

# THE PIPELINE

Volume 133

August 2025

## STEP 8 "Made a list of all persons we had harmed and became willing to make amends to them all"

Now, that seemed very exciting when I first got sober, because, like most of us, I really was sorry and wanted everyone in my past to know it. However, when I thought I could skip ahead and do steps 8 & 9 before I even finished my second step, reality set in. I still remember clearly calling my sponsor, and telling him proudly about how I had made amends to my fiance. Expecting encouragement, I was surprised when instead, he laughed.

I asked why that was funny. He proceeded to explain that I had said I was sorry, which was fine, but I hadn't made amends yet. He then explained that amends are changed behavior, which comes with things like learning to listen to others, or understanding our part in situations without being offended.

He explained that while I was definitely ready to change behavior, I was still too freshly blind with newfound pride and confidence; I needed more work in order to fully appreciate and gain

perspective on when and where I was lacking in certain situations. I took his suggestion and stepped back.

Lo and behold, by the time I was done with my fourth step, my amends list just about tripled.

When I actually arrived at 8 & 9, I had learned a quite a bit about ownership and understanding. This is pivotal—I couldn't imagine making amends to someone now without the understanding that the other person is not required to accept it, nor does anyone owe me their time to begin with.

I'm grateful for good sponsorship—I don't want to imagine the mental torture and real-life suffering for others I could've conjured if had I run headfirst into the amends wall without a helmet. I don't know if I would be here to write this reflection today. So when it comes to your amends, don't rush ahead, be honest, review it with your sponsor, take it to god, and be content with cleaning your side of the street. §

By Van

Statewide Hotline:  
1(877) 700-METH

[CMAAZ.org](http://CMAAZ.org)



# Sassy Sponsor

Dear Sassy Sponsor,

I am having an issue with my home group. There are some people in the group that are, to put it lightly, absolute, unequivocal buttheads. They are rude, judgmental, and downright toxic. One of the members started a rumor that another relapsed, over a resentment they had. Another member is predatory, consistently going after the younger newcomer—as in “29 seconds to 29 days clean” type of newcomer. This person’s motto is “get them before they get God,” said with laughter, which makes me ill.

Two others are just bleeding deacons and/or drama queens. The rest of the group is a bunch of solid people. We do all we can to mitigate the nonsense and to carry the message rather than spread the mess. I am just at a loss on how to manage without seeming like a control freak. Or am I just being as judgmental as some of our home group members?

My sponsor always says that if you can't get something out of a meeting, then it is your responsibility to bring something to it. I'm just unclear on how I can do that without being on my moral high horse. Any advice would be helpful. Seriously, I want to be the best Steward and serve my fellow man and my higher power.

Love,

*The Struggle is Real.*

Dear Struggle,

I do agree that it is difficult to carry the message and mitigate spreading the mess without sounding or acting like a complete control freak. Thank goodness we have a set of tools and traditions that keep us from attempting to be in complete control and becoming a bleeding deacon. In my years of being in this fellowship and being of service, and a faithful member of a home group, I know the best thing I can do is to allow the traditions to guide my actions. This applies when it comes to the well-being of my home group as well. Remembering that tradition three states that the only requirement for membership is the desire to not use.

When it comes to rumors and predatory behavior, we can rely on tradition five: Each group has but one primary purpose - to carry the message to the addict who still suffers. And yes, it is completely OK to safeguard the newcomer from the predatory member. It is OK to call out bad behavior from the home group members. As far as rumors are concerned, this is where if you don't feed the fire, it will go out. The more attention and energy you give the situation, the more it will spread. Understand that sometimes this is an exercise in powerlessness and humility. Keep showing up, keep suiting up, and keep carrying the message to the addict that needs you. There will always be perpetual buttheads in this fellowship. Our job is to take what you need and leave the rest. Hope this helps. §

Love,

*Sassy*

**Interested in writing for the Pipeline?**

**email:** editor@cmaaz.org

**Questions for Sassy?**

**email:** sassy@cmaaz.org



# Vineyard Faith Stag

Vineyard Faith Stag is a welcoming group of men which is perfect for the newcomer. In addition to being the ONLY stag meeting of CMA, we offer a rotating format throughout the month:

*Do you want to hear and participate in speaking about a topic of sobriety?*

Come on down the first Monday of the month!

*What about a Big Book study?*

We have you covered on the second Monday of the month!

*Are speakers more your thing?*

BOOM!! We do that on the third Monday!

*Monthly check-in on how you're doing and how the principles of CMA helped you out?*

That's the fourth Monday!

*And if we have a fifth Monday...*

Then it's the chair's choice, so you will be kept on your toes!!

Besides the variety that Vineyard Faith Stag has for the casual attendee, it is a great place to make as your home group and be of service. We have all the positions that most groups have (chair, treasurer, etc...) and now we also have an Events & Fundraising committee to help further carry the message of CMA and provide fellowship, not only amongst the community, but also our homegroup. Plus, we are working on getting our Community Outreach off the ground to provide much needed reprieve to those still suffering out on the streets.

Just like the seed of our own sobriety, Vineyard Faith Stag started small and has grown into a beautiful fellowship of men that are passionate about sobriety. We are a smaller, intimate meeting that would love to have you come join us!

If you're interested in attending or being of service please come on **Mondays at 6:00 P.M. at Vineyard Church, 6422 N 65th Dr, Glendale, AZ 85301. §**

**By Larry A.**

# Crystal Meth Anonymous

Website: **CMAAZ.ORG** | Hotline: **1-877-700-METH** (6384) |  
Meeting list published monthly. Times and locations can change.  
Please email **Registry@cmaaz.org** for

## Sunday

**3:45 pm**  
**Broken Glass**  
(Big Book Study)  
4220 W. Northern  
Phoenix, 85051  
(The Spot, Inside)

**6:00 pm**  
**The Young/Methless**  
2610 W. McLellan.  
Phoenix, 85017  
(Sunlight of the Spirit)

**6:00 pm**  
**Broken Glass**  
4220 W. Northern  
Phoenix, 85051  
(The Spot, Inside)

**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, Inside)

**7:30 pm**  
**CMA Rocks**  
Zoom: 708-3817-889  
Password: rockon

## 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  
(Vineyard Church)

**6:00 pm**  
**Old School**  
4645 W. Bell Rd.  
Rm. 10  
Glendale, 85308

**7:00 pm**  
**Dude, Where's My Bike**  
2720 E Thomas Rd.  
C-160  
Phoenix, AZ 85016

**7:00 pm**  
**Walking Free Again**  
535 E. Agua Fria Lane  
Avondale, AZ 85323

**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  
(Lambda)

**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  
(The Spot)

**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)

**7:15 pm**  
**Broken Glass**  
4220 W. Northern  
Phoenix, 85051  
(The Spot, Inside)

**7:30 pm**  
**The Meth Lab**  
8910 N 43rd Ave.#102  
Glendale, 85302  
(Fellowship Hall)

## Wednesday

**8:30 am**  
**CMA Rocks**  
Zoom: 708-3817-889  
Password: rockon

**6:00 pm**  
**Broken Glass**  
4220 W. Northern  
Phoenix, 85051  
(The Spot)

**7:00 pm**  
**Valley of the Sun**  
4430 N 23rd St.  
Phoenix 85008  
(The New Sun)

**7:00 pm**  
**Misfits**  
1632 E Flowery St.  
Phoenix, AZ 85016  
(Crossroads)

**7:00 pm**  
**CMA Old School**  
Zoom: 846-3817-889

**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

# | Central Arizona Meetings

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

ge without notice, visit our website for the most current details.

any updates. List **updated July 8, 2025**

## esday

3817-889  
ockon

ss  
rthern  
051

e Spun  
d Ave.  
015  
(olution)

ver St.  
85016  
Flower)

hool  
4171-0199

ear  
rthern  
051

h St.  
85006

## Thursday

**6:00 pm**  
**Branching Out**  
(Women Only)  
4848 S. Central  
Phoenix, AZ 85040  
(Small Room)

**7:00 pm**  
**Vineyard Unicorns**  
**Women's Meeting**  
(Women Only)  
Text for location  
602-501-9978

**7:00 pm**  
**Dude, Where's My Bike**  
4848 S. Central  
Phoenix, AZ 85040

**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

**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

**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

**Crafty Rascals**  
4220 W. Northern  
Phoenix, 85051

**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  
(The Spot)

**11:00 am**  
**Broken Glass**  
4220 W. Northern  
Phoenix, 85051  
(The Spot)

**2:00 pm**  
**Helping Heroes**  
**Closed Mtg.**  
(BH Workers)  
4220 W. Northern  
Phoenix, 85051  
(The Spot)

**4:00 pm**  
**Reborn from the Ashes**  
1845 E Ocotillo Rd  
Phoenix, AZ 85016  
(Crossroads East)

**5:00 pm**  
**CMA Rocks**  
4220 W. Northern  
Phoenix, 85051  
(The Spot)

**7:00 pm**  
**All Gas No Breaks**  
4430 N. 23rd Ave.  
Phoenix, 85015  
(The New Solution)

**Crystal Clean**  
5116 E. Thomas Rd.  
Phoenix, 85018  
(Crossroads Arcadia)

**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)

# TRADITION 8

*“Crystal Meth Anonymous should remain forever nonprofessional, but our service centers may employ special workers.”*

As I sit down to write this for our August Pipeline, I’m reflecting on nearly four years of sobriety and the profound impact of Crystal Meth Anonymous (CMA)’s Eighth Tradition. This principle has guided my journey, especially in my roles as a non-profit board member, volunteer, paid webmaster, and chair of our communications committee.

When I first stumbled into CMA, broken and raw, I didn’t grasp the depth of the Twelve Traditions. Sobriety was a daily battle, and service was the lifeline that kept me grounded. I started small—stacking chairs, making coffee—simple acts that tethered me to the fellowship. Over time, I found myself at Lambda Phoenix Center, a haven for the LGBTQ recovery community and my CMA New Hope home group, volunteering as the web and social media chair. It was a role I loved, pouring my heart into updating our website and sharing stories of hope on our platforms.

Two years ago, I was elected to a board seat at Lambda, a humbling step in my service journey. But as my term neared its end, a challenge emerged: transitions in volunteer roles in the past often led to lost assets for this seat in web and social media—website logins, social media accounts, logos and essential graphic files, even critical data. No one could guarantee a volunteer with the professional skills to take over year after year. So, Lambda made a bold move, rooted in the Eighth Tradition. They offered me a paid position as webmaster to ensure continuity. I was hesitant—CMA’s nonprofessional ethos runs deep—but

the tradition allows for “special workers” to support our service centers. This role wasn’t about profit; it was about safeguarding our mission.

Accepting the job felt like a leap of faith. I wasn’t a current professional coder or marketer; just a sober guy with an outdated career in agency work from a previous era. But the Eighth Tradition reassured me: my work wasn’t about personal gain but about serving the fellowship. I kept our digital presence alive, ensuring newcomers could find meetings and resources. It was service, paid or not, rooted in the same spirit as chairing a meeting or sharing at a podium.

Now, as communications committee chair, I’m weaving those experiences into this publication. Each article, each event listing, is a thread connecting our community. The Eighth Tradition reminds me that while I may be paid for certain tasks, my sobriety and service remain nonprofessional at heart. I’m not here to “fix” anyone; I’m here to share my experience, strength, and hope, just as others did for me.

CMA’s Eighth Tradition has taught me that service, whether volunteer or paid, is about humility and purpose. It’s about showing up, sober, for those still suffering. As I approach my four-year mark, I’m grateful for Lambda, for CMA, and for the chance to serve—however it looks—because it keeps me sober, one day at a time. §

By Eric H

## SOBERSCOPE

I CHOSE SOBER CAUSE I WANTED  
A BETTER LIFE.  
I STAY SOBER CAUSE I GOT ONE.

*Sincerely, Travis S.*

# Arizona Area Convention 2025

## Keep It Kind & Gentle

### August 15 - 17, 2025



**Embassy Suites by Hilton Phoenix Scottsdale**  
**4415 E Paradise Village Parkway S.**  
**Phoenix, AZ 85032 | \$109/Night\* | Breakfast Included!**  
**Discounted Parking (\$7/Night)**  
**Available 8/12-8/19**  
**\* Your card will not be charged until check in**

visit <https://cmaaz.org/convention/> for full details and even MORE addons!

# Convention Time!!!

Here we go again with one of my favorite events of the year, the CMA Convention! I have had the privilege of being on both sides of the coin, both as an attendee and as someone there to be of service, and neither one disappoints.

As an attendee I decided to try to get the most out of my weekend so I started off by attending a meeting hosted by a homegroup I hadn't attended before and, it was awesome! Afterwards I heard whispers of free food and as anyone new to recovery and low on funds would do, I found my way to the hospitality room where I then heard about a workshop that was going to be happening the next morning and made sure to set a reminder to attend. So I enjoy the first night shenanigans along with some epic speakers and get to bed somewhere around 2am.

The next day I attend said workshop and it's dealing with letting go and I by an act of God have a moment of healing that ended up being profound for my recovery. Last year I had the blessing of being able to help with archives and the pines committee along with chairing a 1 or 2am meeting and when your on the outside looking on you get to see it all, the love and appreciation for this fellowship and its ability to help people start over but mainly, you see every person for who they are, a miracle! I was able to hear so many beautiful stories and learn about how strong so many people where and I will tell you this in my honest opinion:

Perspective is the best and most beautiful gift we get to be blessed with in recovery, I met people with decades down to less than 24hrs and yet we grasp to the same hope we arrived with, the only real change is that with a little time that hope is placed in the newcomers it was one of the most eye opening experiences to just be and live in gratitude. I know every year the committee does their best for our fellowship to put on the convention and for that we owe thanks to these unsung heroes and, if you have a chance attend this year's and next year's convention and allow yourself to enjoy it from both sides as well, you won't regret it! §

By Neal

