

# THE PIPELINE

Volume 75

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## **Step 10: “Continued to take personal inventory and when we were wrong promptly admitted it.”**

*When I am doing my nightly review of my day and the interactions that I’ve had during the course of the day, I am grateful for the word “when”. The 10th Step says, “continued to take personal inventory and when we wrong promptly admitted it.” Not IF we are wrong, but WHEN.*

*Perfectionism is a glaring character defect of mine and this step grants me permission to be gentle with myself. I am not always right; I don’t have to be. Sometimes I am quick to anger, sometimes I can let my serenity dip and I trip on my human condition. If I remain humble, if I can take an honest look at myself and my actions, I don’t have to let these*

*things go unchecked or unresolved, cascading myself into playing the victim or feeling ashamed.*



*If I owe someone an amends, I can make it. If I’ve been selfish or self-seeking, I can make that right, too. The Big Book tells me that I don’t need to harp on myself or use this time of reflection to beat myself up or to lead myself into a rabbit hole of self-*

*loathing but I can make a plan of action to be a better me tomorrow. I can give these things to my Higher Power, ask Him to help me to be a better me tomorrow.*

*Kelly M.*

**CMAAZ.COM - Statewide Hotline: 1(877) 700-METH**

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# THE SASSY SPONSOR

Dear Sassy,

Part of my meth addiction is linked to compulsive sexual conduct. I have about a year of recovery, including abstaining from substances. I haven't abstained from sex though. Even so, sober sex seems almost dull in comparison. I don't want to think of it as unsatisfying, but it seems that way. Any advice?

Sincerely,

Don't wanna abstain from sex too

This question has come up in other forms for Sassy since we opened this publication. There's always a new twist to it and its one of the largest concerns because of how often sex is involved with meth abuse. First thing is first. With meth, everything is tweaked up, turned up, as you know. I never enjoyed cleaning until I started abusing meth. Then, I really got into being a clean freak. THEN, I got sober. Things didn't get cleaned very much in the beginning because cleaning was a lot less pleasurable. Many people tinker with projects while high only to find those projects unattractive when they sober up. I have a friend named Jon who is a painter. He painted when high. So much so, he had to quit painting for a few years after he got sober. He said he would never paint again. I argued with him about it because he has such a gift. Months later, he invited me over and he was painting. He said he needed the time as a reset button so he could begin doing what he loved in a new way, in a SOBER way.

When it comes to sex, its the same thing. I don't want to discourage you but it took me 4 years after I had gotten sober to enjoy sex as much as I did when I was high. That's much longer than it is for most. Usually, it takes a year or two and it's

considered to be a part of Post Acute Withdrawal Syndrome. Nevertheless, I was disinterested in it. I tried it and I was a horrible lover. Men told me this! I must say, I tried and tried for a while. I thought there was something wrong with me. The years passed and I finally met a lover who taught me something valuable. I learned that what I was into during sex high was not what I was into sober. He taught me that I had to try new things, and find out what sober sex was like. I tried a few things that I didn't expect to like and the sex was incredible. It is not a new thing. Most of the behaviors we display while high, we don't enjoy sober. Well, it was the same with sex. For me, I need more romance and not as much animal sex. When I felt safe and loved. I relax and let go of inhibitions. I didn't expect this because it's not what I enjoyed while high. I was waiting for the sex to make me feel high like I was when I was on meth. When I didn't "get high" I was disinterested. When I let go of that and explored sexuality for what it is, without drugs, I found what I liked. It took some time.

Now, there is one important thing to say. Some of the issues with sex stem from a need to attend Sex Addicts Anonymous and/or Sex and Love Addicts Anonymous. The elaboration I just gave earlier assumes you don't need help in another program or outside of recovery. If things aren't getting better, or you keep relapsing only to reach out for sex, then you should explore other programs. Sponsorship can help here a lot as well. Overall, don't give up hope. Many of us have sex issues in general even before we approach the topic from a sobriety standpoint, so go easy on yourself. Remember, "easy" does it.

Wink. Sassy

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## **Tradition 10: “Crystal Meth Anonymous has no opinion on outside issues; hence the CMA name ought never be drawn into public.”**

### **Whose problem is it anyway?**

Sure, we all have an opinion on matters affecting us and the world directly or indirectly. But on the priority list maintaining sobriety should be first and foremost. To make matters worse, our Tweaker selves are well-known for getting sidetracked easily, if we are being honest. As a group, CMA and our sister group AA have decided through personal experiences that when we shift that focus outside of our primary purpose which is to stay sober and help other alcoholics and addicts achieve sobriety, we lose foothold on individual betterment, and therefore our group suffers.

When we focus on the main offenders of selfishness, self-centeredness, fear, resentment, anger, self-pity and such, our internal frustrations increase and our old coping mechanism of the next fix tends to sound a more promising solution to our problems. Staying in a place of acceptance and powerlessness on matters affecting this world and our addict selves should be the main focus of our work.

When we approach our problems with clear minds and directed goals, those same problems do not seem as insurmountable. As written in page 86 of the Big Book of Alcoholic Anonymous, "...we ask God to direct our thinking, especially asking that it

be divorced from self-pity, dishonest and self-seeking motives. Under these conditions we can employ our mental faculties with assurance, for after all God gave us brains to use... Here we ask God for inspiration and intuitive thought or a decision. We relax and take it easy. We don't struggle. We are often surprised how the right answers come after we have tried this for a while"

So, relax, take a deep breath, and ask yourself the most important questions you can ask yourself today. What can I do to maintain my sobriety? Is there anything I can be doing to help another addict? When is the next meeting? And sure, why not ask yourself... where did I put my phone? (look a squirrel!)

Stay sober my tweaker friend.  
Oscar S.

### **Committees**

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 the Central Arizona District Facebook for more info.

# 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. 96<sup>th</sup> 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 On 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 online**  
Zoom ID:  
292-272-7258  
no password

7:30 pm  
**New Hope online/in person**  
Zoom ID:  
840-1563-8948  
no password  
2262 N. 16th St.  
Phoenix, AZ 85006

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

## Tuesday

6:00 pm  
**CMA Rocks**  
9526 W Sahuaro Dr  
Peoria, 85345

7:00 pm  
**CMA Out West online**  
Zoom ID:  
884-92063085  
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  
**Broken Glass**  
Zoom ID:  
954 690 646  
Password: 8

7:15 pm  
**Faith Over Fear**  
6830 N. 39th  
Phoenix, 85019  
(La Pradera Park)

7:30 pm  
**New Hope online**  
Zoom ID:  
840-1563-8948  
no password

Meeting list published monthly. Times and locations can change without notice.  
Please email John at [jjnomo7517@gmail.com](mailto:jjnomo7517@gmail.com)

Website: [CMAAZ.com](http://CMAAZ.com) | Hotline: 1-877-700-1

# | Central Arizona Meetings

Monday

online

3  
26305

ear

n Ave.  
019  
Park)

online

948

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 On online**

Zoom ID:  
720 0557 4797  
Password: rockon

9:00 pm

**Los inadaptados (The Misfits) online**

Zoom ID:  
934-291-6437  
no password

Friday

6:30 pm

**Tweaker's Hope**

online  
Zoom ID:  
206-236-6675  
Password: 508344

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 online/ in person**

Zoom ID:  
831-8055-1350  
Password: 043724  
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**

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 online/in person**

Zoom ID:  
805 356 3249  
Password: 259806  
13627 N. 32nd St.  
Phoenix, AZ 85032  
(Studio 164))

7:30 pm

**New Hope online**

Zoom ID:  
840-1563-8948  
no password

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

Contact [7@gmail.com](mailto:7@gmail.com) for any updates.

**METH (6384) | List Updated September 9, 2020**

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## ***Food for Thought***

“It is easy to let up on the spiritual program of action and rest on our laurels. We are headed for trouble if we do, for alcohol is a subtle foe. We are not cured of alcoholism. What we really have is a daily reprieve contingent on the maintenance of our spiritual condition.”

-Big Book of Alcoholics Anonymous p. 85

As of yet, there is no known cure for the disease of addiction. However, in the rooms of CMA we have found a common solution which allows us a reprieve from the obsession to use. But that grace must be fought for each day by practicing the Twelve Steps of Crystal Meth Anonymous.

Step ten tells us that we must complete a daily inventory. Essentially it asks us to do a mental check-in with ourselves and with our higher power. By doing so we are able to see those patterns of character defects surface, and also we are able to cut off resentments before they poison us. Given that resentments are the greatest threat to our sobriety, we must be diligent about addressing them and making amends where they are warranted. This process when completed on

a daily basis can allow us to keep the serenity this program has given us.

Food for thought:

I will take a daily inventory of myself. I will ask myself to look deep into my actions to discern if there is resentment, selfishness dishonesty or fear in my heart and mind. I will remember that my higher power is at work and will help guide me towards doing the next right thing.

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## ***A Call For Entries For A New Meditation Reader***

We are currently creating a CMA meditation reader. We are compiling entries from the Fellowship for this daily meditation book. This book will contain daily ideas to inspire our fellowship as we journey on the road of recovery together.

To find out more: <https://tinyurl.com/cmameditation>

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## **Voices of the Fellowship**

*Members share their experience  
through the written and spoken word.*  
**<https://tinyurl.com/cmavoices>**

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### **Alright, Long Time Ago**

*Don N. shares this oral history of how and  
why the fellowship was started.*

Alright, long time ago (probably in 1980 I would say) there was a discussion about the fact that we could not talk about drugs. And so many of us, we were drug addicts and alcoholics, but they frowned upon us saying it; so you have to just slip it in or something like that. Well some people came along, for example Bill Coffey, and he was just livid about the fact that you couldn't say "methedrine" in an AA meeting, and be comfortable about saying it. So, he complained and complained, and he always raised his hand and all that. I would say, "Bill, we have to have a principle of not being mad at AA and being pissed off because they won't let us say it. We have to get sober and do what we do." Well, as time went on, this guy Paul Farmer, who was the Director of the Van Ness Recovery House, came back from vacation and he said he was an alcoholic and a junkie! Well that raised my hopes a lot, because then I knew that at least in that place I could talk about the drugs that I had used. So we did. And he even said when you talk in a meeting don't talk about it too much. So, I'd learned to do that.

But Bill complained a lot and we would talk. I sponsored Bill. We would talk about it and say, "Yeah, we ought to have a methedrine meeting." So first thing we did was start a gay NA meeting. So we started a gay NA meeting at Fairfax and Santa Monica upstairs in this church; the MCC Church had a little space.

So we did that. About fourteen or fifteen of us started this meeting. And it came off, and we were able to talk about anything. Well NA thought we were violating their principles by having this, and they sent guys to sit in our meeting to judge us. We saw 'em! But then they saw that we had followed it, the correct thing, we had followed it. So then the straight kids said, "Well, let's start a straight meeting." They said, "Come and help us." So we said, "OK." We started a straight NA meeting, I think it was "The Real Deal," something like that. It's still going on, there was not a lot of mention, well a lot of the kids felt, you know, it was all heroin addicts in NA and they felt uncomfortable about that. And we said, "Yeah, you know, we should have a methedrine meeting." We kept talking about it. One day, many years later, it was fifteen years later, we did something about it.

(to read more: <https://www.crystalmeth.org/alright,-long-time-ago.html>)

**CMA Fellowship supports during Covid-19  
and for online meetings**

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

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***SAVE THE DATE!***

- September 21 at 5:00 PM Pacific - **CMA DIVERSITY TOWN HALL** - Zoom 898 8989 4994, more info: <https://tinyurl.com/DEltownhall>
  - October 3 at 4:00 PM - **Broken Glass BBQ** - 1626 W. Denton Lane, Denton House
  - October 10, 17 & 18 - **“New Frontiers in Service” CMA General Service Conference**, for more info: <http://conference.crystalmeth.org>
  - October TBA - **Central District Halloween event**, look for updates on CMAAZ.COM and Central Arizona District CMA Facebook page.
  - December 31 - **Central District New Year’s Eve event**, look for updates on CMAAZ.COM and Central Arizona District CMA Facebook page.
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***Happy Birthday CMA!***

***celebrating the first meeting of***

***Crystal Meth Anonymous***

***on***

***September 16, 1994***

***<https://tinyurl.com/cmahistory>***

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