

THE PIPELINE

Volume 128

March 2025

STEP 3 "Came to believe that a power greater than ourselves could restore us to sanity."

My journey to Step 3—turning my life over to the care of God as I understand Him—was not a smooth path, but carved out of years of pain, loss, and regret. For more than a decade, I lived in and out of prison, stuck in a cycle of addiction, crime, and hopelessness. My second time in prison, I was sentenced to 12 years for a dangerous crime, a sentence that stole not just my freedom but my opportunity to be the father my children needed.

The years passed, alone in my cell, surrounded by silence and the weight of my choices. During these moments of solitude, I began to confront the reality of my life, wrestling with the understanding that the life I had chosen—the substances, the streets, the rebellion—had led me here. It was clear if I continued down this path, I would never experience freedom, success, or the chance to repair the damage I had done.

I came to realize that the solution was simple but profound: I had to commit to staying clean and sober if I wanted any chance of remaining free. The clarity of this realization became my turning point. I began to dream of a life outside those walls, where I could prove to myself and others I was capable of change.

When I was finally released, I refused to let the past define me. Prison had taken so much, but it hadn't stolen my will to create something better. I decided I wanted more out of life. I chose to pursue work in a substance abuse program, helping others who struggle with the same battles I once fought. In doing so, I found a sense of purpose and healing, but also discovered that my way wasn't enough.

Step 3 taught me the need to let go of the illusion of control and turn my life over to God. My survival through addiction, the streets, and nearly 15 years behind bars wasn't by accident. There was a reason I was still here, and I wanted to discover why. For the first time, I chose to surrender. I acknowledged that my own understanding and willpower were limited, and opened myself to the guidance of a higher power.

Today, I believe God has a plan for me. With His help, I am committed to becoming everything I once thought unimaginable. I am proving to myself that life can be fulfilling, meaningful, and free of the chains that once held me captive. Step 3 was the foundation for a new way of life; by turning my will and life over to God, I've found strength to rebuild and the faith to keep moving forward. §

By Rob E.

Statewide Hotline:
1(877) 700-METH

CMAAZ.org



Sassy Sponsor

Dear Sassy Sponsor,

I have just over 9 years sober, I am having issues with maintaining a healthy balance of service work, & "Real" life. When I got into early recovery my sponsor told me to always say "yes" or "I would be honored."

So, I have done that with little to no hesitation for the past 8.5 years. However, my life has gotten more complicated within the last few years, I have school, (finally got the nerve to go to college) I married my best friend we have a child together. So now the time that was once "free" or "disposable" is now needed in those responsibilities and obligations. I get really frustrated when I hear "whatever you put in front of your recovery, you will lose it." Like okay but, there is the saying "We go into recovery to have a life." Not to just hide out in meetings & service work. I have my core meetings and I then bite off more than I can chew when it comes to taking on service commitments. I wind up burnt out, disillusioned, and overwhelmed. Which leads into the bedevils.

Then the guilt and shame of letting people down, especially my spouse, children, and friends. Because they go on the back burner so to speak. It seems maybe I need to make them a priority, I just don't want to lose the gift of desperation & forget where I came from since the ego has an amazing built-in amnesia machine as well as an incredible regenerative power. How can I find the beautiful balance between the two? Please Help!

Love,

Exasperated

Dear Exasperated,

First let me congratulate you on your 9+ years. Second my Sponsor told me the exact same thing, always say "yes". And in early recovery I did anything and everything I was asked to do. I cleaned our meeting hall on the weekends, I did a coffee commitment, I was the group secretary, I did the birthday cards and got the cakes and the last Saturday meeting of the month, I chaired meetings, I was a treasurer for a meeting, Etc, Etc, Etc. I also went back to college, met my partner, (and eventually married them.) Got my kids back in my life and started working full time. Yes, my family, friends, & spouse suffered my burnout. It got to a point where my commitments were causing harm. I was so fearful that I would get complacent and relapse, because of that "Rehab speak, anything you place in front of your recovery, you will lose it." Our number one purpose in recovery is to be helpful, it isn't to harm ourselves, our loved ones, or our obligations. So, once you see that you are approaching burnout it is time to prioritize the service commitment that can benefit from your help, the others can go to someone not since that is the spirit of rotation and allow someone else the opportunity and experience sometimes our ego also says that the commitment would not survive without our support and we'll all know that is unadulterated BULLSHIT. So the best experience I can share with you is to pick one service commitment you can effectively & confidently perform and allow others to experience service as well. That is how I have managed to balance my recovery life & my "real" life. I hope this helps. §

Love,

Sassy

Interested in writing for the Pipeline?

email: editor@cmaaz.org

Submit a question to Sassy Sponsor

email: sassy@cmaaz.org

DO YOU HAVE SOMETHING TO SAY ABOUT RECOVERY?

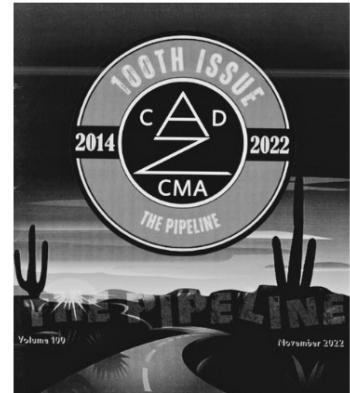
CENTRAL ARIZONA DISTRICT COMMUNICATIONS COMMITTEE

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/

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

6:00 pm

Broken Glass

4220 W. Northern
Phoenix, 85051

7:15 pm

CMA Rocks

7523 N. 35th Ave.
Phoenix, 85051

7:15 pm

Faith Over Fear

4220 W. Northern
Phoenix, 85051

7:30 pm

CMA Rocks

Zoom: 708-3817-889

Password: rockon

7:30 pm

The Recipe

1200 N. 77th St.
Scottsdale 85257

Monday

6:00 pm

Branching out

(women only)
4220 W. Northern
Phoenix, AZ 85051
(The Spot)

6:00 pm

Vineyard Faith Stag

(men only)
6422 N. 65th Drive
Glendale, AZ 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) Outside

7:30 pm

Broken Glass

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

7:30 pm

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

Broken Glass

4220 W. N
Phoenix, 85051
(The Spot)

7:00 pm

Valley of t

4430 N 23
Phoenix 85051
(The New

7:00 pm

CMA Old S

Zoom: 846

7:15 pm

Faith Over

4220 W. N
Phoenix, 85051
(The Spot)

7:30 pm

New Hope

(LGBTQ)
2622 N. 16th St.
Phoenix, A

Meeting list published monthly. Times and locations can
Please email Kelly M. at Registry@cmaaz.org for

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

Central Arizona Meetings

esday

s
3-3817-889
rockon

ass
orthern
5051

he Spun
rd Ave.
5015
Solution)

School
-4171-0199

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)

7:15 pm
Faith Over Fear
4220 W. Northern
Phoenix, 85051
(The Spot) Outside

7:15 pm
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 Rd.
Avondale, AZ 85323
(WV 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:

206-236-6677
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

2:00 pm
Helping Heroes
Closed Mtg.
(Behavioral Health
Workers)
4220 W. Northern
Phoenix, 85051

5:00 pm
CMA Rocks
4220 W. Northern
Phoenix, 85051

7:00 pm
All Gas No Breaks
4430 N. 23rd Ave.
Phoenix, 85015

7:00 pm
Crystal Clean
5116 E. Thomas Rd.
Phoenix, 85018

7:30 pm
New Hope
(LGBTQ)
2622 N. 16th St.
Phoenix, AZ 85006

8:00 pm
Tweakin on Recovery
Now (T.O.R.N.)
13627 N. 32nd St.
Phoenix, AZ 85032
(Studio 164)

an change without notice, visit our website for the most current details.
or any updates. **List updated February 13, 2025**

TRADITION 3

"The only requirement for membership is a desire to stop using."

Why enumerate what seems an obvious statement? In this case, multiple reasons, all of which are important.

Much of the earlier writings on this tradition express a necessity for those in the rooms not to judge whether a person is allowed in the rooms based on some common prejudices of the time, like whether a person had multiple addictions, was "lower class," homeless, an atheist, or morally "loose." Today, while some vestiges of these ideas might still linger, a different set of questions plague this tradition, even if the overall qualifications remain similar.

To be in a meeting or a part of any program, a desire to stop using is necessary. Obviously, a desire to use but with regret and complaints over the consequences or a desire to switch your use over to another substance is a decision we can't get behind in the rooms. So we ask for the desire, since it means there is hope, whereas no desire means the person is wasting our time. How many members of the fellowship have had to say to someone, "With all due respect, if you're not done, go do more research. We'll be waiting."

Second, we acknowledge the necessity of unity, reminding us that we are not arbiters of who "deserves" recovery and who doesn't. "Yes, but..." we cry out, certain that the next thing out of our mouth will cause a homegroup to rise up, throw the offensive person out of a meeting,

and let them know they're NOT WELCOME HERE. To which we yet again say, no, that's not the spirit of this tradition. The spirit is that recovery is for all and open to all seeking it.

When a man comes into a meeting sporting racist tattoos, for instance, we may have a visceral reaction to his presence, but he is allowed to seek recovery. He's allowed to ask for a sponsor, even if he winds up bussed by his halfway house to a meeting full of people of color or the LGBTQ community (some would say that's god's sense of humor, but I digress). As long as he is earnestly seeking recovery, he's welcome, and if his behavior veers into inappropriate territory, he can be asked to leave, just like anyone else.

This doesn't mean you have to sponsor him, let alone be his friend. However, we acknowledge the person we don't like might be perfect to help someone else whose life needs saving. Their bad traits might be overcome due to or during their recovery; if they aren't, it has nothing to do with us. We're only responsible for our own growth, ultimately. This includes our mental and emotional health,

More than anything, we're reminded in this tradition that we are not in charge and are meant to get out of the way. We stop trying to control the show, and instead work on our tolerance of others, so we can be useful to the fellowship and the world around us. §

By Morgan R.

SOBERSCOPE

DON'T LEAVE BEFORE THE MIRACLE HAPPENS!

Sincerely, Travis S.



CMA ROCKS A DAY IN THE PARK 2025

SATURDAY MAY 10 JOIN US FOR A DAY PACKED WITH ACTIVITIES, INCLUDING OUR ANNUAL SOFTBALL TOURNAMENT! THIS YEAR'S UNITY DRAFT WILL BE LIVE ON FACEBOOK FRIDAY MAY 2ND. BE SURE TO REGISTER BEFORE THEN!

starts @ 8am

REGISTRATION FOR THIS YEAR'S EVENT WILL BE \$15 PER PERSON. TO REGISTER, PLEASE SEND YOUR MONEY ON CASH APP TO \$CRA2834. MUST BE REGISTERED BEFORE DRAFT ON MAY 2ND!

THERE WILL BE A SPEAKER MEETING AT SUNDOWN. THIS YEAR HARRY B. WILL SHARE HIS EXPERIENCE, STRENGTH AND HOPE.

THERE WILL BE FOOD AVAILABLE FOR \$5 PER PLATE
KRAZY COFFEE
50/50 RAFFLE

**KLEINMAN PARK. 710 s EXTENSION RD.
 MESA AZ 85210**

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A P A C H E

8TH ANNUAL ROAST ROUNDUP

\$60 Pre registration
 \$75 After 4/30

L A K E

MAY 16TH - 18TH

Three days at the lake with your sober family
 Five speaker meetings, pig roast, camping,
 water rodeo, adult games, and more

 www.centraldistrictcma.org
 See you there 

For discounted hotel/RV
 sites visit ApacheLake.com

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RoundUp25

