

THE PIPELINE

Volume 82

May 2021

Step 5: “Admitted to God, to ourselves and to another human being the exact nature of our wrongs.”

I have only attempted to do my own 5th Step one time early on in my recovery with my first sponsor. I can definitely say that I did not do a complete and honest 5th Step, as I have relapsed multiple times since that attempt. I can look back now and see where I went off course.

When I first came into the recovery rooms I didn't understand very much about what it meant to be clean and sober, let alone about how these steps would help me stop using. I had seen other people at different points in my life go to AA meetings, and other than that I was clueless as to how it was helping them. I have battled with relapse numerous times over the years and up until the past 6 months, I had no real understanding as to why I kept going back out. I knew that I was powerless, but during that first attempt at doing my steps I wasn't ready to be fully honest with myself about everything I had done in the past, let alone share it with anyone else. If I didn't want to learn and see that part of me, then what would make anyone think I was gonna tell it to someone else, who I wasn't even sure I could trust?

Many times people told me I had to be honest with myself and also become willing to believe in a power greater than myself. In my first attempt at doing Step 5 I couldn't be honest about everything I had done, especially if it could possibly get me into trouble. I wasn't ready to believe in God yet. I didn't hate God, but I also didn't have an understanding of God. I attempted to look to nature as my higher power, but that truly didn't help me out in the spiritual aspect. I was not able to really work my first three steps on any attempt because I was not able to fully surrender to myself that I needed some sort of higher power to help fix me. I was broken and didn't know how to love myself, and yet I desperately needed something that would love me until I could learn to love myself again.

During the past year or so I have begun to learn so much more about myself and my behaviors. I have come to see that my childhood played a bigger part in my adult life than I ever could have imagined. My family appears to have put the function into Dysfunctional. (continued on page 6)

The Sassy Sponsor

Dear Sassy Sponsor,

I have been having trouble with keeping my commitments. I live with depression and anxiety along with ADHD, so executive functioning is my biggest shortcoming. I have thrown step work, my higher power, and all sorts of occupational therapy at this.

I have used all the little tricks and hacks that not only my occupational therapists have suggested, but also online forums that have people like me living with this type of neurodiversity. And I am still a hit or miss person, dare I say flakey. I am coming up on 13 years, and I love being of service, but I am afraid that I am letting people down. HELP!

Love,
Head in the clouds.

Dear Head in the clouds,

Let me start by saying congratulations on almost 13 years! Now, as a neurodivergent person with extreme executive dysfunction and living with depression/anxiety myself, this subject hits really close to home.

It seems like even the simplest of tasks can be herculean. Something as basic as changing the toilet paper roll or the small pile of dishes or cleaning the cat box or taking out the trash is sometimes as daunting as hiking Piestewa Peak. Remembering things like home group meetings or getting the article in on time or

remembering to bring the coffee to the meeting are something out of Homer's Odyssey. Yes, the occupational therapy tricks and hacks can be vital to daily life and most of the time they work pretty well.

However, there will be times when you have the greatest of intentions and you still fail. I suggest you be open and honest with your recovery circle, making sure you have loving friends that are fully aware of your shortcomings. Don't get upset when they hold you accountable for your actions. This is the best way to keep your commitments to the group and not feel like a useless failure or total airhead. Be gentle with yourself and know that you are perfectly imperfect. Do your best and do it with love. You got this!

Love, Sassy

Soberscope

Grab the bull by the horns
this month in honor of
this month's horoscope sign.

Never give up and
keep pushing thru.
You're doing amazing!

Spotlight - "Let Me Introduce Myself"

I watched you for some time, making sure you had the traits that I desire: loveless, rejected, isolated, abused, and in pain. Anything that is traumatic for you, helps me grow, and keeps me safe inside your home. I keep myself hidden, lurking in the shadows of your soul. I am waiting for the perfect time to expose myself, after the world has left you for dead. Alone.

For some I am slow, and subtle. A little here, a bit there. I make my introduction through friends at a party, or a family member. I even use parents from time to time. "Just a little sip. Not too much now." It's so amusing to them, letting you try something taboo. They don't know something is missing in your life that only I can fill.

Others I go at full force, like a rocket being launched into the atmosphere. I hold nothing back.

Each of these introductions end up the same way, with a life full of self-hatred, isolation and the loss of almost everything you hold dear. My whole existence is based on your destruction.

I do fear two things. These two things rarely happen, and I've actually kept their success rates down to a minimum, because I will always be there. Waiting...

I fear those suffering who realize "their lives have become unmanageable." I scream at them, "We've managed just fine! We don't need help. We don't have a problem!" Most agree with me and forget all that nonsense. Others leave me and start taking steps towards my greatest fear, which sounds something like, "We came to believe that a power greater than ourselves could restore us to sanity." No! You don't need something you can't see! He never helped you before! I made you feel good. I made you feel important." At least until the end I did.

Now you're gonna wanna do an inventory, you're gonna tell all our dirty secrets. Why?! Please stop! I'll get you more, if you'd like. And better quality even. I need to cover up all the pain for you. You don't want to feel! I know you hear me, but you act like you don't. You think you're better than everyone else. Out there, sharing your story, telling others how to leave me. You're jacking up my numbers, and I hate it.

I don't need to tell you who I am. You already let everyone else know. You tell them what I'll do, where I'll take them. It's no longer a secret..

Everyone knows I'm addiction.

- Foster C.

Crystal Meth Anonymous

Sunday

1:30 pm

All Meth'd Up

19729 E San Tan Blvd,
Queen Creek, 85142

5:30 pm

No More G

590 N. 96th St.
Mesa, 85207

6:00 pm

I Stand at the Door

2720 E. Thomas Rd.
Phoenix, 85016

7:00 pm

The Young and the Methless

2610 W. McLellan
Blvd.
Phoenix, 85017
(Sunlight of the Spirit)

7:15 pm

Faith Over Fear

6830 N. 39th Ave.
Phoenix, 85019
(La Pradera Park)

7:30 pm

CMA Rocks online

Zoom ID:

708-3817-889

Password: rockon

Monday

7:15 pm

Faith Over Fear

6830 N. 39th Ave.
Phoenix, 85019
(La Pradera Park)

7:15 pm

Branching Out

(women only)
3150 W. Morten Ave.
Phoenix, 85051
(Mariposa Park)

7:30 pm

New Hope

2622 N. 16th St.
Phoenix, AZ 85006

7:30 pm

New Hope Online

Zoom ID:

835-3302-2894

no password

8:00 pm

Humble Pie

12838 N 22nd Pl
Phoenix, 85022
(Sweetwater House)

Tuesday

7:15 pm

Faith Over Fear

6830 N. 39th Ave.
Phoenix, 85019
(La Pradera Park)

7:30 pm

Broken Glass

1626 W Denton Ln
Phoenix, 85015
(Denton House)

7:30 pm

New Hope Online Out West

Zoom ID:

835-3302-2894

no password

8:00 pm

The Meth Lab

8910 N 43rd Ave.#102
Glendale, 85302
(Fellowship Hall)

Wednesday

6:00 pm

Broken Glass

Zoom ID:
954 690 64
Password: 8

7:00pm

Valley of the

4430 N 23rd
Phoenix 85
(The New S

7:15 pm

Faith Over

6830 N. 39
Phoenix, 8
(La Pradera

7:30 pm

New Hope

2622 N. 16
Phoenix, AZ

7:30 pm

New Hope

Zoom ID:
835-3302-2
no password

Meeting list published monthly. Times and locations can change without notice.

Please email John at jinomo7517@gmail.com

Website: **CMAAZ.ORG** | Hotline: **1-877-700-METH (6384)**

Central Arizona Meetings

Monday

Miss online

63
826305

Spun

d Ave.
015
olution)

Fear

th Ave.
5019
Park)

th St.
Z 85006

Online

894
d

Thursday

7:15 pm

Faith Over Fear

6830 N. 39th Ave.
Phoenix, 85019
(La Pradera Park)

7:30 pm

The Glass House

1626 W Denton Ln
Phoenix, 85015
(Denton House)

8:00 pm

CMA Rocks online

Zoom ID:

708-3817-889

Password: rockon

9:00 pm

Inadaptados (Misfits) online

Zoom ID:

934-291-6437

no password

Friday

6:30 pm

Tweaker's Hope

online/in person

Zoom ID:

206-236-6675

Password: 508344

4415 S. Rural Rd.

Tempe 85282

7:00 pm

Dude Where's My

Bike

1612 E. Ocotillo Rd.

Phoenix, 85016

(Mandalay Village)

7:15 pm

Branching Out online

(women only)

Zoom ID:

292-2727-258

Password: Sisters

7:15 pm

Faith Over Fear

6830 N. 39th Ave.

Phoenix, 85019

(La Pradera Park)

7:15 pm

Misfits

11611 N. 51st Ave.

Glendale, AZ 85304

(Apollo Baptist

Church)

8:00 pm

Fresh Grounds

12838 N 22nd Pl

Phoenix, 85022

(Sweetwater House)

Saturday

8:10 am

Tweaker Time

6609 W. Ocotillo Rd.

Glendale, 85301

9:30 am

There is a Way Out

8910 N 43rd Ave.

Glendale, 85302

(Fellowship Hall)

7:15 pm

Faith Over Fear

6830 N. 39th Ave.

Phoenix, 85019

(La Pradera Park)

7:15 pm

Misfits

13627 N. 32nd St.

Phoenix, AZ 85032

(Studio 164)

7:30 pm

New Hope

2622 N. 16th St.

Phoenix, AZ 85006

7:30 pm

New Hope Online

Zoom ID:

835-3302-2894

no password

8:15pm

Crystal Clean

4430 N 23rd Ave.

Phoenix 85015

(The New Solution)

ut notice, please phone or visit our website for the most current details.

1 for any updates. List updated April 14, 2021

| Central AZ District CMA - P.O. Box 38243, Phoenix, AZ 85069

(Step 5 - continued from page 1)

I thought so many things that occurred in my childhood were normal. Those things led to many of my issues in adulthood. I have started figuring out how to heal the trauma from my childhood that I never saw as trauma before. In doing that work on healing myself, I have begun to figure out all the other areas of my life that are being affected in my recovery.

I have taken what I have learned from my first 5th Step experience and looked to see where I failed. I have learned that because I never took the steps seriously in the past I didn't understand how important cleaning out those skeletons can be. In my approach this time I have used not only the Big Book, but also the help of a book titled, "A Woman's Way through the Steps". This book has helped me to approach the steps through a different viewpoint, one that I can understand and adapt as my own experience. I have been able to honestly work Steps 1-3 and am working on my 4th Step. This is allowing me to be honest with myself about all the crap I have done in the past and admit my own fault in it. It is preparing me to share that stuff with my sponsor and this time I feel comfortable opening up because I have started creeping outside my comfort zone and spending time with women outside of meetings who are sober. I have begun building my own support system outside of just my "program". I am learning I can talk to any number of these women about

the shit I feel inside and they will just listen to me and then share their experiences with the same or similar issues. I understand that being able to do a complete and honest 5th Step can be extremely empowering. I believe that by the time I do my 5th Step I will be able to overcome the fears I have. I will be confident enough to know that by shedding all that baggage I have been harboring deep down inside myself I may find acceptance and connection with my sponsor, who will help me without judgement. My Higher Power will be listening to that baggage as well, but He has already forgiven me for all my mess-ups and I now know He will not judge me either. In doing this I will also empower myself to see that I am worth something.

The 5th Step used to seem scary and was something I didn't want to do. However, given all the growth I have had over the years, I can honestly say I am looking forward to getting rid of those skeletons lurking everywhere and having their heavy weight totally removed from my back. Because I have to say, my back is pretty tired of carrying so much and it hurts. I'm looking forward to humbling myself while empowering the woman inside me to see who I truly can become.

- Patricia H.

Irene's Story

When I first came into this program, I couldn't stay sober to save my life! I was what they call a chronic relapser, a retreat, whatever you want to call me, that's what I was. But this program was always there. Every time I came back all torn up and beat up, they were always there, welcoming me with open arms like, "Let's do this again!" Never once was I ever beaten down by others, only by myself.

So, what happened, what it was like, what it's like now? What happened was I love crystal meth. I am a tweaker from back in the 90's. That tells you how old I am. I tried crystal meth for the first time when I was 20 years old.

I got married really young when I was 17. Now you know you're doing something wrong when your parents need to sign for you! So I got married because I'm Hispanic, and I was pregnant, and my dad was like, "You're getting married." So that's what I did.

(to read the rest of "Irene's Story" go to <https://www.crystalmeth.org/irene%E2%80%99s-story.html>)

(For other written and spoken stories: <https://www.crystalmeth.org/for-the-fellowship/voices-of-the-fellowship.html>)

Tradition 5

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

Tradition 5 is one of those traditions where you can ask yourself repeatedly, "Does this help the newcomer?" Would the newcomer like some fresh coffee, I think so. Would the newcomer feel more comfortable with clean floors, and so forth.

With Covid-19 some home groups opted to go virtual, including mine. This brought a whole new challenge to make sure we had the ability to reach the newcomer. We made sure that the Lambda website had updated information on how to reach our Zoom. At a home group meeting we had someone ask, "What if some of the newcomers only have access to calling into a zoom call?" Another would ask, "What if the vape smoke and cigarette smoke would trigger the newcomer or someone who is still trying to get through the steps?" It was wonderful watching our group actively practice the Fifth Tradition.

I feel like Tradition 5 is similar to Step 12. Should we attempt to maintain these suggestions, then we are doing them right. We learn what is effective and what is not and we get better. After all, it is not about spiritual perfection, but about growing upon spiritual guidelines.

4th Annual

Roast Roundup



Apache Lake

May 14th - 16th 2021

- * 3 SPEAKER MTGS!
- * PIG ROAST
- * CAMPING!

- * WATER RODEO!
- * ADULT GAMES!
- * LAKE FUN!

\$35 PRE-REG
\$40 AFTER 4/30

Come be part of the fellowship! An event everyone can enjoy!

Register online!

Copy link exactly— <https://caughtup88.wixsite.com/roastroundup>

Payment accepted at time of registration!

Registration is \$35.00 (BEFORE 4/30) and \$40 on 5/1 and after per adult. Children under 18 are FREE! This includes your campsite, breakfast, lunch, dinner and water for the entire weekend!!

If you would like to reserve a room at the Apache Lake hotel, space is limited and will only be made 3 weeks in advance of Roundup date! The phone number for reservations is 928-467-2511.

**SCHOLARSHIPS AND RIDES ARE AVAILABLE—REQUEST THROUGH THE WEBSITE!!!

