

# THE PIPELINE

Volume 121

August 2024

## STEP 8 “Made a list of all persons we had harmed and became willing to make amends to them all.”

**S**tep 8 in Crystal Meth Anonymous represents a pivotal moment in recovery, where individuals commit to making amends for past wrongs caused by addiction. This step is both daunting and transformative, requiring courage, humility, and a structured approach.

For me, Step 8 began with organizing my amends using color-coded index cards. Each card represented different categories: family, financial, personal, and institutional. This method helped me systematically reflect on the harm I had caused and how I could make things right.

To this day, there's a tattered green index card right beside the one dollar bills that I fish out from my bag for the 7th Tradition baskets—it's now a living amends card for a former significant other. Making direct amends may never be possible, but carrying

this card serves as a reminder to treat others and myself with kindness and respect daily. It's about honoring the past while striving for a better future.

### Organize Your Amends:

**Use a structured approach like index cards or a list to categorize the people and situations you need to address. This helps in prioritizing and managing the process effectively.**

### Seek Support:

**Lean on your sponsor and fellow CMA members for guidance and encouragement. They can provide insights and emotional support throughout this challenging step.**

### Focus on Growth:

**Step 8 is not just about seeking forgiveness; it's about personal growth and accountability. Embrace the opportunity to learn from past mistakes and commit to positive change.**

In the journey of recovery from crystal meth addiction, Step 8 of the Twelve Steps can be a pivotal moment of reflection and growth.

- This step calls for
- making a list of people
- we have harmed
- and being willing
- to make amends
- to them. It sounds
- straightforward,
- but for many, it's
- a deeply emotional
- process that requires
- courage and humility.

Step 8 isn't merely a checklist—it's a profound journey of healing and reconciliation. Each step taken towards making amends fosters inner peace and strengthens relationships, paving the way for a fulfilling life in recovery from addiction. §

By Eric H

Statewide Hotline:  
1(877) 700-METH

[CMAAZ.org](http://CMAAZ.org)



# DO YOU HAVE SOMETHING TO SAY ABOUT RECOVERY?

## CENTRAL ARIZONA DISTRICT COMMUNICATIONS COMMITTEE

*What does Communications do?*

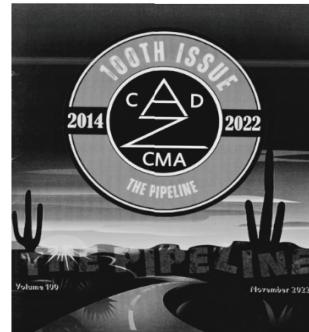
The Communications committee handles the flow of information within the CMA fellowship. We do so through maintaining speaker/sponsor lists and publishing The Pipeline on a monthly basis. We are always looking for great writers and artists who can contribute content for us to share!

**For more information, email [editor@cmaaz.org](mailto:editor@cmaaz.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/](http://www.cmaaz.org/the-pipeline/)

**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)

# Sassy Sponsor

Dear Sassy,

I'm in a good place overall in my life right now, having just picked up seven years of sobriety, in the same relationship for three years, have a stable career, and a circle of good friends. My biggest issue is my relationship with my father. To sum up as simply as possible, he was sober for about 20 years previously during my childhood, though into my preteens I don't remember him hardly going to meetings or connecting with recovery much. He drank again when I was in high school, and in the 18 years or so since, he's been back and forth with various lengths of dryness, determining he'll be fine with a few drinks, leading into an inevitable downward spiral. Finally, this spring he checked himself into rehab, but since then he's just been going to meetings, no sponsor, and has all kinds of excuses about how he wants to run his program. How do I deal with this? Do I set a boundary that if he doesn't want to work a proper program, we can't let him come over? My partner is terrified of when he loses his battle, and he's just plain old not great to be around right now.

Sincerely,

Frustrated with Father

Dear Frustrated,

I have to start off by saying congratulations on your sobriety and your life. It's wonderful and heartwarming to witness. Now, let's get to the Al-anon part of our program, because that's what's really messing you up. You might want to repeat this out loud, or even put it on a reminder note where you'll see it regularly at a bare minimum, because it's extremely important.

First, the three C's: I didn't Cause it, I can't Control it, and I can't Cure it. Then, perhaps more importantly, since it's action, which is literally the most important

word in our program, we have the three G's. Get off their back, Get out of their way, and Get on with your own life.

You have found recovery, and it's changed and benefitted your life immeasurably. That's amazing and wonderful. However, not everyone wants it. Many need it, and even though we're not supposed to proclaim anyone else an alcoholic or an addict, your dad probably qualifies, and you are feeling the effects and annoyance of his disease.

The only real solution for you is to separate yourself here. This doesn't necessarily need to be dramatic, there are ways to at least start this process with love for both him and yourself. I highly recommend you get some help and reinforcement with this task, either with a therapist that specializes in this area, or through a specialized program like Al-anon or Nar-anon. But more than anything, I point you to those three C's and three G's above.

To be blunt, this bunch of emotional and spiritual horse shit isn't yours. Life is guaranteed to have enough issues, problems, and hardships in it to the point where you have no business seeking out more. While my heart breaks for you and I wish I could give you a solution that is more palatable and easier to accept, but you don't have to approve of it in order to accept it. "This is happening" is a mantra I have used many times in regards to things I did not want to walk through, because it reminds me that I can keep moving forward regardless. You need support, love, and to remember that you are as powerless here as others were to get you sober when you were in the height of your addiction. Frustration with this is normal. Anger, grief, fear, crying, and sadness are normal. But whenever you go through your emotions with this, remember that you are not in control. Pray for them, pray for yourself, inventory your resentments, but don't interfere. Nothing good can come of it.

Hope this helps. §

Love,

Sassy

# 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

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

6:00 pm

### Branching Out

(women only)  
4220 W. Northern  
Phoenix, 85051

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) Outside

### Broken Glass

4220 W. Northern  
Phoenix, 85051  
(The Spot) Inside

### The Meth Lab

8910 N 43rd Ave.#102  
Glendale, 85302

8:30 pm

### Crafty Rascals

4220 W. Northern  
Phoenix, 85051  
(The Spot)

## Wednesday

6:00 pm

### Dude Where's My Bike

2152 S Vine  
Bldg 5A, St

### Broken Glass

4220 W. Northern  
Phoenix, 85008  
(The Spot)

7:00 pm

### Valley of the

4430 N 23rd  
Phoenix 85008  
(The New Valley)

### Old School

Zoom: 846

7:15 pm

### Misfits

1632 E. Florida  
Phoenix, 85008  
(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

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

# Central Arizona Meetings

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AZ 85016  
s Flower)

Fear  
orthern  
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  
(womn only)  
Text for location  
602-501-9978

7:15 pm

### CMA Rocks

7523 N. 35th Ave.  
Phoenix, 85051  
(Crossroads West)

### Faith Over Fear

4220 W. Northern  
Phoenix, 85051  
(The Spot) Outside

### Broken Glass

4220 W. Northern  
Phoenix, 85051  
(The Spot) Inside

7:30 pm

### CMA Rocks

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

8:30 am

### CMA Rocks

Zoom: 708-3817-889  
Password: rockon

9:30 am

### There is a Way Out

4220 W. Northern  
Phoenix, 85051

10:00 am

### Shards of Hope

1075 S. Arizona Ave.  
Chandler, 85286

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

3104 W. Glendale  
Ave. Phoenix, AZ  
85051

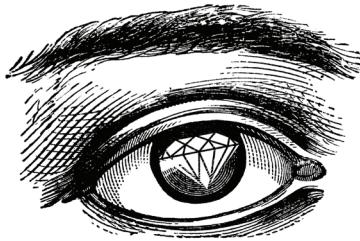
7:30 pm

### 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 July 11, 2024

# Mindful Meditation



## *Wellness*

**def.** the state of being in good health, especially as an actively pursued goal.

**Today,** we are grateful for our bodies, minds, and spirits, and we express that by taking actions to love them. If we are sick, we take the day off to rest, sleep, eat healthy, and clear our plate of any stressors.

We know that wellness is holistic.

It is a combination of intentional actions that keep us sane, free, happy, and healthy. If we suffer from mental illness then exercise, nutrition, therapy, nature, creativity, and time with loved ones is just as important as the medicine we take. Medicine comes in many forms to maintain our wellness. Solid friendships are good medicine, laughter soothes our soul, and vacations and time off work improve our wellbeing. If we are in recovery, meetings, sponsorship, sponsoring,

and service work help us maintain gratitude and help us focus on something greater than ourselves.

If we are in recovery, it is the foundation of our wellness that we can build upon our entire lives and continue to find modalities that improve our wellbeing, outlook on life, and our relationships with others and ourselves. Our relationship with ourselves and our own self-care and self-love are the most important part of our internal wellbeing so we have love to give to others and the world.

***Today, God, we will take intentional actions towards our well-being to make sure that we are the healthiest we can possibly be to have quality relationships with ourselves and others. §***

*Amen. By Eli D.*

# TRADITION 8

*“Crystal Meth Anonymous should remain forever nonprofessional, but our service center may employ special workers.”*

Tradition 8 of Crystal Meth Anonymous underscores the principle of remaining nonprofessional while allowing for the employment of special workers at the service center. This concept aligns closely with Tradition 5, which emphasizes the primary purpose of carrying the message to those who still suffer from addiction.

Central to Tradition 8 is the recognition that financial gain should not be a motivating factor within CMA.

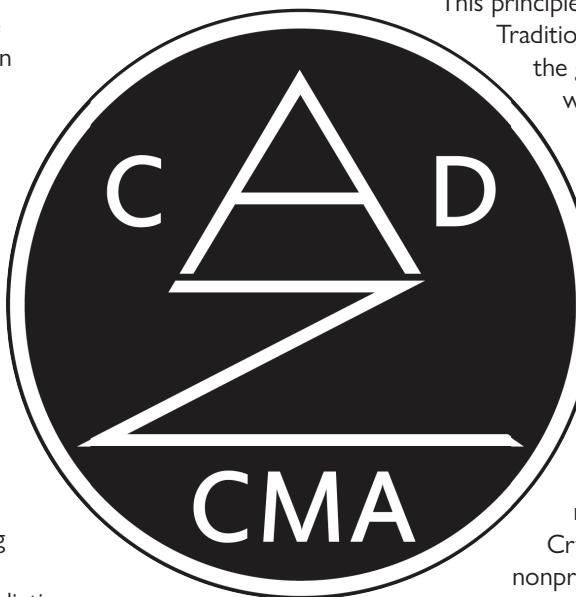
Addiction, by its nature, often revolves around self-centered behaviors, and if personal profit becomes the focus, it can detract from the spiritual principles of selflessness and service inherent in recovery. By upholding this Tradition, CMA safeguards against the potential dilution of its primary purpose: offering support and guidance to individuals grappling with addiction.

The allowance for special workers at the service center serves a pragmatic purpose. These individuals, typically employed to manage administrative or logistical tasks, facilitate the smooth operation of CMA's outreach and support efforts without compromising the ethos of nonprofessionalism among its members.

This distinction ensures that those seeking recovery can continue to receive assistance grounded in empathy and mutual understanding, free from commercial or financial incentives.

## “Freely ye have received, freely give”

This principle of encapsulates the essence of Tradition 8. It underscores the idea that the gifts of recovery and support within CMA are freely given and received without expectation of material compensation. This philosophy not only preserves the integrity of CMA's mission but also fosters a community where individuals can engage in meaningful self-reflection, personal growth, and genuine connection with others on the path to recovery.



In conclusion, Tradition 8 reinforces the commitment of Crystal Meth Anonymous to remain nonprofessional while allowing for practical support through designated workers at its service centers. This balance ensures that the focus remains steadfast on carrying the message of hope and recovery to those in need, embodying the spiritual principles that form the foundation of the Twelve Steps and Traditions. §

**By Travis S.**

2024



ARIZONA AREA CONVENTION

# PRINCIPLES

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