

JUST FOR TODAY

RECOVERY ♦ UNITY ♦ SERVICE

www.aatucson.org

TUCSON AREA INTERGROUP INC.

January 2019

OUR THREE LEGACIES JANUARY

1

STEP ONE

Recovery

We admitted we were powerless over alcohol—that our lives had become unmanageable.

TRADITION ONE

Unity

Our common welfare should come first; personal recovery depends upon A.A. unity.

CONCEPT ONE

Service

Final responsibility and ultimate authority for A.A. world services should always reside in the collective conscience of our whole Fellowship.

STEP 1: What does it take?!

“If I drink alcohol I can not predict what can happen,” I murmured out loud as the sun came in the kitchen and hit me in the face in Flagstaff Arizona. It wasn’t the first time I had been in jail. It was the fourth in locations from coast to coast and in between. I had come home to Arizona expecting everything to change and unfortunately an alcoholic followed me back and the same old same old. They weren’t doing it right again and I went to the cozy bar for some Dr. Feel Good to ease my anger. After four or so martinis I put my shades on (it was 9 pm) and took off in the country sedan station wagon. Crunch!!! I could not steer the car and veered off into a fast food parking lot. I had side-swiped two cars and totaled my station wagon.

All props that justified and enabled my binges and wild rages-civil rights, university arrogance, grandiosity, professional heights- were taken away and I was left naked with no excuses. Warnings and challenges from a 2000 round-trip intervention by my father, the sudden appearance of the Purdue Newman Club chaplain, and even concern from a militant Black associate from south Chicago had had no effect and were brushed aside.

It took an act of near vehicular homicide to finally wake me up. Coming out of a black-out rushing 60 miles per hour heading for two gas pumps, one time having had one leg outside a hotel window, screaming “no one cares” across an autumn lawn one night, the judge’s threat of weekends in jail, and the increasing and more desperate episodes hadn’t got to me-yet.

The “couldn’t manage my own life” part I admitted. But, it took eight months after that first meeting to find out and accept the ‘powerless’ part of step one. Each relapse came under the belief that I needed alcohol to unleash that glorious persona inside me that was blocked by my long-standing ‘fear of the pain of shame.’

One shot and my feelings about ‘not being good enough’ would go away and I would become that charming and irresistible guy.

Just one Manhattan at a celebration in Philadelphia I thought was nothing really and was the only way to rocket me into that golden orange paradise. I could start over at home in Arizona another day.

I entered the bar in the Delphi Hotel where I had binged a year earlier. Looking at the mottled images of bottles behind the amber plastic windows above the bar it hit me that once again the road would end somewhere in the city – with the bitter chill of defeat, loneliness and hopelessness.

The AA promises had begun to haunt my soul and I did not want to give them up for Old Grand Dad, which had always failed me.

Strawberry shortcake down the street filled my stomach and suppressed some of the obsession for the sugar that alcohol was providing.

On the way home to a layover in Farmington NM I had a half quart of beer once again to fuel my charm—that last drink.

Coming off the plane in Flagstaff I was met by two Sedona home group members Joe and Courtney. “How did you know??!!”

“We didn’t. We are here to pick up a friend.”

Judge Bailey’s promise to send me to the Penitentiary in Florence AZ provided me

Continued on page 6

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: Susan B. 396-8915

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 @ Central Office

JFT Stuffing

Contact: Ted M.
theodoremoeller@gmail.com
Last Saturday of the Month @ 9:00 am

Just For Today Editor

Contact: Maureen A.
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, January 13, 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 November 2018



Info: 284
12 Step: 21
Web Visits: 4071
New Visits: 2577
Returning Visits: 6648



Treasurer's Report November 2018

| | |
|-----------------------------------|---------------------|
| Total Available Funds..... | \$ 20,789.14 |
| Income..... | \$ 5,312.89 |
| Cost of Goods Sold..... | \$ 2,599.32 |
| Gross Profit..... | \$ 2,713.57 |
| Total Expenses..... | \$ 3,499.53 |
| Net Income/Loss..... | (\$ 785.96) |

Current available funds for operating total **\$20,789.14** which is equal to **2.4** months operating expenses. We also have established a savings account holding our prudent reserve of **\$15,399.95** (15% of annual budget).

P.Y.M.W.Y.M.I. NOVEMBER 2018

Elizabeth T., Fernando R., Eric N.,
John K., Ronda C., Michael J.,
David M., Anonymous X5,
Valerie C., Kevin B., Mick C., Cori C.

Miscellaneous Income for November 2018

| | |
|---|--------------------|
| Received from meetings @ Central Office | \$ 882.10 |
| PC (Personal Contributions) | \$ 268.62 |
| JFT (Just For Today) | \$ 0.00 |
| Special Events | \$ 0.00 |
| TOTAL | \$ 1,150.72 |

Tucson Area Intergroup, Inc. (TAII) Committee Meeting Minutes — December 9, 2018

The meeting was called to order with the Serenity Prayer at 1:31pm.

New Intergroup Representatives- Dominic M- Odds and Ends, James T.- Rincon

Administrative Subcommittee Quarterly Report – James W. Central Office has been working to sell/distribute the excess Spanish literature. Jim looked into adding groups to our insurance policy and our insurance provider stated this is not a possibility for our policy. Previously groups had been added onto the District 11 policy but this is no longer an option. There was discussion of possible fundraising by the Corrections subcommittee. The general consensus was against Intergroup or its subcommittees putting on fundraising events. Central Office employee evaluations were done this month.

Secretary's Report – Cheyanne S. Matt L. motioned to approve the minutes, Russell H. seconded, motion passed .

Treasurer's Report – Jim W. for Walt W. We currently have \$21,938.65 in operating funds, which is equal to 2.4 months in operating expenses. We will discuss and vote on the 2019 budget in January.

Central Office – Jim W. The payroll taxes have been paid. All Home Answering Service shifts are filled! Someone tried to hack the hot-line phone line thus, there is a new security code. We are looking for a group of people or a homegroup to stuff the Just For Today on the last Saturday of the month. It usually takes about two hours. The November books have been reconciled. Central Office inventory will be held January 1st at 2 pm and all volunteers will be welcomed with coffee and snacks!

Corrections – Tom T. No Report

Bridge the Gap – Brad F. We are having a workshop January 19th at noon at Central Office. The flyer will be available at our table at both Alcathons. The committee had referrals from Yuma, Phoenix, and the state hospital this month.

Treatment – Mike No Report

Public Information (PI) / Cooperation with Professional Community (CPC) – Fred C. We will have tables at both Alcathons. We will be attending the Tucson Estates Health Fair on January 23rd.

Grapevine – BJ B. Starting in January, we will be meeting every month and will revisit our meeting frequency in June. The committee has decided to put on a workshop in the spring on writing and submitting an article to the Grapevine, to include how to do an audio article. June 2019 is the 75th anniversary of the Grapevine and we are planning a celebration!

Events Coordinator – Shantaye M. The venue walk-throughs have been completed for both Alcathons. The smoking area has moved to the back of the parking lot due to too many butts being around after last year's events. Please also be mindful of whether you are using the recycle or garbage bins.

Historian – Alan S. No report

Monthly City-Wide Speaker Meeting – Rob C. No report

Spanish Speaking Liaison – Martin No report

Area Liaison/Vice Chair – JoDe J. No report

Al-Anon Liaison – Matt C. No report

Old Business- Elections; Chair- Steve A. nominated Cheyanne S., Cheyanne accepted, and Intergroup voted unanimously in favor. **Secretary-** Shantaye M. confirmed her interest in the position and was voted in unanimously. **CPC-** Remains open **Grapevine-** BJ B. confirmed her interest in continuing for a full term and was voted in unanimously. **Historian-** Jim W. expressed Alan S.'s interest in continuing as the Historian for a full term and Intergroup voted unanimously in favor. **Spanish Speaking Liaison-** Remains Open **Special Events-** James W. nominated John A., John accepted the nomination, and Intergroup voted unanimously in favor.

New Business: 2019 Intergroup Budget- the full budget will be discussed and voted on in January. Shari motioned to approve Intergroup and the subcommittees to spend 1/12th of the 2018 budget until Intergroup can review and vote on the 2019 budget. Janet seconded the motion and the motion passed unanimously.

Intergroup Representative Announcements- Janet- Friday Morning Fun has a plethora of speaker tapes for the taking. Lynne- Thank you James for your great job as chair the last two years! James- TACYCAA meets the every 1st and 3rd Sunday at Central Office at 2pm and there are plenty of service opportunities available.

The meeting adjourned with the Declaration of Unity and I am Responsible at 2:21 pm.

JANUARY BIRTHDAYS!

Morning Shades

Chad C. 1 year
 Stephanie M. 2 years
 Micky L. 2 years
 Ben B. 3 years
 Mariah H. 3 years
 Josh D. 3 years
 Amanda B. 4 years
 Pat B. 5 years
 Dena E. 10 years
 Jozette W. 11 years
 Rory J. 11 years
 Dan D. 16 years
 Eddie V. 25 years
 Paul R. 31 years
 E.J. 32 years
 Margaret G. 32 years

Courage to Change

Steve A. 17 years

801 Group

Darrin B. 8 years
 John T. 30 years

TGIF

Kiva B. 5 years
 Laura M. 27 years
 Liz F. 13 years
 Mary W. 15 years
 Mollie H. 32 years
 Rita M. 22 years
 Chris D. 27 years
 Wanda F. 43 years

Freedom Group

Tracey T. 1 year
 Kelly R. 3 years
 Bryan N. 9 years
 Jack W. 33 years

Happy Birthday!

GROUPS REPRESENTED AT THE DECEMBER 2018 INTERGROUP MEETING

Campus Newcomers
 Courage to Change
 Each Day A New Beginning
 801
 Free At Last
 Friday Morning Fun Group
 Get A Life
 Honest Open and Free
 Ironwood Hills
 Morning Shades
 New Beginnings
 Odds and Ends Group
 Our Daily Bread
 Overton Sunday Morning
 PreWeekenders
 Rincon
 Smoke Free Nooners
 Sober Living
 Solutions Group
 Something Less Stuffy
 Southside
 Sunday Morning AA
 T G I F!
 The Retired Professionals
 Thursday Sharing Group
 Tucson into Action Group
 Twelve at Twelve
 Twelve Stepping Sisters
 Upon Awakening

MEETING SPOTLIGHT

TUCSON INTO ACTION GROUP

Big Book Study/Newcomers

Water of Life Metropolitan

Community Church

3269 N. Mountain Ave.

Tucson, AZ 85719

7:00 P.M. Thursday

(O) (NS) (WH)



Group Contributions thru November 2018 *



| | | | | | |
|--------------------------------|----------|-----------------------------|----------|---|------------------|
| 11th Step Meditation Meeting | 267.76 | Green Valley Lamplighter's | 75.00 | Sober Living | 351.24 |
| 801 Group | 182.00 | GV Monday Night BB Study | 100.00 | Solutions Group | 450.00 |
| 911 Group | 425.00 | Green Valley Men's | 600.00 | Something Less Stuffy | 65.00 |
| AA Womens Conference | 500.00 | Green Valley Miracle Group | 50.00 | Southside | 1,500.00 |
| A Safe Place for Women | 254.51 | Green Valley Monday Noon | 533.00 | Sunrise Sobriety | 90.00 |
| ABC Group | 800.00 | Green Valley Serenity | 1,025.00 | Stone Sober | 573.00 |
| Airport Area Nooners | 1,120.00 | GV Serenity seekers | 227.00 | Sunday Morning AA Group | 1,290.00 |
| Ajo Group | 60.00 | GV Serenity Seekers (men) | 636.00 | SWACYPA | 1,500.00 |
| Amada Nooners | 100.00 | Green Valley Sober Sisters | 140.00 | Tanque Verde Loop Group | 219.50 |
| Amen Stag | 231.86 | Happy Hour | 120.00 | TGIF! | 250.00 |
| Anonymous Group | 195.00 | Honest, Open, and Free | 950.00 | The Drifters | 50.00 |
| Anonymous from Groups/Mtgs. | 270.00 | Hopi Group | 782.00 | The Forum | 138.00 |
| Arivaca Group | 25.00 | Houghton Sunset | 424.00 | Three Points | 100.00 |
| As Bill Leads It | 45.00 | Latenighters | 74.42 | Thurs Nite AA Group | 431.00 |
| Backdoor Friends | 1,100.00 | Ironwood Hills Group | 752.26 | Tubac AA Group | 1,011.23 |
| Big Apple 2 | 42.00 | Little House | 160.00 | Tucson Into Action Group | 360.00 |
| Big Book Before Work | 85.00 | Men seeking Guidance | 1,050.00 | Tucson Mens | 163.00 |
| Big Book Scholars Meeting | 220.00 | Mid-Week Serenity | 644.80 | Twelve at Twelve | 900.00 |
| Business & Professional Men's | 374.00 | Morning Shades | 1,000.00 | Twelve Stepping Sisters | 1,033.68 |
| Campus newcomers | 532.00 | Never Had it so Good | 300.00 | Upon Awakening | 700.00 |
| By the Book | 100.00 | New Beginnings | 100.00 | Vail Between the Tracks | 622.74 |
| Campus Nooners | 950.00 | Northside Group | 300.00 | Wed. 12 Step Study | 228.88 |
| Casa Adobes | 100.00 | Oracle Copper Valley | 550.00 | West Ajo BB Study | 100.00 |
| Cat Mountain Group | 275.00 | Oracle Thursday Nooner | 50.00 | Westside Primary Purpose | 150.00 |
| Catalina Wed Night Mtg | 175.00 | Oro Valley Glum Lot Not | 530.27 | Women and the 12 Steps | 132.08 |
| Clean Air Group | 470.00 | OV Happy Joyous and Free | 750.00 | Women By The Book | 441.21 |
| Courage to Change Group | 192.00 | Oro Valley Men's Stag | 1,350.00 | Women Of Serenity | 50.00 |
| Desert Drifters | 402.00 | Oro Valley Mon. Noon | 125.50 | Women Drank Too Much | 23.00 |
| District 11-110 | 1,000.00 | Overton Sun. AM | 1,271.53 | Women's Solutions | 862.50 |
| Eastside Nooners | 1,140.00 | Oro Valley Step Sisters | 40.00 | WOW Group | 140.00 |
| Eastside Sat AM'ers | 200.00 | OV Survivors Big Book | 212.00 | TOTAL | 51,307.35 |
| Emotional Sober thru 12 Steps | 95.80 | Oro Valley Vistoso Retreads | 528.00 | <i>*Please, when you send in your Group Contributions, list the meeting name as it is in the Meeting Schedule so your Group can get credited. Thank you.</i> | |
| Faith Not Fear | 160.00 | Women From The Heart | 600.00 | | |
| Final Frontier | 710.00 | Oro Valley Women of Hope | 668.00 | | |
| Foothills Newcomer | 500.00 | Our Daily Bread | 119.60 | | |
| Free at Last | 250.00 | Patagonia Group | 40.00 | | |
| Free to be me | 150.00 | Pink Triangle | 150.00 | | |
| Freedom | 60.00 | Pre-weekenders | 421.90 | | |
| Fresh Start | 50.00 | Recovery in Progress | 74.00 | | |
| Friday Morning Fun | 660.00 | Retired Professionals | 414.00 | | |
| From The Promises | 120.00 | Rincon Group | 364.50 | | |
| Golf Links Group | 816.00 | Safe Place For Women | 86.00 | | |
| Good Life | 53.00 | Sahuarita Big Book | 200.00 | | |
| Great Spirit | 25.00 | Sahuarita Brand new | 80.00 | | |
| Green Valley Afternoon Delight | 92.20 | Sahuarita Mon. Night BB | 100.00 | | |
| GV AM Meditation Meeting | 50.00 | San Xavier Meeting | 25.00 | | |
| GV Beginners Living Sober | 360.00 | Smile Group | 400.00 | | |
| Green Valley El Sabado | 402.78 | Smoke Free Nooners | 392.00 | | |
| GV Fantastic Breakfast | 857.60 | SNYP | 60.00 | | |
| Green Valley Happy Hour | 390.00 | Sober Roadrunners | 100.00 | | |

UPDATES TO THE NEW "TERRESTRIAL TEAL" MEETING SCHEDULE

New Meetings

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Peaceful Journey
Meets 1st, 2nd, & 3rd
Tuesday @ 5:00 P.M.
AMI Behavior Health
6700 N. Oracle Rd.
Suite #411
Tucson, AZ 85704
Discussion (O) NS (WH)

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Big Book Discussion Mtg.
Sunday @ 2:00 P.M.
Oracle County Court Bldg.
1470 N. Justice Dr.
Oracle, AZ 85623
Discussion (O) NS (WH)

Changed Meetings

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

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Footloose
Tuesday @ 8:00 P.M.
Meets @ Campus Health
Bldg. 1, 3rd Floor (lounge)
Parking at 6th & Park
1224 E. Lowell St.
Tucson, AZ 85721
Literature with a
Speaker on last Tuesday
(O)NS(WH)

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Our Daily Bread
Thursday @ 7:15 P.M.
Now Meets at
Eastside Meeting Place
6061 E. Broadway
Tucson, AZ 85711
Discussion (C) NS (WH)

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T.G.I.F.
Friday @ 5:45 P.M.
St. Marks Presbyterian
3809 E. 3rd Street
(not 2nd Street)
Tucson, AZ 85716
Discussion (O)NS(WH)
Childcare Available

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Women's Solutions
Saturday @ 9:00 A.M.
Jewish Community Center
3800 E River Rd.
Tucson, AZ 85718
Discussion (C) NS (WH)
Babysitting Provided

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AK-CHIN
Now Meets @ 8:00 P.M.
SMI Building,
Santa Rosa Village
85634
Discussion (O)

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

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Oro Valley, AZ
Lodestar of Hope
Thursday @ 7:00 P.M.
United Church of Christ
1401 El Conquistador Way
Oro Valley, AZ 85704
Step Study (O) NS (WH)

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Saddlebrook
Final Frontier Group
Friday @ 7:00 P.M.
Community Center
(Crafts Room)
64500 E Saddlebrook Blvd
Tucson, AZ 85739
Discussion (C) NS (WH)
Last Friday (O)

Deleted Meetings

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Thursday Night AA Group
Thursday @ 7:00 P.M.
Mountain View
Retirement Village
7900 N La Canada

Continued from page 1

with the stark reality of the powerlessness and failure to manage outcomes and the consequences of just one drink. I could have killed somebody and spent life in prison.

My admittance contained two things- if I took a shot of Old Grand Dad 100 proof I could not stop drinking it; and if I took it, my behavior was modified to a point that I could and might do anything. I could neither control the consumption nor the consequences of alcohol. The latter was not what I wanted of myself.

When the idea of a drink appears in my psyche I visualize the scene from the film, *The Deer Hunter*, wherein Chris Walken put the gun to his head 'just one more time' and killed himself. When a drink comes to mind I visualize a gun to my head and decide never to pull that trigger. If I would 'roulette' sobriety I can only ponder Clint Eastwood's "Do You Feel Lucky?!"

Jerry K. Green Valley, AZ

Spanish AA Corner

Spanish Intergroup

NEWEST Office

2241 N. Oracle Road

Suite #4

Tucson, AZ 85705

(520) 622-5112

Secretary:

Rafael

Literature Coordinator:

Fernando

(520) 342-9875

Intergroup Meeting

held the Last Friday

of every month

at 7:30pm

@ Spanish Intergroup Office

STEP 1 WORD SEARCH



CAN YOU FIND
THESE 1ST STEP WORDS?



POWERLESS

OBSESSION

SURRENDER

CRAVING

UNMANAGEABLE

PHYSICAL

DR SILKWORTH

MENTAL

ADMISSION

BOTTOM

ALLERGY

JAYWALKING

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

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

THIRD LEGACY

Tucson Area Intergroup, Inc.

Meets 2nd Sunday Monthly
1:30 p.m. at Central Office

CPC & PI Committee

Meets 4th Wednesday Monthly
5:30 p.m. at Central Office

Treatment Committee

Meets 1st Tuesday Monthly
5:30p.m. at Central Office

Corrections Committee

Meets Quarterly, 3rd Saturday,
January, April, July, October @
10:30 a.m. at Central Office
New volunteer orientation @9:30

Grapevine Committee

Meets 1st Sunday Monthly
2:00 p.m. at Central Office

JFT Stuffing & Mailing

Last Sat. Monthly 9:00 a.m. Ted M.
at theodoremoeller@gmail.com

Bridge the Gap Committee

Meets 1st Sun. Monthly 4:00 p.m.
840 S. Campbell Ave.

DCMC

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

District 11-000 Pima County

Meets 3rd Thursday Monthly
7:00 p.m. at Central Office.
6:30 p.m.- new GSA Orientation
All GSRs and DCMs have a voice
and vote at this meeting.

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

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

Central Sub-District 11-111

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

Eastern Sub-District 11-114

Meets 3rd Wed. @ 6 p.m.
Eastside City Hall
7575 E. Speedway
DCM: Sarah VP. (520) 200-2456

Sub-District 11-119

Meets every 2nd Thurs, 6:00 p.m.
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 p.m.
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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