

THE PIPELINE

Volume 114

January 2024

STEP 1: "We admitted that we were powerless over crystal meth and our lives had become unmanageable."

I am powerless over crystal meth. I have an allergy to drugs and alcohol that causes an abnormal reaction once I put those substances in my body. It took me a long time to accept that truth, which mostly involved a lot of falling on my face time and time again, as I fought to prove that I was not an addict.

My Step 1 experience came after 46 days in treatment. When I went in, I really thought I was ready to stop using. I thought I just needed time away from my habitual using, and the guy I was in an inescapable cycle of making-up and breaking-up with. Time, I thought, was the answer.

In those 46 days of treatment, I listened to what people said, I saw the changes in the people around me, I went to the meetings and had my slip signed, but I didn't actually do any of the things anyone suggested. I told myself I would when the time was right, when I found the right sponsor, when I had extra time or when I felt like it.

So many excuses.

One day I decided I didn't "need" treatment anymore. I was ready to get back to "real life" and I didn't "need" to go to sober living like other people who left did because I had a free spot back at my mom's house. What I didn't tell anyone was that I had a bag of dope hiding in my sewing machine there. I didn't want it, I didn't want to use again, but I didn't realize that it had been calling my name. I was high within an hour of leaving treatment.

I was powerless. Almost instantly, my psychosis was back and I was a ball of fear, shame and regret, as if those 46 days hadn't happened at all. The enemy had successfully gotten into my head and led me to believe that 46 days could wipe out the misery that had come before, but those

were lies. My misery was refunded in full. I hated those feelings that I was feeling and I hated the person that I had become.

Somehow in those miserable moments, I received the most wonderful gift: the desperation of a drowning man. I finally conceded to my innermost self that I am a drug addict. Something had finally clicked in me and I realized that no matter how much time passes, no matter what I do, I can never use again, or this will be the result. I no longer had any doubt in my mind that I am in fact an addict.

I had to do something different this time; I couldn't just do what I'd always done and expect things to be different. I posted on Facebook that I had relapsed and needed help, which was scary and I felt so exposed. But I was blown away by the love and support that surrounded me. I was given the number for a house manager of a sober living. With shaky hands, I called and with my heart pounding, I moved in.

I experienced what it really felt like to surrender. I was ready to trust the process, to ask questions and hold my breath and leap, even when it's scary. Even when I don't want to and especially when I don't see why I need to do it that way.

"Powerless" was a hard word to accept before I felt it. It was like being in a prison with no doors or windows, but once I accepted defeat, the walls came down and I was free. I could see that what was holding me back from a better life was me.

"Surrender is an action, it brings freedom." Today I am thankful for the path that led me to surrender. I have a life beyond my wildest dreams, and it began when I admitted that I was powerless over crystal meth. §

By Kelly M.

Statewide Hotline:
1(877) 700-METH

CMAAZ.org





"Tomorrow is always fresh, with no mistakes in it yet."

-L. M. Montgomery, Anne of Green Gables

Hopefully we made it through the holidays sober and are now turning our thoughts to what lies ahead in 2024. The promise of a new year and the chance to start again with infinite possibilities is always exciting. However, we who live one day at a time have the opportunity to have a do-over everyday.

So how do we start the day fresh? Every morning we remind ourselves that we are powerless over our addictions, and that our life can very easily become unmanageable. We pray for knowledge of our HP's will for us and the power to carry it out. We also may start our day with a gratitude list that we share with our friends. It's hard to hold onto anger and sadness when you are living in gratitude. If you can think of three things to be grateful for, your day is off to a good start!

Don't be afraid to take ownership of your mistakes; the intent is progress and not perfection. Fear is what holds us back from trying new things. The process may be a little rocky at first, but you will soon find yourself making wise decisions and be amazed that those words are coming from YOU! Acting after speaking to our sponsor or our higher power will become second nature and we can rest assured that we tried our best.

So now we go into the new year with high hopes tempered by thoughtful actions. Every day becomes a new chance to grow in our recovery. We just have to remind ourselves that we are making progress everyday. And when things seem to be at their worst, remember that this too shall pass.

Happy New Year! §

By Sarah E.

Interested in writing for the Pipeline?

email: editor@cmaaz.org

Questions for Sassy?

email: sassy@cmaaz.org

*I am in love with doing
the next right thing.*

- Kali

*My favorite drugs were
"more" and "yours".*

- Jeffrey



"Life as a Bridge" by Eric H.
18 x 24 inches, pastel on paper, copyright 2010
restored for my first sober exhibition in 2018
sober 9/28/2021

Sisters In Sobriety

I see you my sister, no need to hide, I know you're tired and weary.

I see the burdens you shoulder, I know they are heavy, you even hold some you were never meant to carry.

I see the tears you don't cry, and the words left unspoken, I see you shy from light for fear you are too broken.

I see the pain you deny, I see the thoughts you push away, I see you search for a way out because it's too painful to stay.

I see you search for the answers, I see you search for his strength, I see you doubt that you can go to any fucking length.

I see you cloak yourself in guilt, and pile on the shame, I see the never-ending cycle of all the hatred and the blame.

I see you look in the mirror and think, this can't be true. You see my beautiful sister, I see these things in you, because once upon a time that was my own ugly point of view.

But I ripped off the masks, and tore off the labels, I stood in my truth full-bodied and able, the grace of God's strength made the foundation more stable.

I arose from ashes still engulfed in the flames, I threw up my hands and let go of the reins.

I cleaned up the wreckage and addressed all the stains, a lost soul no more, but a savage queen rose, to show other sisters this hard yet beautiful road.

You see my beautiful sister, come and sit with me, I'll show what it is to be Sisters In Sobriety. §

By Crys A. - WSR 2023

Crystal Meth Anonymous

Sunday

8:00 am
CMA Rocks
Zoom: 708-3817-889
Password: rockon

9:00 am
CMA Rocks
1200 N 77th St
Scottsdale, 85257

3:45 pm
Broken Glass
4220 W. Northern
Phoenix, 85051

6:00 pm
The Young/Methless
2610 W. McLellan.
Phoenix, 85017

6:00 pm
Broken Glass
4220 W. Northern
Phoenix, 85051

7:15 pm
CMA Rocks
7523 N. 35th Ave.
Phoenix, 85051

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
1200 N. 77th St.
Scottsdale 85257

Monday

7:00 pm
Dude Where's My Bike
740 E Claremont St.
Phoenix, 85014
(Casa Milagra)

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

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

7:00 pm
No More G
590 N. 96th St.
Mesa, 85207

7:00 pm
Meth Busters
2310 N 56th St., bldg a
Phoenix, 85008
(Valley Alano Club)

7:15 pm
Faith Over Fear
4220 W. Northern
Phoenix, 85051

7:30 pm
Broken Glass
1626 W Denton Ln
Phoenix, 85015

7:30 pm
The Meth Lab
8910 N 43rd Ave.#102
Glendale, 85302

Wednesday

8:30 am
CMA Rock
Zoom: 708-3817-889
Password:

6:00 pm
Vineyard
(men only)
6422 N. 65th St.
Glendale, 85018

6:00 pm
Broken Glass
4220 W. Northern
Phoenix, 85051
(The Spot)

7:00pm
Valley of t
4430 N 23rd St.
Phoenix 85018
(The New Valley)

7:15 pm
Misfits
1632 E. Flamingo Rd.
Phoenix, 85016
(Crossroads)

7:15 pm
Faith Over
4220 W. Northern
Phoenix, 85051
(The Spot)

7:30 pm
New Hope
(LGBTQ)
2622 N. 16th St.
Phoenix, 85006

Meeting list published monthly. Times and locations can change.
Please email Mandie at mandieland1980@gmail.com

s | Central Arizona Meetings

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s online

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5th St.

AZ 85006

Thursday

9:00 am

Faith Over Fear

919 N Dysart
Avondale, 85323
(West Valley
Fellowship)

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

2333 E. Thomas Rd.
Phoenix, 85016
(New Life Wellness)

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

6:30 pm

Tweaker's Hope

online/in person
Zoom ID:
206-236-6675
Password: 488837
4415 S. Rural Rd.
Tempe 85282

7:00 pm

**Dude Where's My
Bike**

1612 E. Ocotillo Rd.
Phoenix, 85016

7:15 pm

Faith Over Fear

4220 W. Northern
Phoenix, 85051

7:15 pm

Misfits

11611 N. 51st Ave.
Glendale, AZ 85304

8:00 pm

Fresh Grounds

12838 N 22nd Pl
Phoenix, 85022

Saturday

9:30 am

There is a Way Out

4220 W. Northern
Phoenix, 85051

11:00 am

Broken Glass

4220 W. Northern
Phoenix, 85051

5:00 pm

CMA Rocks

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.
m for any updates. List updated November 13, 2023

TRADITION 1

"Our common welfare should come first; personal recovery depends upon CMA unity."

When I was in early recovery,

I witnessed members of our program becoming outraged that one of us was told to leave a meeting. A woman (let's call her Jane) showed up intoxicated and was considered a "disruption" to the meeting and a "trigger" to the people around her. Not only was she told to leave the meeting, but Jane was told not to come back to the Alano Club at all. I overheard several women talking after the meeting, expressing their disgust with how Jane was treated. They went on to say no one had any right to tell her to leave; in fact she may have needed that meeting more than anyone.

I did not realize it then, but this would prove to be a great lesson for me in the years to come. We have undoubtedly heard countless times in many fellowships that we ought to place our principles over personalities. Realistically, we are very different individuals with very different lives, experiences and perspectives – all of which are no better or worse than any other. It is not up to any of us to decide who is worthy of the 12 Steps. Instead it is our duty to humble ourselves enough to accept each other with love, patience and tolerance. If it were not for the group sharing their differences, how would I have heard the message? How would you? How will the next generation find the solution we have been blessed to receive?

Only when we are capable of setting aside our differences can we be united and share our hope for recovery. And I must admit, there is something beautiful to be said about thousands of people working together to accomplish a shared goal. With the Traditions to guide us, we have managed to keep 12-step programs alive and thriving for decades!

As we step into this new year, may we challenge ourselves to embrace the beauty of this program and consider what we can add to the fellowship, instead of what we can take away. We have been saved from death, but together we are still floating upon a perilous sea and our survival depends upon one another. §

By Christine R.

SOBERSCOPE

THE ONE WHO FALLS OFF THE HORSE AND
GETS BACK ON HAS MORE COURAGE THAN
ONE WHO HAS NEVER RIDDEN THE HORSE AT ALL.

Mindful Meditation



Happy times:

def. the practice of cranking up our favorite music and cleaning up our environments on a regular basis.

Today we will tidy and clean our environments so we can improve our overall well-being. A clean environment breeds creativity and clarity. A clean environment resets our lives and brings inner peace. Clutter and uncleanliness leaves us feeling stuck, stressed, depressed and anxious. We will make daily practice of tidying our environment so we can stay out of the past and live in the present moment.

Cleanliness is a form of self-love and self-care. Once we remove clutter and discard what we no longer need, we can see what we truly value in our environment and what brings us joy.

When our environment is clean, we feel happy, motivated and healthy. A clean environment is one of the best ways to maintain healthy mental health. Cleanliness is one of the healthiest daily habits we can form.

If we struggle with it, we set an alarm for 30 minutes and see how much we can get done in that time. We make our bed every day as a way to have a fresh, clean start to our day and gain a sense of accomplishment. Clean environments also include a clean office and a clean car.

We invite people over to our house so we have an excuse to clean and to get excited about having a clean environment and to share our space with our loved ones. We take the actions of cleaning despite how we feel, even when we don't want to, because we know it will make us feel better.

Today, we are grateful for the motivation to clean all our environments, declutter, and understand the link between clean environments and self-love. §

of men.

By Megan D.

Safford Spring Ball

Fundraiser for AZ Area

SATURDAY APRIL 20 2024

Co-Ed

10-person
teams

\$10/player
Get 20% off

\$5
Food
Plate

if Team registers by 1/31/24
To Register:

NAD/SAD-Kenny G 928-651-3119

CADI-KC 520-312-1068

50/50
Raffle

527 East Armory Road Field 3
Safford, AZ 85546

Join us at the Arizona Area Assembly
April 21st, 2024 @10am in Safford

