

THE PIPELINE

Volume 98

September 2022

Step 9: “Made direct amends to such people wherever possible, except when to do so would injure them or others.”

This step for me was life-changing. Even though this may be a difficult step, I have yet to hear anyone who didn't say that it was the most freeing step yet.

Before taking any action, we have to get a pen and paper out and look at what type of amends is appropriate. Direct amends are making the amends in person with the ones we had harmed, admitting we had wronged them and asking them how we can make it right. Avoid apologizing. Ask how you can make amends to them and do as they ask. Indirect amends are when making a direct amends is not possible. Maybe the person has passed and maybe to make a direct amends would injure them or someone else. And finally, financial amends are paying court fees, victim reimbursements, stores, other businesses and relatives and friends you may have taken from. Basically it's any money you owe as a result of wrongdoing. Most of the time this part has to be taken one issue at a time and you need to work out a payment

arrangement with each offense and stick to it until your list is complete.

Keeping our side of the street clean is a forever process and from this point on recognizing that we have harmed someone and making amends when needed becomes part of who we are. It's an asset that builds character. We can't change what we don't acknowledge and learning how to forgive and be forgiven is so important in living an authentic life. Almost all the time you will find that the ones you have hurt only want to see you continue on the journey of recovery. Taking on financial amends as you can afford to do so may take awhile, but eventually they will be finished.

So take out the list from Step 8, pray about the process of making amends, sit down with your sponsor and decide where on the list each one falls. The more thorough your list, the better.

Helen, and I Am a Grateful Addict

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

THE SASSY SPONSOR

Dear Sassy Sponsor,

About five years ago, I sponsored a young man who seemed to stick and get his life back together. I watched him repair a relationship from his past with a great woman, get a decent job, his own place, and start a life. He moved away after a year, and I'd hear from him occasionally, but as time went on, I noticed things in his life deteriorating. After a bit, the relationship ended, and his ex at one point confided that he had been physically abusive, had serially cheated, along with some very uncomfortable allegations I don't feel comfortable airing in public. I found out through a mutual friend he relapsed a couple of years ago, got picked up on burglary charges, then was sent to a last chance rehab after being released from jail. He apparently heard I wanted nothing to do with him, and I woke up a few days ago to a message from him where he basically said all of the right things about how I shouldn't forgive him and he hopes to do things the right way this time, hopes he can prove he's serious this time, and so on. My question is, if I don't want him anywhere near me or my family (who he's met and had some relationship with), is that wrong?

Sincerely,

Trying to set good boundaries

Dear Boundaries,

No.

I wish I could just leave it there because it's really that simple. I understand where you're coming from, and it's a tale I've heard and experienced over the years. Al-Anon and its sister programs (Nar-Anon, CoDA, etc.) have some great advice for boundaries. Applicable part is the basic notion of the three C's: you didn't Cause it, you can't Control it, and you can't Cure it. You did what you could, and he chose to go down a dark path. Good on you for not fixating on his choices.

The next part is where you're questioning going. You are not a doormat. You're not the only person who can help him. And you don't need to set yourself up in an uncomfortable situation.

Rooms of recovery are full of people who lost relationships, and parents or children who have been separated from the other by boundaries drawn due to behavior when we're in our disease. While we might despair this from knowing the sober version of the person, we can only imagine the pain and psychological scars caused by abuse when they were at their sickest. No matter how good the amends letter or speech, when enough pain is created, it can take years of actions to erase.

(continued on page 7)

Tradition 9

“CMA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.”

In general, as misfits, we don't like being told what to do. We often were the rebels that as teenagers and young adults scoffed at rules and limitations. We took bets, engaged in high-risk activities, and pushed limits, especially against authority.

That's entirely why our book is full of “suggestions” and not rules. We don't have any requirements to belong, except the desire to stay sober. And we don't have people in authority dictating policy or that are responsible to shareholders who expect results or profits. In fact, our trustees and committees are caretakers who are accountable to the group's conscience. First and foremost, they serve the addict who still suffers and work together to help bring that message to those in need.

The founders knew that if there was a group “in charge”, it would cause tension, power struggles and drama within the group and distract us from our common goal of staying sober, one day at a time. We practice the spirit of rotation so that everyone can get the chance to gain leadership skills. And as a result, we help each other become better people. “Not organized” does not mean the same thing as “unprofessional.” It means that we are not bound by the limitations that some organizations, business, or government have. It also means that we do what we do out of a desire to be of service to each other.

Mandie B.

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.

Soberscope

*Do something great today
and tell no one.*

*Do something greater tomorrow
and stay humble.*

Repeat.

Be kind.

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

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

7:30 pm

CMA Rocks online

Zoom: 708-3817-889

Password: rockon

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)

7:30 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

6:00 pm

Tweakers at The Spot

4220 W. Northern
Phoenix, 85051
(The Spot)

6:45 pm

Faith Over Fear

5116 E. Thomas Rd.
Phoenix, 85018
(Crossroads Arcadia)

7:00 pm

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, 85302

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 Sun)

7:15 pm

Misfits

1632 E. Florence
Phoenix, AZ 85016
(Crossroads)

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

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

Meeting list published monthly. Times and locations can change.

Please email John at jjnomo7517@gmail.com

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

s | Central Arizona Meetings

Monday

Faith Stag

th Dr.
85301

SS

orthern
5051

He Spun

d Ave.
015
olution)

wer St.
Z 85016
s Flower)

Fear

orthern
5051

th St.
Z 85006

Online

3302-2894
rd

Thursday

7:00 pm

Vineyard Unicorns Women's Meeting

(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

Friday

6:00 pm

Branching Out

(women only)
4220 W. Northern
Phoenix, 85051
(The Spot)

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

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

on change without notice, visit our website for the most current details.

for any updates. List updated August 9, 2022

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

Spotlight

“Whatever is begun in anger, ends in shame.”
— Benjamin Franklin

Was Ben Franklin an addict or just a very wise man? It seems like we are asked to give up so much in our sobriety, and sometimes it really doesn't seem fair that we aren't allowed to just wallow in emotions like the “normies” around us. I loved being angry and I was very good at it. Not only could I find something to be enraged about every day, I could also then build up lots of righteous indignation and smug feelings of superiority. Don't get me wrong, anger can be a useful tool. It helped us to get out of our using lifestyle, we had to finally be angry enough about everything the drugs took from us that we were ready to quit them. Our anger and hurt were great motivators, but we need to learn when anger is no longer serving us and we need to recognize and let it go.

Anger can be a healthy emotion when felt and released in a healthy way. When it is left to fester, it turns into resentments. And resentments are the number one factor in relapse which can end up killing us. The big book tells us, “If we were to live, we had to be free from anger.” (pg. 66) It goes on to say, “The grouch and the brainstorm were not for us. They may be a dubious luxury of a normal man, but [addicts], these things are poison.”

So, what is a healthy way to let this go?
What if someone cuts us off in traffic?

Can we honk at them and flip them off? It's a victimless crime, right? I won't lie, I have been known to do that many times. But why does that make us so angry? What is at the root of road rage and other seemingly small things that can cause us to erupt? It's fear, of course. When we feel fear, we feel helpless and the helplessness can then turn into a rage, and the rage into a resentment.

Sobriety is learning how to live all over again, in a healthy way. Fear used to motivate us to use drugs, to escape from the feelings, if only for a while. But the escapism in the drugs is very temporary. Once we are sober again, the shame sets in. Once again, we ask ourselves, what the hell just happened? How did we come from going happily about our day to wallowing in these dark feelings that are always at the end of a rage? We can see that indeed, Ben Franklin is correct, what began in anger did end in shame. These intense feelings were so out of our control, we really don't see any other way our anger could end but in us self-soothing with drugs

We are in close contact with our sponsor and our peers from the program, and if we are, we are generally sharing our feelings with them, what makes us tick, what makes us mad, sad, and happy. We are also praying on a daily basis and asking

(continued on next page)

(Spotlight - continued from previous page)

our higher power to take away the feelings that are not useful. Some of us can let these awful feelings go simply by talking and praying about them. Some of us need to take a more physical action.

If you are holding on to resentments, fear, and anger, it might be helpful to write a letter that you can read to your sponsor and then later burn. Try meditation (I know, again with the meditation!) but not everyone is proficient at that either. A simple exercise is deep breathing, breathe in love, breathe out fear. I do this daily and it really does help.

There's not one right way to let go of toxic feelings. The important thing is that you do let go of them. Even better is to stop them in their tracks before they become big and powerful. So someone cut you off? That sucks, it's an annoyance, it's rude, it's selfish, but it's not going to kill you to let that person in. It won't kill you if someone bumps into you at the store and doesn't say, "excuse me." When something really rankles me, I stop and ask myself if someone is going to die because of this. The answer is always no. Maybe someone who you thought was a friend did something that hurt your feelings. That's awful too. Maybe you want to step back and examine their motivations, maybe you don't. The point is, you must let that go, every day, and sometimes every hour.

Avoid aggravation. That doesn't mean that you need to become a doormat, but that's a whole other tangent. Just remember to keep things in perspective. We are given a daily reprieve every day that we wake up sober. Use it wisely. Do the next right thing and avoid stressful situations. I promise that you will be happier and that's what we what got sober for. - Sarah E.

(Sassy - continued from page 2)

As heartwarming as it is to hear stories like the man who sent his estranged child a letter a week for 3 years until she finally called, that feel-good scenario isn't the rule. I've literally had to tell a couple of sponsees something akin to "the best amends you can make is to send that letter and then leave them the hell alone forever."

Keep your boundaries up. Don't spend your serenity on this person or situation. There's nothing wrong with protecting yourself or those who you love.

Love, Sassy

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



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>
AZAREACONVENTION.COM	

Official Merch



CMA Unity Shirt – Monument Valley
\$25.00



CMA Unity Shirt – Phoenix Skyline
\$25.00



CMA Unity Shirt – Vibrant
\$25.00



CMA Unity Trucker Cap (White/Black)
\$25.00



CMA Unity Trucker Cap (White/Kelly)
\$25.00



REGISTRATION & MERCH:
AZAREACONVENTION.COM
HOST HOTEL RESERVATIONS:
HOTEL.AZAREACONVENTION.COM