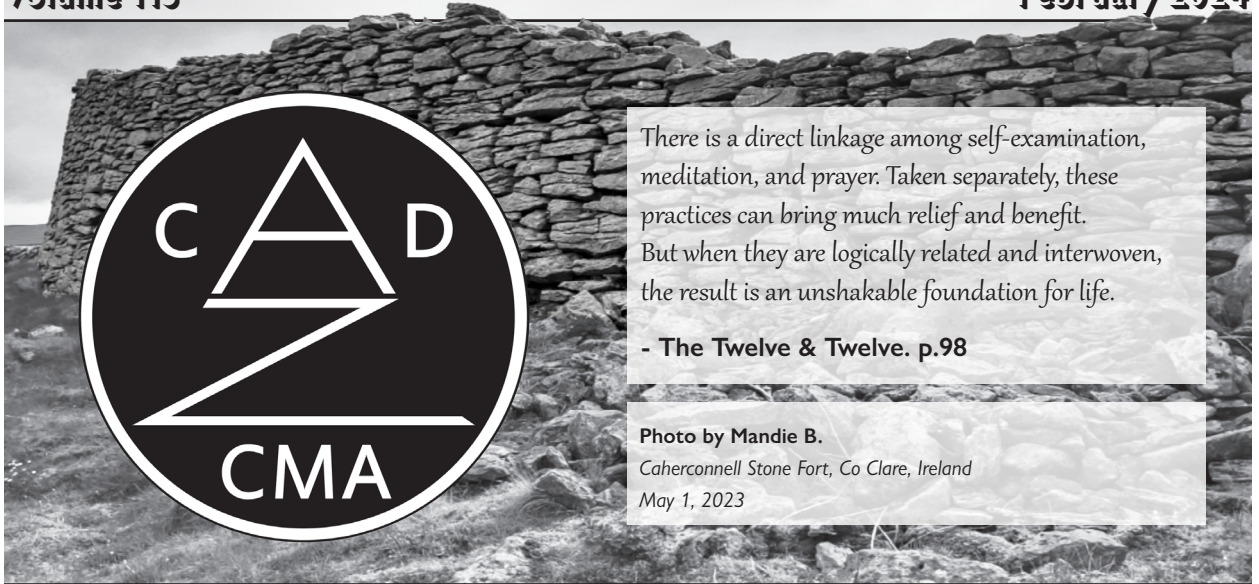


# THE PIPELINE

Volume 115

February 2024



There is a direct linkage among self-examination, meditation, and prayer. Taken separately, these practices can bring much relief and benefit. But when they are logically related and interwoven, the result is an unshakable foundation for life.

- The Twelve & Twelve. p.98

Photo by Mandie B.

Caherconnell Stone Fort, Co Clare, Ireland

May 1, 2023

## **STEP 2** *"Came to believe that a Power greater than ourselves could restore us to sanity."*

**I remember** thinking when I first got into recovery that Step 2 was about having some sort of religious conversion. I was SO panicked I hadn't done it right because I didn't exactly feel any differently. I now understand that this step is about being open to the possibility that something bigger than me is in charge. Just that one word: willingness.

I mean, if we can accept that just maybe a spiritual connection isn't what we'd always thought it would be, what else could we have been wrong about? I know I started to think about all the things I'd always believed to be true, like because I didn't do something perfectly, it was wrong. That I wasn't pretty, or smart or worthy.

That I needed a man to take care of me, but no one would ever want me. That I would keep making the same mistakes. That I would die if I was alone.

To my surprise, my HP has shown me what a smart, capable and resilient woman I am. In the last 4 years I have faced an absurd amount of challenges, any one of which would have sent the old me straight back to drinking and using. But this little voice would whisper for me to wait, to have faith and to keep doing the next right thing. At the time I couldn't see the bigger picture, but as time went on I could see patterns of events for what they truly were: God's fingerprints on my life.

And all it took was being open to the possibility. §

**By Mandie B.**

Statewide Hotline:  
1(877) 700-METH

**CMAAZ.org**



# Sassy Sponsor

## Dear Sassy Sponsor,

I'm dealing with a resentment with a former friend that feels quite overwhelming. Without going into graphic detail, a close friend in the rooms relapsed after a couple of years of sobriety and did some major damage to several people close to her, me included. Her actions damaged my trust of people, almost severely hurt a couple of other relationships, they lied, manipulated, and created some major financial wreckage. It's bad enough that I don't think I'll ever be able to trust them to be in my life in any capacity. I'm hurt and I don't know where to start working on this one. I can't even think about inventorying it yet, every time I try to write I'm just overwhelmed with emotion. Do you have any advice for this one?

Sincerely,  
*I'm Not Praying for Them*

## Dear Not Praying for Them,

I'm struck not by the fact that you are unable to work on this, but that you aren't able to go back to something more basic. I do understand the concept you're talking about from experience. Without going into a contest of who has had the more traumatic experiences, I've had some as well. But taking emotion out of it, let's just talk about simple principles the program teaches us.

First of all, the idea of putting pen to paper is curative in almost all circumstances. The mind can only hold one thought at a time, but the page can hold many, leading to an easier examination of our thoughts and motives. If you can't write out a 10th-step review, perhaps enlisting the help of a person you trust might be recommended? An outside perspective is very important in these cases

because another person with some spirituality can get past those blind spots you can't see.

If you are so clouded at the moment that you can't write the traditional columns, I suggest you begin with a letter. You shouldn't send it, as it's just for you, but getting something down on paper will still help. Consider this a draft for later work. Once you've gotten some thoughts down and organized, you can reorient your approach and at least get ready to do an inventory in the future once you're finally ready.

Finally, I want to address your interesting comment contained in the way you signed this letter. It tells me you're aware of the solution commonly espoused in our program to pray for the man who offends you. If you feel that praying for the person who has wronged you is above your pay grade given the size of this offense, that's completely fair. Perhaps you can work up to it. For example, if you don't want to pray for them to get the details of the life you want, perhaps just pray for them to have an okay life. Pray for them to have peace. Pray for them to not be in pain. Or even pray for your own willingness to stop fantasizing about their death and/or misery so that you can pray for them to get whatever they deserve. It's fine if you're not feeling it right now, just as long as you take the action.

Remember, we can't ask for mercy for ourselves and the ones we love, and justice for the ones we hate. Besides, above all else, being used-up with hatred is a luxury we can't afford. So feel your feelings and process them, but just remember that you can't sit on this work forever.

Love,  
Sassy §

***Interested in writing for the Pipeline?***

**email:** [editor@cmaaz.org](mailto:editor@cmaaz.org)

***Questions for Sassy?***

**email:** [sassy@cmaaz.org](mailto:sassy@cmaaz.org)

# CMA Rocks

I started attending CMA Rocks business meetings in 2019 so I could spend more time with my sponsor and lineage. At that time, we were a smaller home group, and it truly felt like a family. Many members were also plugged into other areas of CMA, and everyone was always willing to provide guidance. These simple acts of guidance helped me grow into a woman of service. In 2020, many of us found ourselves at a crossroads, and CMA Rocks was innovative in getting into the online meeting game. Though I missed the in-person meeting connection, the online platform is what worked best for me during that time.

Returning to in-person proved to be a challenge, and we were one of the last home groups to do so. We started up again on Sunday nights at a local treatment facility with very low attendance. We eventually changed the meeting time and moved our business meeting to the treatment facility, giving us a constant connection with newcomers. We were able to show them what

being part of a home group was about. In the three years since, I have seen those same newcomers grow into trusted servants in our fellowship, and I have seen this home group continue to flourish. This is what the Big Book speaks of when it says "To watch people recover, to see them help others, to watch loneliness vanish, to see a fellowship grow up about you..." I am also proud to say that we have maintained an online meeting presence and am so grateful to the members of our group who work tirelessly to keep this going. Accessibility is vital in continued growth. And no matter how much we grow, we remain inclusive and it still always feels like a family. CMA Rocks! §

## By Julie E.

Sun	8:00am - Online meditation - Meeting ID: 708 381 7889 Passcode: rockon
Sun	9:00am - 1200 N 77th St, Scottsdale, AZ 85257
Sun	7:15pm - 7523 N 35th Ave, Phoenix, AZ 85051
Sun	7:30pm - Online - Meeting ID: 708-381-7889, Passcode: rockon
Wed	8:30am - Online - Meeting ID: 708-381-7889, Passcode: rockon
Thur	7:15pm - 7523 N 35th Ave, Phoenix, AZ 85051
Sat	5:00pm - The Spot - 4220 W Northern Ave Ste 111, Phoenix, AZ 85051

"Into the Light " by Eric H.

captured on iPhone 6 plus in 2018

close-up of morning activity following second eviction

sober 9/28/2021

*Here's the truth:  
if you don't drink and  
drug today you get a  
chance to be different  
tomorrow.*

- Jade, sober 2016

# 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. 96<sup>th</sup> 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

8:00 pm  
**Crafty Rascals**  
4220 W. Northern  
Phoenix, 85051  
(The Spot)

## Wednesday

8:30 am  
**CMA Rocks**  
Zoom: 708  
Password:

6:00 pm  
**Vineyard F**  
(men only)  
6422 N. 65  
Glendale,

6:00 pm  
**Broken Gla**  
4220 W. N  
Phoenix, 8  
(The Spot)

7:00pm  
**Valley of t**  
4430 N 23  
Phoenix 85  
(The New )

7:15 pm  
**Misfits**  
1632 E. Flo  
Phoenix, A  
(Crossroad

7:15 pm  
**Faith Over**  
4220 W. N  
Phoenix, 8  
(The Spot)

7:30 pm  
**New Hope**  
(LGBTQ)  
2622 N. 16  
Phoenix, A

Meeting list published monthly. Times and locations can change.  
Please email John E. at [jjnomo7517@gmail.com](mailto:jjnomo7517@gmail.com)

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

# s | Central Arizona Meetings

## esday

### s online

g-3817-889

rockon

### Faith Stag

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5th Dr.

85301

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AZ 85016

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### Fear

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5051

a.

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

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

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

m for any updates. List updated January 9, 2024

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

# Mindful Meditation



By Megan D.

## Music:

**def.** vocal or instrumental sounds (or both) combined in such a way as to produce beauty of form, harmony, and expression of emotion

**God,** today we are grateful for the expressiveness and the expansiveness of music in our lives. We connect to artists and bands that make us feel something in our spirits, souls, and hearts. Music can express what a conversation can't. We are drawn to artists that tell stories that express the emotions we fall short of. Listening to music allows us to process happiness, sadness, joy, and beauty in our lives.

We listen to music to dance and express movement in our bodies that needs to move and flow. Music heals us, it lifts our moods and brings harmony in our lives. We are drawn to harmonies that bring us calmness, serenity, peace, and joy. Music is like time traveling back to the past and evokes all the memories of our lives. Music is a medicine and a salve to our souls that we need to tap into. Music connects us, our emotions and dissipates loneliness. Music relieves suffering and unites us in good times and bad.

*Today, I will be grateful for the power of music in my life and I will share its beauty with others. §*

*amen.*

---

**SOBERSCOPE** YOU'VE COME A LONG WAY TO BE HERE.  
**IT'S BEEN HARD,** BUT ALSO FUN.  
THE GOOD WORK WITHIN YOU HAS JUST BEGUN.

---

# TRADITION 2

*For our group purpose there is but one ultimate authority, a loving God as expressed in our group conscience.*

*Our leaders are but trusted servants; they do not govern.*

**This time** around, something was different and I've stayed sober, longer. My recovery followed me home and I stayed clean and safe on a continuous basis and suddenly I had evidence that I could be helpful to another addict not just today, but tomorrow as well if I continued working my program.

As I approached my first year of continuous clean time I was elected into a General Service Representative (GSR) role with my CMA home group, carrying their voice into the service levels. For the first five years of working recovery I was relapse prone so I was often unreliable and limited to service commitments at the meeting level.

Once again, I was the newcomer at an Intergroup meeting filled with people I recognized who had worked behind the scenes making possible all these blessings that had made CMA available to me all these years. What a blessing to be included in making CMA possible.

At the service level, we operate under the twelve traditions, and twelve concepts (in addition to a service manual) so as soon as I was able, I got myself a service sponsor to learn how the group conscience operates.

The first tradition established the scope of the group and the importance of unity. The second tradition defines its structure with a loving God at the helm.

As it was explained to me, we are not like traditional leadership models of organizations in society or

commerce which look to an individual for direction to carry out orders and report to. This pyramid style is inverted with our fellowship.

Our group conscience should seek the guidance of a loving God as we understand him, then the decisions of the group are then carried into the service levels.

The service representatives do not act without authority granted by the group conscience as passed down through home groups.

No actions are taken by these servants without approval of the group conscience as decided at the local level, down to the General Service Conference (or World) level. If an action is needed outside of the scope of the instruction provided or approved by the group, a new vote is needed.

Truly, we are always in service to the addict seeking recovery and the loving God who guides us, as I've come to know Him.

If you wish to be of service and help make CMA possible for those in your area, I highly suggest attending one of the committees or the Intergroup/District meeting to volunteer. You may also ask your your homegroup's GSR for opportunities. **Meeting times can be found at CMAAZ.org.** Most are held Tuesdays throughout the month.

Thank you for allowing me to be of service. §

**By Eric H.**

*God works through  
meek people.*

*- Mikester*

CMA Rocks Presents

# Valentine's day Dance



Saturday, February 10th  
Meeting starts at 5pm  
@ The Spot Sober Lounge  
4220 W Northern Ave Stee 111  
Phoenix, AZ 85051



6pm Dance  
\$10 Suggested at Door

Baked Potato Bar - \$8  
Crazy Coffee - \$5  
Monster Slushie - \$5



Newlywed Game, Dating Game, and Candy Grams

## Safford Spring Ball

Fundraiser for AZ Area

**SATURDAY APRIL 20 2024**

Co-Ed  
10-person  
teams

\$10/player  
Get 20% off

if Team registers by 1/31/24

To Register:

NAD/SAD-Kenny C 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

\$5  
Food  
Plate

\$15  
Home run  
Bracelets

\$5  
Crazy  
Coffee



Made With Respect MWR LLC

# SAVE THE DATE

KOFFEE  
AND  
KICKBALL  
*Unity Event*

**NEW DATE!**  
SATURDAY  
MARCH 9TH

**STAY TUNED FOR MORE DETAILS**

— THE —  
**MISFITS**

*Presents...*

**DATE NIGHT**

SATURDAY,  
FEBRUARY 3RD

SUNRISE UNITED  
METHODIST CHURCH

19234 7TH AVE,  
PHOENIX AZ, 85027

5:00-6:00PM  
NAVIGATING  
RELATIONSHIPS  
IN RECOVERY PANEL

6:30-8:00PM  
ITALIAN DINNER  
AND  
BATTLE OF THE  
PARTNERS  
GAME SHOW!

8:00-9:00PM  
SPEAKER MEETING  
JOE B. AND CECE B.