

THE PIPELINE

Volume 113

May 2024

STEP 5 *Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.*

So far, we have been brave in our working of the steps. But this is the step that separates the men from the boys, the one that terrifies everyone. In Step 4, we took a searching and fearless moral inventory of ourselves, writing down the exact nature of our wrongs.

At this point in your journey, your life has already gotten better, but it's about to get even better still. There is a saying in the program, "You are only as sick as your secrets." And Step 5 is where that saying comes from. When you hold onto something, you give it power. If something has power over you, it will always be able to hold you back from your full potential.

Take your list of wrongs and call your sponsor. Meet up with them, read your list and don't be afraid. We've all pretty much done the same things and had the same defects. We are

all addicts and this is something we all need to do in our road to recovery. It is hard and nerve-racking, but we can't skip this step in the process. When you are done admitting your faults, you are going to do the Fifth Step prayer with your sponsor and ask your higher power to take your defects away.

If you are ever afraid about doing Step 5, remember why you need to do it. It's not because your sponsor wants to hear your secrets and tell them to everyone else. It's because if you don't, you won't get better. Secrets keep you sick.

They come between you and your higher power and they really don't serve a purpose anymore. Unload your burdens and let go of the things in your past that have been keeping you so sick. It's time to live a new life, with a lighter load and a better you. Get rid of the junk you don't need anymore. §



By Sarah E.

Statewide Hotline:
1(877) 700-METH

CMAAZ.org



Sassy Sponsor

Dear Sassy Sponsor,

I've been sober for a little over a year and I'm starting my steps anew with a different sponsor, as my old one moved away. I'm doing fairly well overall in life and my program, but I'm a little freaked out about one particular thing—it's become clear to me that I never forgave my father who left when I was young, was never really a part of my life and eventually died of an overdose a few years back. How do I get to a place of forgiveness and learn how to put this behind me? I'm tired of it haunting me and bringing back the same hurt feelings over and over again.

**Sincerely,
All Used Up**

Dear Used Up,

First off, it would be remiss of me not to congratulate you on your success so far; stringing together a year is no mean feat. That said, we often say the second year is grow or go, so let's talk honestly about growing past this part.

The problem, of course, is that existing in the same continuous state of feeling and being will diminish your life, spiritual connection and ability to show love to others. There's no practical use in you being resentful at your father, which I'm sure you know logically, but can't just turn off. So we have to engage in some actions and ask some questions which you haven't asked before, since you haven't yet come to the right answer.

First off, there are some general actions we can take. It sounds like you've probably inventoried this resentment and you can certainly do so again. Perhaps it will help you to inventory it very specifically (e.g. each different thing, like "missed my 11th birthday" or

"didn't pay child support"). Or perhaps you could grab a long-form inventory, which is available with a little bit of hunting, and do a focused inventory using it. There are a bunch of big questions you need to answer here, including vital ones like "what do I need to get in order to be okay?" Or "what will happen if I don't get what I think I need?"

In this exercise, it behooves us to be as honest as possible. Realize that your ego is driving the car in this scenario and its needs and wants far outstrip what you think you want. For example, if you think you want respect, your ego probably wants worship. Furthermore, it's very important that you measure your expectations here and then do some honest examination to determine how realistic they are. Is your expectation of this man something he could have ever achieved? Finally, where can you apply your own experience to his benefit—if he were another person in the rooms, how would you regard him?

There are a lot of suggestions in our literature about how to handle these situations. But if you can't get to the most basic task, it won't help much. Praying for willingness or to get to willingness is a start. Alternatively, could you perhaps pray not for him to have the things you want in life, but instead for whatever your god thinks he deserves? Even pray for your god to show you how to work on this resentment. However you handle it, the simple act of putting some action in motion will help tremendously. More than anything, realize that forgiveness, just like anything other spiritual matter or amends, is something you're doing for your benefit. Whether or not the other person gleans a single molecule of benefit doesn't matter. Instead, the only question that should motivate you is simply the classic thought, "How free do you want to be?" Good luck, I hope this helps. §

**Love,
Sassy**

Interested in writing for the Pipeline?

email: editor@cmaaz.org

Questions for Sassy?

email: sassy@cmaaz.org

Spirituality

Saved My Life

Spirituality saved my life. I was chronically suicidal and self-medicating with drugs to escape the hell in my head. I sought help through counselors and therapists, but they just didn't get it. I was planning to overdose so I could just "go home".

I was sent to see "Gandalf" (he looked the part), and he got inside my head. His wisdom got me stable. Instead of prescribing more pills, his teachings focused on spirituality, religion, life and a common belief that I AM A SPIRITUAL BEING HAVING A HUMAN EXPERIENCE". WTF? That's in the Big Book, but apparently it is common in Spirituality as well. In modern English, I can say I am a Spiritual/Human Hybrid. This was a concept I was finally able to comprehend and the cloud of despair began to clear.

I learned that Spirituality is a conscious relationship with the Universe. I became aware that I exist and live in a space (called sentient). I have always felt that something made me and I learned that something is what we call "God". Gandalf said Spirituality is the relationship described between Adam and God in the Bible. All men are created equal and I have this God-given birthright to this relationship. NO ONE can take that away from me... not "Satan", not the government, not prison, not all the mistakes I have made, not even murder. Not even me, nor the things I have done!

Then we talked about "Religion". Spirituality was created by God, Religion was created by Man. The Big Book talks about Spirituality, NOT religion. It says very little about Spirituality and sort of punts at the 20-yard line. Perhaps a lack of understanding by most people between Spirituality and Religion makes it hard to say anything without stepping on their deep religious beliefs.

Religions and other belief systems are a complex guide for living. They take Spirituality and add the traditions

of men, customs, politics, history, governance and laws. Spirituality by itself does not give the gazillions of us on planet Earth enough guidance to live together in peace. So, Spirituality is my personal relationship with my Higher Power (which is forever), and Religion is my relationship with my fellow Man (less than 100 years).

Gandalf's teachings got rid of most of my suicide ideation, destructive behavior, anxiety and self-mutilation. I had recurring anxiety and suicide. YouTube surfing led to many great teachers like Eckhart Tolle, but Toltec Spirituality told me what I needed. The Fifth Agreement, a book based upon the Toltec tradition, says that as a child, I was born with my Spiritual Being in control while my body learned to function. If you can remember, as small children we were all happy, free, safe and lived in the Present without guilt, shame, hurt, sadness, anxiety, ugly, pretty, male, female, straight, gay and everything else including where the hell we were.

But Toltec says at about 5 years old, my human mind started to think and learn. My Spiritual Being was quietly pushed into the passenger seat and my mind took control. Then I learned shame, guilt, fitting in, evil, good, slavery, happy, sad, ugly, stupid, skinny, fat and sickness. My Spiritual Being had been taken hostage; I was a prisoner.

Now I am in touch with myself, my Higher Power and I live in the Present. I no longer wish to escape; I wish to live the life my Higher Power intended. Pretty abstract thinking, but it is a supernatural secret. Now I love life, worship my Higher Power and am growing in Spirituality. §

By Jorge

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

6:00 pm

Vineyard Faith Stag

(men only)

6422 N. 65th Dr.

Glendale, 85301

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

Meth Busters

2310 N 56th St., bldg a

Phoenix, 85008

(Valley Alano Club)

7:15 pm

Faith Over Fear

4220 W. Northern

Phoenix, 85051

(The Spot)

7:30 pm

Broken Glass

5306 N 17th Ave

Phoenix, 85015

The Meth Lab

8910 N 43rd Ave.#102

Glendale, 85302

8:30 pm

Crafty Rascals

4220 W. Northern

Phoenix, 85051

(The Spot)

Wednesday

8:30 am

CMA Rocks

Zoom: 708

Password:

6:00 pm

Dude Where's My

Bike

2152 S Vin

Bldg 5A, ST

Mesa, 852

Broken Glass

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

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(Crossroad

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

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

s | Central Arizona Meetings

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ss 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)

Faith Over Fear

4220 W. Northern

Phoenix, 85051

(The Spot)

7:30 pm

CMA Rocks online

Zoom: 708-3817-889

Password: rockon

Friday

10:00 am

Morning Bowls

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

8:30 pm

Walking Free Again

4220 W. Northern

Phoenix, 85051

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.

om for any updates. List updated April 9, 2024

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

Does your sponsor use the Force?

I don't know about you, but my sponsor likes to use Jedi mind tricks to teach me lessons. It's almost like he is trolling me with a positive outcome. It's infuriating!

Exhibit A: While at the 12 Steps in the Pines experience there was an egg hunt (I won't ruin why there was one). At the end of the trip, there were eggs leftover that he then had me collect and put in my backpack. I asked him where he wanted me to drop them off after we got home and he told me to hold onto them and take them to anything involving recovery. So the lesson came two weeks later as I was leaving a service commitment, had missed the last bus home and therefore had to walk. As I was cursing the universe and complaining along this walk, I started to hear the eggs bounce in my backpack. It took me back to a saying we hear in the rooms, "Don't forget the lengths you went to get loaded. It's only right that you do the same for your sobriety".

I started to laugh and a feeling of contentment replaced the negative emotions I had.

Exhibit B: I have a hard time putting pen to paper and I avoid it at all costs. My sponsor had me write in my notebook as badly as I could and stare at it for ten minutes. Sounds insane right? I was crawling out of my skin and just losing it in my mind. But after staring at it, he said, "Are you dead?" I replied, "No. But, can I please rip that out of my book?!" Then he told me, "You can only get comfortable in uncomfortable situations. When you don't want to do something, that's usually exactly when you should do it." Man, truer words have never been spoken.

As aggravating or odd as it may be, our sponsors have been-there-done-that and as long as we remain teachable and willing, our spirit guides (I mean sponsors) can help us with tremendous growth. §

By Van

SOBERSCOPE

"The only real freedom a human being can ever know is doing what you ought to do because you want to do it."

Alcoholics Anonymous Pg. 552

TRADITION 5

Each group has but one primary purpose—to carry the message to the addict who still suffers.

One of my favorite parts in a Crystal Meth Anonymous meeting is when the readings are done, the speaker has shared, the chips have been distributed and we circle up.

Some circles are big and some are small, but the significance is always great. Looking around the circle, it's exactly like it says in the Book of Alcoholics Anonymous on page 17, "but there exists among us a fellowship, a friendliness, and an understanding, which is indescribably wonderful. We are like the passengers of a great liner the moment after rescue from a shipwreck when camaraderie, joyousness, and democracy, purveyed the vessel from stage to captain's table. Unlike the feelings of the ship's passengers, however, our joy in escape from disaster does not subside as we go our individual ways. The feeling of having shared in a common peril is one element in the powerful cement which binds us. but that in itself would never have held us together as we are now joined."

I love this moment because it reminds us that no matter where we come from, we are the same. Whoever closes us out usually calls out the circle and what it means. "Let the circle symbolize what we cannot do on our own. We may stumble, but we may not fall."

I may not ever have met these people had it not been for CMA, would have never heard their stories or shared jokes that are only funny within the safety of the rooms, but my life is richer because I have. When I walked into the rooms, broken and lost, there were

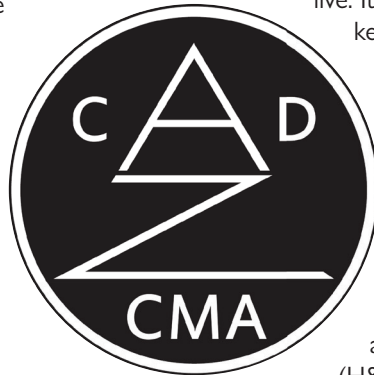
people who were there to welcome me. These people walked where I did and came out clean on the other side. They gave me hope without asking for anything in return. In the circle that now included me, they didn't require me to pray to any particular God. They didn't require me to be or to do anything, they just asked me to "stay".

It is the gift of Tradition 5 that the door is open to the newcomer. I now get to be there for the next person coming in, broken like I was, looking for a new way to live. It is not just the paradox that we can only keep what we have by giving it away, but it is a privilege to have a purpose, a way to take the ugliness I felt inside and turn it into something beautiful when I reach out a hand to someone else.

CMA has so many different avenues, and so many talented people with countless passions that they bring to the question, "How else can I carry a message?" Hospitals & Institutions (H&I) carries the message to rehabs, jails, prisons, hospitals and more. Public Information & Outreach (PI&O) carries a message to the public, professionals and those outside the fellowship who might not know that we are here and can help. Communications carries the message to the fellowship of CMA, like the article you are reading now. Those are just a few ways we walk in our purpose.

I am so grateful to those who came before and to those who will come after. I am so grateful to the rooms of CMA that stay open daily and weekly so we can continue to share the gift of sobriety. §

By Kelly M.



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CHAIR

*CMA Rocks
a Day in
the Park*

SOFTBALL TOURNAMENT
SATURDAY, MAY 4, 2024

CAVE CREEK PARK

2505 W. CHOLLA ST. PHOENIX, AZ 85028

5:00 PM TO 7:00 PM
SPEAKER MEETING IN BETWEEN 12:00 PM TO 5:30PM

FAMILY FRIENDLY EVENT

\$5 PLATE OF FOOD

\$5 CRAZY COFFEE

\$2 SNOW CONES

\$1 COTTON CANDY

TO REGISTER
YOUR TEAM
CONTACT
CHRIS A.
602 472 9937

DO YOU HAVE SOMETHING TO SAY ABOUT RECOVERY?

CENTRAL ARIZONA DISTRICT COMMUNICATIONS COMMITTEE

What does Communications do?

The Communications committee handles the flow of information within the CMA fellowship. We do so through maintaining speaker/sponsor lists and publishing The Pipeline on a monthly basis. We are always looking for great writers and artists who can contribute content for us to share!

For more information, email editorecmaaz.org or join us online:

2nd Tuesday of the month
7:30 PM on Zoom
Meeting ID: 87848385170



Check out past Pipeline issues at www.cmaaz.org/the-pipeline/

2024
CMA

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