

THE PIPELINE

Volume 139

May 2025

STEP 5 *"Admitted to God, to ourselves and to another human being the exact nature of our wrongs."*

Step 5 of Crystal Meth Anonymous: A Year of Sobriety

A year of sobriety feels like a lifetime of growth. When I first began my journey with Crystal Meth Anonymous (CMA), Step 5 was one of the most intimidating. It was the step where I had to admit to myself, to God, and to another human being the exact nature of my wrongs. At first, the thought of facing my mistakes and vulnerabilities made me want to run away, to avoid that uncomfortable truth. But after a year of staying sober, I now see Step 5 as one of the most pivotal turning points in my recovery.

In the early days, the shame and guilt weighed heavily on me, and I didn't want to open up. However, when I finally

shared my past with my sponsor, I felt a sense of release I had never imagined. It wasn't about just confessing, it was about understanding why I made those choices and realizing that I wasn't defined by my past mistakes. The honesty, openness, and willingness to be vulnerable were the key ingredients that helped me begin healing.

Looking back on the year I've had, Step 5 has proven to be the foundation upon which I've built my sobriety. It's a constant reminder that my journey isn't just about abstaining from meth, but also about healing emotionally and spiritually. By admitting my wrongs and seeking change, I was able to open my heart to forgiveness, both from others and myself. §



By Anonymous

Statewide Hotline:
1(877) 700-METH

CMAAZ.org



HOPE IN THE ASHES: HEALING THROUGH HONESTY AND RECOVERY

In Chapter 5, How It Works, it reads, “There are those, too, who suffer from grave emotional and mental disorders, but many of them do recover if they have the capacity to be honest.” From the very beginning of my time in the rooms this sentence has always resonated with me. I’ll admit it initially came from a place of shame. This shame has taken quite some time to overcome but every now and then can creep back into my psyche.

Growing up the word Bipolar was thrown my way and I was prescribed different psych meds to treat it. I wasn’t interested in taking the time for them to go into effect. I wanted the instant gratification that recreational drugs provided. After years of using and a heavy mental breakdown I managed to get my life together. It wasn’t long until Meth was reintroduced into my life and all Hell broke loose. Any bit of stability I had was blown away and unmanageability became the new norm.

I lost jobs, material items, loved ones, everything else that had once mattered and most importantly my mind. All I had to

show for it was a bad reputation, mental institution stays and a few overdoses under my belt. I thought I’d never get back the light in my eyes or gain what others call emotional sobriety. That was until I walked into my first CMA meeting. I was in awe of how people openly called themselves a tweaker and owned their addiction. Through time, fellowship, and working the steps I was able to put back the pieces of my life and create a future brighter than before.

But because I hadn’t faced the mental and emotional disorder that followed me, I was beginning to break. By the grace of God, my sobriety and the help of two people I hold dear, I was ready to accept help just as I had with my addiction. I sought professionals who understood and went back on the medication I once despised. While God is not going to put the chemicals needed in my brain, I believe it was Him working through them to do for me what I could not do for myself. §

- Anonymous

Interested in writing for the Pipeline?

email: editor@cmaaz.org

Submit a question to Sassy Sponsor

email: sassy@cmaaz.org

RECOVERY

Fresh out of a 30 day rehab, I walked into my first outside 12-step meeting at “The Spot” - a sober lounge in Phoenix, AZ. The venue features a pool table, a dart board, flat screens, and graffiti-style murals tagged onto the walls. I found the crowd in the backyard behind the building, which was where the Faith Over Fear meeting was being held. A bonfire was lit in the center of the floor and over 100 chairs circled the 8 foot tall flame. On any given night, anywhere between 70 and 150 people show up to this CMA meeting.

Kim, a regular at FOF, says that “Our homegroup advocates for the newcomer to come as you are. We’ll love you until you can love yourself.” I was welcomed with open arms by the people at this meeting. I heard it

said there before that anyone who does dope isn’t a friend, but anyone who is in recovery is a brother and sister. There’s a lot of recovery at The Spot; heavy-hitting old timers with 10+ years of sobriety have words of wisdom in their shares while the hopeful newcomers come with fresh new perspectives.

At the end of every meeting, an addict asks everyone who has a year or more of sobriety to raise their hand. And every night, numerous hands are raised in the air: proof that recovery works.

The open CMA meeting of Faith Over Fear happens Sunday through Friday at 7:15pm at The Spot Sober Lounge. We’d love to welcome you into the recovery family. §

By Jenna P.

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

6:00 pm

Old School

4645 W. Bell Rd.

Rm. 10

Glendale, 85308

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

esday

ss
-3817-889
rockon

ass
orthern
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 April 10, 2025**

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

The Family Afterward

So frequently, we focus on the first 103 of the Big Book, the meat of the 12 steps, and skip over the other writings. While it's understandable when working with a newcomer—we don't want to completely overwhelm them, after all—we might actually miss some of the why and promises of change our program of action can deliver.

Our book talks frequently about how the purpose of the steps is to create us into a better person who is of maximum use to our fellows and our higher power. While much of this discussion tends to focus on the newcomer in the rooms and keeping the meeting running, we inadvertently often skip over the family. Yet it's frequently the people closest to us who endure the most harm.

Let's firmly establish here that we're not just talking about the stereotypical nuclear family with 1.7 kids, especially if you don't have that. No, we're talking about anyone close enough to

you that knows actual personal information. Your middle name, answers to things that might qualify as website security questions, who you once had a crush on, people your dog or cat knew well—really, anyone close to you beyond the superficial could qualify. But when it comes to family, what do we really owe them besides amends?



Well, as it turns out, a lot of effort and a whole lot of consistency. Far too often, we expect our families to be impressed and suddenly give an attitude of total awe at the new person we (just recently) have become. We expect a level of forgiveness and almost amnesia we'd never give ourselves to someone who hurt us in similar ways. Our overall attitude, whether or not we acknowledge it, can bend toward entitlement.

Much of the chapter for The Family Afterward is a two-way manual for both addict and family alike. Reminders for both sides to give this whole reconstruction period time. §

SOBERSCOPE

**IF YOU DON'T SEPARATE YOURSELF
FROM YOUR DISTRACTIONS, YOUR
DISTRACTIONS WILL SEPARATE YOU
FROM YOUR GOALS.**

Sincerely, Travis S.

DON'T MISTAKE GOD'S GRACE FOR PERSONAL STRENGTH.

- Max

YOU KNOW A CHARACTER DEFECT HAS BEEN REMOVED WHEN YOU DO THE SAME THING BUT FEEL DIFFERENT ABOUT IT.

- Elliot S.

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**

Safford Spring Ball

Fundraiser for AZ Area

SATURDAY APRIL 26 2025

Warmup: 9am
First Game: 10am

Registration:
Northern/Southern:
Kenny G 928-651-3119
Central: Sam Y 602-206-7771

Co-Ed
10 person teams
Double Elimination

\$15 Home run Bracelets
Crazy Coffee
\$5 Food Plate

50/50 Raffle

527 East Armory Road Field 3
Safford, AZ 85546

*suggested donation-All are Welcome!!!!



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

Made with PosterMyWall.com

A P A C H E




L A K E

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

See you there

For discounted hotel/RV sites visit Apache.lake.com

Enter code: RoundUp25




www.centraldistrictcma.org

AZ AREA CONVENTION

AUGUST 15-17

MORE DETAILS SOON!

Save The Date


