

THE PIPELINE

Volume 124

November 2024

STEP 11 "Sought through prayer and meditation to improve our conscious contact with a God of our understanding praying only for the knowledge of God's will for us, and the power to carry that out."

Step 11 of CMA is about connecting with a higher power or spiritual source to aid in recovery. This can mean finding a greater meaning in life, or forming a closer relationship with a spiritual figure. A higher power could be anything that has meaning or significance to an individual. Step 11 is a spiritual journey.

In our journey of recovery, we discover that spirituality is an ongoing process of growth and transformation, much like our own personal development. Every new experience and encounter influences us, and our spirituality must adapt accordingly. The task at hand in Step 11 is to explore methods to enhance our awareness and connection with the "God" we personally understand. We are already aware of a "higher power" at work in our lives, a concept we began to grasp in Step Two. Through Step Three, we learned to place our trust in this higher power for guidance. As we progress through the steps, we have been strengthening our bond with this higher power.

As we delve into the 11th step, we realize that reaching out to a personal "God" is essentially what prayer and meditation represent, and they are among the most effective ways to cultivate a relationship with our higher power.

It became clear to many of us that we needed to reevaluate our relationship with the concept of "God." It's probable that during our time with drugs, we lacked understanding or interest in the idea of a higher power, and likely held some negative views about it, especially if it meant making demands like "Do this for me now, or I'll use again."

Through the previous 10 steps, we've been developing new perspectives that open the door for a loving, nurturing higher power to be a part of our lives, and to believe in a

power greater than ourselves. When I began working on my Fifth Step with my first sponsor, I felt a deep sense of trust in both my sponsor and this process, and I sensed the presence of a higher power moving forward.

Some things that can be experienced in Step 11 Prayer and Meditation include:

Mental health: Prayer and meditation can help improve mental health by providing a break from daily concerns, and by focusing on something other than oneself.

Stress relief: Prayer and meditation can help relieve stress, grief, and fear. They can also help calm the nervous system and reduce reactivity to negative emotions.

Problem solving: Prayer and meditation can help with problem solving and developing insight.

Concentration: Prayer and meditation can help improve concentration and patience.

Creativity: Prayer and meditation can help access creative potential.

Peace: Prayer and meditation can help cultivate inner peace and tranquility.

Gratitude: Prayer and meditation can help cultivate an attitude of gratitude and a positive outlook.

Setting intentions: Prayer and meditation can help set intentions for the day and guide actions and responses.

Hope: Prayer and meditation can bring hope, especially when feeling lonely or vulnerable. §

Statewide Hotline:
1(877) 700-METH

CMAAZ.org



Ask a Service Sponsor

Dear Service Sponsor,

I am struggling with this idea of anonymity. We are told to practice anonymity in the traditions. Yet we are selling a lot of shirts with the CMA logo on it. I can't understand what the difference is between wearing a recovery shirt out in public versus the anonymity the traditions are talking about. Aren't we supposed to be truly anonymous?

Silently just wanting to feel ok with my CMA gear

Dear Silently wanting to feel ok in your CMA gear,

This is a great question. One that definitely needs to be discussed. Tradition 11 speaks about anonymity and encourages us to not identify as a member of CMA to the press, radio, films, or any other public form of media. The reason behind this tradition is to prevent any one of us being the face and representative of CMA. Since we are all fallible it would be extremely easy for us to have the experiences many churches do, when the faces of their leaders stumble. We also want to ensure that we are not using CMA as a tool to make us look extremely important or gain favor in a look at me way utilizing forms of media that reach out to thousands.

Tradition 12 tells us Anonymity is the spiritual foundation of all our traditions. The principle of anonymity has an immense spiritual significance. It reminds us that we are to place principles before personalities; that we are actually to practice a genuine humility. This to the end that our great blessings may never spoil us; that we shall forever live in thankful contemplation of Him who presides over us all. Anonymity is also about keeping us right sized in the Ego Department. It would be far too easy to destroy the world while we are actively using, and then tell the world "Look at us, we're in CMA now. Tell us how awesome we are!"

The other aspect to remember is the only person who should potentially be breaking your anonymity is you. Which is why we discourage pictures in meetings. With that being said, let's get to your question: Is wearing CMA related merch breaking your anonymity? The answer is yes. Don't throw your CMA Swag out yet. You and you alone are the only one who can choose to break your anonymity. Wearing a CMA shirt does not mean the end of the world. Quite often the only suggested questions you should ask yourself is: What is my

intention by wearing this shirt? Is it because I like the design and feel of it? Or is it because you like what people think of you when they know your In CMA? If it is the first, go for it. If it is the latter, you might want to do a spiritual check in.

Thanks for asking this question that many struggle with. Hope this helps. If it didn't, write your Service Sponsor back. §

Love, Your Service Sponsor.
BE OF SERVICE!!!

Dear Service Sponsor,

I was cruising around CMA Social Media and saw a flyer for an event that had a full on facial picture of a member of the fellowship. What's up with that? Isn't that a violation of traditions?

Confused In Silence

Dear Confused in Silence,

Thank you for this question. This is the purpose of asking your trusted Service Sponsor. To be able to ask a question that might scare you without feeling like it's a stupid question. So it can be asked anonymously and answered for all to learn from.

Ahh yes, it is indeed a tradition violation to include a full on face on any CMA Related flyer. This flies in the face of anonymity. This is a lesson we learned again and again as new waves of people come into service. The first thing to understand is this is never truly intentional. It is more a lack of understanding of the traditions and traditional way we do things. With that being said, it is something to avoid. Now another aspect to look at is what we tweakers love, the old tweaker work around. In the case of this flyer, the member who was on the flyer had passed away. This flyer in particular was more of a tribute than an opportunity to build up ones ego and break anonymity.

Lets dig deeper into this. We do have a bit of a historical precedence of this in some of our older fellowships. If you notice when a person is still with us, we respect the anonymity and do not share last names in our speaks. However, after they pass, so passes the anonymity and many times last names

will be spoken. Some might argue this isn't true. However, looking at those who came before us, that is the experience they have. Another aspect to look at, if you happen to attend another older fellowship. Pull out your latest coin and I am sure you will see two full faces on the coin. These individuals have passed. They left a mark on the recovery world and their memory is shared in those particular coins.

The short story is, we should avoid using any facial images in any form on our flyers because it toes a dangerous line. However, there are exceptions when we might honor those who came before us and passed away.

Keep your questions coming.

*Love, Your Service Sponsor.
BE OF SERVICE!!*

Dear Service Sponsor,

I was recently in an intergroup meeting that got quite contentious. The topic of course was about money. Help me to understand what was going on and what everyone was talking about. Because all I felt was anxiety and confusion.

What the f*ck is going on.

Dear What the f*ck is going on,

Great questions. Any time you are newer to service and attend a District/Intergroup or even Area you are sure to relate to this as you have a mix of newer people who may not be up to speed along with our trusted elder statesmen who come with experiences and perspectives learned from lessons of the fellows who came before us.

This gist of concern is that CMA as a whole is not like other fellowships. When we look at older fellowships that have duplicate letters in their name. They are Fully Self Supporting through the 7th Tradition basket where all homegroups donate to 7th tradition. If you notice, those fellowships don't typically do a lot of events to raise funds. While they do happen, they are spaced out. CMA started off with this approach and for whatever reason, we found that our 7th tradition contributions are not enough to allow us to be Self Supporting solely on the basket.

However, our fellowship became Self Supporting through putting on fun events. Through this approach, we

also found that we were carrying a strong message to the newcomer. One that says we can not only get sober, but also have fun together in recovery. On top of doing event budgets, we also have monthly, and regular expense to pay out to ensure rent is paid, chips are purchased, insurance is paid for, and on and on.

At the time our bank account had dipped to a spot where it raised a bit of concern from our treasurer. The message that was being conveyed was, we need to be careful with the coming budget requests, because if we are not careful we will run out of our money on the multiple budget requests that were coming up. At the same time, it was a message to GSRs that 7th Tradition donations would be encouraged to help us shift from being a self supporting based on events to a more rounded self supporting from 7th tradition.

As I am sure you all have noticed, in these moments where we are trying to come together in understanding on what is being said. Many voices and questions can steer us into confusing territory. Sometimes even anxious territories as passions rise. The key here, is to understand we will be ok. God has always had our back when we focus on carrying out his will of carrying the message. But we also need to be mindful and help educate our groups and newcomers about the importance of taking event pressure off of our fellowship and participate in the 7th Tradition Basket a little bit more.

Keep your questions coming.

*Love, Your Service Sponsor.
BE OF SERVICE!!*

Have a question you would like answered by a Service Sponsor?

USE THE QR CODE BELOW!



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 Rock

Zoom: 708
Password:

6:00 pm

Dude Where's My

2152 S Vine
Bldg 5A, St

Mesa, 852

Broken Glass

4220 W. Northern
Phoenix, 85051
(The Spot)

7:00 pm

Valley of the Sun

4430 N 23rd St.
Phoenix, 85016
(The New)

CMA Old School

Zoom: 846

7:15 pm

Misfits

1632 E. Flamingo Rd.
Phoenix, 85016
(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 Kelly M. at Registry@cmaaz.org

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

Central Arizona Meetings

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or Fear
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5051

5th St.
AZ 85006

In change without notice, visit our website for the most current details.
for any updates. List updated August 15, 2024

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

WE WANT YOUR STORY IN THE ARIZONA AREA BOOK!!!!

Just get with Kelly M, and we'll walk you through the process and make it as easy as possible. Email kelly.m@cmaaz.org.

The Arizona Area and all of its Districts are home to one of the largest and most diverse CMA fellowships in the world. Our combined voices carry a wealth of experience, strength and hope from all walks of life!

Together we are working in UNITY to create a book of our stories. Combining our voices from the early days to the voices of today and everyone in between to carry the message of hope in: **"Rising from the Ashes: Stories of Hope from the Arizona Area Fellowship"**

We are now accepting submissions of stories and we're willing to make it as easy as possible to get your story in this book. **The deadline for submissions is January 1st, 2025.** The window for submissions for the Arizona Area Book is closing soon!!

Here is an excerpt of an upcoming story "From the Halls of Pain to The Open Path of Freedom":

"Naturally, my marriage fell apart. From the moment I got married up until, let's just say, around six years ago, it was a continuous, relentless struggle with addiction. I was obsessed with meth, unable to resist its allure. I enjoyed everything associated with it, from the subculture to the sex and pornography, the thrill of dismantling and reassembling things, and the company of the people I spent time with. It's true that it caused a lot of damage to the relationships I had, including some very special women in my life. I have nothing negative to say about any of them, despite how they tolerated my behavior.

Over time, I realized that just snorting it wasn't enough, and neither was just smoking it. I knew a woman who could always get me the best quality. I started injecting it and developed a deep connection with that needle.

I've been working closely with my sponsor for years. He always has encouraging words for me, like, how's that going for you? And then, after we hang up, we'd have these lengthy conversations. I would do my step work with him, and I'm going to share about my fourth step. I was determined to get sober this time, believing it would be successful. I had gone through several failed relationships and experienced a lot of challenges.

I was putting in a lot of effort into this fourth step, making



sure everything was in order. I said I was ready. He responded positively, and we planned to meet on Saturday at his place. I arrived there, and he was already preparing to leave his kids. They were young back then, and I could see they were curious about what was happening. We loaded up the kids, got in the car, and headed out. We were going to drop them off at a pool party. We drove all the way to East Mesa for a waterpark. While we were there, we took care of the kids, setting them up for the pool. Throughout it all, I was just wondering, what was happening? I had thought we were going to do this. Then, it just slipped my mind that we might just do it later.

He says, "Did you bring your book, and I'm here, Yeah, it's right here. But you know, right here, and he continues, What's wrong with right now? It's beautiful, there's water, the kids are playing, and there's girls strolling around with kids, and what's there's so perfect about this moment. And I respond, I thought this would be more private, because, you know, I'm planning to talk about something with you, and he remarks, You know, you're not really trusting in God, and you're trying to maintain control over your life, attempting to govern every single moment. And honestly, that caught me off guard. I mean, the way he articulated it. And I'm like, Okay, and then we moved onto the first, second, and third steps, and after that, you know, I've been sobered for a year, then two years, then three."

TRADITION 11

"Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, television, films, and other public media."

The 11th Tradition of Crystal Meth Anonymous is about maintaining personal anonymity and protecting the program from ego:

Anonymity: CMA members should maintain anonymity in the press, radio, and films. This is for the good of the fellowship, not to protect the member's identity.

When discussing their personal recovery with the media and social media, members who are identified by their full names—such as the case of those who are already well known in the media—should not also identify the specific name of CMA. If members wish to discuss the benefits of membership in CMA, they then should not identify themselves except by first name only. As well as describe CMA as a Recovery Group.

For example, if John Doe uses his full name in an interview, he should not name his recovery group. He might simply say he is in "a recovery group."

Attraction over promotion: CMA's public relations policy should be based on attraction rather than promotion.

In today's day of CMA, this one might be confusing as you see a barrage of flyers and committees competing with cooler and cooler things to bring people in. However, everyone must remember the 11th step reminds us that it should be attraction based. Attraction to what you might ask? Attraction to a message of hope for an Addict like us. The message may come in a speaker meeting, workshop, or any other form of shared message. This message may also come in the form of fellowship. Where you do not have to be alone. CMA has always had a message of "you can have fun in recovery"

Self-assessment: CMA members should assess their intentions before sharing their stories. They should consider whether they are sharing their stories to help others or out of selfish ambition.

No doubt you have seen it on social media or in various other forms of media. We live in a world where recovery is huge. News stations love a good recovery story. Or you

might stumble on a social media page that has the CMA logo plastered on it. It is important that each individual check their motives, and see why they would put CMA at the forefront. Is it because they are using CMA as a tool to improve their image to the world? If it truly is about being proud, perhaps they should rely on the image of changed behavior without hiding behind the CMA Logo.

Respecting others' privacy: CMA members should respect the privacy of others.

Not everyone who comes into CMA is proud to be an addict. Many are ashamed and feel the need to not share this to protect their reputation or career. Often times the person who is comfortable with their recovery will have a viewpoint of bravery that cannot understand why someone would be timid. The point here is that everyone has the right to a level of privacy in this anonymous world where no one knows they participate. Just because you feel secure enough to share with the world, does not give you the right to demand everyone does. This also goes for your wonderful selfies sitting in a meeting. Keep in mind we love your fellowshipping and excitement, but the person in the background doesn't want to be on your social media feed.

Not trying to "sell" CMA: CMA members should not try to "sell" CMA.

CMA doesn't need to be sold. The program itself and the change that happens in everyone who works a program is appealing enough. Our fellowship is based on fun and connection. When we speak about growing CMA, perhaps put away your plans and designs and understand that when we focus on carrying a message of hope, sharing recovery, it will grow at the right time.

Some say that Tradition 11 is a constant reminder that personal ambition has no place in CMA. It also acts as a shield to protect CMA members from the ego manifestations of their own people. §

