

THE PIPELINE

Volume 77

December 2020

Step 12: “Having had a spiritual awakening as a result of these steps, we tried to carry this message to crystal meth addicts, and to practice these principles in all of our affairs.”

As a result of action, we transform. Step 12 is the final step, but we are not done. It is a trajectory to continue sobriety by putting others first. When we are absent of self, there are only others.

The steps gave us a script to evaluate and see truth in our experiences. Challenged us to authentic existence of who we were before society got their hands on us. This authenticity allowed us to continue to do the next right thing making all other things possible. The future trip of worry converted into dreams and plans for the future. Our all-knowing attitude shifted into the comfort of the, “I don’t know,” that allows us freedom from self.

Anything I put in front of my sobriety I will lose.

If I get high again, I will lose my wife, child, job, home, car, and possibly, my life. Of this notion I am quite certain, but it is not enough to keep me from

picking up that pipe. What is enough is putting forth the effort to help another addict. To give what was so freely given to me. To love, share, and expect zero in return with no resentment. This is what it is all about. The spiritual awakening is that I am no longer obsessed in self and my fate alone. My serenity is based in peace of a Higher Power that loves me for who I am. I am invested in my fellow who is worthy of love and compassion.

We naturally bring the experience of action and serenity to other areas of our lives. Our family is functioning in healthier ways. Work mates begin to treat us differently as our appreciation for togetherness prevails. We do not loath much in life, as our obstacles have been removed.

Action to move from self to service will keep us sober. Remember to give it away if you want to keep it! - Jennifer L.



THE SASSY SPONSOR

Dear Sassy,
How do I know if I've had a spiritual awakening? And what do spiritual awakenings look like along the way so I know that I'm on the right track?
Wannabe Spiritually Woke

Dear WSW,

Well, this is an interesting conversation to have with your sponsor, but I can give you a few summarized thoughts that can help you along in this process. A spiritual awakening is basically a shift in perception. It's a change in your outlook and opinions that drastically rearrange your reality. We know that you are not your thoughts, BUT your thoughts shape your reality. When your thoughts change so does everything else. We come into this program ridden of our disease, we think it's okay to lie, cheat and steal but we don't want the suffering of addiction anymore. Little do we know that this is the very behavior aiding our disease. As we work the steps with a sponsor, learning new, honest ways of living, our thinking changes. We often go from not having a conscience to having a conscience. We often go from lying to honesty, laziness to hard work, even our home may even get a little straighter and cleaner. We become something new. Even if we were these things to some extent before we started using, we become a new and better version of these things, beginning to value integrity from a new viewpoint. This is a big change from the greedy, little, self-centered addict we once were. This can happen quickly or over time and it all

happened from a shift in our perception. This is what the steps were designed to create. A value system seems to develop and we go from one way to another way, and when we become this new way I've described, serenity sets in, love expands, joy overflows... all the natural fruits of integrity settle in and we now can see how important this change can be.

There's a few important things to mention at this point. First, you know this is happening when you are relieved of the obsession to use. At some point, the desire to use lifts and this is usually the first sign of a spiritual awakening. Again, this may not happen right away but it does happen. When this lifts, we become available to a new way of thinking. Secondly, if your opinions are changing and what you value shifts, you know that you are indeed becoming something new. You are "awakening." If this is not happening, then it is a sign that you are staying in your disease and that more work needs to be done. Lastly, and most importantly, these new insights can only be maintained by working a program. If you find yourself sliding back into your old way of thinking, then it is time to brush up on your program. If you are a true addict, you have a negative, self-destructive, baseline, default, resting pulse. To keep the awakening going, work needs to be done everyday, lest we backslide and go back to using again.

Great Question!
Love, Sassy

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

Why is nobody talking about Gen X? You boomers and millennials get all the attention! But I suggest to you that we gave the world its greatest lesson about the 12th Tradition: COURTNEY LOVE. I'm serious.

Courtney was famed for her unmanageability, from drunkenly assaulting Madonna with a makeup compact live on MTV to flashing David Letterman on broadcast television. For many of us, blossoming into our own addictions at the same time, she put a glamorous face on what we all found out too late was a dark and painful road that led to recovery - if we were lucky.

Courtney was one of the lucky ones, but her recovery came with a cost. As a media darling her sobriety was as much a spectacle as her sickness.

I remember watching one of the many documentaries featuring her journey while in active addiction. The interviewer asked about a benefit show she was doing, and she was raving about how clean and good she felt. As she spoke, the camera panned to her bedstand covered in prescription pill bottles. She saw the cameraperson's move and looked. Nervous laughter and a “don't worry, they're prescribed” as the scene cuts to her Hollywood doctor's office.

You do the math. Courtney Love was representing recovery as a thin veneer of health over a deeply sick behavior pattern that would use any loophole it could find to keep using. She was milking her wreckage for all the fame she could get and not one bit of the role model she portrayed at the time. She was making herself a

poster child for personality before principles.

I should pause here to claim her as a fellow deserving of grace. Her powerlessness is as real as mine or yours, she has a right to her journey and is a perfect child of god. She is more than a bad example frozen in pop cultural history, she's a human being with trauma and resentment and a story and I am not one bit ashamed to be her fellow.

But think about what it takes to see people as god sees them. The spiritual work we do to walk with forgiveness. To see their liabilities as strengths in disguise, to see the blessing in a life of turmoil. Most normies don't live with these tools, the daily reprieve that comes from practicing a life of spiritual fitness. Their lives don't depend on framing what they see in the light of the spirit - they only saw the spectacle, and because she broke her anonymity at such a public level, they associated that spectacle with recovery.

To be fair, anonymity was never going to be an easy line for her to walk. And one could easily name ten or twenty more celebrities off the top of their head that are also known as fellows. I don't single them out for blame. Only because their examples create a stark contrast that reveals clearly the importance of Tradition 12. It's not there to protect me from judgy people knowing my business. It's there to protect THE FELLOWSHIP from judgy people thinking they know OUR business. Nobody can understand us the way we understand each other, and reverence for that common bond and the unity we share through it is the gift of anonymity.

- Mikester S.

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

7:15 pm

Faith Over Fear

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

7:15 pm

Misfits online

Zoom ID:
557-871-290
Password: 055884

8:30 pm

CMA Rocks online

Zoom ID:
720-0557-4797
Password: rockon

Monday

7:15 pm

Faith Over Fear

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

7:15 pm

Branching Out

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

7:30 pm

New Hope online/in person

Zoom ID:
812-8498-0703
no password
2622 N. 16th St.
Phoenix, AZ 85006

8:00 pm

Humble Pie

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

Tuesday

7:00 pm

CMA Out West online

Zoom ID:
884-9206-3085
no password

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)

Wednesday

6:00 pm

Breaking Bad

2532 W. Peoria
Phoenix, AZ 8

6:00 pm

Broken Glass

Zoom ID:
954 690 6463
Password: 822

7:00pm

Valley of the

4430 N 23rd A
Phoenix 8501
(The New Solu

7:15 pm

Faith Over Fe

6830 N. 39th
Phoenix, 850
(La Pradera Pa

7:30 pm

New Hope on person

Zoom ID:
812-8498-070
no password
2622 N. 16th
Phoenix, AZ 8

Meeting list published monthly. Times and locations can change without
Please email John at jjnomo7517

Website: CMAAZ.com | Hotline: 1-877-700-M

Central Arizona Meetings

Monday

1000 N. 3rd Ave.
Phoenix, AZ 85004

online

1000 N. 3rd Ave.
Phoenix, AZ 85004

Spun

1000 N. 3rd Ave.
Phoenix, AZ 85004

ar

1000 N. 3rd Ave.
Phoenix, AZ 85004

line/in

1000 N. 3rd Ave.
Phoenix, AZ 85004

1000 N. 3rd Ave.
Phoenix, AZ 85004

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)

8:30 pm
CMA Rocks online
Zoom ID:
720 0557 4797
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
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

8:00 am
Valley of the Spun
West
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 online/in
person
Zoom ID:
812-8498-0703
no password

2622 N. 16th St.
Phoenix, AZ 85006

8:15pm
Crystal Clean
4430 N 23rd Ave.
Phoenix 85015
(The New Solution)

For more information or to register, please phone or visit our website for the most current details.
[@gmail.com](mailto:info@meth6384.com) for any updates.

METH (6384) | List Updated November 12, 2020

Spiritual Awakening

Right around the time I was 6 months sober, I was attending a noon meeting at a local sober living home. There were maybe 4 or 5 of us, all residents, circled up around a fire pit in the courtyard of this place. There were no time limits to shares since so few of us were there, and while one guy was sharing, my attention got drawn to a noise nearby.

The noise turned out to be a pigeon in the nearby grass rustling through the fallen leaves. After a moment, the bird found a twig it liked and flew up to the sober living's roof where a nest was under construction. The pigeon examined the work so far and found the right place for the twig before flying down to find another one. It picked through the leaves and picked up a stick in his beak and held it there for a moment before deciding that one was not going to work and spit it out. The pigeon tested a couple more before finding a winner and flying back up to the nest and continuing the build. The process repeated and I just watched for a while, lost in thought.

In that moment something clicked. I **FUCKING UNDERSTOOD THAT PIGEON ON A FUNDAMENTAL LEVEL!** This bird was just like most of us. The pigeon was just trying to do the best he can with what he had to work with. He had his bird troubles and stresses, just like all of us but at the end of the day he is only trying to build a home and provide a better life for his loved ones. I was able to feel a connection to that bird that can only be described as spiritual.

From that connection and understanding I realized that the entire world is connected the same way as I connected with that bird. Animals, people, insects, plants... We are all part of a larger whole, doing what we can with what we have to make things better for our loved ones. Some of us have different circumstances or tools to use but fundamentally ALL life has the same purpose. We are all spirits and are all connected.

Suddenly I understood empathy and compassion. I learned acceptance and true brotherly love. I joined the human race on a deeper level and see the spiritual connection we all share. I may not understand some people's actions or logic sometimes, but I understand they are just trying to make their life a bit easier.

This was my Spiritual Awakening as promised in Step 12. Because of this experience, I also have a deeper understanding about the part about "Practicing these principles in all our affairs." Now that I feel that connection and can empathize with those around me, I am better able to be of service. I see people's struggle and am ready to help in any way possible. I can now give back to the stream of life that I took from for so long.

My name is Jake B and I am an addict.

Food for Thought

For most normal folks, drinking [or using] means conviviality, companionship, and colorful imagination. It means release from care, boredom, and worry. It is joyous intimacy with friends, and a feeling that life is good. But not so with us in those last days of heavy drinking [or using]. The old pleasures were gone. They were but memories. Never could we recapture the great moments of the past. There was an insistent yearning to enjoy as we once did and a heartbreaking obsession that some new miracle of control would enable us to do it.

-Alcoholics Anonymous pg. 151

As the holiday season approaches, I am reminded of years past. Some years were full of wonderful memories that bring me joy. But inevitably my thoughts turn to the years when I was so far gone in my addiction that the holidays became a source of stress and despair for myself and those around me. How many Christmases was I so loaded that I can't even remember them? What about the fact that for many years celebrations and parties weren't really exciting unless I had chemical courage to see me through? And then there are those who are still separated from their loved ones this year for any number of reasons. How do we cope with such factors this time of year?

Well, first I have to acknowledge that no matter how insurmountable my problems seem, getting high will only make them worse. I will remember that I can only handle this sober life one day at a time. I will rely on my sober family for support and reach out to them when my feelings become more than I can handle. I will remember that there are meetings constantly available to me from the comfort and ease of my phone as well as in-person sites.

I will practice kindness and love to those around me and reach out to the addict still suffering, passing on a little bit of the peace this program has brought to my life. And I will rely on my higher power to remind me that there can be joy in this life.

Food for Thought:

Today I can get out of my head and my thoughts by being of service to others this time of year. I will hold tightly to those people in my circle, pray for the ones that I can't be with and remember that I can live a worthwhile life in recovery by focusing on doing the next right thing.

My name is Mandie and I'm an addict.



SAVE THE DATE!

December 31 - **Central District New Year's Eve event**, location, times, and other info to follow!

Look for updates about events on CMAAZ.COM and the Central Arizona District CMA Facebook page

CMA Fellowship supports during Covid-19 and for online meetings

<https://crystalmeth.org/cma-meetings/online-cma-meetings.html>

Meeting readings and virtual resources

Meeting formats, readings, virtual chips, and powerpoint with readings and chips can be found on the Online Meeting list page (Links to Downloads, lower right portion of the page: <https://crystalmeth.org/cma-meetings/online-cma-meetings.html>)

Committees

The 12th Step instructs us to put our principles into action by carrying the message of recovery to the addict who still suffers. The CMA Service Structure provides opportunities for accomplishing this. Attend a committee meeting and find one that's right for you!!

- *Hospitals & Institutions - 1st Tues., 7:00pm*
- *Events & Fundraising - 1st Wed., 7:30pm*
- *Communications - 2nd Tues., 7:00 pm*
- *Central District (CADI) - 3rd Tues. - 7:30pm*
- *Public Info & Outreach - 4th Tues., 7:00pm*
- *Literature - 4th Tues., - 7:00 pm*

Visit Meetings list on CMAAZ.COM and the Central Arizona District Facebook for updates!