

THE PIPELINE

Volume 122

September 2024

STEP 9 *"Made direct amends to such people wherever possible, except when to do so would injure them or others."*

I remember wanting so badly in early sobriety to make amends to everyone I had ever harmed and my sponsor had to slow me down before I

created a huge mess and I didn't really understand until we got there....

this is the step that was going to teach me a lot about my ego but more importantly show me the difference between "I'm sorry" and actually making amends, for when you make amends it is changed behavior on your behalf.

I guess the best analogy I can think of at the moment is bandaids and sutures, your trying to repair an open wound. I can sit here and try to put bandaids on it but the wound is still open. Or, I can use sutures. Sure it's gonna hurt a little bit like most wounds but, with some time and care, it will heal.

I emphasize the time part of it because for me one of the biggest lessons learned while making amends is that there are going to be some that A: will occur on God's time or B: sometimes even if you do mean it and are genuine with your intent, it doesn't mean they have to accept it. Sometimes it's just knowing that the possibility for closure has been made available and that is all you should take comfort in.

Step 9 is also in my opinion one the best ways to strengthen your connection with your higher power for while you are taking control of your past and future you are also relinquishing control of all outcomes to God's will and even though we may not understand it, this is just part of the journey we get to enjoy while finding and piecing ourselves back together. §



By VAN

Statewide Hotline:
1(877) 700-METH

CMAAZ.org



DO YOU HAVE SOMETHING TO SAY ABOUT RECOVERY?

CENTRAL ARIZONA DISTRICT

COMMUNICATIONS COMMITTEE

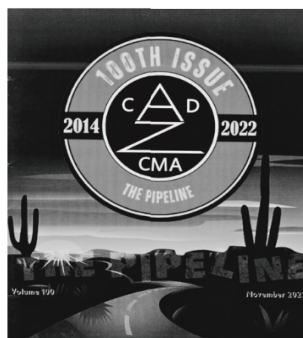
What does Communications do?

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 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/

Interested in writing for the Pipeline?

email: editor@cmaaz.org

Questions for Sassy?

email: sassy@cmaaz.org

Sassy Sponsor

Dear Sassy Sponsor,

I have been sober for about 6 years my life is in absolute shambles.

I have alienated almost everyone in my friend group. It started with a couple of friends when I first got sober & out of rehab. We had a falling out & I never spoke to them again. I don't feel I own them an amends. They did **me** wrong.

Then it was my best friend of a better part of 3 decades that my kid calls them family. I don't own an amends there either. Then I was so close with a couple and I didn't like how the partner was trying to control the other, so I said something, & now they lie about the partner's amount of clean time.

Then I quit another fellowship because they made someone the keynote speaker and I didn't think it was a wise idea. I don't owe an amends there either. I was right.

I have jumped from one home group to another, one fellowship to another. My partner divorced me and we are back together now & I hate everything about my relationship. I blame everything from my weight gain to my being miserable on a constant basis.

I lost my best friend of almost 5 years a little while ago. They took my constructive criticism about their partner as an "utter disrespect" & said it was a boundary violation. I expressed how badly they hurt me & how they owe me an amends not the other way around. Even at work I was at conflict with everyone. I have a handful of people that I have left that I call friends.

What am I doing wrong. Help! My herd is dwindling and how can I stay in the center of it if they all bail on me?

Love,

Hurt for No Reason.

Dear Hurt,

First let me congratulate you on your time. 6 years is a big deal.

Now let us get down to brass tacks shall we? So from what I see is a pattern of falling outs and that nothing is ever your fault.

That you are saying that you have inventoried every one of these situations and you are the victim in all of these?

That you have no part in the demise of these friendships?

That you didn't make decisions based on self that placed you in a position to be hurt?

That you have sat down with your sponsor or trusted spiritual advisor and said why is this a continuing problem with all my relationships? But, for some crazy reasons you are left out in the cold.

I suggest going to a back to basics workshop & maybe learn the fundamentals, the concepts, & the principles of the 12 steps. Maybe find another person with significantly more time & quality of time to redo your steps with, really get into those glaring defects of character & shortcomings that are sabotaging all of your close relationships.

Get some therapy for your anger and control issues. Throw yourself in to service that you think is beneath you or that makes you uncomfortable. Because when you're uncomfortable that is where growth comes from.

As far as you gaining weight because of your ex partner, you need to make the decision to either stay in that relationship and find the redeeming qualities you found in them **or** call it quits for good & co-parent in a way that is best for your child.

Anyway, I hope this helps. §

Love,

Sassy

Crystal Meth Anonymous

Sunday

8:00 am

CMA Rocks

Zoom: 708-3817-889

Password: rockon

11:00 am

Stepping into the Solution

Zoom: 814 6758 2621

Password: Recovery

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

7:30pm

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

8:30 am

CMA Rocks

Zoom: 708

Password:

6:00 pm

Dude Where's My

Bike

2152 S Vin

Bldg 5A, St

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Broken GL

4220 W. N

Phoenix, 8

(The Spot)

7:00 pm

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4430 N 23

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CMA Old S

Zoom: 846

7:15 pm

Misfits

1632 E. Flo

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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 ca

Please email Kelly M. at Registry@cmaaz.org

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

s | Central Arizona Meetings

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-3817-889
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School

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- Fear

orthern
5051

5th St.
AZ 85006

Thursday

6:30 pm
Broken Glass
19234 N. 7th Ave
Phoenix, AZ 85027

7:00 pm
Vineyard Unicorns
Women's Meeting
(women 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

9:00 am
Faith Over Fear
919 N Dysart
Avondale, 85323
(West Valley
Fellowship)
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

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

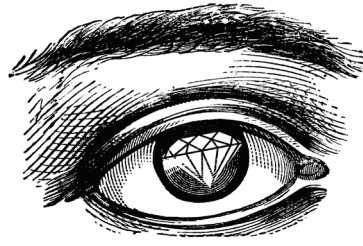
7:15 pm
Misfits
3104 W. Glendale
Ave. Phoenix, AZ
85051

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.
for any updates. List updated August 15, 2024

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

Mindful



Meditation

Balance

def. A condition in which different elements are equal or in correct proportions.

Today, Universe, we will seek balance in all areas of my life. We will enjoy our work, be productive, but not work a second outside of our set hours.

We will say no and set boundaries on what doesn't feel right in different areas of our lives and in our relationships. We will say yes to what we want to do and what we want to create in our lives that feels joyful.

We will carve out time for stillness, meditation, prayer, time in nature, and our own interests. We will balance work with play, time with loved ones, art, music, and dancing. We will get proper rest to sustain our minds, bodies, and spirits throughout the day. We will move our bodies for 30 minutes today and stretch before

bed. We will take care of ourselves to the best of our ability so we can shine our light out to the world around us. We will understand that just as we go through the dark and sad times we will experience joy and happiness.

We will seek stillness to let God tell us where we need to find and create more balance in our lives. We will not overload our lives with busyness and stressful events that don't serve our purpose, God's, or our fellows.

Today God, we seek a healthy, balanced life, where we can listen to our intuition on what is the next right thing to do and experience in our lives. §

Amen. By Eli D.

TRADITION 9

*"A.A. as such ought never be organized;
but we may create service boards or committees directly responsible to those we serve."*

I love the way the 12x12 breaks this down as basically recovery runs on an Anarchist version of Government and, because we take our recovery seriously enough it works.

It's nice to know that there are people who are willing to represent us and the fellowship at the different levels of service, and as someone who is just starting to really dive into service I think we can forget how important Tradition 9 is in maintaining some semblance of an infrastructure for our fellowship/community.

It starts with your homegroups different liaisons who then take the homegroups questions and concerns then inquire with their committees that serve the fellowship as a whole. Then, if there is an answer or an outcome, your liaisons will bring that back to the homegroups. If not, then it will most likely be brought in front of someone at a higher level of service if necessary.

Now back to the anarchy part which is that even with all of our service boards and committees: the

Group Conscious. This is what governs, meaning that most of us take our recovery seriously enough that we don't want to see the fellowship fail. We understand that even though "rules" are merely suggestions when it comes to the fellowship, these particular suggestions are what saves us as a whole.

I mean just as an example: how much would it suck to not have the H&I? I don't know about you but if H&I didn't bring a meeting into the rehab I was at I never would have found these rooms or actually met people in the program who gave me those first feelings of hope and belonging. That's just one example. All levels of service are just as important!

So as a suggestion I would say check out different committee or service board meetings where applicable and find a commitment that suits you. Start being of service. If there is a sobriety requirement that you might not meet ask for something else. If that sounds like a bit much then find yourself a service sponsor and you'll never not be of service. §

By Neal V





Gratitude Celebration
XXV ARIZONA /XXX WORLD
NOVEMBER 23, 2024
FREE EVENT
Trinity Methodist Church
3104 W. Glendale Ave,
Glendale, AZ 85051
DESERT AUCTION | DOORS OPEN AT 4PM |
SPAGHETTI DINNER | 50/50 RAFFLE |
EXPERIENCE, STRENGTH, HOPE |
Info: Kenny 928-651-3119



**12 STEPS
IN THE PINES**
COMMITTEE IS FORMING!
**EVERY SECOND MONDAY
OF THE MONTH
AT 7:00PM**
19234 N 7TH AVE.
PHOENIX, AZ 85027
Zoom Meeting ID 833 4197 7533

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**