

Convention Season is Here By Neal V.

Convention time has arrived; in CMA this is one of my favorite events of the year!

It's one of those events that has a little bit of everything for everyone, for myself it's my favorite weekend to be of service to the fellowship. I enjoy it all from setting up chairs and tables, to tabling for a committee or, setting up archives which has really become the highlight for me and a true honor to get to be a part of but, the thing I love the most is getting to watch as a God of my understanding works through the fellowship. I mean seeing a newcomer get excited, getting to hear about parents getting their kids back, an old friend making it back alive to try again just as well as friends coming together to heal over the ones who didn't. It just seems like my heart and ears are more open and in tune during the convention.

If you've ever wanted to be of service to CMA I would suggest for you to try serving on the committee at least once. I promise you'll get it all, frustration, laughs, insight but most importantly you'll grow in your recovery and on a personal level. I have never left the CMA Convention without my cup being full that's for sure.

How amazing is the sobriety countdown too, right?! I mean being a part of that reminds me of how much this amazing fellowship is growing, and that's something we should all be excited about! I hope you find something for yourself at this year's convention.

We really wanted to thank you all by putting together a convention to show you all how amazing you are and this fellowship is, we have something very special here with Crystal Meth Anonymous in Arizona and I hope we all continue to help it grow!

Thank you all for contributing to Crystal Meth Anonymous and making this fellowship a home when we need one, a family for when we have none and, reminding each other whether directly or through small acts of kindness that we all are deserving of love.

Stay Rad Crystal Meth Anonymous!

Statewide Hotline:
1(877) 700-METH

CMAAZ.org



Steps 7, 8 and 9

7 - Humbly asked God to remove our shortcomings.

8 - Made a list of all persons we had harmed and became willing to make amends to them all.

9 - Made a direct amends to such people wherever possible, except when to do so would injure them or others.

Like many in early recovery, I was convinced that steps 6 & 7 were “easy,” as they didn’t really require me to actually “do” anything. I’ve created a list of character defects, and now, in step 7, I’m going to go before my higher power and ask them to be taken away? No problem! I’ll do it several times in the next few minutes, and I’ll be covered more than anyone else in the room. However, several years into sobriety, I heard words that shifted my perspective rather abruptly:

Seeking god is an action.

Sitting with that notion was uncomfortable at first. How does one seek to get closer to their god? How do I actually ask for my shortcomings to be removed? If it isn’t a simple as saying “hey, take this away from me,” then what is the proper procedure? Is this even possible?

We start with a desire to actually be rid of the character defect. My defect may be fun, something I truly have embedded as part of my personality. We need to also determine what the opposite of the defect is, as we’ll need to grow towards an asset—just quitting the defect doesn’t work, since it merely creates a vacuum where a new defect can and will pop in. But the point is to be able to work towards a new reality where we find a new way of coping with the chief activator of all our defects, fear. We do this through faith.

Step 8 is perhaps the simplest step that gets overthought the most—making a list. The big book advises that we made this list when we took inventory, and this is indeed the best starting point. We usually resent the people we owe amends to, although this is by no means comprehensive. However, if we have no map, we will never be able to reach our destination, which is complete freedom.

However, step 9 is where we not only see the need for the previous steps setting the stage, but where we consult someone with more knowledge of the steps. We know and understand the basic outline of an amends-contact, explain what we need to do, ask for permission, ask how they would like to receive the amends, state what we have done, offer to make it right, then ask if there is anything else we can or should make amends for.

Assuming the amends are received somewhat well-the person gives us permission, the amends are accepted, etcetera-the problems come from areas where we haven't yet developed enough discretion to really handle our amends properly. Perhaps the person we need to approach will require some time to get over their hurt or fear of us. Maybe we aren't yet sufficiently repentant enough yet due to our own resentments (justified or not), and we'll be merely attempting to make our amends out of competence in order to move on in our steps.

This leans heavily into one very important point we don't want to overlook. The whole point of amends is to fit ourselves to be of maximum service to our god and others. To achieve this, we need to exhibit changed behavior, which means we both have the uncomfortable conversation, and we don't repeat the same behavior. There's nothing more taxing than someone claiming to feel bad about their actions while repeating the mistakes of old. So if we have formerly been dishonest, we choose honesty from now on, disloyalty requires us to learn to be loyal-no matter what the defect, we learn to practice the antonym.

The final piece we haven't really discussed is the notion of what should and should not be addressed, or "except when to do so would injure them or others." Sobriety is full of these moments. The person who falls on their sword to clear their conscience and instead ends up damaging the life/lives of those around them by opening a wound that should have remained untouched. To each of these situations, we again encourage our newcomer to ask the opinion of the experienced sober person. Remember that just because a situation may not have a direct amends, doesn't mean an amends isn't made. Sobriety is full of people who have taken on interesting, unconventional ways of making things right-whether it's a surrogate amends for someone they'll never be able to track down, a donation made to a charity affecting the type of people they victimized, or volunteer work to help them do some respectable works. The point is that we have so many possible ways of making amends in this life, there truly is no excuse to leave something incomplete in our pursuit to be molded into a person of worth.

By Morgan R.

Tradition 7

Every CMA group ought to be fully self-supporting, declining outside contributions.

Self-supporting drug addicts!? Who ever heard of such a thing? Yet we find that's what we must be. This Tradition is a keystone in the program when we consider financial security. We follow this tradition to put emphasis on the way we treat our financial situations.

When we come into CMA, we are usually broke, so we can't always put money in the 7th tradition basket. That shouldn't deter us. The goal is to get sober and work on ourselves to become better people. Coming to a meeting and hearing the message is key, eventually when we are back on our feet, we can start giving to the 7th tradition.

CMA should always remain relatively "poor" monetarily, to ensure immunity from problems of property, money and authority. No one likes it when someone tries to play the big-shot or tries to have authority over anyone else in our business meetings. This principle ensures that we stay out of the way of ourselves and keep the fellowship free of these excesses.

We also decline outside contributions to keep us focused on our primary purpose, carrying the message to the still suffering addict. If we were to accept charitable donations, we would be losing sight of that purpose; people who give would want to have their say in the association and try to impose their views on where the business side of things "should be going." We want to stay clear of this type of controversy; therefore, we must solely rely upon ourselves to keep things running.

This Tradition is important, we are fully self-supporting, everybody needs some money in this society, and we do so solely the members who call themselves a part of CMA. We don't accept outside contributions, so we know that we'll always have a place to go to recover.

By Nickolas S.



Tradition 8

Crystal-Meth Anonymous should remain forever non-professional, but our service centers may employ special workers.

Crystal-Meth Anonymous will never have a professional class. We have discovered that when we reach the point of professionalism, money and spirituality don't mix. Professionalism is a counteractant to CMA and the fellowship. We must remember to keep our work lives out of CMA and how it is run, otherwise it may be said that we are making money out of CMA. Of course, though, if we are to obtain a professional position akin to counseling or social work, we are apt to lend our professional experience to that position, provided we stay anonymous in doing so. We also do not, in any way, get paid for twelve step work; this is a service rendered by sober members of CMA and it would cause problems.

However, the fellowship, and groups therein, can appoint workers to do special tasks that we would need a professional to do. The groups should remain non-professional in essence, but if we were to need, say, a webmaster, we would pay someone already in CMA that has that experience, at a discounted rate; something like that is intensive work and having a volunteer do it would not be appropriate for the work rendered in such an activity.

So, remaining non-professional is something of a paradox, in that we don't consider CMA as to be professional by any means, but our professional experience can be employed to CMA for a special position. Keeping CMA forever non-professional ensures that we don't make mistakes of inclusion and integration and this fact is a good practice for CMA and the fellowship as a whole!

By Nickolas S.

Tradition 9

CMA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.

Not the GSC, the Board of Trustees, or the humblest of groups can make a single directive to a CMA member and make it stick. Experience in twelve step fellowships shows us that organization is not needed when following spiritual principles. Animated by a spirit of service, we set the fellowship as a way to conceptualize a true spirit of non-organization. People might say that non-organization leads to anarchy and chaos; conversely, we find in CMA that our non-organization makes for a long lasting attendance. We go not because it is organized, but because it's our recovery.

While the fellowship has no organization, in making our service boards and committees, there's a certain way we wish to run it. Again, everything is still but a suggestion. We can follow it or not, but we remember there's no vested authority to any one member or CMA as a whole. Of course we want to run committees with a spirit of rotation, not having anyone spend too much time and get set in their ways. This helps us adhere to this tradition in the fellowship.

Tradition 9 is important in that we need not be disillusioned into thinking that organization is the key to our way of life. In fact, we must avoid those dangers of great wealth, prestige and entrenched power which come from the height of organization. This tradition ensures the persistence of CMA, by helping us go to a place that is suggested, not mandatorily administered, and for many that's just what we need.

By Nickolas S.

Homegroup Spotlight

New Hope

The biggest thing that makes New Hope special is that it's more than just a meeting. It's a place where people get involved, make friends, and become part of something bigger. We're a bit rowdy, silly, and rarely serious, though we do take our recovery very seriously underneath the joking surface. The name New Hope reflects what many of us find when we begin working the program—from the very beginning of the Alcoholics Anonymous Big Book, we're told, "There is a solution," and throughout its pages we're shown that recovery offers a new way of living. That's what New Hope is all about—a place where hope begins, lives change, and no one has to recover alone.

New Hope has been part of the Phoenix recovery community since 2003 and meets at the Lambda Phoenix Center. Even though Lambda has deep roots in the LGBTQ+ community, meetings are open to everyone looking for recovery. Whether you're a longtime member, brand new to recovery, or just looking for a place to belong, you'll be welcomed here. We meet every Monday, Wednesday, and Saturday at 7:30 p.m. Mondays are the literature meeting, Wednesdays are our speaker meeting, and Saturdays is the topic discussion meeting. Wednesday is usually the busiest night, with more than 50 people in attendance. Along with our regular members, we're grateful to have people from several recovery centers and sober living homes attend our meetings, bringing new faces and fresh perspectives on a regular basis.

On the last Monday of every month, we hold our business meeting where members can pick up service commitments. Whether it's making coffee, handing out raffle tickets, chairing a meeting, or helping in other ways, everyone has an opportunity to be of service.

The fellowship doesn't end when the meeting does. After every meeting, a group of us heads to a local restaurant to spend time together, and all are welcome, including people attending their very first New Hope meeting. Some of the best conversations and friendships begin around those tables. The friendships that grow here often last well beyond the meeting itself. In fact, a small group of longtime New Hope members recently got matching New Hope tattoos. It's a simple reminder of the gratitude, fellowship, and recovery they've found through this home group.

For more than 20 years, New Hope has been a place where people come to find hope, support, and a community that truly cares. It doesn't matter if it's your first meeting or you've been around for years—there's always a seat waiting for you.

By Joey M.

Sassy Sponsor

DEAR SASSY

I'm in a good place overall in my life right now, having just picked up seven years of sobriety, in the same relationship for three years, have a stable career, and a circle of good friends. My biggest issue is my relationship with my father. To sum up as simply as possible, he was sober for about 20 years previously during my childhood, though into my preteens I don't remember him hardly going to meetings or connecting with recovery much. He drank again when I was in high school, and in the 18 years or so since, he's been back and forth with various lengths of dryness, determining he'll be fine with a few drinks, leading into an inevitable downward spiral. Finally, this spring he checked himself into rehab, but since then he's just been going to meetings, no sponsor, and has all kinds of excuses about how he wants to run his program. How do I deal with this? Do I set a boundary that if he doesn't want to work a proper program, we can't let him come over? My partner is terrified of when he loses his battle, and he's just plain old not great to be around right now.

Sincerely,

Frustrated with Father

DEAR FRUSTRATED

I have to start off by saying congratulations on your sobriety and your life. It's wonderful and heartwarming to witness. Now, let's get to the Al-anon part of our program, because that's what's really messing you up. You might want to repeat this out loud, or even put it on a reminder note where you'll see it regularly at a bare minimum, because it's extremely important.

First, the three C's: I didn't Cause it, I can't Control it, and I can't Cure it. Then, perhaps more importantly, since it's action, which is literally the most important word in our program, we have the three G's. Get off their back, Get out of their way, and Get on with your own life.

You have found recovery, and it's changed and benefitted your life immeasurably. That's amazing and wonderful. However, not everyone wants it. Many need it, and even though we're not supposed to proclaim anyone else an alcoholic or an addict, your dad probably qualifies, and you are feeling the effects and annoyance of his disease.

The only real solution for you is to separate yourself here. This doesn't necessarily need to be dramatic, there are ways to at least start this process with love for both him and yourself. I highly recommend you get some help and reinforcement with this task, either with a therapist that specializes in this area, or through a specialized program like Al-anon or Nar-anon. But more than anything, I point you to those three C's and three G's above.

To be blunt, this bunch of emotional and spiritual horse shit isn't yours. Life is guaranteed to have enough issues, problems, and hardships in it to the point where you have no business seeking out more. While my heart breaks for you and I wish I could give you a solution that is more palatable and easier to accept, but you don't have to approve of it in order to accept it. "This is happening" is a mantra I have used many times in regards to things I did not want to walk through, because it reminds me that I can keep moving forward regardless. You need support, love, and to remember that you are as powerless here as others were to get you sober when you were in the height of your addiction. Frustration with this is normal. Anger, grief, fear, crying, and sadness are normal. But whenever you go through your emotions with this, remember that you are not in control. Pray for them, pray for yourself, inventory your resentments, but don't interfere. Nothing good can come of it.

Hope this helps.

Love,

Sassy 

SOBERSCOPE

**"IF YOU'RE NOT PRACTICING CONTENTMENT WITH WHERE
YOU'RE PRESENTLY AT, YOU'RE NOT GOING TO BE CONTENT
GETTING WHAT YOU WANT."**

Crystal Meth Anonymous Meetings

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, AZ 85051
(The Spot, Inside)

6:00 pm
Broken Glass
4220 W. Northern
Phoenix, AZ 85051
(The Spot, Inside)

7:00 PM
Guilty By Association
Safe Harbor (upstairs)
520 W Delano Ave
Prescott, AZ 86301

7:15 pm
Faith Over Fear
4220 W. Northern
Phoenix, AZ 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

7:00 PM
Guilty By Association
Safe Harbor (upstairs)
520 W Delano Ave
Prescott, 86301

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)

7:30 PM
Speedbump Pima Alano Club
4405 E Pima St
Tucson, AZ 85712

8:00 pm
Humble Pie
12838 N 22nd Pl
Phoenix, AZ 85022
(Sweetwater House)

Tuesday

6:00 pm
Tweakers at The Spot
4220 W. Northern
Phoenix, AZ 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, AZ 85008
(Valley Alano Club)

7:00 PM
Guilty By Association
(downstairs) Safe Harbor
520 W Delano Ave
Prescott, AZ 86301

7:15 pm
Faith Over Fear
4220 W. Northern
Phoenix, AZ 85051
(The Spot, Outside)

7:15 pm
Broken Glass
4220 W. Northern
Phoenix, AZ 85051
(The Spot, Inside)

7:30 pm
The Meth Lab
8910 N 43rd Ave.#102
Glendale, AZ 85302
(Fellowship Hall)

7:30 PM
Tuesday Night Tweakers
1309 E Cherry St,
Cottonwood, AZ 86326

Wednesday

8:30 am
CMA Rocks
Zoom: 708-3817-889
Password: rockon

6:00 pm
Broken Glass
4220 W. Northern
Phoenix, AZ 85051
(The Spot)

7:00 pm
Valley of the Sun
4430 N 23rd Ave.
Phoenix AZ 85015
(The New Solution)

7:00 pm
CMA Old School
Zoom: 846-4171-0199

7:00 pm
The Anchor
(Men Only)
1632 E. Flower
Phoenix, AZ 85016
(Crossroads Flower)

7:15 pm
Faith Over Fear
4220 W. Northern
Phoenix, AZ 85051
(The Spot)

7:30 pm
New Hope (LGBTQ)
2622 N. 16th St.
Phoenix, AZ 85006

7:30 PM
Crystal Method
Pima Alano Club
4405 E Pima St
Tucson, AZ 85712

Please email Registry@cmaz.org
with any meeting changes or updates.

Crystal Meth Anonymous Meetings

Thursday

7:00 pm
**Vineyard Unicorns
Women's Meeting**
(Women Only)
Text for location 602-501-9978

7:15 pm
Faith Over Fear
4220 W. Northern
Phoenix, AZ 85051
(The Spot, Outside)

7:15 pm
Broken Glass
4220 W. Northern
Phoenix, AZ 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

7:30 PM
Crystal Clear
Northwest Alano Club
3120 W Curtis Rd
Tucson, AZ 85705

Friday

9:00 am
Faith over Fear
919 N. Dysart Rd.
Avondale, AZ 85323

10:00 am
Morning Bowls
4220 W. Northern
Phoenix, AZ, 85051

12:00 PM
Queers, Crackpots & Fallen Women
Zoom: 87058036611
No Password

Friday

6:00 pm
Branching Out
(women only)
4220 W. Northern
Phoenix, AZ 85051

6:30 pm
Tweaker's Hope
online/in person
Zoom ID: 206-236-6677
Password: 488837
4415 S. Rural Rd.,
Tempe, AZ

7:00 PM
Guilty By Association
(downstairs)
Treehouse Learning Center
635 1st St
Prescott, AZ 86301

7:00 PM
Serenity Seekers
United Methodist Church
1020 S 10th Ave
Safford, AZ 85546

7:00 pm
Dude, Where's My Bike
1612 E. Ocotillo Rd.
Phoenix, AZ 85016

7:15 pm
Faith Over Fear
4220 W. Northern
Phoenix, AZ 85051

Misfits
8910 N. 43rd Ave. #102
Glendale, AZ 85302

Crafty Rascals
4220 W. Northern
Phoenix, AZ 85051

8:00 pm
Fresh Grounds
12838 N 22nd Pl
Phoenix, AZ 85022

8:30 pm
Walking Free Again
4220 W. Northern
Phoenix, AZ 85051

Saturday

9:00 AM
Black Book Study
Pima Alano Club
4405 E Pima St
Tucson, AZ 85712

9:30 am
There is a Way Out
4220 W. Northern
Phoenix, AZ 85051
(The Spot)

11:00 am
Broken Glass
4220 W. Northern
Phoenix, AZ 85051
(The Spot)

2:00 pm
Helping Heroes
Closed Mtg.
(BH Workers)
4220 W. Northern
Phoenix, AZ 85051
(The Spot)

4:00 pm
Jale-Lujah
1845 E Ocotillo Rd,
Phoenix, AZ 85016
(Crossroads East)

4:00 PM
LGBTQ+ Tucson
3809 E 3rd St
Tucson, AZ 85716

5:00 pm
CMA Rocks
4220 W. Northern
Phoenix, 85051
(The Spot)

5:00 PM
Faith Over Fear
1309 E Cherry St,
Cottonwood, AZ 86326, USA

6:00 PM
Serenity Seekers Saturday
United Methodist Church
1020 S 10th Ave
Safford, AZ 85546

Saturday

6:30 PM
CMA Rocks
Crossroads West
7523 N 35th Ave
Phoenix, AZ 85051

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)

Committees

12 Step Experience in the Pines
2nd Monday of the Month
4645 W Bell Rd.
Phoenix AZ 85308

CADI District/Intergroup
3rd Tuesday of the Month

CADI Hospitals & Institutions
1st Tuesday of the Month

CADI Public Info & Outreach
4th Tuesday of the Month

Area Communications
2nd Tuesday of the Month

Area Public Info & Outreach
3rd Thursday of the Month

CADI E & F
1st Saturday of the Month

HOW FREE DO YOU WANT TO BE



H&I DAY

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

IF YOU ARE LOOKING TO GET CONNECTED WITH H&I OR HAVE ANY QUESTIONS ABOUT THE EVENT PLEASE CONTACT NEAL V @ 480-972-8640 OR KAREN @ 480-349-6323

THANK YOU FOR BEING OF SERVICE!



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 open now and you can join today!!

UNITY.CMAAZ.ORG

MethBusters

"Fall Hard For Recovery...Not Meth" Party

TATTOO & 50/50 RAFFLE

VOLLEYBALL TOURNAMENT

TACO PLATES

LIVE DJ

SPEAKER MEETING

Saturday, September 19th 6pm - 9pm

SAL 6825 E. 4th Street Scottsdale, AZ

\$5/ind or \$10/team

\$5 suggested donation



CMA CAMPOUT!

sponsored by

Southern Arizona CMA

Calabasas Campground near Pena Blanca Lake

241 Ruby-Nogales Rd, Nogales, AZ

September 10th-13th, 2026

Fellowship, Fireside Speaker Meetings, Cornhole and Horseshoe Tournaments, Raffles, and Auction to support Southern Arizona District of CMA

Questions? Email: SouthernDistrictCMAAZ@gmail.com