

THE PIPELINE

Volume 84

July 2021

Spotlight: Friendships in Sobriety

The notion that everything will get better once we get sober is partially true. If it was always true, we would never leave the pink cloud. Staying sober yields better results when we are surrounded by a network of friends who support our sobriety. Once in a daily practice of sobriety, we focus on the task of taking care of our mind, body, and spirit. Part of that is to develop and nurture friendships that are essential to our total wellness. Friends enrich our lives.

Friendship matters since we are all interconnected on this planet. If I feel alone, it is not necessarily due to an absence of people in my life. It is an intentional survival skill my brain developed in addiction to try to fuel my ego upon self, instead of reliance on all things human. Having a close circle of friends can be an increased mental health benefit, but there are those relationships that can be challenging. We grow and let go of toxic friends without regret - If unsure on how to do this, ask your sponsor.

Friends help us through stress, celebrate

wins, assist with better lifestyle choices, and even help heal us from trauma. They are a naturally occurring support system that if nurtured, will yield unlimited mental health benefits. They teach us how to be there for others too, without using them for selfish gains. We develop healthy boundaries with our friends to navigate through life and all its awkwardness.



Healthy bonds, ones not developed from trauma responses, can be the most mutually beneficial. That friend is not bearing all our emotional needs and vice versa. There is a balance in normal times and that can sway back-and-forth

at different points when faced with difficulties or, on the converse, success – think death of a loved one or moving to a new city for a job promotion. We support each other and call on that support more when times are extra trying. It takes effort to bridge the gaps that might move us away from our closeness, but once the bond is formed it can evolve while still remaining unbroken; it just may look different.

(continued on p. 6)

THE SASSY SPONSOR

Dear Sassy,

I am currently sponsoring someone who is incredibly selfish, self-seeking, and self-centered. Tends to play it fast and loose with honesty, open-mindedness, and willingness. They often make everything about themselves and even when sharing they embellish their importance. They are arrogant, and self-defeating at the very same time. Anytime that I call them out on a defect of character, or even a blatant lie, they get defensive, they begin to deflect and project.

I honestly don't think that this person has had a spiritual experience. I'm not quite sure how to handle this sponsee without being not necessarily cruel, but extremely direct, breaking down every defense mechanism and trauma response without being their therapist. (I am not qualified for that and it's above my pay grade.) Can you give me any advice or direction on how to get the sponsee to become willing enough to consider relying on a Higher Power, rather than their own self will run riot? Help!

Love, A Seriously Frustrated Sponsor.

Dear Seriously Frustrated,

First of all let me just congratulate you on being willing to sponsor. Second of all, it is our job as sponsors to guide fellow addicts on a path towards a Higher Power. This is where we check our ego at the door. If your sponsee is still selfish, self-seeking, self-centered, self-

pitied, dishonest, and unwilling, these are indicators they most certainly have not had a spiritual experience. No amount of pointing out character defects, asking them where their Higher Power is in any of their situations, or grey-rocking them due to their gaslighting, deflection, and projection is going to give them the spiritual experience that they need.

All you can do is revisit steps one, two and three. This is where we break down the wall or "remove the scales from the eyes". Until they have had enough pain or get tired of playing the master of the universe, all we can do is guide them through the steps and have enough faith that they are getting an education on spiritual experience and that it might help them later down the road. Hope this helps.

Love, Sassy

Soberscope

Focus this month on change. Changes are uncomfortable, but inevitable.

Change is scary sometimes, but can result in amazing outcomes. Rely on your Higher Power and know that the best is yet to come.

The Principle of Humility

I always thought I was a humble person, mostly because I didn't truly believe I was worth much. From a very young age I knew without a doubt that I was the problem, and what problem child believes they have anything to offer this world? I mislabelled this lack of self-confidence "humility".

In drugs and alcohol I found an escape from feeling like a failure and a disappointment. I knew from the very beginning I was digging myself a deep, dark hole. After awhile I didn't care if I ever got out of it, because it felt safe. Despite the chaos, I knew what the expectations were and I could live up to them, even when I couldn't seem to live up to any others. I sacrificed friends, a husband, my family and my career to the destruction that consumed me daily and I made the drugs and booze my only Higher Power. It's an exhausting way to live, but the problem was I had no idea how to climb out of the hole by myself, even if there was a way out. I spent hours cursing a god I didn't believe was there. I was the victim in a drama of my own creation and I was well on my way to winning awards for my performance.

Luckily, that God I didn't believe in and hadn't personally experienced yet intervened and offered me a chance to start my life over. And after almost forty years of selfish, self-centered thinking, manipulation and self-pity I finally was able to swallow my pride enough to accept His offer. That was my first step towards a humbling experience.

I found out through two rounds of rehab that I was not quite the "humble" person I'd always thought I was. Here I was, this former high school English teacher and I was living in treatment with ex-cons, prostitutes and drug addicts. All I could think was that I wasn't like them, I was better somehow. When I heard their stories, they weren't my story. I was so sure they couldn't help me. In fact, I was going to be able to help them because I seemed to have a lot of opinions and answers for someone who couldn't stay sober longer than a few days at a time. I mean, I'd been going to meetings for over a year already (with zero success) and I had studied the material we covered in groups in my master's classes (when I wasn't nodding out), so I was an expert, right? My arrogance during this time still makes me cringe. But slowly I started to hear my story in walks of life that were nothing like my own. I started looking for the things that made us the same, and not what I could use as justification for why I was still "different". And I started not just listening to, but also applying the suggestions people had for how to live this program.

By the time I saw that character defects list of mine in Step 6, I wasn't surprised by any of the items on it. Instead I had my second humbling experience: I was able to accept it. Moreover, I was willing to work on these liabilities and try to develop some assets to replace them. We can't let go of all the bad habits without replacing them with better ones. And I started to use the tools that treatment, therapy and my sponsor were (continued on p. 6)

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
CMA Rocks
7523 N. 35th Ave.
Phoenix, 85051

7:00 pm
**The Young and the
Methless**
2610 W. McLellan.
Phoenix, 85017

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

7:30 pm
The Recipe
145 E. 1st Ave.
Mesa, 85210

Monday

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

7:15 pm
Branching Out
(women only)
7523 N. 35th Ave.
Phoenix, 85051
(Crossroads West)

7:30 pm
New Hope
(LGBTQ)
2622 N. 16th St.
Phoenix, AZ 85006

7:30 pm
New Hope Online
(LGBTQ)
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
(LGBTQ)
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
Vineyard F
(men only)
6422 N. 65th St.
Glendale,

6:00 pm
Broken Glass
Zoom ID:
954 690 6422
Password:

7:00pm
Valley of t
4430 N 23rd St
Phoenix 85016
(The New S

7:15 pm
Faith Over
6830 N. 39th Ave.
Phoenix, 85019
(La Pradera

7:30 pm
New Hope
(LGBTQ)
2622 N. 16th St.
Phoenix, A

7:30 pm
New Hope
(LGBTQ)
Zoom ID:
835-3302-2894
no passwo

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

Please email John at jjnomo7517@gmail.com

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

s | Central Arizona Meetings

Wednesday

Faith Stag

39th Dr.
85301

Pass online

463
826305

He Spun

rd Ave.
85015
(Solution)

Fear

9th Ave.
85019
(a Park)

t

39th St.
AZ 85006

Online

2894
rd

Thursday

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

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
(LGBTQ)
2622 N. 16th St.
Phoenix, AZ 85006

7:30 pm
New Hope Online
(LGBTQ)
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.

m for any updates. List updated June 9, 2021

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

(Spotlight - continued from page 1)

Learning about a person is a great way to find connection. We see the similarities and then develop bonds to explore what makes us different. We grow together to make our world bigger in small ways. We embrace the changes as we mature and move onto different things in life.

Someone said that people are in our lives for a season, a reason, or life. This appears true when reflecting on the past and current people in our lives. Some friends will accompany us on our journeys in life and others will go a different direction. All this is ok and as it should be. In the rooms, there is no shortage of friends, so start connecting today! - Jennifer L.

(Humility - continued from p. 3)

giving me to make life a little better, bit by bit. To my surprise it started working! The more success I saw in my changing relationships with others, the more determined I was that maybe this life of recovery was for me after all.

I heard a wise man in the program say that once we say we are humble, we lose that humility. So instead I will simply say that I

try to practice humility daily in my 10th step by admitting when I am wrong and working to make my mistakes right. I need help with this sometimes, which luckily I still have the humility to ask for. I also ask that my Creator continue to take my shortcomings from me and I do my best to let him. My mistakes don't have to define me and continue to be my story. Every morning I get the chance to start over and every night I get the chance to set things right. When I feel out of balance in my life it is usually because I am not doing one of these two things to the best of my ability and it's time to check my ego. Thankfully, my Higher Power is kind enough to adjust my thinking and forgiving enough to let me know that I am worthy of love no matter what.

To me, humility is the simple act of being brave enough to say out loud "I was wrong" or "I need help". Be brave my friends! This life gets SO much better than we can imagine! The Promises the book offers us ARE extravagant, but they DO happen! My life today is filled with so many wonderful gifts that make the struggle to get here worth it. And all it takes is the willingness to try something different, to let something bigger than ourselves reach a hand into the hole to help pull us out.

- Mandie B.

“Humbly asked God to remove our shortcomings.”

Only after I am “entirely ready to have God remove all these defects of character” as stated in Step 6 and the willingness this requires, do I go on to Step 7. The prayer as written in the “Big Book” helps us to complete this step:

“My Creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. Grant me strength, as I go out from here, to do your bidding. Amen” Alcoholics Anonymous p. 76

The book goes on to say that by saying a prayer “something like this” we have completed Step 7. And while that may be true, I have found that saying the Step 7 prayer daily, in addition to my other morning prayers, I am reminded that my Higher Power is at work removing my shortcomings. That reminder further tells me that the removal of my character defects is on my Higher Power’s timeline and to not lose sight of the “claim to spiritual progress rather spiritual perfection.” While I have my moments of getting impatient with my H.P.’s timeline, my daily 7th Step prayer reminds of my progress.

- John E.

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

I remember attending my first CMA Meeting at the old UCAN2 on 35th Avenue in 2012. The energy in that first meeting matched the energy of the running thoughts in my mind so much so that I felt a sense of serenity. I found my home in CMA that day. It was also the first time the volume of my thoughts were so quieted that I could finally enjoy being in the present and hear the chairperson say:

“We will now observe the Seventh Tradition by passing the basket. The Seventh Tradition reminds us that ‘Every CMA group ought to be fully self-supporting, declining outside contributions.’”

That day I reached into my pockets and grabbed three quarters and three pennies. When the time came, I carefully placed the change into the basket hoping to remain inconspicuous. However, the coins fell through the loosely woven straw and crashed loudly against the linoleum floor. I was so embarrassed! It was not as much as others could give, but I remember it was all I had and I worried that it wasn’t enough,

(continued on next page)

(Tradition 7 - continued from previous page)

in the eyes of others. I had been drinking coffee and eating the pastries provided and shamefully I didn't want to seem like I was freeloading from the group.

The Seventh Tradition combines the spiritual with the material realms of recovery. Each CMA group has necessary expenses in order to keep their doors open and available to carry the message to the crystal meth addict who still suffers. Thus, many CMA groups keep a "prudent reserve," or a sum of money equal to a few months' expenses, to help sustain the group through trying times. This allows each group to continue to fulfill this primary purpose and beyond this amount it is suggested that a group give to Area or District. However, with each CMA group being autonomous, it is up to their members what they want to do.

CMA and its predecessors learned early on that outside contributions may come with strings attached and certain ulterior motives which would divert the group from its primary purpose. Thus, CMA remains self-supporting with contributions coming from its own members. With the only requirement for CMA membership being a desire to stop using, our society practices spiritual growth by using this common desire to fulfill its primary purpose and declines outside contributions to protect that purpose.

I am thankful for all the contributing members that came before me that allowed those doors of CMA to be open in 2012. Today, I am grateful to be able to contribute more than seventy-eight cents. So if you've felt

discouraged to give. Give when you can. If you cannot, do not worry because when you can you will and that's okay.

"Experience has often warned us that nothing can so surely destroy our spiritual heritage as futile disputes over property, money, and authority." - Seventh Tradition Long Form.

- Edmund Y.

CMA PRESENTS
Slip 'n' Slide
KICKBALL
JULY 3, 2021 | 4 - 7 PM
\$5 ENTRY | 9 MAN TEAM \$5 PER PERSON
\$5 PLATES (HOT DOGS & HAMBURGERS)
\$5 KRAZY KOFFEE | \$1 SODA & WATERS
50/50 RAFFLE
LA PRADERA PARK
6830 N 39TH AVE
PHOENIX, AZ 85019
FAITH OVER FEAR
SPEAKER MEETING
AT 7:15 PM