

THE PIPELINE

Volume 142

May 2026

STEP 5 *"Admitted to God, to ourselves, and to another human being the exact nature of our wrongs."*

So here's the thing about Step 5 that nobody really tells you upfront — it's terrifying, gut-emptying, and weirdly one of the most beautiful things you'll ever do in recovery.

CMA's Step 5 goes like this: "Admitted to God, to ourselves, and to another human being the exact nature of our wrongs." Simple enough on paper. In practice? You're about to sit across from another human being and say out loud the stuff you've never said out loud. The stuff with a name you don't even like thinking. The stuff you're pretty sure makes you uniquely, irredeemably terrible.

You're not uniquely, irredeemably terrible. But we'll get to that.

First — the fear is normal. Everyone who's done a Step 5 has sat exactly where you're sitting right now, convinced that what's in their inventory is somehow worse than everyone else's. That their sponsor is going to quietly put down their coffee, stand up, and never speak to them again. That the words, once said out loud, will confirm every dark thing they've ever believed about themselves.

That's not what happens.

What actually happens is you start talking, and your sponsor nods, and maybe says "me too" or "I know" or just sits there with you in it without flinching — and something starts to loosen. The thing that felt like a boulder bolted to your chest starts to shift. Not because the past changed, but because it's no longer only yours. You put it down in front of another person and they didn't leave. That's the miracle. That simple, quiet, staying-in-the-room miracle.

Step 5 isn't about punishment or performance. It's not a confession booth where you earn forgiveness points. It's about finally seeing the exact nature of your wrongs — not just the what, but the why. The patterns. The fear underneath the anger. The grief underneath the using. The places you were hurting long before the drug ever showed up.

Now — from the other side of the table.

I recently took my sponsee through their Step 5, and I want to tell you something about what it's like to be a sponsor in that room, because it matters.

Sitting with someone in their most honest, most vulnerable moment is

one of the most quietly profound things recovery offers. When you've done your own work and you're holding space for someone else doing theirs, something happens to you too. Your own worst chapters stop being just wreckage and start being useful. The things that used to make you want to crawl out of your skin become the exact thing that lets you say — with complete honesty — "I know. I've been there. You're not a monster. Keep going."

That's the healing that nobody fully advertises about sponsorship. You think you're showing up for them. And you are. But the gift circles back. Every time you walk someone through their 5th Step, your own story gets reframed a little more. The shame loses a bit more of its grip. The wreckage becomes material — evidence that someone can come through the fire and still be useful, still be present, still be someone worth sitting across from.

My sponsee walked out lighter. And honestly? So did I.

That's the step working. That's exactly what it's supposed to do. §

By Eric H

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?

The Relationship Ideal

In this way, we tried to shape a safe and sane ideal for our future sex conduct. We put each relationship to the test—was this selfish or not?

It's important, when examining our past relationship mistakes and missteps, to not skip over this vital instruction. For those who do a proper sexual inventory (hint: it's not just about people you got naked with, but your overall patterns of behavior when relationships and sex are a possibility), it can be tempting to wallow in self-pity. Functionally, this action is useless. The real question seldom asked is "what will I do differently the next time?"

It's been truly staggering to me, as a person in recovery, to watch relationships come and go with sometimes rapid turnover. All of the jokes about how we pair off quickly with the second date and a U-Haul may be a bit silly, but they aren't necessarily without some real life examples or reckless behavior. Yes, of course, people together in a group will tend to pair off, and it's natural to want a relationship with someone where you both can be unconcerned with the other person judging you for being in recovery. However, the plethora of jokes about how dating in recovery means "the odds are good but the goods are odd" or "fishing in the toxic pond" ignore and trivialize the reality of relationships in general. All relationships are work regardless of anything related to recovery. This means they can be subject to failure, and require people in them to grow, communicate, and choose each other every day going forward. This is true whether you're part of a bisexual polycule in Los Angeles or a couple of Mormons in Nova Scotia.

The sex inventory as outlined in our literature suggests a bevy of questions I won't paste verbatim here, but in the AA Big Book, they are reproduced on page 69 (go ahead and chuckle). Ideally, we should follow instructions and write all of these answers down, so we can see how we created hurt or resentments in others, and what we should have done instead.

From here, we might begin to see a pattern of behavior and blatant mistakes in our relationships. Many of us have a trail of wreckage, but we can also see where the people we have chosen in the past might have been the worst possible person for us. So the question becomes simple:

What am I looking for, really?

For many years, I've given sponsees the suggestion that they make a "Top 20" list of attributes they want in a partner. Not physical—it doesn't matter if you are drawn to someone with a particular hair color, body type, or someone with a lot of tattoos. The real question is what type of person they are. If you stumble at first to come up with this, start simple. We can assume you, as a sober person, don't want a partner who's actively getting high, correct? From there, let's ask a few that can also be deal breakers.

Where do you want to live? Not the neighborhood, or type of house, but the setting—country mouse and city mouse never blend well, because one is always miserable when the other is happy in a place.

Do you believe in a god? Not religion or faith type, an agnostic or buddhist can easily coexist with a protestant, for example. But an atheist and a theist cannot.

Do you want children or not? This should be self-explanatory. Never assume the other person will change their mind, and if you did manage to influence their decision, you've just set up a major cause of resentment right there.

When first writing these down, you should then ask yourself what other internal qualities you're looking for. Lists done well will often have qualities like loyal, honest, empathetic, driven, loving, passionate, and the like. Once you have your basic list (don't worry, you can amend it anytime), take care to look carefully at a potential partner. See if they meet a large amount of these qualities, and also see if any of their bad qualities are things that are dealbreakers for you.

It should also be mentioned that it might be a good idea to take these items to prayer and meditation. Asking your higher power to steer you towards this type of partner won't produce that person like a vending machine, but it will help to guide your heart and actions a little bit towards the right direction.

The biggest gift of recovery is the ability to have a somewhat normal life. We have to learn how to do many adult things properly as we go along, and this one is no different. While this may mean a good amount of stumbling and mistakes, it can also mean a great reward as we relearn new and more emotionally intelligent actions. §

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

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

7:00 pm
CMA Old School
Zoom: 846-6758-2651

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

3817-889
rockon

3817-889
rockon

3817-889
rockon

3817-889
rockon

3817-889
rockon

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)

TRADITION 5

"Each group has but one primary purpose—to carry the message to the addict who still suffers."

At two and a half months sober, I'm still learning what Tradition Five of Crystal Meth Anonymous really means in daily life. It says our primary purpose is to carry the message to the addict who still suffers. For me, that used to sound like something only people with years clean could do. But in meetings around the valley when it comes to CMA, I've heard newcomers help newcomers and old timers just by being honest.

When I share where I'm at, still shaky, still figuring things out, I'm not pretending to be an expert. I'm just showing that it's possible to get a little distance from meth and not use today. That seems to

matter. Tradition Five keeps things simple. It reminds me that CMA isn't about cliques, drama, or outside issues. It's about staying alive and helping the next person do the same.



Some days my message is just, "I didn't use today, and I showed up." Other days I can listen without interrupting or judging. Either way, I'm part of carrying hope in this city. And right now, that feels like enough. I keep coming back, one day at a time and

I cannot wait to see where my higher power takes me in this journey in sobriety/recovery.

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.**



Rising Out Of The Ashes: Stories of Hope From The Arizona Area Fellowship

Since 1999, the Crystal Meth Anonymous (CMA) Arizona Area Fellowship has been a vibrant force of recovery in the Valley of the Sun. This incredibly diverse fellowship is made up of members from every walk of life and background. Has truly forged a true juggernaut of hope for crystal meth addicts throughout the state. Driven by passionate dedication, the Arizona Area Fellowship is a hotbed of recovery, proudly hosting over 75 CMA meetings and providing an additional 80 weekly H&I (Hospitals & Institutions) meetings to addicts in facilities. With over 155 weekly meetings total, the fellowship has demonstrated an unwavering commitment to making a solution available, showing that life free from active addiction is possible and attainable.

Now, for the first time, the Arizona Area Fellowship is sharing its unique journey with the world. This powerful book is a diverse compilation of 20 personal stories from members who have found freedom from the grips of addiction. Each narrative offers a raw and honest look at the struggles they faced and the triumphs they achieved through the fellowship of Crystal Meth Anonymous. No matter your background or experience, you will find something to identify with in these pages, allowing you to connect with the experience, strength, and hope that defines the Arizona recovery community. Prepare to be inspired by the evidence that recovery is real, and hope is alive. - **\$15 on Amazon**



A P A C H E **L A K E**

9TH ANNUAL ROAST ROUNDUP

MAY 15TH - 17TH

www.centraldistrictcma.org

See you there

For discounted hotel/RV sites visit ApacheLake.com

Join us for RoundUp20

AZ Area Convention Presents

"You Raise Me Up"

A Mother's Day Brunch

Saturday May 9th 11:00 AM to 2:00 PM

Join us for a delicious brunch, and hear an amazing mother-daughter duo share their story.

All are welcome, please bring your mom if you can and celebrate the president of recovery.

\$8 Brunch \$5 Crazy Coffee

Flowers for moms

4220 W Northern Ave
Suite 111
Phoenix 85051



**2026 ARIZONA AREA
CONVENTION SERENITY TEAM
IS LOOKING FOR
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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



Visit: <https://cmaaz.org/convention/>



2026 Area Convention Alternate Logo Men's Tank Top
\$28.00



2026 Calamity To Serenity Women's Fitted Racerback Tank Top
\$25.00



2026 Area Convention Women's Relaxed T-Shirt
\$30.00



2026 Area Convention Logo Unisex T-Shirt
\$25.00



2026 Serenity Team Hoodie
\$25.00



Short-Sleeve Unisex T-Shirt
\$25.00



2026 AZ Area Convention T-Shirt
\$30.00



A LA CARTE ADD ONS

A La Carte Add Ons
\$10.00-\$20.00



TIER 3 REGISTRATION

Tier 3 Registration
\$35.00



TIER 2 REGISTRATION

Tier 2 Registration
\$75.00



TIER 1 REGISTRATION

Tier 1 Registration
\$150.00



TIER 1 REGISTRATION BY PAYMENT PLAN

Tier 1 Registration (Payment Plan)
From: \$20.00 every 2 weeks for 16 weeks