

# THE PIPELINE

Volume 133

January 2026

## **STEP 1** *"We admitted that we were powerless over crystal meth and our lives had become unmanageable."*

**I**t states in the Big Book of Alcoholics Anonymous, "Who cares to admit defeat? Practically no one, of course." Defeat, to me before I got in these rooms, seemed like such a bad word. I thought it meant, "weakness," "failure," and "giving up." What I learned though, was that it meant something else.

Defeat was not weakness. Being powerless is not weak. I was weak against myself, my addiction, and my character defects. It wasn't weak of me to admit that when I finally had my Step 1 experience. It actually gave me strength. It may have not happened all at once, but it was the start. Step 1 doesn't say, "I admitted," it says, "WE admitted." I found help in my perceived weakness in the fellowship. People who are just like me. It was through the fellowship and my sponsor where I found a God of my own understanding that gave me a strength that I never thought I would find. We do this together, you, me, and God. That's a powerful trifecta.

Next on to failure. I thought if I admitted I was an addict that I would be a failure. Well, guess what? I already failed at many things in

addiction. I couldn't keep a job, my relationships were in shambles, I was getting in legal trouble. Nobody wanted to be around me because the stench of failure was all over me. When I took that leap and finally practiced that first step principle of "honesty," I was able to cut through the lie I was telling myself. If I only admitted I was powerless and my life was unmanageable, I could learn from those failures. It tells us later on in the Big Book that, "Everywhere we saw failure and misery transformed by humility into priceless assets." I will tell you something, I thank God everyday that I am an addict, because without those failures that were transformed, I would not have the life I have now. I wouldn't have the peace and serenity that I wanted for so long.

I also learned that defeat isn't the same as giving up. There isn't any coming back if I give up, but if I admit defeat, it gives me the opportunity to come back; this time armed with the tools that this program has given me to fight another day. It's like the Rocky. Sure, Rocky was defeated by Apollo Creed in the first movie, but in the second he trains harder, gets

better, and defeats Apollo. That's what I did to this disease.

Now of course, unlike Apollo, this disease didn't become my friend. Instead it's cunning, baffling, and powerful. It dogs me just about everyday. Sure, I don't get cravings anymore and my life has become pretty manageable, but it comes at me in other ways. Maybe someone cut me off on the freeway. Maybe it's an irritating coworker. Maybe it's my spouse. Whatever it is, if I am not admitting defeat to those things and being honest with myself that I am powerless over them, then my life will quickly become unmanageable. That unmanageability just takes different forms. It's no longer being homeless or stealing. It's not lying and running from problems. Instead, it's my serenity being affected. Anytime that happens, I have to remember the first part of Step 1; that I am powerless, and the only thing that will help me is to admit defeat.

Keep your guard up, but remember there is no shame in admitting defeat; as it sets us on the path of liberation and strength. I love you all! §

**By Larry A.**

Statewide Hotline:  
1(877) 700-METH **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/](http://www.cmaaz.org/the-pipeline/)

***Interested in writing for the Pipeline?***

**email:** editor@cmaaz.org

***Questions for Sassy?***

**email:** sassy@cmaaz.org

# Mindful Meditation



*Hope:* grounds for believing something good may happen

Today Creator, if we hold on to anything we hold on to hope. We hold on to hope of a brighter day. We hold on to hope for good things to happen. We hold on that the darkest moments and times in our lives will pass. We hold on that our hope is in you dear God. We hold on to hope and we do not give up in times of mental anguish and struggle. We hold on to your hope to let go of addictions. We hold on to hope that there will be better days ahead because we know that is true. based on the human experience.

Life ebbs and flows and there are good times and bad times and we don't judge them. We know that you are our anchor, our mercy, our light. We remember that you have always been there for us no matter what. If we are feeling overwhelmed, sad, and depressed, you will lead us to the next right thought and action to get help. We have faith in your hope that it can move mountains. Hope gives us peace and strength to keep going when all seems lost. We may not be able to solve all of the world's problems but hope can take on a life of its own.

Each and every day God gives us the courage and hope to fight through our challenges and hardships with grace and dignity. A beautiful sunrise or sunset can bring hope. Our favorite musician or band can bring hope. A walk in nature can lift our spirits. Our therapy pets can brighten our day. A workout can get our endorphins going and bring relief. A recovery meeting can offer hope. A talk with our favorite people can bring a light in the darkness. Creativity and artistic endeavors can bring hope.

Today God, we seek you first, for you are our comforter, our lifeline, our peace, and our hope. We look to you for all good things, not outside of you for outside of you we become hopeless. Amen

What is bringing you hope today? What are your thoughts on hope? §

*Amen.* By Eli D.

# 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

## Sunday

**3:45 pm**

### **Broken Glass**

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

**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  
(Crossroads Scottsdale)

## 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)

**6:45 pm**

### **Tweaker's Hope**

1200 N. 77th St.  
Scottsdale, AZ 85257  
(Crossroads Scottsdale)

**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**

4430 N 23rd St  
Phoenix 85016  
(The New Spot)

**7:00 pm**

### **Misfits**

1632 E Flower St  
Phoenix, AZ 85004  
(Crossroads)

**7:00 pm**

### **CMA Old School**

Zoom: 846-4444

**7:00 pm**

### **The Anchor**

(Men Only)  
1632 E. Flower St  
Phoenix, AZ 85004  
(Crossroads)

**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  
Please check our website for the most current details.  
For more updates. List **updated December 13, 2025**

## Wednesday

3817-889  
Phoenix

3817-889  
Phoenix

3817-889  
Phoenix

3817-889  
Phoenix

3817-889  
Phoenix

3817-889  
Phoenix

3817-889  
Phoenix

3817-889  
Phoenix

## 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)

**7:15 pm**  
**The Plug**  
501 N. Washington St.  
Chandler, AZ 85225  
(Crossroads Chandler)

**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 Bascals**  
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)  
**God Did It**  
143 S. Center St.  
Mesa, AZ 85210  
(Crossroads Red Mtn.)

**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 1

*"Our common welfare should come first; personal recovery depends on CMA unity."*

Tradition One of Crystal Meth Anonymous states, our common welfare should come first, personal recovery depends upon CMA unity. Over time, I've learned that this isn't just a line recited in meetings—it's the backbone of every moment I've stayed clean, connected, and able to show up for life. Unity is what transforms a group of hurting, isolated people into a fellowship capable of saving lives.

When I first arrived in CMA, I didn't understand what unity had to do with my personal recovery. I assumed my sobriety was entirely my responsibility. But as I kept coming back, I realized that the atmosphere I rely on—the safety, the honesty, the consistency—only exists because a group of addicts choose to place our shared well-being above individual pride, conflict, or ego. Unity creates a space where healing becomes possible.

I've seen firsthand how this tradition has protected and

strengthened not just CMA, but other fellowships as well. In one group I attended years ago, members began to argue about meeting formats, leadership roles, and personal grievances. The tension got so thick that newcomers stopped returning. Then someone reminded the group of Tradition One. Slowly, people shifted from defending personal preferences to protecting the shared mission of helping the still-suffering addict. Attitudes changed, resentments softened, and the meeting regained its warmth. Today, that fellowship is thriving again—because unity was chosen over division.

Tradition One teaches us that recovery is not a solo journey. When we prioritize the group's well-being, we create an environment where every member—including the newest, shakest, or most desperate—has a chance to experience hope. Our unity isn't just a principle; it's a lifeline. §

**By Anonymous**

# SOBERSCOPE

**IF I ALIGN WHAT I SAY WITH  
WHAT I DO, I STAND A CHANCE  
AT BEING OKAY TODAY.**

*- Anonymous*



# 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**



**GIFT OF RECOVERY  
DONATION DRIVE**

Central District Hospitals & Institutions is asking the fellowship to donate AA and any CMA related books to help the newcomer.

Central District H&I meets the first Tuesday of the month at 7 pm at 6422 N 65th Dr in which the books can be dropped off or call the chair Ashley S. to arrange a pick-up.

Please reach out to Ashley  
E-Mail | [ashleyspooner91@gmail.com](mailto:ashleyspooner91@gmail.com)  
Telephone | 480 - 876 - 0167

Help newcomers discover a new freedom. Donate new or used books to help the fellowship.

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**Central District H&I presents  
H&I DAY  
CHILI  
COOK-OFF!**

WOULD YOU LIKE TO BE A PART OF OUR CHILI COOK-OFF? WE ARE ASKING A FEW PEOPLE TO SHOW OFF THEIR SKILLS AT OUR H&I DAY FREE EVENT! IF YOU WOULD LIKE TO BE A PARTICIPANT PLEASE REACH OUT TO ASHLEY S @ 480 876-0167

BRING YOUR APPETITE AND JOIN US FOR A DAY OF DELICIOUS FUN! THE EVENT WILL BE ON SATURDAY JANUARY 10, 2026 FROM 12-4 PM AND THE LOCATION IS TO BE DETERMINED.

**2X6 12 WAYS TO FIND HOPE ONE  
MEETING AT A TIME**



# **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!**

