

THE PIPELINE

Volume 116

March 2024

STEP 3 *Made a decision to turn our will and our lives over to the care of a God of our understanding.*

“God” can be an intimidating word for someone like me, who came through the doors just looking for relief from crisis. The incomprehensible demoralization of meth addiction included chronic homelessness, mental illness, violent crime, and prostitution to procure shelter and drugs. These are a few of any number of terrible outcomes associated with my addiction. Religious trauma was not one of them. However, I certainly have a history of *trauma* associated with my use of crystal meth and other substances.

I discovered in Step One that my powerlessness over meth may be linked to the unmanageability of my life. In Step Two I’m given hope that even though my life was running in a loop of insanity, there is also a solution presented through this program that can halt this chaotic cycle. And in Step Three, my partner and provider in this solution steps forward: God.

In order to erase my expectations, my sponsors had me rewrite the “Actor’s Scenario” in first person (p. 60-63), as I have my sponsees do today. My sponsor gave me a handful of numbers to call and advised me to read the revised passage to these men whom I had never met. I texted in advance, introduced myself and asked for a time to call. I also kept that appointment and called when they were available. I nervously shared outloud to these strangers the revised passage, and slowly those words began to feel like a personal statement. In turn,

each man shared their experience and enthusiasm for the journey that we are all on.

When other’s sponsees call me today, I’m excited to listen and be part of their journey. I like to point out that when this book was written, the writers had all recovered and “triumphantly walked through that arch.” When I first read that, I was reading the account of a group of people who had something I did not. By the time I was done with the exercise of placing myself as the author of the passage, I identified as part of that group. As an addict on this recovery journey, though my words may have said “I”, by the end I felt part of “we”.

I took that first step of surrendering my will to God with my sponsor first in the reading of the Third Step Prayer. For months, now years following, I wake every morning and give my will back to God. And God continues to clear the way for me to receive the blessings that He has laid out within the coming day. The Big Book tells us “all that is required is a willingness to believe.” The Third Step prayer sets me gently on a path to get to know God. I don’t need to enter recovery with an established relationship with someone I have never met before. Now I am so grateful to build upon my relationship with Him every day.

For a blind date in recovery, I couldn’t have done better than agreeing to meet up with God. My life is infinitely better and less traumatic with Him at the helm and that relationship as the foundation of my recovery. §

By Eric H.

Statewide Hotline:
1(877) 700-METH

CMAAZ.org



Spring Cleaning

Hopefully

we have made it through the holidays unscathed and are continuing on our sobriety path. We find that things are getting better everyday and we are doing the next right thing and if we stumble, we are making things right.

Now it's time to clear away the negative feelings and get ready to live a better life. Of course we don't need to wait until spring to do this, we can do this everyday. If you're new to the program and you haven't started all the steps, that's okay. You can start this process today, without even going to a meeting or finding a sponsor.

Start by thinking about ways you can be kind to others without expecting anything in return. Think of ways you can be useful to others. If you need to say something to someone, make sure your motives are pure. Ask yourself a few questions before you say something negative. Does it really need to be said? Does it need to be said now? Does it need to be said by you? As long as you are thinking

about these things each day, you're already a better person.

Our program is based on progress and not perfection. Perfection is not our goal, as it's unrealistic and unattainable. It is our hope that today we are a little better than we were

yesterday. It can be so daunting to look at the things we've done and where we are at today. Sometimes we feel like it's just impossible to change and that our negative pasts are just too much to overcome. I promise you, though, that it's not.

So get ready to spring into the new season.

Clean your house. Clean your life. Do things that are constructive, not destructive.

Start your days with prayer and meditation. Stop yourself when you are wrong. Apologize when it is called for. Just like in your physical house, the less you accumulate, the easier it is to clean. Go forward with a lighter load each day and don't let anything fester. Now go do the next right thing! §

By Sarah E.

Interested in writing for the Pipeline?

email: editor@cmaaz.org

Questions for Sassy?

email: sassy@cmaaz.org

Guilty By Association

Eighteen years ago John H. and his sponsor started a CMA meeting at his sponsor's house and it was called the Half Measures Group. When the U Can Too club moved to 27th Avenue and Glendale in Phoenix, they moved the meeting there. The group became one of the biggest CMA meetings in the valley and had over a hundred people in the business meeting. The business meetings got so large that they had to be held at the Sunlight of the Spirit sober living. They hosted dances and other fellowship events. The speaker meeting they started would occasionally have a sober heavy metal god attend.

Eight years later, John relocated to Prescott and started Guilty By Association in the downstairs of Safe Harbor with one meeting, which now has three meetings and one speaker meeting on Thursdays called the Tweaker Speaker Meeting. During Covid, John held a book study at his house to keep the fellowship strong and has been an instrumental part in helping the newcomers learn to enjoy fellowship, showing them that recovery can be incredibly fun.

Guilty By Association has fellowship events multiple times a week and home group members emphasize the importance of having fun in sobriety. They often take the newcomers to one of Prescott's various treatment centers for fellowship, which consists of going to various places like the lava caves, meteor craters and even local fun like bowling to give them the experiences that home group members have traditionally had.

Guilty By Association would drive multiple cars deep every Saturday to attend a CMA meeting in Cottonwood to get it started and show them support. Today Guilty by Association tries to give the newcomers service positions to help show them the importance of service and its home group is really strong with carrying on the fellowship tradition. §

by Amelia R & John H

Saturday@ 5:00 pm

1309 E Cherry St, Cottonwood, AZ 86326

Sunday, Monday, Tuesday, Thursday @ 7:00 pm

Safe Harbor, 520 W Delano Ave, Prescott AZ 86301

"Open" by Eric H.

captured on iPhone 6 plus in 2018

@ Long Wong's Phoenix

sober 9/28/2021



When we live openly as sober people, it's like we are planting seeds but we don't get to know how and when they sprout

-Josh, New Hope

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

Broken Glass
4220 W. Northern
Phoenix, 85051

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

Faith Over Fear
4220 W. Northern
Phoenix, 85051

Misfits
2601 E. Paradise Ln.
Phoenix, 85032

7:30 pm
CMA Rocks online
Zoom: 708-3817-889
Password: rockon

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
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
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 Rock
Zoom: 708-3817-889
Password:

6:00 pm
Vineyard
(men only)
6422 N. 65th St.
Glendale,
Broken Glass
4220 W. Northern
Phoenix, 85051
(The Spot)

7:00pm
Valley of the
4430 N 23rd St.
Phoenix 85023
(The New Valley)

7:15 pm
Misfits
1632 E. Flamingo Rd.
Phoenix, 85014
(Crossroads)
Faith Over Fear
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 John E. at jjnomo7517@gmail.com

s | Central Arizona Meetings

esday

s online

3-3817-889

rockon

Faith Stag

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5th Dr.

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5051

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AZ 85016

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Fear

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5051

2

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)

Faith Over Fear

4220 W. Northern
Phoenix, 85051
(The Spot)

7:30 pm

CMA Rocks online

Zoom: 708-3817-889
Password: rockon

Friday

7:00 am

No Crack @ Dawn

4220 W. Northern
Phoenix, 85051

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

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

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.
for any updates. List updated February 13, 2024

Mindful Meditation

Challenges:

When challenges arise, we call on faith, prayer, meditation, and loved ones. Sometimes we are tested to our limits but we know that if we are willing to let go of control, the Universe will guide us to the next best thing.

We focus on the support and unconditional love in our lives and we know that God is making a way for us to walk through our next intended door. When we are overwhelmed with emotion or exhaustion, we rest, take care of ourselves, and ask for what we need. When we stand in our truth, vulnerability, and joy, we make a way for the next human to stand in their truth. We don't know what's in front of us and we don't know what's best for us but we know that our Creator has never forsaken us and never abandoned us.

def. Hardships that we face

God delivers the best and most creative space for us and our hearts's desire. Whatever hardships and trials we have ahead are specifically put in our path to be a light onto other's paths. We hold on to the anchor of hope and of God's love wherever we go and whatever we face. We focus on taking care of our bodies, minds, and spirits to be the best humans we can be. We let go of outcomes and results and know that we are exactly where we're supposed to be in order to be of maximum service to God and others.

Today, we will face challenges with bravery, courage, hope, faith, and love and know that the Universe has our back. §

Amen. By Eli D.

SOBERSCOPE

BEFORE WALKING, A CHILD FIRST NEEDS TO LEARN HOW TO CRAWL. TAKE THAT FIRST STEP AND YOU WILL BE AMAZED BEFORE YOU ARE HALFWAY THROUGH.

TRADITION 3

The only requirement for CMA membership is a desire to stop using.

This may be the third tradition, but for me it is the first and most important rule of CMA. It is also perhaps one of the most frustrating for those who have been around a while.

A desire to stop using means that everyone who comes in has a desire to change their life for the better, whether that is just to get the courts or family off their back or if it is a deep desire to stay sober. A willingness to do the work and take suggestions is not a requirement for membership. Staying sober is not a requirement for membership. Getting a sponsor and working the steps are not requirements either. If we want to stay sober, those are the things we do, but we don't require them for membership. We don't require anyone to believe in anything and we don't accept people only when they do those things.

When I say this can be the most frustrating tradition, I mean that having the only requirement for membership be a desire to stop using, drinking, shooting, inhaling, smoking, etc. means that we see

people come and go and hopefully come again, as that desire sometimes fades.

However, the bright side according to page 18 of the big book of Alcoholics Anonymous is "there are no fees to pay, no axes to grind, no people to please – these are the conditions we have found most effective. After such an approach, many take up their beds and walk again."

When people come to CMA, broken-down, tired, frustrated and often alone, the fellowship of CMA becomes the light in a darkened spirit. We get to wrap our arms around that person, whether that desire lasts a day, a week, a month or a lifetime, expecting nothing from them.

For someone who has spent their life never feeling like they fit in or belonged anywhere, CMA welcomed me and I found my family here. It took time and involved facing some challenges, but I have recovered from an hopeless state of mind and body and it all began with a desire to stop using in a fellowship that loved me. §

By Kelly M.

Interested in writing for the Pipeline?

email: editor@cmaaz.org

Questions for Sassy?

email: sassy@cmaaz.org

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



SAVE THE DATE

KOFFEE
AND
KICKBALL
Unity Event

NEW DATE!

SATURDAY

MARCH 9TH

STAY TUNED FOR MORE DETAILS

Voices of the Fellowship

We need **YOUR** speaker recording to
give hope to the New Comer

Your Experience is desperately needed!

Recording your share is extremely simple, it can be done either:

1. With a voice recorder – If done this way, a waiver must be signed by the individual. Once completed the audio file and waiver can be given to James C. to submit.
2. With audio recorder on your smartphone – If done this way, go to below website and submit using the form and digital waiver.

Hear or Submit at:

<https://www.crystalmeth.org/for-the-fellowship/voices-of-the-fellowship-3/hear-our-stories/>

SPEAKER RECORDING GUIDELINES

1. Recordings should serve the primary purpose to carry the CMA message to the addict who still suffers.
2. Recordings should respect the Traditions and promote the unity and fellowship of CMA.
3. Recordings should respect the diversity of our membership without alienating any particular region or demographic or other fellowship.
4. Recordings should not glorify drugs, sex, criminal activity or contain excessive profanity.
5. Recording should be approximately 15 to 60 minutes.
6. Recordings should be of good listening quality.
7. Recordings should be from a Crystal Meth Anonymous meeting or Recovery Event.
8. All recordings used must be accompanied by a waiver and release form.

For More Questions or Support:

Contact James C – James.Ca@CMAGSO.net