

# THE PIPELINE

Volume 141

April 2026

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

Step 4, the step that seems to scare just about everyone. The one that is, in my opinion, the true test of how free one wants to be.

"Searching" and "fearless" are the keywords, but for now let's look at searching. When I stole, whether it was materials or time, I could easily search and find the issue. When I lied, or cheated, or became sick and hateful towards others, or started fights, it wasn't hard to see where I was wrong. Of course these things were easy to search and find, because I was dealing with them for decades, decades of a spiritual malady that caused me much illness and pain. So for me, that notion of searching wasn't hard. The part that was truly difficult was searching for my part. Not all my resentments, fears, etc., had something that glaringly showed my part in it. That's where this really comes into play, to be able to search deeply enough to find where I was at fault led me to the key that was my new freedom.

The next key word is "fearless." This is really the one that set me, and

many of us back. Sure, we could search for this inventory, and maybe we could even find our part in many of the derelictions, but to write it out, have it look at us in the face? To eventually tell another person



all the horrible things I did?! That scared the hell out of me, but then I turned back to step 3. Without a proper third step and practicing the principle of faith, how can one obtain the step 4 principle of courage? I doubled down on my

faith, FULLY making that decision to give my will over to the care of God as I understood him. Through that, I was able to be fearless and obtain that courage to complete my inventory.

I also didn't leave anything out (no "graves list"), because I knew if I kept something to myself, I would go to an early grave. I thought I was having a health problem because while I worked on my step 4, my left arm was going numb, which turned out to be due to the stress built up in my shoulders. I was freaking out, thinking I was having a heart attack, but as soon as I finished my fifth step, my arm got pins and needles. I have never felt that kind of relief, even in 30+ years of using.

Step 4 is the way to freedom that we have never had before. It's not worth carrying around all the heartache and pain from who we USED to be. We are on a new path, you just have to ask yourself, "How free do I want to be?" §

**By Larry A**

Statewide Hotline:  
1(877) 700-METH **CMAAZ.org**





## 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 [editorecmaaz.org](mailto:editorecmaaz.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](mailto:editor@cmaaz.org)

*Questions for Sassy?*

# Sassy Sponsor

Dear Sassy Sponsor,

I've got a situation that is giving me some excitement but also inducing some fear; I almost feel ashamed of the fact that I'm in this place mentally and emotionally. I'm going to be moving soon from Phoenix to Flagstaff, and I'm excited, but I'm a bit nervous as well. The context is that after I was a couple of years sober, I went back to school, completed my bachelor's in Psychology, and now I'm on the verge of my Master's degree in counseling. I had a job here locally I wasn't a huge fan of for unrelated reasons, but now I've got an opportunity at a fantastic place and I'm super excited for the move.

Everything is rolling out well, but my only issue is some fear about the move itself. I've got a great support system here, with friends galore, meetings I love, a good sponsor I'm very comfortable with, and all in all, I'm extremely secure with my routine and life. I know how to go plug into new meetings and establish my community again. I've been sober for 8 years now and lots of changes have happened over time, but I know that it's going to be hard to give up the life I have right now, even if this is an amazing opportunity. Do you have any suggestions to help me through this?

Sincerely, *Begrudgingly Blessed*

Dear *Begrudging*,

First off, I need to acknowledge the amazing things you've achieved—not just the 8 years of sobriety, which is huge on its own, but working to get yourself through two degrees and your desire to help others in your professional life. That's truly wonderful, and you're a fantastic example of why we get sober—we get to build a life we never even thought about having, let alone come anywhere near accomplishing.

Next, let's talk about the basics. Yes, you're going to need to try and find a new home group, probably a new sponsor locally, and make a few new friends. Relocation usually means that, even when people just go from one suburb to another, we have to change our routine. It's part

of the gambit that comes with life and living in recovery. You know the drill by this point, check out a bunch of different meetings and see what's out there. Try and do it sooner rather than later—it's tempting when taking a new job to focus on that at the expense of all other things, but keeping your spiritual house in order will benefit you in all of the other areas of life. Plus, it might take you some time to truly find your niche in the new area. Treat it almost like you did when you were new to sobriety, because this is a life change, so go to more meetings than you do right now and at times you might not normally do. Maybe find a service commitment you can take on to get acquainted with people around you.

Now, I know there are people in this world for whom life in recovery almost never changes. You see them at the same home group for over a decade, they've had the same sponsor for 20-plus years, and that's great in its own way. But the reality is that most of us aren't likely to have that experience. Life will change in lots of ways both subtle and unsubtle. Friends will come and go based on life circumstances, people will move, and sadly, some will pass away both sober and not. Such is life, as the expression goes. We are not immune from the weird twists and turns that plague a great many in this world. Furthermore, we have no idea what may be in store. Over and over again, we hear adages and stories about one thing someone valued being replaced by something else, often better. It could be this is the case for your new life. Yes, you could try it for a while, hate it, and decide to come back. It could also be the thing that opens up an amazing and wonderful new chapter of life for you.

The point is, you don't know, and there's no reason to be resistant to change itself. You can be a bit scared, nervous, worried, experiencing some doubts, confused, or even just overwhelmed. All of these and more are okay. But assuming you've taken all of this into your prayer and meditation, I'd highly recommend giving it a shot. Think about it this way—before you were sober, is there any possibility that an employer would want you enough to offer you a job that would require moving, and would the people seeing you off actually miss you? Since the answers to those questions are obviously no, that alone should make you thankful for how much your life has changed, which is a testament to how much you as a person are different to the one who slinked through the doors of a meeting over 8 years ago.

Love, *Sassy* §

# Crystal Meth Anonymous

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

## Sunday

11:00 am

### Stepping into the Solution

Zoom- 814 6758 2651  
Password- Recovery

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

### Walking Free Again

535 E. Agua Fria Lane  
Avondale, AZ 85323

7:00 pm

### 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

### CMA Old School

Zoom: 846-6758

7:00 pm

### The Anchor

(Men Only)  
1632 E. Flower  
Phoenix, AZ 85016  
(Crossroads Scottsdale)

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

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

For any updates. List updated March 19, 2025

## Wednesday

3817-889  
rockon

## Thursday

**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)

**7:15 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)

# Learning the Hard Way

I recently started a new sober date, and, as of writing this article I will have 1 month and 1 week of sobriety. I've thrown myself into service work, been attending meetings regularly, and have been reworking my steps.

By the time this pipeline is out I will be working on my fourth step. I feel like maybe I can get to the bottom of some resentments that took me out last time and to the bottom of my part so that I may start correcting my perceptions and actions. Of course, there will be things I think I didn't have a role in, but as any good sponsor will tell you, 99% of the time, you did. I'm excited about the different events our fellowship has coming up, and I'm hoping



to really take a lot away from the different chances to fellowship and learn more about the steps and traditions. I live a life I couldn't have imagined just a few years ago, but allowed myself to stay in a spiritual malady. This time, I am more determined than ever to be the person I want and need to be for myself. This time, I will not hold onto resentments, I will pick up the phone when it weighs a thousand pounds, because I realize how close to death and losing everything not trying can actually bring you.

I hope your day is full of blessings, and that you allow yourself to notice them. §

**By Anonymous**

## SOBERSCOPE

**TAKE A DEEP BREATH ...  
IF I CAN ACCEPT THE TRUTH AND PUT AWAY MY FANTASY,  
IF I CAN ASK FOR A LITTLE HELP,  
IF I CAN TAKE THESE SUGGESTED STEPS,  
ONE DAY AT A TIME, I WILL BE FREE.**

# TRADITION 4

*"Each group should be autonomous except in matters affecting other groups or C.M.A. as a whole."*

The principle of autonomy is one of the key concepts of recovery allowing each group to "go its own way." But what, truly, does this idea even mean? On the surface, it translates to a notion that we should back off and let the group do its own thing. Far too many "bleeding deacons" have emerged over the years, with their very loud opinions and attempts to steer the group in their direction because "this is how things should be run." They cringe when people get boisterous in the meeting, attempt to silence people, shame them, or tell them what kind of language should be used. They might act as the arbiter of other's behavior, encouraging or discouraging a level of volume, or feeling the need to critique others.

In many cases, this is due to their belief that others are "doing it wrong." While we understand how one might acclimate to a particular style of meeting, set of readings, or level of interactions, this sort of expectation is obviously ridiculous. Yes, the meeting you attend for the first time with your friend is bound to be different from your home group, or the meeting you used to go to back when you lived across town/the state/wherever. How boring would it be if it was exactly the same, and really, why should anyone endeavor to control such small and trivial aspects of a meeting's flow?

The real beauty of this tradition lies in the fact that the only authority on matters like this is the group conscience. A group may be, due to its makeup, boisterous and loud, or quiet and reserved. It may be populated with a bunch of corporate types who just got off work at whatever local offices, decidedly blue-collar, or with people who got bussed in on the local buggy from a halfway house.

Putting aside even the most elemental of tribal boundaries people tend to subconsciously put down—ethnic backgrounds, religion, professional identity, or

religion, just to name a few—we have to say more than just "we are people who would not normally mix." We must to remember this fellowship is made up of people who are only united by one thing—a desire for sobriety. When we venture past the parking lot, we can argue about whatever we want, but inside, we only care about what is good for the meeting, or benefits the fellowship and our fellows.

Assuming a group is following the traditions as a whole, it doesn't matter one bit what the meeting looks like on a micro level. Do we do chips first, or after the readings? Long speaker, short speaker, just a group discussion meeting? Doesn't matter. All of these things don't affect the larger whole of C.M.A. It's only when a group starts down that very deliberate path that anyone need develop concerns.

In certain cases, the group conscience may be split. Many who have been around for years can tell you about groups that have had one or several incidents where the members migrated away. Perhaps a more reserved member thought the group was too loud, or whatever. We realize that not everyone's tastes are going to be the same. The old joke that meetings are often started with a coffeepot and a resentment seem to hold true here—if you are that annoyed, then go start your own meeting and do it the way you think is right.

More than anything, we are reminded that some things are important, and yet, others are trivial and stupid. We learn how to let go and no longer be so serious. We know that if we are to continue to stay sober, that CMA needs not only us, but all of the other people who we might roll our eyes at on occasion. It needs laughter, love, and trusted servants who know how to step out of the way. §

**By Morgan R**



**2026 ARIZONA AREA  
CONVENTION SERENITY TEAM  
IS LOOKING FOR  
CONVENTION AMBASSADORS  
TO JOIN THE CONVENTION TEAM!**



**THE ROLE:**

GET REGULAR UPDATES ABOUT THE CONVENTION NEEDS AND EVENTS AND ANNOUNCE THEM TO YOUR GROUP!

**HOME GROUPS AND COMMITTEES:**

PICK SOMEONE FROM YOUR GROUP TO BE A CONVENTION AMBASSADOR!

**THIS IS A GREAT LOW TIME REQUIREMENT WAY TO SERVE THE CONVENTION!**

**CONTACT ACE: 480-737-8809**

**DODGE BALL**

Presented by Central District ENF

APRIL 11TH 1-6 PM

LOCATION: JOINTED EDGE  
3000 N. 16TH AVE., WILLOW GROVE, AZ

**SPEAKER MEETING @ 5 PM**

**6 TO A TEAM \$10 PER PLAYER**

— FOOD & COFFEE AVAILABLE —  
— DRINKS ENCOURAGED —  
PRIZES INCLUDE GIFT CARDS & FREE ENTRY TO NEXT EVENT



**GIFT OF RECOVERY DONATION DRIVE**



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

Central District will receive the first Tuesday of the month of 7 year at least in April or in which the books can be dropped off or call the chair Ashley K. to arrange a pick-up.



www.cmaaa.com  
1-800-368-6666  
Tuesday, 8:00 - 2:00 PM

Help someone get on the recovery journey by donating books to help the new comer.