

THE PIPELINE

Volume 135

October 2025

STEP 10 "Continued to take personal inventory and when we were wrong promptly admitted it."

When I first got sober, Step 10 seemed to me to be another burden, "Oh great, I have to see what I did wrong everyday!" I used to hate to admit when I'm wrong (and honestly, still dislike it). So, my train of thought when I first got sober was simply to not mess up; that way I wouldn't need to promptly admit it.

One problem, though—that's a horrible way to go about life. After all, just as Step 4 tells us, "A business which takes no regular inventory usually goes broke." I have a new business, with a new employer, and I need to make sure that my stock is good and purge the bad, otherwise, my life cannot be successful. Step 10 in the Big Book succinctly states "It should continue for our lifetime." This means I have to practice the 10th Step principle of Discipline.

Discipline is something I always lacked. I was apathetic and fearful, and apathy caused me to not care about how my actions affected others. From there, I was fearful to look inward and see my part in those actions. The most people got out of me when I was still in active addiction was a quick and dismissive "Sorry." I was always good at saying sorry, but never meant it. Eventually those sorries fell on deaf ears. Although I meant the word, I never did anything about it. It was not a promise—even if I did promise not to do whatever I did again—it was just an empty word that carried no depth. Saying sorry is often just because we got caught—when we promptly make amends, we are admitting fault and wanting to make it better.

Seeing those faults can be daunting for some of us.

Keeping an eye on the day and noticing where I go wrong seems like a "bummer" initially. However, when you really look at it with the proper perspective, I get to see where I need to work on myself, and where I have strayed from the path. In doing so, I get to make amends and grow.

Step 10 is not just an opportunity for me to practice and grow, but to see how much I have grown. The 12x12 tells us that "inventory-taking is not always done in red ink." This is vital; as a self-loathing person who can quickly go into morbid reflection, it's hard for me to see if I'm doing well or not. Step 10 helps with that, as not only hit all the things I need to work on, but I also see the good things that I have done. Maybe someone cut me off on the freeway and I didn't throw a marble out my window to crack their windshield (I used to carry marbles in my cup holder for such an occasion). Instead, I prayed for that person because maybe they're in a hurry due to an emergency, or maybe they're just having a bad day. Either way, I chose to act differently than before. This is how I can measure my own growth and fill myself with gratitude.

This is the importance of Step 10 and our recovery. We are always looking for things to improve upon, and yes, Step 10 addresses those things. But when was the last time you took inventory of the good things and gave thanks to your Higher Power? Take that time as well to see the growth in you. Love yourself as your Higher Power loves you. You're worth it. §

By Larry A.

Statewide Hotline:
1(877) 700-METH

CMAAZ.org



Sassy Sponsor

Dear Sassy Sponsor,

Recently, I watched a couple I knew in my home group break up, and a certain amount of drama ensued where they avoided each other, one started going to a different group, and the usual nonsense of people taking sides and gossiping. Not long after, I saw another two people in a different meeting I frequent start dating, and some other drama began where uninvolved people had opinions of all varieties. It seems almost like dating in your home group can be an incredibly complicated and drama-ridden no matter what. So I have to ask, why do it? Why are so many against it? Is this really related to "13th stepping" and the taboos around it? Is it really so bad to date in recovery, and why do people seem to have such rigid opinions on it?

Sincerely,
Skeptical and Questioning

Dear Skeptical,

First off, with addicts, it's a very real tendency to take good ideas and concepts, and extend them way beyond what was originally intended. While the 12 and 12 cautions against infatuation and rapid descent into all consuming relationships, what many often quote is the warning piece, instead of the subsequent observation that the "prospective partners need to be solid A.A.'s and long enough acquainted to know that their compatibility at spiritual, mental, and emotional levels is a fact and not wishful thinking."

Without going down the rabbit hole of what will make a successful relationship versus what is doomed to fail, we need to separate fact from illusion. In large groups, people will typically pair up. This is true no matter what the context—when you know you already have something in common (e.g. recovery, church, enjoying softball), it's much easier to approach your crush, get to know them, and get a sense of whether or not you can actually form something deeper with this person.

This connection to recovery doesn't mean "13th stepping" is occurring, unless a person is using their knowledge of the steps and book to somehow get an "in" with the attractive newcomer. While we steadfastly encourage people to get through their steps and do exercises like a relationship ideal before seeking out partnership, this doesn't automatically mean that a difference in time means a ton in the grand scheme of things, except in rare cases that are often glaringly obvious.

The drama inevitably involved often comes about when people approach dating and relationships in the wrong manner, and then often well-meaning friends inevitably take sides. Some may not understand what they're actually looking for in a relationship, and then when it ends because of differences (one wanted long term and kids, the other was just having fun, or one of a million other scenarios), they find themselves bitter. Some have not yet learned to handle these situations with dignity and respect for others. Others likely have growing and healing needed, but they haven't yet addressed it.

If these disclaimers don't apply to you, or the person you happen to think is cute and interesting, there's absolutely no reason to discourage dating. While jokes about dating in recovery abound, the reality is the odds are probably not all that different from other parts of this world. Every day people meet at work, in churches, at community events, or any number of other places, and many of those people will also break up.

Finally, regardless of what happens to that couple in our home group, both they and we need to remember the purpose of a meeting is to help others recover and carry the message to the newcomer. This means we're not hugging the new man or woman and then saying "Everyone is great here, well, except for Rob, he's a womanizing ass, so avoid him." Regardless of our opinion about anyone, or how right we think/know we are, this is recovery, and we don't want the newcomer to think they're in the middle of a talk show or soap opera. Finally, we need to always remember that our opinion on the breakup of others is irrelevant, and, as is often pointed out, in a breakup, there's three viewpoints. Typically it goes "his side, her side, and the truth is somewhere in between." The truth in this case often doesn't affect us, so better to stay out of the whole mess in the first place.

Love,
Sassy §

Questions for Sassy?

email: sassy@cmaaz.org



SCAN HERE TO GET
DIGITAL COPIES OF
THE PIPELINE

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

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

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

Faith Over Fear

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

7:30 pm

CMA Rocks

Zoom: 708-3817-889
Password: rockon

7:30 pm

Tweekend Warriors

1200 N. 77th Street
Scottsdale, AZ 85257

Monday

6:00 pm

Branching out

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

Vineyard Faith Stag

(men only)
6422 N. 65th Drive,
Glendale, AZ 85301
(Vineyard Church)

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
Walking Free Again
535 E. Agua Fria Lane
Avondale, AZ 85323

CMA Rocks

7523 N. 35th Ave.
Phoenix, AZ 85051

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 Gods

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

7:00 pm

Misfits

1632 E Flowery St.
Phoenix, AZ 85016
(Crossroads)

7:00 pm

CMA Old School

Zoom: 846-378-1362

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.

updates. List **updated September 11, 2025**

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85016
(Flower)

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4171-0199

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051

h St.
85006

Thursday

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
8910 N. 43rd Ave. #102.
Glendale, AZ 85302

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)

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 10

"Crystal Meth Anonymous has no opinion on outside issues; hence the CMA name ought never be drawn into public controversy."

We can look at this tradition and use it to help keep our business meetings on track, but it's so much more. With this tradition we can help keep CMA a safe place for newcomers to find their recovery. We use it to promote unity through a God conscience. There's a million ways we can find differences from each other, but with tradition 10, we focus on the goal of carrying the message to the meth addict who is still sick and suffering. We remember that we all share this phenomenon of craving.

When we keep these ideas in mind, we can find even more ways to connect with each other. I've watched some of the most unlikely friendships form in CMA, people who truly would not normally mix. Tradition 10 helps create an

environment for relationships to flourish—how many times have the big topics of religion, politics, etc. wrecked a family get together? This tradition 10 acts as a fail safe

against that. There is also a tie in with step 10, as you should be taking your own inventory and not everyone else's, and reminds us that principles should be always prioritized over conflicts with our individual personalities. Let's not forget that tradition 10 has worked for many other fellowships, and is an excellent example of "if it isn't broke, don't fix it." There is a reason our fellowships have lasted as long as they have, and tradition 10 plays a role in the longevity and preservation of Crystal Meth Anonymous. §

By Van

SOBERSCOPE

"THE GOOD NEWS IS THERE IS A SOLUTION, THE BAD NEWS IS, THIS IS IT!"

- Anonymous

We Need Your Group's Voice!

Arizona Area GSC Delegate Feedback Survey

The General Service Conference (GSC) wants to hear from you!

Each home group is invited to provide feedback on current projects and priorities identified by the GSC Advisory Committees. This is your chance to ensure your group's voice is heard at the national level.

Deadline to submit: October 31, 2025

Navigate in your browser to:

<https://forms.gle/hFdzb3ymyBDAgJWJ9>

Or scan the QR code below to complete the form in seconds!



Need help? You can request a Delegate to attend your business meeting to assist or answer questions. Simply reply to the email from your Delegate or reach out using the contact info provided.

Let's carry the group conscience forward—together.

CMA
**NEW YEAR'S
EVE CELEBRATION**
**ALICE IN WONDERLAND
THEME**

SPEAKER JESSICA W
7102 N 58TH DR
GLENDALE, AZ 85301

WEDNESDAY, DECEMBER 31ST

DINNER: 5:00 PM
MEETING: 8:00 PM

MURDER MYSTERY
LIVE DJ

**\$60 BANQUET + \$5 ENTERTAINMENT
(ONLINE)**
\$75 AT THE DOOR

**DON'T BE LATE – JOIN US DOWN
THE RABBIT HOLE FOR AN
UNFORGETTABLE NEW YEAR'S EVE!**

SPEAKER MEETING
20 SEPTEMBER
5-9PM

FOOD **MUSIC**

PER PLAYER
\$5

Cosmic
VOLLEYBALL

PRESENTED BY **CMA** **EVENTS & FUNDRAISING**

1200 N 77TH ST, SCOTTSDALE, AZ 85257

Arizona Area CMA Convention presents

STEPS FOR
STACKS **5K**

at Royal Palm Park

8405 N 15TH AVE, PHOENIX, AZ 85021

SUNDAY, OCTOBER 5 • 7:30 - 11 AM

**SUGGESTED
DONATION \$25**

ALL YOU CAN EAT!

**HYBRID SPEAKER MEETING
FEATURING CAROLE T @ 9:30 AM**

**REGISTRATION AT 7:30 AM
5K & PANCAKES 8:30 AM
ZOOM ID: 871 7848 4633
PASSCODE: 532549**



Save the Date

**The CMA Halloween Event
will be November 1st**

Location to be announced

**Visit cmaaz.org/events for
current info**