

THE PIPELINE

Volume 117

April 2024

STEP 4 *Made a searching and fearless moral inventory of ourselves.*

My name is Lynnette and my sobriety date is April 9, 2004. I am part of two different homegroups, Broken Glass and Misfits. I have a lot of service commitments, have an amazing sponsor and I have amazing sponsees myself.

When I worked on Step 4 many years ago for the first time, I was full of embarrassment and fear. I didn't want anyone to see anything I wrote down, especially since it felt like miles of pages I had written. Then my sponsor at the time told me there is nothing he hasn't seen or heard and I need to let this all go. I prayed on it and did my Step 4. I had to reexamine my past in an honest way. Step 4 strengthened my sobriety, spiritual growth and movement towards mending my relationships with my Higher Power, myself and other people around me.

Step 4 for me is a crucial step because keeping those secrets was threatening my recovery. I know each and every one of us have secrets. Our secrets

in and out of sobriety are what keep us sick. Step 4 helped me identify negative thoughts, emotions and actions that had ruled my life. I now take responsibility for my past and current actions.

What we do need to know in this step is to follow the principle of honesty. We need to let go of resentments. When you make your list out, you have to be thorough in it or chances are good that you will be right back out there. Do not let fear stop you!

If the thought of making that searching and fearless inventory of yourself feels overwhelming, know you are not alone. The key is to put pen to paper and just begin.

Even though remembering the past may be painful, it can propel you into a new life of peace. Ask someone who has completed this step how it helped him or her and how the hope of recovery can help you through the pain of remorse to the joy of forgiveness. Make sure to congratulate yourself on a major accomplishment because you now have the foundation for your freedom. §

By Lynnette J.



Statewide Hotline:
1(877) 700-METH

CMAAZ.org



Sassy Sponsor

Dear Sassy Sponsor,

I fear I might be burnt out on recovery. I'm tired most of the time and I'm finding myself wanting to not go to meetings as much as I used to, or even more than once every couple of weeks. I celebrated 3 years several months ago, but even before that milestone I began to feel exhausted. A couple of friends say I'm overcommitted and I do have several service commitments to a couple of different committees, plus I sponsor several young women with several in the book. Outside of recovery, I've taken a more difficult job, I'm back in school part-time and I feel like I'm running constantly. Literally every day off I get I just want to do nothing. Although I need to start doing something, as a tendency to eat my feelings has caused me to gain about 60 pounds in the last year. How do I fix all of this?

**Sincerely,
Fed Up**

Dear Fed Up,

Congratulations on not only reaching three years of sobriety, but for not ditching it entirely when things get rough. Now, let's get down to something that might be a bit harsh.

There's a lot to be said about growth during the years of sobriety. As has been observed many times, after around 30 days, you'll likely never be any more physically sober in your life. The rest of the program and our accumulated time in it is about growing up and packing what we can into the stream of life.

That said, I'd ask what you're trying to prove, and to who? There are multiple character defects here at play. None of what you have mentioned is a bad thing, but you're deliberately piling it all on to an excess that is concerning.

People-pleasing is something I believe everyone in recovery has struggled with at one point. We learn to say yes early on when we're asked to do things we normally wouldn't because we know they'll keep us sober. So when we're asked to attend a few meetings, sponsor, and make a commitment, we get to experience the gifts of service. But this is mainly to bring us out of self and teach us to be better people.

However, the point here is to learn how to live in this world successfully. You can't say yes to everything that recovery would have you do. Furthermore, you shouldn't. You're not the only person who can sponsor people, nor the only person who can take on a service commitment. In fact, by people pleasing and refusing to say no, you are stretching yourself thin and not giving anyone the best version of yourself.

More than anything, I would point to the fact that you are acting in and from fear. I would ask what you are afraid of missing out on? Why do you feel you have to do everything?

Here's my suggestion to you: take serious and introspective stock of everything you're committed to. There's a fine balance we need to find in recovery, and when you're overly taxed, you'll find less joy in everything, and be more annoyed by the personalities of others.

Fear is the root of all character defects. The goal for you is to stop being propelled by fear. I'd recommend engaging the help of your sponsor or a trusted friend, and asking them to go through your list of (over) commitments, along with some of the issues which are dragging down your health and life. Once you get to the root of your fears, you'll likely be able to live your life from a healthier outlook and motives. Hope this helps. §

**Love,
Sassy**

Interested in writing for the Pipeline?

email: editor@cmaaz.org

Questions for Sassy?

email: sassy@cmaaz.org



"Mother and the nine felines" by Eric H.

48" by 30", oil on canvas

A gift for my mother's 50th birthday that was almost destroyed while in psychosis

sober 9/28/2021

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 Rocks

Zoom: 708

Password:

6:00 pm

Vineyard F

(men only)

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Misfits

1632 E. Flo

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Faith Over

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(The Spot)

7:30 pm

New Hope

(LGBTQ)

2622 N. 16

Phoenix, A

Meeting list published monthly. Times and locations ca

Please email John E. at jjnomo7517@gmail.com

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

s | Central Arizona Meetings

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s online

3-3817-889

rockon

Faith Stag

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AZ 85016

(s Flower)

Fear

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5051

.

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.

m for any updates. List updated March 13, 2024

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

Mindful Meditation

Discipline: **def.** Train to obey rules or a code of behavior

Today, we will stay disciplined in all areas of our life to seek a better life for ourselves. When life gets hard and our emotions get the best of us, it is important to consistently take the actions that make us feel better and healthier.

We will eat healthy to give our brains and bodies fuel. We will move our bodies for 30 minutes to shake the stress away and feel stronger and more confident in who we are. We will write and journal to tune in to our inner consciousness. We will reach out to our support systems and ask for emotional support and friendship. Discipline in our actions keeps us grounded in our bodies, minds, and spirits and lifts our self-esteem. We stay disciplined to our higher power's will for our lives.

When we seek God and intuitively get inner wisdom and follow it we are grateful for this guiding force in our lives. We are disciplined at work to complete tasks and be of maximum service to our peers and our clients. We stay disciplined in our actions whether we feel like it or not. Our emotions do not direct our actions. Our actions direct our lives to be in a better place. Today, we surround ourselves with disciplined people that are good examples of taking positive action.

Today we are reminded that discipline creates an enjoyable life that we can be proud of and feel good about ourselves even when it's hard. §

Amen. By Eli D.

**SOBERSCOPE PERSEVERANCE IS NOT A
LONG RACE, IT IS MANY SHORT
RACES ONE AFTER ANOTHER.**

TRADITION 4

Each group should be autonomous except in matters affecting other groups or CMA as a whole.

When I first started attending meetings several years ago, I didn't understand that there are different kinds of meetings. I was so nervous that I didn't explore my options. I just went to the same meeting every day, which was with a couple of old-timers in the program, not knowing that it was actually a bad fit for me. It was a small meeting with almost no women and as a result I had a hard time connecting with a sponsor.

It wasn't until I went through treatment that I started to understand that there were so many choices! And this opened the door to a different kind of recovery. I started going to newcomer meetings, where my peers were people at the same level of recovery that I was at. I finally felt like I was among people who understood my particular level of struggle.

People who aren't in recovery often wonder how an organization thrives when there is no clear-cut leadership, no set governing body and each meeting chair-person changes every few months. The answer is simple: we all become leaders who work together for a common purpose.

And the fact that each meeting runs separately allows us to meet the needs

of so many different kinds of people in different stages of recovery. There is a meeting tailored to fit every need and that is nothing short of miraculous.

Today I have five years in recovery and I owe my life to this program. But more so, I owe it to the fact that I found meetings that fit my needs as I have grown in my sobriety. §

By Mandie B.



Interested in writing for the Pipeline?

email: editor@cmaaz.org

Questions for Sassy?

email: sassy@cmaaz.org

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SATURDAY APRIL 20 2024

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teams

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CADI-KC 520-312-1068

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527 East Armory Road Field 3
Safford, AZ 85546

Join us at the Arizona Area Assembly
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2024

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Saturday
APRIL 13TH
3 PM - 7 PM
FOOD PLATES \$5
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SPRING

Fling

SPEAKER MEETING
6:00PM

Trinity United Methodist Church
3104 W Glendale Ave
Phoenix, AZ 85051

