

THE PIPELINE

Volume 129

April 2025

STEP 4 "Made a searching and fearless moral inventory of ourselves."

After hearing the hype and warnings about Step four, I was both fearful and curious to begin this step. Little did I know how much clarity and closure I'd receive in getting totally honest with myself. At first, I was overwhelmed with how much time this step demanded. In order to get really thorough with my inventory, I had to sit down and reflect through the times in my addiction and this was troubling for me.

This step shed light on resentments I didn't even know I had against people who were in my daily life. I understood that just because I had deep rooted resentments for these people didn't mean I completely hated them. It was actually quite the contrary. Having to write out my part in each of my resentments was definitely a humbling experience. For so long I went through life angry at the world for what happened to me and I was unaware of my part in my resentments. Through doing some inner work

I was able to understand how I was at fault in these situations. As for my fears, I almost had a hyper-awareness about what I was afraid of. This step allowed me to see that low self esteem was the real root of these fears.



At first I was overwhelmed by the time commitment doing this step entailed, but I quickly found that there was a sense of release in the action and voicing my discontent was cathartic. My general unhappiness layed in my resentments, which were rooted in fear, and ultimately my fears came from a lack of faith. Once again, we see that we use drugs and alcohol because

of our spiritual malady, which can only be fixed with a spiritual solution. We can find relief in basing our esteem in our relationship with our higher power. We are children of the Creator and should treat our mind, heart and body as such. We can extend forgiveness to ourselves and to others to find relief from the emotional pains of living. §

By Jenna P.

Statewide Hotline:
1(877) 700-METH

CMAAZ.org



Sassy Sponsor

Dear Sassy Sponsor,

Last night, I met a young man who practically radiated joy from every fiber of his being. He'd been sober for I believe three years, and I've been around for a few years longer than him, so it was a bit of a gut check, if you will. I'm struggling right now with some life events, including some financial uncertainty and losing a close friend, so I don't entirely know what to do with this feeling I have that I should be more grateful. His story was particularly harrowing, so I wonder if that's why he's happier than me, or if I am just needing a major gratitude infusion in my life? I'm not miserable or anything close, I'm just feeling a bit blah. What am I doing wrong?

Sincerely,

Missing Joy

Dear Joy,

First, let's talk about the action since that's what we do here in recovery. Yes, you can do a few things to feel better. Another meeting a week, a daily gratitude list, some meditation, another couple of hopeless addicts you agree to sponsor, and a little attention to your physical well-being might be suggested. You need, more than anything, to make sure you're not missing any of the key ingredients that make up good sobriety. Gratitude is an action, so do what you can to practice it.

That said, I'd also offer for your consideration that maybe you're not doing anything drastically wrong. Sometimes, life takes hard turns, and you have to

work through them. If you were joyful during what is a stressful and sad time, I would be worried about your mental health. Sometimes, sadness is part of being human. We experience grief, loss, and hardships just like anyone else on this earth.

However, I'd also proffer to you the notion that not everyone is going through the same struggle or the same experience. Some people have co-occurring issues, and if you do, you should attend to that. Some people aren't as cheerful naturally as others. Once, when I remarked with some disdain on how I couldn't stand how happy and eternally positive this one woman was in early sobriety, my partner responded in a dry but loving manner that just because I was miserable for the first 18 months didn't mean everyone had to be. I winced, but then laughed at his accuracy.

Have you ever noticed that people will habitually try to temper another person's negative feelings but never their positive ones? They'll point out that other people have it way worse when we talk about the hardship of our shit job or whatever, but they don't say, "Oh, you're happy to have a job, have you considered that your boss makes 20 times what you do?" That's because the action is ridiculous. We're not here to compare; that's not only a thief of joy, but it's completely irrelevant. We're here to have our own individual experience, not another person's experience. To that end, try to focus only on your own measure of serenity and how you feel personally in your skin, your connection to your fellows, and to your higher power, instead of how another person appears to feel. §

Love,

Sassy

Interested in writing for the Pipeline?

email: editor@cmaaz.org

Submit a question to Sassy Sponsor

email: sassy@cmaaz.org

RELATIONSHIPS

“It is only where ‘boy meets girl on A.A. campus,’ and love follows at first sight, that difficulties may develop.”

Twelve Steps and Twelve Traditions, pg. 119

The new relationship is one of the most interesting, contentious, and hard-to-navigate subjects in sobriety. Whether formed inside or outside the rooms, people naturally pair off, and romantic (and lustful) feelings tend to blossom as people get some recovery under their belts. However, it's also noted that many of these relationships seem to be doomed and can lead to heartache, drama, or even relapse for the participants. It's worth asking why this seems to be more the rule than the exception.

For purposes of this article, we'll focus more on relationships that start in the rooms, although the concepts can obviously apply to relationships with so-called “normies.” Foremost among our concerns is persons seeking a relationship to be “healed” in that they've done thorough and honest step work. An inventory—especially a sex inventory with an ideal formed for our future relationships—is mandatory. In addition, amends to previous partners should be made, and we must be actively working on our spiritual condition.

While some may be annoyed by this notion, there are several simple reasons for it. First off, we don't want to pick someone sick (again), and the best way to find a good partner is to make oneself worthy of the ideal we've defined by being a good partner first. We define our relationship ideal because, with some clarity and understanding around our part in our resentments, we now can identify our needs for a future partner, and our standards have elevated above what may have been incomplete or shallow ideals—to quote Samantha M, “He can't read, but he colors real good” is not a good ideal. This also ensures we don't necessarily replace addiction with a reliance on people—we don't want to

use an outside thing to fill an internal void, better to allow a relationship to unfold naturally. Finally, we do this so we understand what we bring to the table, which may give us the confidence to talk to the person we might have formerly thought would dismiss us because our fears told us they were too smart or cute to bother with us.

More than anything, this perspective should enable us to ask the important questions which speak to compatibility. What is this person's spirituality—if one of you is an atheist and the other is spiritual, you're not likely to be compatible. What kind of setting do you want to live in? It's not acknowledged often enough that city mouse and country mouse don't do well together. Lastly, what are your feelings about having kids? Decidedly child-free cannot blend well with someone who dreams of becoming a parent.

If it sounds like this is asking for a lot of consideration, prayer, meditation, and searching work around a relationship, that's because it is. Many people's sponsors have looked at the newcomer and gently (or bluntly) observed, “What do you have to offer?” With time and work, we come to realize that surface-level attributes like attractiveness, money, or being good in the bedroom are not what we're seeking, even if it is what the reptilian part of our brain tends to unintentionally home in on. When we take this work to heart, we often get more than we expected and find that our attitudes change despite our former impulses. Our perspective shifts, and for perhaps the first time, we acknowledge the person in full. More than anything, we consider and discover what this little thing called love actually means, because, for the first time, we're really capable of unselfish caring in a way we simply weren't before.

By Morgan R.

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

7:15 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 Rocks

Zoom: 708

Password:

6:00 pm

Broken Glass

4220 W. N

Phoenix, 8

(The Spot)

7:00 pm

Valley of t

4430 N 23

Phoenix 85

(The New

7:00 pm

CMA Old S

Zoom: 846

7:15 pm

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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5051

he Spun
rd Ave.
5015
Solution)

School
-4171-0199

r Fear
orthern
5051

e
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.
for any updates. **List updated March 13, 2025**

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

TRADITION 4

"Each group should be autonomous except in matters affecting other groups or CMA as a whole."

What does autonomy mean, and why is it so important? On the surface, it seems simple. What works for the sleepy group comprised primarily of older folks in rural Georgia likely won't fly as well with the loud and rowdy men's meeting in downtown Brooklyn, or the spirited, younger-leaning meeting in Phoenix. One group might not like profanity, whereas the other is punctuated by people who employ the F-word like a comma. One is all about singleness of purpose, but the next doesn't care what you share as long as you are here to get well and learn, how to live a sober life.

But just as we acknowledge what works here might not work there, we also recognize that we have no business telling other groups how to do things, chafing at the "wrong" way different groups run their meetings, and realizing we have no monopoly on recovery or a higher power.

One goal of Tradition 4 is to make us more tolerant and humble. Can you imagine if one group's standards set the bar for everyone else? How truly horrible would that be? This is why

we enforce the notion that we have no business speaking for CMA as a whole. Our organization and our traditions remind us that we're here to provide guidance, but not deliver absolutes to people we do not know.

The 12 & 12 mentions that a group has the option to be wrong, and that is paradoxically a good thing. The meeting one person cannot stand will speak deeply to another. The group which closes down due to infighting or some other nonsense provides a lesson to the next one. The splinter group formed by the person who gets a resentment over some action or words spoken might create a group that will attract others who would have been bored or horrified by the original. No matter what, we're reminded continuously that it's not the end of the world if growing pains emerge. If it doesn't affect CMA as a larger unit, we put our ego in check and give thanks that we don't need to lose our sanity over something that just isn't that big of a deal overall. §

By Morgan R.

SOBERSCOPE

GOD'S PLAN REQUIRES TWO THINGS...
FAITH AND ACTION!

Sincerely, Travis S.



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

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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/

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**

MONDAY, MARCH 31ST
7:30PM - 8:30PM

READ ALONG

**OUT OF THE FOG
 POETRY
 BLOCK**

SEVEN POEMS PRESENTED BY CMA NEW HOPE

**LAMBDA
 PHOENIX CENTER**
 2622 N 16TH ST, PHOENIX AZ

BIRTHDAY BASH!

METHBUSTERS 3RD

APRIL 05
 SATURDAY 6PM - 9PM

50/50 RAFFLE
 PRIZE RAFFLE

TICKET

**SPEAKER MEETING
 VOLLEYBALL TOURNAMENT \$15
 PER TEAM**

FOOD W/ SUGGESTED \$5 DONATION
 MUSIC BY DJ BAMMERS

SOBER APARTMENT LIVING
 6825 E 4TH ST,
 SCOTTSDALE, AZ

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**8TH ANNUAL ROAST
 ROUNDUP**

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

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
 Enter code: RoundUp25

**AZ AREA CONVENTION
 AUGUST 15-17
 MORE DETAILS SOON!**

Save The Date