

THE PIPELINE

Volume 143

June 2026

STEP 6 *"Were entirely ready to have God remove all these defects of character."*

Before we begin the action of Step 6, it's important to review the work we've put in thus far. Steps 1–3, completed in chronological order, are the three most important steps in our program of action. They not only introduce us to a new way of living, but also provide the solid foundation upon which we begin building this new life. The further we progress through the 12 Steps of CMA, the more apparent it becomes that each step prepares us for (and naturally transitions into) the next.

If we were thorough on our 4th Step, we likely noticed patterns in our attitudes and behaviors that seemed to appear out of nowhere. In Step 5, our sponsors may have helped reveal additional attitudes and undesirable qualities we were either blind to or had completely ignored while admitting the exact nature of our wrongs. By taking stock of our lives in such a searching and fearless manner, it becomes clear these are the very things occupying space in our minds that must begin to be "thrown out" if we want to remain sober. By the time we reach Step 6, we have begun identifying these defects of character that are taking up much-needed room within ourselves.

Imagine the manager of a failing bakery who, after years of losing loyal customers and receiving bad reviews due to poor product quality, finally decides that enough is enough. One day, they walk

into the storage room and take a closer look at the boxes of ingredients and products lining the shelves — the same supplies that have been used from the beginning. To their surprise, they discover that many of those boxes expired long ago. This is the essence of Step 6.

Much like our fictional manager, it is our defects of character — those expired boxes of product in our imaginary bakery — that are the root cause of our decline. Naturally, we may have lingering reservations about throwing away so much of what we were convinced was working for so long. The thought of letting go of everything can feel overwhelming, as for so long, these defects were the primary inventory we drew from. We may very well have considered them assets, since in many cases, we needed those defects to survive the bad situations we found ourselves in.

Remember to take a deep breath and recognize the beauty of this vital step—this is not an overnight, one-and-done solution. The process of actually throwing out the expired products has not yet begun. At this stage, we are simply being asked to recognize how much is holding us back and to become willing to let go of those undesirable things within us.

As previously stated, each of the CMA 12 Steps builds upon the next, and Step 6 is no different. Many of us felt

that getting everything off our chest during the previous two steps was like a tremendous weight being lifted from our shoulders. This same sense of relief continues throughout this step and the ones that follow, all the way to the end of the process. With each completed step, the weight on your shoulders gradually gets lighter and easier to walk around with.

Length of time away from crystal meth, alcohol, marijuana, or any other mind-altering substance is never a guarantee that we will stay sober. Sobriety merely begins with abstinence, and this is only half the battle. However, working these steps whilst staying abstinent allows us to address the spiritual malady within us — the very thing that keeps us shackled by ball and chain to our old ways and destructive patterns. It is what pulls us back to the straw, the pipe, the needle — whatever manifestation our addiction once took.

Completing Step 6 places us at the 50-yard line: halfway through the process of exorcising the demons manifesting as addiction which possessed us for so long. It sets us up for a lifetime full of peace, inner strength (sometimes in ways we never knew possible), and most importantly: Sobriety. §

By Bryce K

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



WANT TO BE OF SERVICE TO CMA? LIKE DRIVING? HAVE TRUNK SPACE?

Help carry the message (literally) by becoming the Pipeline Pusher!

The Communications Committee is looking for a volunteer to pick up monthly copies of The Pipeline from the printer and distribute them to various meeting locations across the district.

“Our common welfare should come first; personal recovery depends on CMA unity.”

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 editorecmaa.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.cmaa.org/the-pipeline/



“A GREAT FUTURE DOESN’T REQUIRE A GREAT PAST.”

Few statements capture the heart of recovery more clearly than this one. In the fellowship of Crystal Meth Anonymous, people arrive carrying broken relationships, shame, fear, regret, and the wreckage of addiction. Many come believing their past has already written the story of their future. Yet the 12 Steps offer a radically different message: no matter how dark yesterday was, transformation is possible today.

The simple beauty of the 12 Steps is they do not require perfection before beginning; they require honesty, willingness, and surrender. Step One asks the addict to admit powerlessness over drugs, then recognize that life has become unmanageable. This admission is not defeat, but the doorway to hope. The moment someone stops pretending they are in control is often the moment healing truly begins.

For many addicts, the past feels impossible to escape. There may be memories of lost jobs, damaged marriages, legal troubles, or years wasted chasing the next high—shame can easily become a prison. It’s important to stress that the message of recovery is not that the past never happened, but it no longer has to dictate the future. The Steps teach us that a person is more than their worst decisions.

One of the greatest miracles seen in CMA is people who once believed they were hopeless becoming examples of hope for others. A newcomer may walk into a meeting feeling broken beyond repair only to hear stories from people who survived worse circumstances and found freedom. The rooms are filled with living proof that redemption is real.

The Steps emphasize spiritual growth, self-examination, and helping others. Recovery is not merely about abstinence, it is about building a meaningful life. The person who once lived in isolation begins forming genuine connections. Those who once harmed others learn to serve them. The future becomes shaped not by past failures, but by present choices.

“A great future doesn’t require a great past” is more than an inspirational quote—it is part of the foundation of recovery itself. The 12 Steps remind every addict that they are never disqualified from a better life because of where they have been. Recovery does not ask someone to rewrite their history. It asks them to begin a new chapter.

In CMA, the past may explain a person, but it does not define them. One day at a time, the future can become greater than anyone ever imagined. §

By Larry A

Sassy Sponsor

Dear Sassy Sponsor,

I've seen a fair bit of loss the last year in my circle. I lost a "sibling" in my lineage, two home group members I loved, and another friend in the program, all due to relapses. I've been around recovery for a few years, continuously sober for four years, and this is the worst stretch I've ever seen. I used to think the men and women who talked about buying black clothes you could wear to a funeral were being overblown in their statements, but lately, either it's worse or the grief is just hitting me harder. I'm having a hard time processing all of this grief. Do you have any thoughts on this subject?

Sincerely,

Struggling to find Serenity

Dear Struggling,

That's a hard one. Maybe it's both. Maybe it's also additional stresses piled on top of it all. It's impossible to really know, but I can give some general advice here.

It's truly remarkable when an addict puts down the pipe, needle, or bottle and doesn't pick them up again. We celebrate because we know the odds aren't always the greatest, so seeing people we respect and even love celebrate milestones seems like such a victory. We shake our heads knowingly when others come back from a relapse as we try not to judge too much, and we develop a certain wariness of expectation and fear when we hear about people passing away.

Death in and of itself is difficult enough. Grief is not linear, and it finds and haunts us in all sorts of ways. It doesn't matter how prepared we are—those of us who have lost parents, family, and friends to age and illness know all too well how no amount of preparation can truly make it easier when the time finally comes.

But the problem with watching someone we love die of the disease is twofold—both the suddenness and the unfinished nature of their story make it almost more traumatic. One of the biggest joys of sobriety is seeing people restore their

lives. They repair relationships with family, make amends, and regain much of the life they lost. In many cases, they get the incredible opportunity to create a life they never would have dreamed of prior, whether it's a loving healthy relationship, starting a family, going to school, professional accomplishments—whatever their dream is, the beauty of recovery is it allows you to pursue all of it.

It's heartbreaking to see someone who had created a life due to recovery turn around and lose it due to one mistake. It's horrible to see the person who just couldn't quite get it pass, then wonder "what if?" What if they had just called someone instead of finding a plug? What if they had just reached out, gone to a meeting, done something different instead of giving up?

We all get a little bit of grace, but the problem is we don't know how much we're going to get. Between the already risky nature of the dope game, the sheer preponderance of fentanyl in the supply nowadays, and the factors that create more risk after we've spent some time clean, it's impossible to know when a relapse might be a person's last. We also know that no amount of logic or appeal to our better angels will steer an addict already in the relapse mode will make them shake out of their suffering and into appropriate action. Using just makes the relapse official, it's already taken effect long beforehand.

It's vital, beyond anything else, to try and maintain some perspective around this loss. Despite the darkness that brought them down, there was someone in there who tried, once upon a time. When you remember the good times, recall it with love. Don't judge them too much just because they didn't make it—they did try, regardless of the final result. Do your best to remember how they did once upon a time do some good things and create a good life. Be grateful that you had love in your life, even though the person you loved didn't make it. You will feel pain and even some anger at how they went out. Work on forgiving them as much as you can, and be grateful they didn't take you along with them. Lastly, this is going to sound harsh, but it's not meant to be so—grief is proof that you can care about another person, and that means you need to use that empathy and love to continue to love and help others. You can honor the memory of the fallen, but you must absolutely make sure that you also don't let your sorrow prevent you from showing love again. Hope this helps. §

Love,

Sassy

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 a

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: 846-444-4444

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

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

any updates. List **updated May 25, 2026**

Wednesday

3817-889
rockon

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051

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4171-0199

ver
85016
Flower)

Fear
rthern
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

12:00 PM
Queers, Crackpots &
Fallen Women

Zoom: 87058036611
No Password

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
Jale-Luiah
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 6

"A CMA group ought never endorse, finance, or lend the CMA name to any related facility or outside enterprise, lest problems of money, property, or prestige divert us from our primary purpose."

Crystal Meth Anonymous is a fellowship rooted in spiritual principles and should never be treated as a business. Yes, we take meetings into Hospitals and Institutions, but we do so in cooperation so that we may carry the message to the addict who still suffers.

Over the last 6 months, multiple Committees that serve the greater good of our fellowship have taken budget cuts or otherwise withheld their own budget for the sake of the fellowship. While at first there was some fear, it eventually gave way when I saw how God works in our fellowship and how CMA has come together to support each other in our singleness of purpose, to keep us right sized.

What I have come to understand is that Tradition 6 protects us from slowly drifting away from what truly matters. It can be easy to believe that more money,

recognition, or influence could somehow strengthen our fellowship, but our real strength has always come from one addict helping another. The moment outside interests become more important than carrying the message, we risk losing the spiritual foundation that keeps CMA alive.

I have watched trusted servants make difficult decisions not based on pride or personal gain, but on what would best serve the fellowship as a whole. That kind of humility reminds me that no individual, committee, or outside organization is greater than our primary purpose. Tradition 6 helps ensure that CMA remains a place where recovery comes first, where unity is valued over prestige, and where the suffering addict can still find hope freely given by those who understand. §



By Van

SOBERSCOPE

**RECOVERY DOESN'T OPEN
THE GATES OF HEAVEN AND LET US IN...
IT OPENS THE GATES OF HELL
AND LETS US OUT.**

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

A FREE EVENT FOR ALL TO ENJOY

LIFE'S STORMS CAN BE CHALLENGING...

FINDING PEACE THROUGH SERVICE

JOIN US FOR CMA H&I DAY 2026!

COME ON OUT AND LEARN HOW TO CARRY THE MESSAGE OF RECOVERY THROUGH HOSPITALS & INSTITUTIONS. WE HAVE FELLOWSHIP, FOOD AND, GAMES/RAFFLES!

DATE: OCTOBER 3, 2026
TIME: 11 am - 4 pm
LOCATION: TO BE DETERMINED

THANK YOU FOR BEING OF SERVICE!

GIFT OF RECOVERY DONATION DRIVE

Crystal Meth Anonymous

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

Central District H&I needs the first Thursday of the month at 7 pm at 4222 N 29th St or what the books can be dropped off or call the chair Ashley G. to arrange a pickup

DONATE BOOKS

Please reach out to Ashley G. H&I | ashg@crystalmeth.org | 503.255.1140 - 574-2227

Help newcomers flourish & new freedom. Donate new & used books to help the Fellowship.

MATCHING CALAMITY WITH SERENITY

COOKIE PARTY!

Stop by, grab a cookie, and enjoy a sweet moment with friends!

AUGUST 14TH
5:00 PM – 6:30 PM
AT THE CONVENTION JOIN US!

We look forward to seeing you there!

CMAAZ.ORG/CONVENTION



MATCHING CALAMITY WITH SERENITY

REGISTRATION IS OPEN!

2026 ARIZONA CMA CONVENTION
AUGUST 14TH – 16TH
SCOTTSDALE EMBASSY SUITES

TIER 3	TIER 2	TIER 1
\$35	\$75	\$150 <small>PAYMENT PLANS AVAILABLE!</small>

A LA CARTE ADD-ONS: \$10-\$20
PAYMENT PLANS AVAILABLE!

REGISTER TODAY!
cmaaz.org/convention




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

CMA UNITY HUB

WE ARE LEAVING FACEBOOK

We heard you! Facebook is not a unifying place to be. It is full of ads, bots, spam, surveillance, and outside issues. It's a place where anonymity is routinely broken. And many of our fellows have already made a conscientious choice to leave the platform for these and other reasons.

Anyone can use Facebook as a private person. Many of us still will. But as a fellowship, we decided that being self-supporting through our own contributions means establishing a digital space that is under the autonomy of CMA, not outside enterprises.

The Unity Hub has personal profiles, homegroups, announcements, and service committees - everything the fellowship needs to function socially and structurally.

It's is open now and you can join today!!

UNITY.CMAAZ.ORG



CMA ROCKS PRESENTS
 NIGHT IN THE PARK

SOFTBALL TOURNAMENT

CO-ED TEAMS

LOCATION: 7700 E ROOSEVELT ST, SCOTTSDALE, AZ 85257
June 20, 2026 | Time: 5-9 PM

REGISTER AT THE EVENT!!!
FOOD & DRINKS AVAILABLE!

REGISTRATION: \$15 PER PERSON UNITY DRAFT

