

THE PIPELINE

Volume 149

March 2026

STEP 3 *"Made a decision to turn our will and our lives over to the care of a God of our understanding."*

What really happens, then, in step 3? As with many things in our program, the effect is not necessarily seen immediately, but the internal changes will become obvious as we stay sober and proceed onward with the steps.

My first sponsor had me read the actor's scenario out of the AA Big Book, talking about the ways it applied to me and the various ways I'd been selfish, self-seeking, and self-centered. We chatted back and forth for a bit, before he had me get on my knees, and while holding hands, we said the prayer in the book together. As we stood up, he told me that things in my life were going to change a lot from

here on out. Then he gave me some homework to do for my fourth step, along with a very clear

continue on, to see if the assurances about change were legitimate.

Things did change quickly in ways I didn't spot or understand at first.

Looking back, I realized something, which

I tried to carry over to each man I sponsored subsequently.

The notion of a keystone for the arch we build toward freedom

stuck with me. The

idea of our program

being unapologetically about finding a higher power, which we (often loosely) made initial contact with in step 2, and now decided to trust with this simple proposal that is step 3. §



and firm timeline if I wanted him to keep sponsoring me (yes, I met it). I left that meeting unconvinced but willing to

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 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/

Interested in writing for the Pipeline?

email: editor@cmaaz.org

Questions for Sassy?

Mindful Meditation



G.O.D.: Great Out Doors

God, today we spend time outside to soak up the sun and it's glorious rays. We connect to nature to regulate our nervous system. We spend time in nature surrounded by animals and plants that feed our soul. We take a walk to change our mindset and destress from life's stressors that can get the best of us.

Nature helps us reset our mind, body, and spirit in the best way possible.

In nature, we easily connect with our higher power and tune into the sunlight of the spirit. We count our blessings which include every body part that allows us to walk, see the beauty around us, and hear the beautiful sounds of animals.

We intentionally include at least 30 minutes of nature a day into our routine for our overall well being. We know that the healthiest beings

spend regular time outside. When we walk, bike, hike, run, walk the dog, or spend time outside we know that we are producing the happy hormones in a natural way unlike if we seek them by going online. If we find ourselves unmotivated and making excuses to workout and be outside we turn to our partner,

friend, or family member who has the same desires to be outside and be well.

God, allow us to put ourselves first and go outside to be in the sun and connect with nature and put out well being first. §

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

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 St
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
page without notice, visit our website for the most current details.
y updates. List **updated February 14, 2025**

Wednesday

3817-889
rockon

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051

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hool
4171-0199

ver
85016
Flower)

Fear
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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

7:15 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)

Homegroup: Broken Glass

Before coming to this meeting, I was searching for a new home group because my work schedule had changed. I needed an evening meeting, and it had to be CMA. After exploring a few options, I found a group that fit perfectly. They meet at 6 p.m. every Wednesday, and after attending my first meeting, I knew it was the right place for me.

This is a group of people who are not only sober but truly enjoying their recovery. I was elated and immediately felt at home. When I shared that I was looking for a home group, they welcomed me into the fellowship right away. That same day, I took on a service commitment and was able to get the credentials I needed for my sober living. I also discovered that they host four additional meetings throughout the week.

A few weeks later, I attended my first business

meeting. It didn't take long before I joined a committee, taking on a meaningful service role. The business meeting was efficient and focused—we didn't waste time going off on tangents, which I've experienced in the past. I was grateful to be part of something greater than myself—something I truly needed.



The regular meetings are a wonderful opportunity for anyone to strengthen their recovery. Being surrounded by like-minded individuals is invaluable. There's nothing you need to do to join—just bring a desire to stop using.

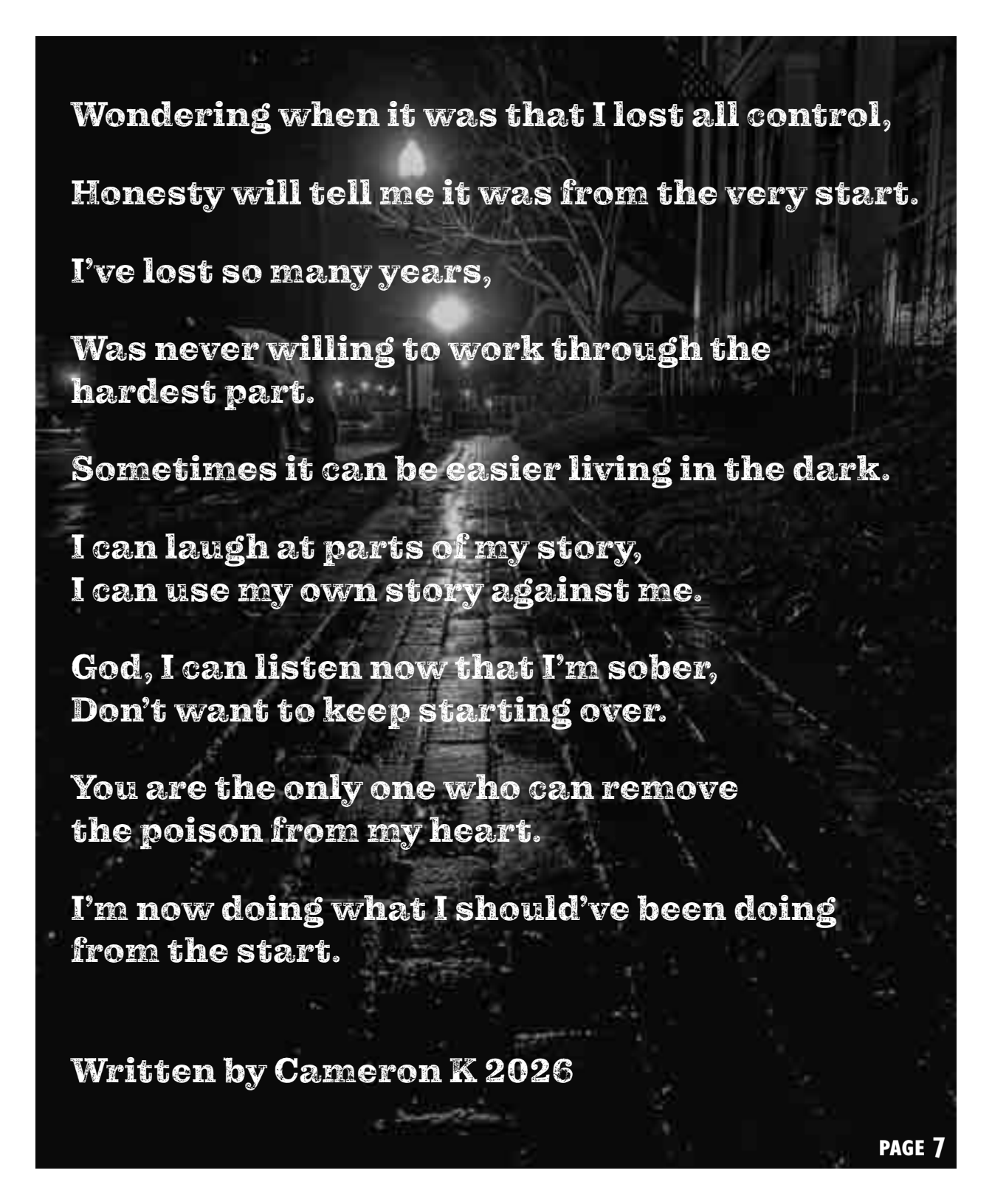
If you're new to recovery, returning after some time away, or simply looking for a strong meeting to attend, come join us at Broken Glass on Wednesday nights at The Spot. We'd love to see you there! \$

By Nickolas S

SOBERSCOPE

IF YOU ARE HERE TO BEGIN WITH
YOU ARE PROBABLY IN THE RIGHT PLACE

Anonymous



**Wondering when it was that I lost all control,
Honesty will tell me it was from the very start.
I've lost so many years,
Was never willing to work through the
hardest part.
Sometimes it can be easier living in the dark.
I can laugh at parts of my story,
I can use my own story against me.
God, I can listen now that I'm sober,
Don't want to keep starting over.
You are the only one who can remove
the poison from my heart.
I'm now doing what I should've been doing
from the start.**

Written by Cameron K 2026



**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!

HOMEGROUPS 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

The Lucky Tweaker

**MARCH 14TH 12PM
VOLLEYBALL TOURNAMENT**

TEAMS - \$5/PERSON (5 MAN TEAMS)
12 PM REGISTER TEAMS/FOOD
1 PM SPEAKER MEETING
2PM VOLLEYBALL TOURNAMENT
\$6 FOOD PLATES WITH DRINK

**HOSTED BY CENTRAL ARIZONA DISTRICT CMA
CROSSROADS SCOTTSDALE
1200 N 77TH ST.
SCOTTSDALE, AZ 85257**

**GIFT OF RECOVERY
DONATION DRIVE**

**CAD
CMA**

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

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.

DONATE BOOKS

For more information or to donate:
1-800-455-6666 or 480-737-8809
Tuesday 480-737-8809

Help to recovery through the
Recovery Challenge or with books to
help the newcomer.