

Arizona Fellowship • Attention All H&I'ers •
Post NYC Conference Wrap Up • CMA Fellowship Survey • Arizona
Area CMA Fellowship Events Over the Years • CMA Events Near & Far



SEEDS OF SERENITY

CMA's Quarterly Newsletter - Volume 3, Winter 2024

ARIZONA

A Place for Rock Solid Recovery

Crystal Meth
Anonymous®

ARIZONA?

WHAT'S THERE OTHER THAN INSANE HEAT, POISONOUS REP- TILES, SHARP PRICKLY CACTI, AND DESERT EVERYWHERE?!?!?

By James Ca.

In this harsh environment you will find one of the richest CMA Fellowships out there. One with over 20 years of CMA experience, built upon the service and sacrifice of those who came before us!

During the summer, Arizona's temperatures sizzle. But so does the fellowship as they put on their largest event of the year – The Arizona Area Convention. This event showcases the size and diversity of the Arizona Fellowship. Tweakers from all walks of life come together to hear strong messages of hope, participate in workshops, and party hard! They look at recovery principles from a completely different angle than you may be used to and the fun includes a full-on rave on one night, and a comedy show on another night. If you have not experienced this, you're missing out.

Arizona is composed of three districts – Southern, Northern, and Central. We have over 67 weekly Seventh Tradition meetings in Arizona. Some of them are the first CMA meetings to exist. Along with over 50 H&I Meetings a week in Arizona, you can only imagine the power of the message of CMA being shared.

Meetings and parties are not the only ways that Arizona is on fire. With such a large fellowship, the Central District has a full-service body with a District and Intergroup that tackles important initiatives to carry the message. They have an active fellowship with Hospitals and Institutions, Communications, Literature, Public Information and Outreach, Events and Fundraising, and many other important committees. The Arizona Area also has a full-service body with the same committees that provide support to all the district committees. And, the Central District

has its own newsletter – The Pipeline, that celebrated 10 years of carrying the message on January 1.

Make no mistake about it, the large diverse fellowship of Arizona goes strong on recovery, parties hard to show that you can have fun in recovery, and serves the addict still suffering with an unbelievable passion.

If you are curious about the Arizona Fellowship, the fall/winter is a great time to visit, as the temperatures go down. And Arizona CMA puts on many events, including H&I Day, Homegroup Kickball Tournament, Gratitude Celebration Event, 12 Step in The Pines Retreat, a New Year Eve Event, and more!

We hope to see you sometime, well keep a chair open for you in the desert.



ATTENTION ALL H&I'ERS

Did you know that H&I stands for Hospitals and Institutions? Are you new to H&I? Do you have questions about what we do at H&I?

By Sarah G.

H&I encompasses all the things you need to know about taking meetings to people who are unable to leave their facility.

For many of us who ended up in Jails and Institutions, an H&I CMA meeting was the first time we discovered that Crystal Meth Anonymous existed and that people like us could actually stop using.

We, your H&I Subcommittee, are here to support you in all stages of the H&I journey. Whether you are a lone addict trying to learn what this is all about, a growing fellowship that wants to start their first H&I meeting, or you live in a strong area that just nominated you to an H&I role; we are here to help you.

**Come check out our first H&I Town Hall
on March 24 at 5:30 PST!**

We have put together a “How To” video that goes through many of the aspects of what we all need to know when “taking a meeting” into an institution.

This walkthrough is a perfect way to see and hear all those questions answered, the ones you have, and the

ones you didn't realize you had. You will also have a chance to ask new questions from people who may have come across your situation before.

This is the first in what will be a continuous cycle of H&I Town Halls where we hope to foster support and knowledge transfer to all levels of H&I Service.

Mar 25, 2024 5:30 Pacific

Online Meeting

Zoom Meeting: <https://zoom.us/j/92507671325>

Meeting ID: 925 0767 1325

If you are unable to make the Town Hall, we encourage you to drop in to a monthly H&I Advisory Committee meeting held the fourth Saturday of the month:

Monthly H&I Advisory Committee

In 2024: Feb 24, Mar 23, April 27, May 25, Jun 22, July 27, Aug 24, Sep 28, Oct 26, Nov 23

Online meeting

Time: Fourth Saturday each month at 8:30 am Pacific (and AZ in summer), 9:30 am Mountain (and AZ in winter), 10:30 am Central, & 11:30 am Eastern

Zoom Meeting: <https://zoom.us/j/92507671325>

Meeting ID: 925 0767 1325

For more information check us out on the web:

<https://www.crystalmeth.org/handi/>

If you have any questions, please feel free to reach out to Sarah G, Chair of the H&I Advisory Committee at sarah.g@cmagso.net



POST NYC CONFERENCE WRAP UP

A conversation with Bobby K. and John G.

By Dale G.

The General Service Conference in NYC was a big success! The Board of Trustees and the General Service Committees will begin putting the will of the fellowship into action. We caught up with John G., the Chair of the GSC, and Bobby K., the Chairman of the Board to get their thoughts about how the Conference went, what they are looking forward to this year, and what to expect moving forward.

Q: So how did you feel about this year's Conference?

Bobby K: For me, I thought this Conference was more about brainstorming and gathering information from the fellowship rather than major decisions being made. At some conferences, we've had major decisions and significant choices on the table about where CMA is going. This Conference was more of an exploration to set us on a path for the new year. I thought the comments from all of the participants were just exceptionally insightful. We got to hear some new voices and new perspectives we haven't heard before. So I was really excited about that. I think there's a lot of energy around new ideas.

John G: This was one of my favorites. This was my sixth Conference, and I felt like it just went so smoothly. We didn't have a lot of voting items, but there were some wonderful ideas and new initiatives that were presented. There was a lot of discussion—healthy discussion—and I left the Conference feeling hopeful about the unity of the fellowship.

Bobby K: Some of the discussions around social media and the future use of Twitter were very evocative. There were some things we hadn't thought about before, and some things we need to explore. I thought that was great. The work presented by Hospitals and Institutions was really fantastic as well. I just have to say that I was so impressed with how the committees presented and how the work they are doing then

fostered this exploration and conversations when people would come up to the microphone. So I think that, yes, new ideas were there, but I also think the committee members and the chairs specifically, presented in a way that excited everybody.

John G: I mean, just the level of enthusiasm was great to see. I was personally excited about the idea of the international structure and where that's going. And I thought it was really great to have that voice there and the possibility of what the future is going to look like internationally. And there was just a level of eagerness for CMA, and it made me feel like we're doing the right thing, we're moving in the right direction. PI&O's presentation on the CMA Helpline made me want to be a part of it. We've got people that are very passionate that get up and speak, and it just moves everyone. It was nice to have some of the people that helped start CMA and who were at the first Conference speak about that to remind us what it was like. So yeah, it just made me excited and I could feel the spark from other people too. Not just people that were there from the GSC, but people that were there from the New York Fellowship who didn't know about this stuff.

I would say one more thing: The discussion around the two changes that have been proposed for *Are You a Tweaker?* showed how big a priority inclusivity is to CMA as a whole. And if any of our literature, or anything we're doing, is keeping addicts from showing up to the rooms, we want to address that. I thought that discussion was really powerful during the Conference.

Q: What are some of the accomplishments from the last year that both of you are proud of?

John G: We didn't break it. We survived. We made it through successfully. No, I felt really good, and it was a big deal to get this Conference together, to show up and be able to sit there and handle any conflicts that came up. In a more general sense of the last year, I think it's great that we were able to come together as a Board and have a successful retreat without spending a bunch of money that we don't have. I think that was a big accomplishment because there was some back and forth about how we would do it, and we always need

to do a retreat. Everybody came out of that retreat satisfied, and we all got more connected. But after that retreat, we were able to really reconnect after a summer that had some very difficult issues arise.

Bobby K: Leading up to the retreat, there had been some things going on, some intense discussions about issues and feelings. At the retreat, we were able to come back to focusing on principles and reconnect with each other. And we were able to come to the Conference understanding why we're here and what we're trying to do. And the love was back with the group and it showed I think as a result of that retreat, we had such a great conference because everybody was in it together.

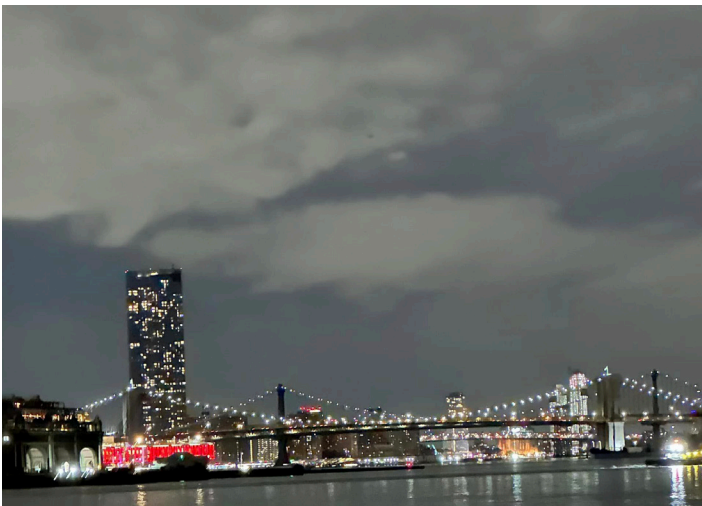
Regarding accomplishments from last year, I think getting more books into the federal prisons was a big push. We have really been helping areas get books into prisons, but the federal prisons were like this gray area. So CMA is now supporting that initiative and H&I is doing a fantastic job on doing that. Also their pen pal program was really robust this year. And then the Lighthouse Project, which is a way of connecting CMA to folks in prison, has been on fire! This year we had more speaker recordings than ever before, and more listens on our SoundCloud platform. That's really cool. And the CMA app finally got deployed in beta. We're still working on it, but it's going to be so wonderful. Our literature is getting out there—Sober Cell is really selling and I'm excited about getting the literature translated. A lot is in the DEI Committee, who on the group inventory and a DEI Pamphlet. I think those are some pretty cool accomplishments for last year.

John G: Another big accomplishment was the Delegate work group. It was so inspiring to see how that came together and how the people stepped up to lead that. And Michelle and Lee, and Sarah and James really changed the game for Delegates. We could tell, even in the Delegate meeting, they were more prepared. They felt much more supported and there were much better discussions at the Conference as a result. The San Diego conference really prompted that—we had an opportunity do something different. We listened to what they said about not feeling prepared and we don't want them to feel this way. So we did everything that we could to make it different this time. And I think we achieved that.

Q: So what advice would you give to new and returning Delegates?

As a Delegate, the most important thing is to just get involved. Check out different advisory committees. Ask questions and reach out to people. Like I said, attend different workgroups because it's good to know what's going on overall. Find out what's interesting to you and go into that. I started out on Literature. I think Bobby and I started on literature together, and we learned a lot. I was really concerned with literature and we didn't have as much at the time. Six years later, we have tons more literature. After that, I really wanted to get into Communications because of the speaker recordings. It spoke to me. And so I just think you've got to get involved with what speaks to you. There's something for everyone, just get involved. That would be the biggest thing I would say.

Bobby K: Don't be afraid to ask questions. And just like sobriety, get in the middle of the boat. When I first started in service, I felt very overwhelmed and confused. I didn't know what was going on. And I felt like maybe this wasn't for me because it didn't seem like I was picking it up quick enough. And people said, no, keep coming back. Ask questions. Don't be afraid to just get in there. And I think to John's point, just get in those committees. Even if you don't know what you're doing, even if it seems very confusing, it will. All of us have been there and one day it just kind of clicks and you understand it. So don't be afraid, even if you're feeling overwhelmed, we all felt that way and we're all here to help. We need your perspective.



John G: My other advice to Delegates is something that I did, get in touch with everybody in your Area, because it's really important to pass on this information. Not everyone is going to go on the website. Some people don't even know that there is a website. So the wealth of information that you can give to other people is valuable. Go around to the groups in your Area, talk to them, go sit in a meeting and just connect with everybody that you can locally so that their voices are better represented at the GSC level. That's really important. I would strongly encourage that type of interaction locally.

Q: What are you looking forward to for the Conference in Las Vegas next year?

Bobby K: Well, I'm excited because at this year's Conference, it seemed like more people were wanting to be involved. Committees, and especially the Helpline said we've never had this many volunteers. So, I'm excited to see how that carries over to Las Vegas and to see if there's any shift in the Fellowship as a whole. I'm also excited to see how the International Structure workgroup helps us evolve. The discussion we had this year was wonderful and next year we will start putting it into place. So I think that's going to be really cool.

John G: Yeah, well, one thing that I always look forward to at every Conference is the local area coming together to put the Conference together. New York did an amazing job and I'm looking forward to seeing what Las Vegas does, what they show us, and how they welcome us. And I've never been to Vegas. So I'm looking forward to going. I want to see Vegas sober and I think we'll have more folks from my Denver fellowship go. It will be great to show them what CMA is all about at this level of service. The New York Conference was so positive and I think that we're in a good place. I just want to see where it's going to go this coming year and beyond.



CMA FELLOWSHIP SURVEY

CMA is conducting a survey of the membership of CMA to gain information that will help us expand CMA's message of hope and inspiration to both addicts who are suffering from active addiction and addicts who are in recovery.

Please help us in this effort by spending a few minutes to complete our 25-question survey.

Click on the QR code or enter the website address to participate.

<https://surveymonkey.com/r/cmasurvey2023>



ARE YOU A DELEGATE?

Have you been elected by your Area to be a Delegate at the General Service Conference? We are happy to announce a new Delegate registration process that will allow you to register and start receiving all of the communications leading up to and about the CMA General Service Conference in the Fall.

Previously we didn't have a great way to keep track of our Delegates as they moved in and out of their positions. Now there will be a central place to register which will help you be more connected and aware of what is happening in the CMA service structure.

You can find the registration link at <https://crystal-meth.org/for-the-fellowship/group-resources/service-in-cma/> It can also be found by going to www.crystalmeth.org, selecting the "Our Fellowship" button at the top, then "Service in CMA", and "Delegates Register Here."

ARIZONA AREA CMA FELLOWSHIP EVENTS OVER THE YEARS

By John E.

Arizona Area CMA Archives Chair

Arizona CMA is proud to be an active fellowship that provides events at the area, district, and home group levels. Since the beginning of Arizona CMA, there have been various opportunities for fellowship, including conventions, service conferences, retreats, and events for special occasions throughout the year. In the early days of Arizona CMA, events were organized by home groups and districts before the establishment of the Arizona Area.

Throughout the years, home groups have taken the lead in hosting fellowship events. Home groups like The Misfits and CMA Rocks have organized events such as “Day in the Park” and “Valentine’s Dance”. Home groups have also come together to create the annual camping event “Roast Roundup”, which is now a Central District tradition held every May.

Two of the biggest events in the Central District are the annual Halloween and New Year’s Eve events. For Halloween, home groups are asked to create holiday-themed carnival booths, providing fellowship for members and their families. The New Year’s event is a fancy affair, typically including dinner and dancing. One of the most significant CMA events in Arizona is the “Twelve Step Experience in the Pines” retreat, which started in 2004 and occurs every other year. Attendees of the retreat have the opportunity to hear from a variety of speakers who share about each of the 12 Steps. Additionally, Central District H&I (Hospitals and Institutions) provides a special H&I Day to introduce members of the fellowship to this important service work. The annual state convention, sponsored by Arizona Area Intergroup, was also started in 2006.

When the Arizona Area was established, along with the Central, Northern, and Southern districts, some events began to be organized as official state activities. The annual state convention has been organized by the Area in the past two years, and the next convention

is already in the planning stages for the summer of 2024. The first Service Conference was held in Tucson in 2017, focusing on growing fellowship service and individual development in service. Quarterly Area Assembly meetings also include weekend events, such as the Tweaker Olympics in Flagstaff and Spring Softball in Safford. One beloved Area event is the annual Gratitude dinner, which is a traditional spaghetti dinner reminiscent of the early days of CMA fellowship and features speakers from around the CMA community.

While these are just some highlights of the fellowship opportunities in Arizona CMA, events continue to be offered by home groups, districts, and the Area. There are often CMA events happening every weekend, and frequently there are multiple events taking place. The vibrant fellowship opportunities in Arizona CMA remain true to the primary purpose of CMA, to help both newcomers and the fellowship as a whole in their journey toward sobriety.

CMA EVENTS NEAR & FAR

2024 CMA Chicago Spring Retreat
returns to Villa Desiderata in McHenry, IL on Friday, March 22 - Sunday, March 24. cmachicago.org

Great Lakes Unity Day: May 18
in Michigan. (Exact location TBD) cmachicago.org

AZ Safford Spring Ball Fundraiser
sharing Saturday, April 20. Softball games and food.
More info at cmaaz.org

2024 Northern California CMA Retreat
is scheduled for April 12-14, 2024. norcalcma.org

Interactive Spy Experience
@ The Spyscape
928 8th Ave, NYC March 17, 3 pm. Tickets \$35
a NYCMA activities event. nycma.org