

THE PIPELINE

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Page 1

Step 7: “Humbly asked God to remove our shortcomings.”

Sobriety takes humility. That's the premise of step seven. It's one thing to feel deflated after repeated mistakes. It's something else to cultivate the habit of humility. The first is a passive feeling. The second is an active disposition. Humility sometimes sneaks up on addicts like a thief in the night. Sometimes it falls like a ton of bricks. If that's the case, then it probably won't last. Addicts often accept their newfound attitude as a temporary aberration. “I feel low now, but, don't worry. When I get sober, I'll be able to walk proud again.” If that's the case, then long-term recovery may be troublesome. It's not enough for recovering alcoholics to feel humbled. They must seek humility. That's the essence of step seven.

Humility is not weakness. It's not humiliation or abasement. It doesn't involve groveling. True humility doesn't engage in self-pity. Then what is it? Nothing more and nothing less than looking in the mirror and seeing an honest reflection. Bill Wilson, who laid the foundation for the modern AA movement when he wrote down

the 12 steps in 1938, stated it best: Humility is “the clear recognition of what and who we really are, followed by a sincere attempt to be what we can be.” True humility recognizes the facts and then resolves to move forward. No one can do that unless they take off the rose-tinted glasses.



Acquiring a humble attitude doesn't mean knocking yourself down a few pegs on the ladder of life. It means recognizing what rung you were on all along. If you think you're at the top, you won't bother to step up. If you know you're standing idly at the bottom of the ladder, you can take the first step on your

way to the top.

Humility means being modest enough to recognize one's own limits. It means being wise enough to accept the need for a higher power. If that's true, then humility is the one essential virtue for anyone who hopes to complete the 12-step program. Without humility, there is no sobriety.

THE SASSY SPONSOR

Dear Sassy,

I've noticed a lot of side comments at meetings about the current socio-political climate in this country. It bothers me but I know I must not take it personally. What can I do to stay grounded during these moments?

Sincerley, Politically Incorrect

Dear P.I.

Interesting question and there are two very important traditions to bring up right now. First, the Fifth Tradition says "each group has but one primary purpose - to carry it's message to the addict who is still suffering." In time like these, we need to remember that we need to maintain our purpose. Even if a crystal meth addict has an overwhelming desire to be political during a meeting, we need to remind him/her that we come there to bring a message of hope to the newcomer and political opinions can be off putting if especially since they vary from person to person. We can alienate the newcomer with convictions that they may not carry. We need to focus on OUR message to attract those in need.

Secondly, the Tenth Tradition says "Crystal Meth Anonymous has no opinion on outside issues, hence the CMA name ought never be drawn into public controversy." Our opinions on politics and social issues need to stay separate from CMA. This is because people may start identifying our message with these outside beliefs, and by merging the two together we may lose our belief in the Fifth Tradition. We all have beliefs and opinions on the current state of affairs. We all have convictions that are deep rooted in who we are. These are natural human responses and they fuel the solutions we all look for in our society. Still, CMA might lose focus on what matters to us which is saving the life of

addicts. If we begin to mix ideas, we might lose sight of what keeps addicts alive and there is too much risk in that. This tradition protects our message.

There is one important thing to remember. If what is going on in the world is threatening a newcomer's recovery, then of course they can talk about that in a meeting. Here, we are not losing sight of our traditions, we are opening up and sharing on what affects our recovery. This is where we have the opportunity to speak to the newcomer's recovery and not flaunt our convictions. We can relate as far as our recovery relates. And that is as far as we can go but that's okay. It ensures the foundation of our program and it's message. Good luck and stay safe.

Sincerely, Sassy

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 & Instituions - 1st Tues., 7:00pm
- Events & Fundraising - 1st Wed., 7:30pm
- Communicaions - 2nd Tues., 7:00 pm
- Central District (CAD) - 3rd Tues. - 7:30pm
- Public Info & Outreach - 4th Tues., 7:00pm
- Literature - 4th Tues., - 7:00 pm

Visit the Central Arizona District Facebook for current

Tradition 7: “Every CMA group ought to be fully self-supporting, declining outside contributions.”

Over the past few months meetings have increasingly moved to online formats so the question of how to handle 7th tradition contributions has come up. In person meetings have also questioned the challenge of “passing the hat” with raised concern for doing so in healthy ways in light of Covid-19. The CMA Finance Committee has hosted a Town Hall to discuss the topic of 7th Tradition in an increasingly cashless society for these reasons but also to honor those who wish to make their contribution in this manner.

Outcomes of the CMA Finance Committee Town Hall have produced suggestions for the fellowship to consider in continuing to uphold our Traditions in general, as well as for the 7th Tradition. But first, let’s look at some earlier guiding documents of suggestions we have as resources from CMA. “What Is the Seventh Tradition?” is one of 16 pamphlets that are conference approved and available for download at <https://crystalmeth.org/for-the-fellowship/cma-literature.html>.

A portion of that pamphlet reads as follows: “For an individual group, paying rent is generally the first priority, to ensure a safe space to meet. Other expenses may include things like literature, chips, and refreshments. Most groups keep a “prudent reserve,” a sum of money equal to a few months’ expenses, to help manage unexpected changes such as the sudden loss of a meeting space. Our

experience shows that keeping large sums of money can be dangerous for a group and distracts it from its primary purpose. Such expenses include producing recovery literature and chips; operating a telephone hotline and website; and helping host conferences. These contributions also assist with supporting meetings worldwide, providing public information and outreach, and carrying the message to those in hospitals and institutions.”

So in a time of not needing to pay rent, and other physical needs like literature, chips and refreshments, some groups have gone to online forms of gathering 7th Tradition and other groups have chosen to forgo collecting 7th Tradition for now. With the autonomous nature of our fellowship as each home group decides on short term and long term solutions for 7th Tradition, I would advocate to consider the supporting CMA.

This can be a time to not only make sure that each group’s prudent reserve is healthy but also for donation to CMA at the District, Area, and World levels, to support the work of each. So too can home groups consider the use of cashless 7th Tradition contributions as a long term solution as we move back to more in person meetings but meet the needs of an increasingly cashless society.

CMA Fellowship supports during Covid-19 and for online meetings

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

CMA Statements on Covid-19

As shared in the past two editions of the Pipeline, we continue to share the Statements from CMA first sent out on March 14, 2020, and updated on April 6, 2020. The latter can be found at the following link: <https://crystallmeth.org/9-uncategorised/171-cma-statement-on-covid-19.html>.

A Guide to Applying the Traditions to Online CMA Meetings

(The) “experience (of the Fellowship) has also raised a number of concerns, including meeting etiquette, autonomy, personal anonymity, the Seventh Tradition, and endorsement of online platforms. To address these concerns, the General Service Committee has assembled some guidance based on our CMA groups’ experience with the Traditions at in-person meetings and the experience of other Twelve Step Fellowships.” To read more: <https://crystallmeth.org/for-the-fellowship/cma-literature/send/15-online-meeting-toolkit/94-cma-onlinetraditions-guide.html>

Seventh Tradition Guide for Online Meetings

Honoring the 7th Tradition - “While some customs may change, our Traditions remain the same. The Finance Advisory Committee recently presented a segment on its first Town Hall called Honoring the Seventh Tradition in an Increasingly Cashless Society. That workgroup has explored how the Fellowship of CMA could continue to be self-supporting as our rents increase, contributions decrease, and fewer of us have cash on hand.” To read more: <https://crystallmeth.org/for-the-fellowship/cma-literature/send/15-online-meeting-toolkit/93-cma-online-traditions.html>

Reaching and continuing to engage the Newcomer

Engaging the Newcomer in Online Meetings - “Online meetings have particular challenges when it comes to engaging and reaching out to newcomers in CMA. It can be difficult to feel seen and heard in an online meeting, especially for a newcomer who is unfamiliar with our practices and doesn’t know anyone in the meeting. It can be even more challenging to feel connected to the larger fellowship.” To read more: <https://crystallmeth.org/for-the-fellowship/cma-literature/send/15-online-meeting-toolkit/95-cma-online-newcomer.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://crystallmeth.org/cma-meetings/online-cma-meetings.html>)