find a power greater than yourself that will solve your problem.” Notice it doesn’t distinguish your drug or alcohol problem from your emotional nature or mental duress. That’s because these are all connected, and as time goes on, we have to go deeper than we did at first. This often means completing multiple inventories. It may mean working with new sponsors or different people who might be able to give us a new perspective. It means unpacking things we didn’t before. Sometimes, it’s things we’ve just come to terms with. Other times, it can be things we blocked out of our consciousness, or maybe something we just weren’t able to admit to ourselves at the time. Recovery is a life-long process.

And sometimes we need more than just the program. We don’t talk about this a lot in meetings because A) it’s very personal, and B) we’re in the business of recovery from addiction, so a meeting is not the proper place to discuss it, but there are a decent amount of people in recovery on medication of some sort to take care of their mental health. Unfortunately, there are those who treat it as a stigma when it shouldn’t be. If medication isn’t abused or misused, it should be regarded the same as taking antibiotics to get over an infection. Similarly, many of us have sought out therapy and/or psychiatry in order to get to the bottom of what ails us.

The reality is that if you need help, it’s important to get it, not just suffer in silence. Whether you need temporary help, or something more long-term, it doesn’t matter. We’re led on this path to learn how to become better people who can handle both the highs and lows of life. One of the biggest parts of that is learning how to ask for help, and then how to accept it when it is given. If you need to talk some things out, find a therapist. If you need help with your diet or health, perhaps a nutritionist and/or a personal trainer might be more appropriate. Don’t let your fear of judgement or the unknown be the thing that holds you back from a beautiful life, because we don’t get sober to be miserable. Hope this helps.

Love, Sassy

Question for Sassy?

Email sassy@cmaaz.org

H & I Announcement

One of the amazing services that the Crystal Meth Anonymous Hospitals and Institutions Committee provides is to bring meetings to individuals who are confined in hospitals, rehabilitation centers, and even at home due to medical issues that restrict their ability to make it to a meeting.

A person in need of a meeting in these instances, or their representative, can contact our hospital meeting organizer, Ian D. at 480-265-6144 for more information.



2022 ARIZONA AREA CONVENTION

AUGUST 26-28, 2022

Registration

Basic	Full
\$ 25	\$ 60
<p>Speakers</p> <p>Workshops</p> <p>Pool Party</p> <p>Comedy Show (Friday)</p> <p>Comedy Show (Saturday)</p>	<p>Speakers</p> <p>Workshops</p> <p>Pool Party</p> <p>Comedy Show (Friday)</p> <p>Comedy Show (Saturday)</p>
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CMA Unity Shirt - Phoenix Skyline
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CMA Unity Trucker Cap (White/Black)
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