

# JUST FOR TODAY

RECOVERY ♦ UNITY ♦ SERVICE

www.aatucson.org

TUCSON AREA INTERGROUP INC.

April 2019

## OUR THREE LEGACIES APRIL

# 4

### STEP FOUR

#### *Courage*

*Made a searching and fearless moral inventory of ourselves*

### TRADITION FOUR

#### *Autonomy*

*Each group should be autonomous except in matters affecting other groups or A.A. as a whole.*

### CONCEPT FOUR

#### *Equality*

*At all responsible levels, we ought to maintain a traditional "Right of Participation," allowing a voting representation in reasonable proportion to the responsibility that each must discharge.*

## STEP 4:

### Lift up the Hood and Repair the Damage

It was in my third year of sobriety and I, like most alcoholics, suffered from poor self-esteem, lack of self-confidence and a shame based control of most of life's endeavors. Like the other steps the fourth loomed as another one of those fearsome ordeals I had to go through – yes, you said that I had to list all the things that identified me as a bad person – something I had fought against all my life.

After all, I assumed my not drinking and the appalling behavior that accompanied it was the only immoral part of my life. I subconsciously felt my boozing was necessary for me to carry out all the grandiose and arrogant activities to "do good" on the "cutting edge of culture." I thought I was actually sacrificing myself to be of help – how could I be wrong or bad? After all, the self will run riot in the late 60's and early 70's was excused as some kind of virtue or entitlement for years of compliance to 'hokey' rules.

On the other hand I feared facing my bad behavior would bring back cynicism, despair and push me away from the quest for the sunlight of the spirit.

I was in San Diego with a 'female friend' living in a pink cloud-like dry drunk paradise. The song, "Touch Me In The Morning Then Just Walk Away We Don't Have Tomorrow We Just Have Yesterday," subconsciously labeled a future I was about to face with only "yesterdays" to comfort me.

It was at the Sunday night meeting up on Mesa Vista Hill above Mission Beach that a 'messenger' appeared and began a litany about her self-assured identity which the fourth step had handed her. "My God," I thought, "we could actually search deep inside and find out who we really are."

I realized I could recapture my lost identity. I could go actually to my own "board meetings of life's challenges" and even chair the meetings instead of waiting outside for the social juries to decide and define me.

A ray of sun finally broke through the black cloud of my resistance and denial and for the first time I saw that my dysfunctions (flaws, defects, etc.) were the causes preventing me from the realization of getting "what they had"—the promises!!!! My defects were spiritual blocks to my acquisition of the promises.

*"Though our decision was a vital and crucial step, it could have little permanent effect unless at once followed by a strenuous effort to face, and to be rid of, the things in ourselves which had been blocking us."(Big Book, pg. 64)*

Early the next morning I began to write feverishly and continued working into the late afternoon filling page after page on a yellow legal size pad.

I used the four suggested basic areas beginning with 'resentments' and on to include fear, sex and ego (self centeredness). I identified detailed thought, word and acts carried out on self, people and institutions. It was only in the 5<sup>th</sup> step that sponsor Ed forced admission of some "good" things about me.

*Continued on page 7*

# Join Us For Great Service Opportunities!

## Bridge the Gap

Contact:  
Brad F. 247-4736 or Donna T. 490-8222

## Cooperation with the Professional Community

Contact: Janet H. (847) 275-9614

## Public Information

Contact: Fred C. 909-1067

## Treatment

Contact: Mike F. (760) 851-8782

## Corrections

Contact: Tom T. 909-8080

## Grapevine

Contact: B.J. 329-8036

## Events

Contact: John A. (520) 271-8183

## TACYPAA

1st and 3rd Sundays  
2:00 pm at Central Office

## JFT Stuffing

Contact: Jessica H. (928) 254-8099  
Last Saturday of the month at 9:00 am

## Just for Today Editor

Contact: Maureen H.  
info@aatucson.org

## Central Office

840 S. Campbell Ave.  
Tucson, AZ 85719  
(520) 882-7422  
info@aatucson.org

Just for Today is a monthly publication of Tucson Area Intergroup Inc., (TAII). A one year subscription costs \$12.00. The opinions expressed here are not necessarily those of TAII or AA as a whole. We welcome your stories, news and comments. The deadline for submission is the 15th of each month. Material may be edited for space and content and cannot be returned.

# Central Office News

The next Intergroup meeting will be on Sunday, April 14, 2019, 1:30 pm, at Central Office.

We always are in need of people for the Home Answering Service. If you have a year or more of sobriety and want to be involved in this valuable service work please call Jim or Lynne at 882-7422 and set up a training time. It takes about 30 minutes.

We are in need of some 12 Step volunteers. If you have a year or more of continuous sobriety, a telephone and a willingness to help the alcoholic who still suffers, then call 882-7422. Just think, the life you save may be your own.

## Central Office Calls & Web Hits February 2019



Info: 281  
12 Step: 24  
Web Visits: 7,167  
New Visits: 2,592  
Returning Visits: 4,575



## Treasurer's Report February 2019

<b>Total Available Funds</b> .....	<b>\$ 30,306.99</b>
Income.....	\$ 10,184.21
Cost of Goods Sold.....	\$ 3,280.15
Gross Profit.....	\$ 6,904.06
Total Expenses.....	\$ 7,062.47
<b>Net Income/Loss</b> .....	<b>\$ -158.41</b>

Current available funds for operating total \$30,306.99 which is equal to 3.5 months operating expenses. We also have established a savings account holding our prudent reserve of \$15,737.02 (15% of annual budget).

## P.Y.M.W.Y.M.I FEBRUARY 2019

Elizabeth T, Ronda C, Michael J, John K, Tim C,  
David M, Anonymous X7, Valerie C,  
Reggie T, Judith V, Lynne L, Adam S,  
Sarah M, Mick C, Boston Frank, Fernando R.

## Miscellaneous Income for February 2019

Received from meetings at Central Office .....	\$ 1,171.50
Personal contributions .....	\$ 435.74
Just for Today .....	\$ 0.00
Special events .....	\$ 24.45
<b>TOTAL</b>	<b>1,633.69</b>

**Meeting was called to order with the Serenity prayer at 1:31pm.**

**New Intergroup Representatives-** Jay B.- Fantastic Breakfast Group, Laura V.- Eastside Nooners, Jim O.- Retired Professionals

**Secretary's Report – Shantaye M.** Cameron M. moves to approve the minutes. Serena seconds. Motion passes unanimously.

**Treasurer's Report – Walt W. Lynne standing in for Walt W.** 30,306.99 Total Operating Funds which is equal to 3.5 months operating expenses (This number has gone up!) Savings account is holding our prudent reserve of 15,737.02 (15% of annual budget).

**Central Office – Jim W.** Federal Taxes paid. One home answering service position open. 2 Volunteers are needed for the front desk on Tues. 9:30am & Wed. 9:30am-1:30pm. We are looking for a responsible retiree with work ethic. Month of February reconciled. Group contributions have improved. Personal contributions are down. JFT new editor Maureen H. Print JFT in house was discussed. Sally H. Also discussed leaving phone on for late night Home answering service.

**Corrections – Tom T.** No meeting last month but are always in need of help. If interested in volunteering contact Tom T. or the phone number list distributed to Intergroup reps. April 20<sup>th</sup> 10:30am next corrections meeting.

**Bridge the Gap – Donna T. Brad has 5 new contacts; 3 from Florence, 1 from Winslow and 1 from Perryville.** Casa de Vida presentation is being set-up. Weekend Workshop will be in Sacramento in September and Gary will attend. Area assembly coming up and will be attended.

**Treatment – Mike** Volunteers needed. Second Tuesday 5:30pm at Central Office. Please attend if interested.

**Public Information (PI) / Cooperation with Professional Community (CPC) – Janet** 10 members attended CPC committee meeting. Continued preparations for a letter writing outreach to area professionals and the military. Committee is considering holding a workshop later this year. CPC will meet 5:30pm on the fourth Wednesday at Central Office.

**Grapevine – BJ B.** Last meeting was packed with laughter and well attended as they prepped for upcoming Workshop on April 13<sup>th</sup> 11am—3pm Workshop at Central Office. Special surprises have been planned, do not miss it! Currently tracking down location for the 75<sup>th</sup> Anniversary celebration of the Grapevine (June 23<sup>rd</sup>) and hope to do a walk through. Grapevine reps are available to attend home group consciences in order to supply more information to your group. April 7<sup>th</sup> 2pm Central Office will be the next Grapevine meeting.

**Events Coordinator – John A.** Founders Day event is scheduled for June 15, 2019 at St. Frances Cabrini Church. The TGIF Group has stepped up to Co-Host Founders Day. If your group would like to volunteer to Co-Host with a group with a lot of experience holding such events, please contact John for more information.

**Historian – Lynne standing in for Alan S.** There has been no response with cell phone pictures of meeting spaces for the Mark The Gate project. Please send in meeting place submissions immediately, without pictures of people, to Alan asorko@cox.net

**Monthly City-Wide Speaker Meeting – Rob C.** No Report

**Spanish Speaking Liaison – Inga H.** There is a meeting from 5pm-6:30pm on Mondays and Thursdays at the “4 de enero” (4<sup>th</sup> of January) group on 2241 N. Oracle Rd. There has also been an addition to the regular meetings at the same location.

**Area Liaison/Vice Chair – JoDe J.** Will bring panel topics next month and will attend the Pre-Conference Assembly in April.

**AI-Anon Liaison – Dee R.** New AI-Anon Liaison representative!

**Old Business – No Old Business**

**New Business – Budget;**

**Intergroup Representative Announcements- Janet** Wednesday Morning at the Pima Alano Club will have a format shift. **Jim S.** Educational Forum is coming up. Flyers are available. Free continental breakfast and lunch provided. Saturday March 16<sup>th</sup> 9am-2pm RSVP with Joann C. 520-304-9497 if you plan to attend. **Jackie** Green Valley Alano club is up and running please visit website. **Mike** Hop into Spring at the Pima Alano Club 4405 E. Pima Street April 20<sup>th</sup> 3:30-5:30pm All day event. Food and refreshments provided.

**Meeting adjourned at 2:19pm with the Declaration of Unity and I am Responsible.**

# APRIL BIRTHDAYS!

## 801 Group

Mike G. 8 years  
 Matthew H. 11 years  
 Joshia O. 10 years

## Courage to Change

Donna M. 5 years  
 Mike F. 7 years  
 Rick B. 27 years

## Ironwood Hills

Nikki C. 2 years  
 Ethan B. 8 years  
 Denise A. 13 years  
 Dexter F. 21 years  
 Steve S. 21 years  
 Sharon B. 24 years  
 Tom D. 24 years  
 Rod R. 22 years

## TGIF

Dan W. 35 years  
 Jack C. 31 years  
 Laura H.K. 30 years

## Hopi Group

Sarah S. 15 years  
 John P. 50 years

## Morning Shades

Ron H. 1 year  
 Steve V. 1 year  
 Patty L. 2 years  
 Marlana S. 2 years  
 Shauna C. 2 years  
 Lori T. 2 years  
 Jay T. 4 years  
 Kristen F. 6 years  
 Jeff S. 2 years  
 Shannandora 8 years  
 Steven F. 11 years  
 Rich W. 29 years  
 Evey W. 32 years  
 Delene D. 39 years  
 Donna B. 42 years

## Freedom Group

Ken P. 37 years



## GROUPS REPRESENTED AT THE MARCH 2019 INTERGROUP MEETING

ABC Group  
 Afternoon Delight Group  
 Alanon Liaison  
 Campus Newcomers  
 Courage to Change  
 Eastside Nooners  
 801  
 Fantastic Breakfast  
 Foothills Newcomer Group  
 Free at Last  
 Freedom Group  
 Friday Morning Fun Group  
 Get a Life  
 Honest Open and Free  
 Hopi Group  
 Ironwood Hills  
 Morning Shades  
 Odds and Ends Group  
 Our Daily Bread  
 Overton Sunday Morning  
 Power Greater than Alcohol  
 Pre-weekenders  
 Rincon  
 Serenity Seekers  
 Smoke Free Nooners  
 Sober Living  
 Solutions Group  
 Southside  
 Sunday Morning AA  
 T G I F!  
 The Retired Professionals  
 Thursday Sharing Group  
 Tucson into Action Group  
 Twelve at Twelve  
 Weeknight Newcomers  
 Women's Solutions  
 Upon Awakening  
 Weeknight Newcomers

## MEETING SPOTLIGHT

THE RIGHT PLACE (WOMEN)  
 EASTSIDE MEETING PLACE  
 6061 E. BROADWAY BLVD. SUITE 128  
 (C) NS (WH) Discussion  
 7:00 P.M. Wednesday  
 Come join us!



# Group Contributions thru February 2019\*



11th Step Meditation	46.00	GV Men's Group	200.00	Sober Roadrunners	55.00
Airport Area Nooners	355.00	GV Monday Noon Group	100.00	Solutions Group	300.00
Ajo Group	48.00	GV Serenity Seekers	252.00	Southside	200.00
Anonymous Group	100.00	Hopi Group	210.00	Step Sisters	420.00
As Bill Leads it	50.00	Joe & Charlie BB Study	20.00	Sunday Morning AA Group	160.00
Back Door Friends	200.00	Little House	40.00	Tanque Verde Loop Group	68.00
Business & Prof. Men	200.00	New Beginnings	85.25	TGIF	157.50
Campus Nooners	50.00	Odds & Ends	125.00	Thursday Sharing Group	25.00
Catalina Wednesday Night	49.00	Oro Valley Sat. Serenity	550.00	Tubac AA Group	360.00
Courage to Change Group	97.50	OV Big Book Meeting	145.00	Tucson Men's	100.00
Eastside Nooners	385.00	OV Happy, Joyous & Free	100.00	Twelve Stepping Sisters	180.00
Free to be Me	100.00	Oro Valley Men's Stag	500.00	Vistoso Retreads	229.00
Freedom Group	190.00	Oro Valley Step Sisters	25.00	West Ajo BB Study	200.00
Golf Links Group	307.00	Pre-Weekenders	93.00	Westside Primary Purpose	102.00
Good Life	111.00	Smile Group	160.00	Women's Solutions	200.00
GV Beg. Living Sober	341.06	Smoke Free Nooners	852.00		
GV Fantastic Breakfast	208.62	Sober Living	167.89	TOTAL	\$9,219.8

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## STEP 4 WORD SEARCH

P	P	G	N	I	H	C	R	A	E	S	L	M
E	B	Y	P	N	E	N	G	N	U	J	N	I
M	N	R	R	M	O	I	N	E	O	M	N	N
Y	E	L	O	U	S	F	I	A	E	G	T	V
P	G	H	Y	L	E	E	D	P	H	I	N	E
A	A	K	C	O	V	A	N	P	O	E	E	N
R	R	N	Q	C	I	R	I	R	N	C	M	T
T	U	C	K	H	T	L	F	A	E	N	T	O
V	O	S	F	T	O	E	T	I	S	E	N	R
C	C	O	U	R	M	S	C	S	T	M	E	Y
M	P	R	S	U	Z	S	A	A	Y	M	S	N
E	L	A	R	O	M	W	F	L	A	O	E	O
C	V	F	B	F	C	T	S	B	D	C	R	H

**CAN YOU FIND THESE STEP 4 WORDS ?**

MOTIVES  
 FACT FINDING  
 RESENTMENT  
 FOURTH COLUMN  
 INVENTORY  
 MORAL  
 FEARLESS  
 MY PART  
 COURAGE  
 HONESTY  
 SEARCHING  
 APPRAISAL  
 COMMENCE

# UPDATES TO THE "TERRESTRIAL TEAL" MEETING SCHEDULE

## New Meetings

### **Page 8**

Sunday Women's Meditation  
Sunday @ 9:30 am  
Rancho Vistoso Urgent Care  
13101 N Oracle Rd  
(O) NS (WH) Discussion

### **Page 18**

Peaceful Journey  
1st, 2nd, & 3rd Tuesday @ 5:00 pm  
AMI Behavior Health  
6700 N. Oracle Rd., #411  
Discussion (O) NS (WH)

### **Page 35**

In All Our Affairs  
Friday @ 11:00 am  
Sunrise Chapel (in back)  
8421 E Wrightstown Rd  
12 & 12 Step Study  
(O) NS (WH)

### **Page 53**

Green Valley Morning Mtg.  
Every Day Sun thru Sat  
@ 7:30 am  
Green Valley Alano Club  
1151 La Canada Ste 17  
(O) NS (WH) Discussion

### **Page 56**

Big Book Mtg.  
Sunday @ 2:00 pm  
Oracle County Court Bldg.  
14701 N Justice Dr.  
Oracle AZ 85623  
Discussion (O) NS (WH)

### **Page 56**

Sun. Women's Meditation  
Sunday @ 9:30 am  
Rancho Vistoso Urgent Care  
13101 N. Oracle Rd.  
Oro Valley, AZ 85739  
Discussion (O) NS (WH)

### **Page 57**

Morning Awakening  
Monday @ 7:00 am  
Church of the Apostles, Library  
12111N. La Cholla Blvd  
(O) NS (WH) Discussion

### **Page 60**

Oasis in the Desert  
Tuesday @ 10:00 am  
Hacienda del Lago  
14155 E Via Rancho Del Lago  
(O) NS (WH) 12 & 12

## Changed Meetings

Little House Mtgs. now meet  
@ 2109 S. 6th Ave.

### **Page 21**

Footloose  
Tuesday @ 9:30 pm  
Campus Health Bldg. 1  
3rd Floor Lounge  
1224 E Lowell St.  
Literature, Speaker on last  
Tuesday (O) NS (WH)

### **Page 23**

Daily Reprieve Meeting  
Wednesday @ 9:30 am  
Alano Club  
4405 E Pima St  
(O) NS (WH) Big Book (12)

### **Page 33**

Our Daily Bread  
Thursday @ 7:15 pm  
Now meets at Eastside Meeting Place  
6061 E. Broadway  
(C) NS (WH) Discussion (11)

### **Page 37**

T.G.I.F.  
Friday @ 5:45 pm  
St. Mark's Presbyterian  
3809 E. 3rd St. (not 2nd St.)

### **Page 42**

Women's Solutions  
Saturday @ 9:00 am  
Jewish Community Center  
3800 E River Rd.  
Babysitting provided

### **Page 49**

AK-CHIN  
Now meets @ 8:00 pm  
SMI Building, Santa Rosa Village  
85634 Discussion (O)

### **Page 56**

Lodestar of Hope  
Sunday @ 6:00 pm  
United Church of Christ  
1401 El Conquistador Way  
Oro Valley, AZ 85704  
Meditation (O) NS (WH)

### **Page 57**

Lodestar of Hope  
Wednesday @ 7:00 pm  
United Church of Christ  
1401 El Conquistador Way  
Oro Valley, AZ 85704  
Discussion / Beginner (O) NS (WH)

### **Page 58**

Final Frontier Group  
Friday @ 7:00 pm  
Community Center Crafts Rm.  
64500 E Saddlebrook Blvd.  
Tucson, AZ 85739  
Discussion (C) NS (WH), last Fri. (O)

## Deleted Meetings

### **Page 10**

Free Spirit Group  
Sunday @ 7:00 pm  
Health Center, 7490 S. Camino Oeste

### **Page 11**

Early Bird Meditation  
Mon.-Fri. @ 6:30 am  
732 N. Stone

### **Page 31**

Sober Today  
Thursday @ 6:00 pm  
St. James United Methodist

### **Page 32**

Thursday Night AA Group  
Thursday @ 7:00 pm  
Mt. View Retirement Village

### **Page 54**

Big Book Action Group  
Thursday @ 1:30 pm  
Church of Risen Savior

**To add announcements or meeting schedule changes to the Just for Today,  
contact Central Office at [info@aatucson.org](mailto:info@aatucson.org) or call 520-882-7422.**

I now realize that I identified the “big Chunks” (*Big Book*, pg.71) of my “defects” and my inventory would continue to be a lifelong process. I had to avoid the play of perfectionism that could destine me to years of an unending step four recording. It would be step ten that would continue to monitor and sustain a continuous moral inventory.

I now believe that the uncovering of major faults was a one time spiritual act that set me on the road to self-examination and not an exhaustive, complete set of every dysfunction I had or would ever have. Spiritual growth and progress would arm me with the awareness to go deeper and reveal faults. Step ten would become the tool to fine-tune my journey through life.

I completed over 20 pages of legal size pages. I believe I acted out the thoroughness concept based on my understanding at the time. I operated under the assumption that leaving anything out would cause blocking of the realization of program promises. Of course the list really shrunk after I followed sponsor Ed’s “suggestion” that I red line out all the self-justification and self-pity!

I had to begun to rebuild self confidence by finding out who I am and understanding and accepting that which HP wants me to be and live and express my capabilities.

I had spent most of my life avoiding challenges and opportunities out of the fear of the pain of shame. I realized that the steps could rid myself of this handicap.

The most emotional realization of a promise of step four occurred one day when an associate with two doctorates in anthropology, one who seemed entitled and reveled in “taking my inventory,” stood dumbfounded when he realized that I had become impervious to any of his character critiques and was no longer reacting with discomfort. I was not angry at all but kindly listening to him without any feelings of shame or anger.

*“We can look the world in the eye. (75) Your new courage, good nature and lack of self-consciousness will do wonders for you socially. (115)” —AA Big Book.*

*Jerry K., Green Valley, AZ*

## **Spanish AA Corner**

Spanish Intergroup **Newest** Office

2241 N Oracle Rd Ste #4

Tucson AZ 85705

520-622-5112

Secretary – Rafael

Literature - Fernando

Intergroup meeting is held the last Friday of every month,  
7:30 pm at the Spanish Intergroup Office

## **Third Legacy**

### **Tucson Area Intergroup, Inc.**

Meets 2nd Sunday Monthly  
1:30 pm at Central Office

### **CPC & PI Committee**

Meets 4th Wednesday Monthly  
5:30 pm at Central Office

### **Treatment Center Committee**

Meets 2nd Tuesday Monthly  
5:30 pm at Central Office

### **Corrections Committee**

Meets quarterly, 3rd Saturday  
January, April, July, October  
10:30 am at Central Office  
New volunteer orientation @ 9:30

### **Grapevine Committee**

Meets 1st Sunday Monthly  
2:00 pm at Central Office

### **JFT Stuffing and Mailing**

Last Saturday Monthly, 9:00 am  
Jessica H. (928) 254-8099

### **Bridge the Gap Committee**

Meets 1st Sunday Monthly  
3:00 pm at Central Office

### **DCMC**

John N. (520) 398-3259  
Alternate: Sarah VP. 200-2456  
TAII Liaison: Jode J. 437-2685

### **District 11-000 Pima County**

Meets 3rd Thursday Monthly  
7:00 pm at Central Office  
All GSRs and DCMs have a  
voice and a vote at this meeting.

### **Northwest Sub-District 11-110 & Southwest Sub-District 11-115**

Meets 2nd Wednesday @ 6:00 pm  
NW Alano Club, 3120 W.Curtis Rd.  
DCM: Jo S. (520) 869-8678

### **Central Sub-District 11-111**

Meets 2nd Wednesday @ 6:45 pm  
610 E. Delano #103 Stone Sober  
DCM: Shelli H. (520) 429-4178

### **Eastern Sub-District 11-114**

Meets 3rd Wednesday @ 6:00 pm  
Eastside City Hall, 7575 Speedway  
DCM: Sarah VP. (520)200-2456

### **Sub-District 11-119**

Meets 2nd Thursday @ 6:00 pm  
St. Francis Episcopal Church  
600 S. La Canada, Green Valley  
DCM: Joanne C. (520) 625-3895

### **Spanish Sub-District 11-122**

Meets last Friday @ 7:30 pm  
Grupo Libertad Meeting Place  
5248 S. 12th Ave. 85706  
DCM: Ingeborg H. (520) 622-5112

Tucson Area Intergroup, Inc.  
840 S. Campbell Avenue  
Tucson, AZ 85719

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