

Hurricane Season

The holiday season is often presented as a time of joy, connection, and celebration, yet for those in recovery, it frequently presents one of the most challenging times of the year. The very elements that define the season—festive gatherings, family dynamics, heightened emotions, and routine disruptions—can create a series of gnat bites that weaken hard-won sobriety.

Understanding why this time of year is uniquely difficult helps explain the complex realities of maintaining recovery during the holidays.

First, between office parties, family dinners, and other assorted functions, alcohol is often treated as a centerpiece of holiday gatherings. When social drinking is normalized and actively encouraged, abstaining can feel isolating. Many of us must constantly navigate offer after offer, manage the never-ending “so why don’t you drink” questions, ensure people we aren’t particularly pious, and debate whether or not to break our anonymity a multitude of times before appetizers are served. All this because for many others, a drink or two means fun, whereas for us, it can mean a kickoff to a trip to hell we don’t fancy taking.

Likewise, many of us feel a certain psychological pressure and high expectation of harmony during the holidays. Returning home or reuniting with extended family can easily reignite old conflicts, past traumas, or unresolved resentment. For many of us, spending time around family members can resurface the anxiety, grief, guilt, or inadequacy that originally fueled our substance use as a coping mechanism.

Not everyone has a safe or supportive home to return to. For those who have lost relationships, broken trust, or lost loved ones due to our addictions, the emphasis on “togetherness” sharpens feelings of loneliness and regret. Comparing our reality to ideal pictures of family happiness or just our own expectations often intensifies deep-seated feelings of sadness and isolation.

In addition, structure is vital for many of us to maintain long-term recovery. Support group meetings, regular sleep, physical activity, balanced nutrition, and consistent daily schedules keep us sane. Travel, holiday events, altered work schedules, and late nights disrupt these essential routines, leaving less time for self-care and reducing access to regular support systems.

Statewide Hotline:
1(877) 700-METH

CMAAZ.org



The end-of-year atmosphere naturally encourages reflection. However, the human brain can engage in euphoric recall—remembering those fun times when we think we were in control of our using, while minimizing or flat out forgetting the negative consequences that followed. Combined with festive nostalgia, this distorted thinking can convince us that we are missing out.

For those in recovery, surviving the holidays requires intentional preparation and boundaries, and there are a few suggestions we can offer.

Start by establishing an exit strategy. Make sure you have transportation lined up and plan to leave an event if it becomes too much for you. Being around intoxicated people can be tiresome, don't feel you are forced to spend longer than you can stand. You can politely excuse yourself at any time.

Make sure you have support systems in place. An extra meeting or two, talking to a sponsor or sober friend, finding a meeting when you're on the road—these are all important and will help you get your head in the right space.

Boundaries are fine, and you can turn down invitations to any event you feel might be too much for you. Make a polite excuse, and remember, you are not obligated to do anything that might put you in an uncomfortable situation. Plus, never forget that you can leave if the formerly polite party gets a little too weird.

The holidays can be uniquely demanding, but if we acknowledge how odd they can be, we have a better chance of approaching the season with empathy, realistic expectations, and preparation thanks to self-care.

SOBERSCOPE

Life's better when you remember it.

Step 10

Continued to take personal inventory and when we were wrong promptly admitted it.

Accountability, to some, that word is a bit off-putting. That's what step 10 wants us to encompass and by being accountable and honest we grow into individuals who are consistent with themselves. If they choose to grow from their faults and mishaps then we start to grow in ways that aren't measurable by scientific scaling but by how full the soul is. It's hard for me to own my wrongs and, at times, I avoid my own inventory like it's the plague but, when I'm on point and I am staying consistent, life goes back to being an experience that feels a little lighter. My life in sobriety has helped me work through some real plot twist in my life lately lately and, admittedly, at first I fell into the self pity and fell prey to my own misery and depression, I became bitter, I had to finally look at things through a different lens and thank God for having friends who care more about my life than my feelings and can tell me how it is.

Step 10 reminds me that recovery doesn't stop once I put down the drugs. It's an everyday commitment to looking at myself honestly, even when the truth isn't pretty. I have to ask myself if I'm reacting out of fear, anger, or pride, or if I'm actually responding to life in a healthy way. Sometimes, I get caught up in wanting to be right instead of wanting to be better, and that's when I know I need to take a step back and check myself.

What I've learned is that I don't have to wait until the end of the day to admit I've done something wrong. I can own it in the moment, apologize, and make things right before my ego turns a small problem into a bigger one. That doesn't mean I'm going to get everything right, because I'm human and I'm still learning. It means I have a responsibility to be honest with myself and the people around me.

For me, Step 10 is about building a life where I don't have to run from my mistakes or hide behind excuses. I can accept that I've messed up without letting shame convince me that I'm a failure. I can take the lesson, make the change, and keep moving forward.

Today, I understand that progress isn't about being perfect. It's about being willing. As long as I keep showing up, taking inventory, and asking for help when I need it, I give myself a chance to grow. Sobriety has given me that chance, and Step 10 reminds me that the work continues one day at a time.

-Anonymous

Step 11

Sought through prayer and meditation to improve our constant contact with a God of our understanding praying only for the knowledge of God's will for us, and the power to carry it out.

Don't know about you, but, in my experience if I'm not praying I'm paying with my peace, as well as if I'm not meditating at least once a day I'm going to lose valuable perspective and possible insight. When it comes to prayer I have an interesting view that I've inherited from some of the people around me and that's besides my 3rd step and St. Francis prayers, I was told that just our thought is a direct connection to our higher power and we are in a sense always in prayer, but, maybe when I am keeping that at the forefront of my thoughts the way I talk about life and myself changes I'm more aware of how I'm reacting to things, because honestly, today I can get selfish and have an unspiritual moment over something small, but to be honest I really am grateful for this new life with my Son, the ability to pay my bills and be present but my relationship with God and this fellowship has kept me from losing it all over again so I need to pray and keep my line with God open and clear.

My favorite form of meditation happens on accident and it's when your at ease with life and are in the middle of a task and before you know it your done or you've arrived and all you can wonder is what just happened to the last 20 minutes/miles? In those moments I always come out of them very refreshed and with a new sense of perspective.

That's what a perfect meditation for me is but, the truth is that meditation is a challenge, when I try to focus my thoughts it goes like this, nothingness, breathing, random trauma from my past, reel it in, breathe, focus, calm, stop thinking, why can't I stop thinking?! It is a challenge at times, so for the most part, I would suggest finding what works for you, for some people it's excersise and for some it's breathe work in a grassy field and sometimes, it's as simple as sitting still with your eyes closed. Just remember that this is going to be your walk and from my own experience steps 11 along with 10 have proven invaluable for my sobriety to succeed.

-Anonymous

Tradition 10, 11, and 12

10- Crystal Meth Anonymous has no opinion on outside issues; hence the CMA name ought never be drawn into public controversy.

11 - Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, television, films, and other public media.

12 - Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

Crystal Meth Anonymous has no opinion on outside issues, hence the CMA name ought never be drawn into public controversy.

We enter the room, and we attempt to leave our opinions behind. That is the gist of this tradition, an admonishment to not put our causes in the way of recovery. Without this, we are fractured.

It's natural that people with like mindsets and beliefs will gravitate towards each other. But in the world of recovery, we have to be accepting of all, regardless of their religion, politics, or other controversial affiliations.

We don't want to prejudice anyone who might be seeking help. This means all segments of society—whether they be atheist or fundamentalist, conservative or liberal. The purpose of the fellowship and service is to allow all of us to give a bit of help to our fellow addicts. It's not about whether or not we think someone “deserves” help.

In a long period of sobriety, I've interacted with many whose beliefs are dramatically different from my own. I've been sponsored by and sponsored people with opposite ideals. At times, we've been able to playfully banter about it, and other times, we didn't mention it, because it wasn't important. But at various points, having that person in my phone saved my ass in one way or another.

Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films

Attraction rather than promotion—it's an odd but simple concept. In the age of social media and influencers galore, it seems almost impossible.

Granted, not everyone wants to lean into being in front of a camera or otherwise public facing. But why the insistence on personal anonymity, though? A majority of reasons.

We all know why no one should be put on a pedestal in recovery—how many people have any of us looked up to, who have since fallen due to a relapse or even worse consequences that came with it in the side door? But even more than the idea of not idolizing anyone, there's the idea of respect for the personal anonymity of others and the collective. For every person who is forward and transparent with their recovery, others may want to be less so due to professional or personal concerns. For some newcomers, fear of losing their anonymity might be a deterrent from asking for help.

Furthermore, witness certain communities and meetings in Los Angeles, New York, and other locations where people of note might go. It's rather fascinating to watch the way paparazzi and others who make their living off of highlighting the movements of the famous sort of unconsciously refuse to camp out by meetings of recovery. We find it better to have a fellowship where all are on equal footing. In CMA, all of us are reminded over and over again that none of us are above another, and we are all here to be of service to our fellows.

Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities

Think of a person you greatly admire, whether it be someone you know, or just a famous figure. Now, think of someone you cannot stand and think is awful. Now, consider if either one of these people recommended something to you. How would you feel about that recommendation?

Wondering where this is going? Simple—it's meant to demonstrate that our opinion of a person can weigh our desire to take an action. For some, there might be a person who could recommend drinking water, and we would consider emptying the bottle of drinking water in our hand onto the ground.

In every group of recovery, just like any group of people, someone dislikes a particular person. Watch body language closely, and you will notice some lean in with attention while others try to keep from rolling their eyes. The person who some see as an oracle, others judge as an idiot or fraud.

This judgement is not the point. We are not in the business of judging people one by one. We instead want to make sure we have an understanding and appreciation of why we're all here—to get and stay sober. We believe that it's vital to focus on the message rather than the messenger. So we instead make sure we focus on the principles of the program and how they're conveyed. That person we disdain may be the perfect one to help another man or woman we would not be able to reach.

We all have our part to play in life and recovery, and remembering this allows us to live in acceptance and harmony with our fellows.

Sassy Sponsor

DEAR SASSY

I've been sober for a couple of years, and I have started sponsoring more regularly now. My first few sponsees never made it past the first two or three steps, but now, I have several sponsees in the book, and they're all setting my teeth on edge. One doesn't want to do their fourth step a certain way because they relapsed with it before and they want me to help them write it. Another keeps telling me we should use a specific book they found to address their spiritual beliefs (I'm agnostic and went out of the Big Book, but apparently that doesn't matter). A third one got kicked out of a rehab for breaking a rule, but insists this was due to "their trauma" even though the rule was extremely reasonable and a stupid thing to argue over. I'm extremely frustrated and don't know what to do with them. Do you have any suggestions? Should I fire one or more of them? I'm sick of listening to all the whining.

Sincerely,

Not your therapist

DEAR NOT YOUR THERAPIST

First off, good for you for staying sober and making sure you reach out your hand to help others. Remember, while we hope others get it, we sponsor for ourselves. It's broken down frequently into four reasons—sense of duty, it's a privilege, paying it forward to the person who helped us, and taking out a little more insurance against a potential slip. When we help another with an inventory, we also partially take our own.

That said, while everything you just mentioned is a case-by-case scenario that I might not be able to completely offer judgement on, I can share some general guidelines. First, it's not always a bad idea to work on an inventory in tandem. I've often suggested that a sponsee start off the first two columns, filling in the resentments at and why sections, then we work on the areas like what it affects, their part, and any additional questions like harms or fears together. They need to do something, but you should not be doing everything for them.

As to what book you use or how you address spirituality, that's up to you. I have kept most spiritual practices including prayer non-denominational, but I also explain to any sponsee what I'm comfortable working with, and while I wouldn't want to work the steps out of a new book I don't know, perhaps others would be okay with that. Finally, on the subject of your third sponsee who can't seem to follow simple rules, I wouldn't co-sign their attitude.

Each of these cases have one thing in common, a phenomenon often referred to as being "terminally unique." For many, addiction isolates us, and we use it as an excuse. Many of our fellowship with even years sober can tell you all about the trauma, the abusive or overly indulgent parents, the social isolation we felt growing up awkward or apart because we were more gifted, taller, shorter, or goofy looking. We use these things with the same certainty a person would point out a damaged limb or some genetic defect.

But let's be clear about two things. First, it's related to a spiritual malady, which means we can and should change it. Second, if, as we have so often had drilled into us, self-knowledge avails us nothing, then understanding and identifying this is only the beginning, and will not solve anything for us. Given that connection is universally acknowledged as the opposite of addiction, we must get rid of this egocentric need to separate ourselves from our fellows in recovery.

Finally, to your question of firing a sponsee, that is unequivocally something I don't have an opinion on. I've suggested a couple of people find a new sponsor in cases where I thought it would be better for me or them in the past, but I also find that many sponsees who don't want to do the work will fire themselves in time if you simply ask them to focus on recovery and the steps instead of letting them try to use you for a sounding board or other areas you aren't there to provide.

Hope this helps.

Love,

Sassy



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)

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)

CMA 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)

7:30 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@cmaaz.org
with any meeting changes or updates.

Crystal Meth Anonymous Meetings

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)

CMA Rock Arcadia
5116 E. Thomas Rd.
Phoenix, 85018
(Crossroads Arcadia)

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
(Lambda)

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

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

Friday

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

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
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

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



ARIZONA AREA Events & Fundraising

WE NEED YOU!

Join our team and help create meaningful events that bring our community together!

WE PUT ON TWO AMAZING EVENTS EACH YEAR:



Gratitude EVENT

IN NOVEMBER

A day of gratitude, fellowship, and community connection.



Sober SOFTBALL

IN APRIL

A fun, active way to come together and stay connected.

POSITIONS AVAILABLE:



SOCIAL MEDIA
Help share our events, connect with our community, and grow our reach online.



DECORATIONS
Bring creativity to life by making our events welcoming and beautiful.



ACTIVITIES
Plan fun, engaging activities that bring everyone together.



MERCHANDISE
Help design, create, and manage merchandise that represents our mission.



FOOD
Help plan, prepare, or coordinate food that brings people together and fuels our events.

Your Ideas. Your Energy. Our Community. ♥

LET'S MAKE AN IMPACT TOGETHER!



12 Step in the Pines Retreat Registration

DEEPER HEALING • STRONGER RECOVERY
TOGETHER IN THE PINES

📍 **Emmanuel Pines**
3000 Spence Springs Rd
Prescott, AZ 86305
United States

📅 **March 19-21st, 2027**

REGISTRATION PRICING

 ADULT REGISTRATIONS \$190 PER PERSON Includes lodging, and food from Saturday through Sunday Breakfast.	 KIDS 6-17 YEARS OLD \$125 PER CHILD Includes same as adult. Childcare is included.	 KIDS 0-5 YEARS OLD \$80 PER CHILD Includes childcare and food as above.	 DAY PASSES \$50 ONLY attendance included.
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≡ *Limited Spots Available!* ≡

PAYMENT PLANS



THE PIPELINE IS LOOKING FOR WRITERS!



- Step articles
- Tradition articles
- Homegroup articles
- Anything recovery related!

We love new writers and content!
Your story can make a difference.

SEND YOUR SUBMISSIONS TO:
editor@cmaaz.org

Unity Event
STUFF YOUR BIRD
 Stuffing Contest & Turkey Trot

Good Food
 Good People
 Greater Purpose

STUFFING ENTRY & CONTEST
 Bring your best stuffing!
 Show us what you've got!

THREE-LEGGED TURKEY TROT
 Grab a partner and hit the course!
 WINNER TAKES A FROZEN BIRD HOME!

UNITY WORKSHOP
 Share • Learn • Grow

NOVEMBER 7TH | 12 NOON - 3 P.M.

FIRST CHRISTIAN CHURCH
 6750 N 7th Ave
 Phoenix, AZ 85013

FAMILY-FRIENDLY • FREE EVENT
 SUPPORTING THE 12 STEP IN THE PINES
 & THE 2027 CMA CONVENTION

ON A DIFFERENT BASIS
 ONE STEP TO THE PINES
 2027

Christmas MOVIE NIGHT

Gather your loved ones, cozy up, and join us for a heartwarming Tim Burton Christmas Movie Night. Enjoy the magic of the season on the big screen, complete with festive treats and holiday cheer. This is a fundraiser for the 2027 Roundup

VISIT FROM SANTA AND PICTURES!!

**COCOA
 POPCORN**

**DRINKS
 TREATS**

BRING A BLANKET OR CHAIRS

**FREE
 ADMISSION!!!**

**DEC 19TH
 6:00 PM**

**7523 N 35th Ave
 Phoenix, AZ 85051**

**CMA AZ AREA PRESENTS
 OUR ANNUAL**
Gratitude Event

**November 14, 2026
 4pm - 9pm**

**Trinity Methodist Church
 3104 W. Glendale Ave.,**

Phoenix, AZ 85051

**Spaghetti Dinner, Dessert
 Auction, Speakers & Fellowship**

**Info:
 Chris D. 602-596-3662**