

JUST FOR TODAY

UNITY ♦ SERVICE ♦ RECOVERY

www.aatucson.org

TUCSON AREA INTERGROUP INC.

November 2017

OUR THREE LEGACIES NOVEMBER

11

STEP ELEVEN

Recovery

Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.

TRADITION ELEVEN

Unity

Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.

CONCEPT ELEVEN

Service

The trustees should always have the best possible committees, corporate service directors, executives, staffs, and consultants. Composition, qualifications, induction procedures, and rights and duties will always be matters of serious concern.

STEP 11: PRESENCE

The eleventh word on my tattered 3" x 5" card was *Presence*. My sponsor said that in doing prayer and meditation, Step 11 would teach me how to practice the presence of my Higher Power in my everyday life.

Ever since I had seceded from the church when I was seventeen and all through my drinking years, I never prayed; neither in good times, nor in bad times, so I was way out of practice. My sponsor said that prayer was just talking to my Higher Power. So, I tried it. I would read my little, daily inspiration book and my daily horoscope, and then I'd try to talk to my Higher Power. My mind would wander; gotta take out the garbage, iron my green skirt for work, start making yogurt so it will be ready in three days, oh, shoot! I'm supposed to be praying.

Then I remembered that when I had difficulty praying for my father in Step 8, that writing it down, got me through it. So, I bought a notebook and begin writing my prayers every day. I wrote my thoughts and feelings, my hopes and aspirations, my mistakes and failures, problems that seemed insoluble and turned it all over to Higher Power, asking only for God's will for me. I had no idea what God's will for me was, until I read that line in the Big Book that says, "We are sure God wants us to be happy, joyous and free." That was good enough for me! I realized that by doing the steps, I was gradually eliminating stuff that wasn't happy, joyous and free. Then, I started a little notebook for my daily gratitude list. I tried to pay attention during the day for the things I appreciated and was grateful for. Over the years, I have filled hundreds of notebooks. When the stack gets too big, I throw them in the recycle bin. I also started saying short prayers during the day, like "Thanks!" and "What should I do?" and "Help!" That kept me more conscious of HP's presence.

Next, I had to practice meditation. As I was growing up, my and I family prayed, but we never meditated. From the 1960's on, Eastern meditation practices became popular. I tried that method several times. I tried sitting cross legged on the floor with my back straight and concentrating on my breath. It was torture. Eventually, I got some meditation tapes with soothing music and bird song and babbling brooks and I sat in my papasan chair, closed my eyes, listened to the music and meditated. Later, I graduated to a recliner and meditation CD's and have done this faithfully for over thirty years.

A few years ago, at a weekend Big Book Study, the presenter pointed out that in the 1930's, meditation in the United States meant to think deeply about, ponder or contemplate something. This sort of meditation is amply described in the Big Book on the section on prayer and meditation. I incorporate that, too.

Practicing prayer and meditation has calmed me down a lot! I don't feel so anxious and all alone so much anymore. It has presented me with solutions I would never have thought of. It has taught me that the *Presence* is only a breath away.

Lynne L., Tucson, *To be continued...*

Join Us For Great Service Opportunities!

AA of the Air

Contact: Open

Cooperation with the Professional Community

Contact: Susan K. 977-8371

Public Information

Contact: Ken C. 245-7287

Treatment

Contact: Elizabeth R. (928) 642-5586

Corrections

Contact: Tom T. 909-8080

Grapevine

Contact: Dennis W. 977-8149

Events

Contact: Shantaye M. (516) 993-6023

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 TAIL 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

We still need a group to volunteer to host the Christmas Alcathon. Call Central Office if your group is interested.

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.

The next Intergroup meeting will be on Sunday November 12, 2017 @ 1:30 PM at Central Office.

Central Office Calls & Web Hits September 2017



Info: 265
12 Step: 17
Web Visits: No Info
New Visits: No Info
Returning Visits: No Info



Treasurer's Report September 2017

Total Available Funds	\$26,684.25
Income.....	\$10,408.25
Cost of Goods Sold.....	\$3,933.44
Gross Profit.....	\$6,474.81
Total Expenses.....	\$8,227.53
Net Income/Loss	\$1,752.72

Current available funds for operating total \$26,684.25 which is 48% of our 'Prudent Reserve' of \$55,631.90.

P.Y.M.W.Y.M.I. September 2017

Anonymous x 2, Elizabeth T., Fernando R., Jim W., John K. Valerie C., Lynne L., David M., Ronda C., Michael J., Katrina S., Cori C., Trisha W., Ian, Dave C., Leah & Jerry F., Lynn & Bob K.

Miscellaneous Income for September 2017

Received from meetings @ Central Office	\$ 823.71
PC (Personal Contributions)	\$ 851.20
Just for Today Contributions	\$ 0.00
Special events	\$ 0.00
TOTAL	\$ 1,674.91

Tucson Area Intergroup, Inc. (TAII) Committee Meeting Minutes — October 8, 2017

The meeting was called to order with the Serenity Prayer at 1:33 p.m.

New Intergroup Representatives- Raphael- Spanish Intergroup, Mandy M.- SWACYPAALiaison

Secretary's Report – Cheyanne T. Geri O. motions to approve the Sept. minutes Irene T seconds, motion passes unanimously.

Treasurer's Report – Lynne L. for Dana L. The prudent reserve is at 48%. We paid about \$6,000 in bills this week, so the prudent reserve is below 48% in actuality.

Administrative Subcommittee – James W. The subcommittee met September 24th to discuss the finances a little further. We discussed starting online contributions, which is currently in motion. We motioned to raise literature prices by \$1 per book and yearly chips went up to \$1.50. Lynne is looking into changing the Central Office accounts over to a credit union and we are looking into a lower cost way to process card transactions.

Central Office – Lynne L. Jim is in Virginia learning a lot at the annual Coordinators Conference. The monthly federal taxes and quarterly state payroll taxes have been paid. Central Office currently has 8 Home Answering Service shifts available; 1st Monday 10pm-6am, 5th Tuesday 6am-9:30am, 1st Tuesday 10pm-6am, 2nd Tuesday 10pm-6am, 5th Tuesday 10pm-6am, 1st Wednesday 6am-9:30pm, 4th Saturday 5:30pm-10pm, and 5th Sunday 10pm-6am. The only requirements to take a shift are a year of sobriety, a phone, and a 30 minute training at Central Office.

Corrections – Dennis W. for Tom T. The Corrections Committee is planning 4th and 5th Step workshops and an Alcathon on the Whetstone unit for November and December. We can always use volunteers to go into facilities.

Bridge the Gap – Dante G. Donna T. attended the 27th annual Bridge the Gap Weekend Workshop, for which District 11 paid half the cost of her attendance. There were 85 attendees from 16 states and 2 Canadian provinces. Patrick C. from the Treatment and Accessibilities desk was one of the keynote speakers. The Grapevine will soon be putting out an issue specifically with Bridge the Gap stories. The local committee has 2 presentations coming up; District 11 and a sub-district.

Treatment – James W. for Elizabeth R. The Treatment Committee went over the current list of treatment centers and halfway houses in Tucson that need to be contacted to see if they are interested in having a meeting or if they currently have one. The list was updated based on contacts made in September. If your group or any members are taking meetings in to treatment facilities, please contact Elizabeth. The committee discussed having an information table at the Alcathons. The committee is currently trying to obtain information about the committee from this year prior to August. It was also discussed if domestic violence or homeless shelters fall under treatment or CPC/ PI. The Intergroup consensus is that this would fall under treatment but these facilities may also fall under the same category as halfway houses as they are allowed to leave for meetings.

Public Information / Cooperation with Professional Community – Susan K. & Ken C. There were 5 attendees at the last meeting. We are still working on getting letters out to TPD/TFD/Sheriff. Wounded Warriors is having a HOPE fest October 28th at the TCC and we have been asked to participate. Please contact Susan or Ken if you are interested in volunteering.

Grapevine – Dennis W. Our next meeting is November 5th at 2 p.m. at Central Office, please make sure to send your group's representative. The Making Amends Workshop was a hit, we had a full house! A new book for the female alcoholic is coming out and we are hoping to do a workshop on that book.

Events Coordinator – Shantaye M. New Years Eve Alcathon planning is going well and SWACYPAAL has stepped up to co-chair. Joe is the Food chair and can be reached at (520)272-5058. We still need someone to chair the Christmas Alcathon.

Historian – Alan S. is trying to contact Wally P. about the talk he gave about the history of Tucson AA and a copy of his talk called, "50 Years of AA in Southern Arizona" in the hopes that it is the talk. Profiles of members from the last 32 years have been started. A flyer was created seeking more information about these members from the passed 32 years.

Dark Meetings (Ad-Hoc) – Dana L. No Report

Spanish Speaking Liaison – Katrina S. There are some changes to the Spanish meetings and a new office location. Spanish Intergroup will hold elections on October 19th.

Area Liaison/Vice Chair – Ted M. Happy Destiny is considering having child care. Sub-District 11-110/115 is having a Steps and Traditions Workshop at St. James United Methodist on October 28th from 10am-2pm. There is one topic for us at the assembly; a motion to move the acceptance page from the story "Doctor Alcoholic Addict" and make it an appendix in future versions of the Big Book. There were many ideas but the group had a majority opinion to not move forward.

AI-Anon Liaison – Mike M. No Report

New Business- Bridge the Gap would like to become a standing service committee as they are currently an Ad-Hoc Committee. Wally motioned to make Bridge the Gap a standing service committee within Intergroup, Inga seconded the motion, the motion passed unanimously.

Intergroup Rep. Announcements- Steven- Happy Destiny would like to know if there is a need for child care during meetings, not just at Happy Destiny but at meetings in general. Mandy M.- The SWACYPAAL committee meets the 1st and 3rd Sundays at Central Office at 1 p.m. Katrina- Green Valley is having a Gratitude Banquet November 12th. There are positions at the Intergroup level that will be voted on in November; Treatment, Bridge the Gap, Area Liaison/ Vice Chair, CPC/PI, and Treasurer.

The meeting adjourned with the Declaration of Unity and I am Responsible at 2:42 p.m.

Spanish AA Corner

Spanish Intergroup New Office

5248 S. 12th Avenue
Tucson AZ 85706
(520) 622-5112

Secretary: Rafael

Literature Coordinator:
Fernando (520) 342-9875

Intergroup Meeting held the
Last Thursday of every month
@ 7:30pm at the
Spanish Intergroup Office

GROUPS REPRESENTED AT THE OCTOBER 2017 INTERGROUP MEETING

Campus Newcomers
Courage to Change
801
Free At Last
Freedom Group
Friday Morning Fun Group
Get A Life
Golf Links
Honest Open and Free
Ironwood Hills
Morning Shades
Our Daily Bread
Rincon
Sober Living
Solutions Group
Southside
Spanish Intergroup
Stone Sober
Sunday Morning AA Group
SWACY PAA
TGIF!
The Retired Professionals
Tubac
Women's Solution

NOVEMBER BIRTHDAYS!

Morning Shades

Darryl R. 1 year
Frank 1 year
Jan 2 years
Gene T. 4 years
Ralph H. 8 years
Shelia S. 10 years
Terry H. 10 years
Kate S. 20 years
Ed E. 26 years
Holly B. 38 years
Sandy S. 45 years
Michael C. 12 years
Linda N. 13 years
Alex A. 16 years
Lee B. 19 years
Emily C. 23 years
Willy S. 27 years
Adrian 36 years

Courage to Change

Dean B 2 years
Brian H 5 years
Craig W 20 years

801 Group

Christian S 3 years
Chris R 4 years
Seamus G 8 years
Robert S 6 years
Doug T 32 years

Ironwood Hills Group

Guillermo C 19 years
Julia A 34 years
Bill S 35 years
Patricia D 35 years

Faith Not Fear Group

Betsy S 29 years

Hopi Group

Shirley M. 36 years

THINGS WE CANNOT CHANGE

Vance C.

Passed away September 30, 2017
with 26 years of sobriety



Group Contributions thru September 2017

12 @ 12	185.00	Good Life	210.82	Smile Group	300.00
12 and 12 Group	650.00	GV El Sabado	165.00	Smoke Free Nooners	1,859.27
911 Group	300.00	GV Fantastic Breakfast	300.00	Sober Living	675.13
AA for Alcoholics	250.00	GV Happy Hour	180.00	Sober Saturdays	16.00
ABC Group	202.00	GV Lamplighters	175.00	Sober Sisters	180.00
Afternoon Delight Group	74.20	GV Men's Group	600.00	Society BB Study	500.00
Airport Area	125.00	GV Serenity Group	50.00	Solutions on Sunday	250.00
Airport Area Nooners	421.00	GV Monday Noon Group	200.00	Solutions Group	1,664.00
Ajo Group	60.00	Grapevine Study Meeting	66.40	Southside	1,000.00
Arivaca Group	50.00	Happy Destiny	31.85	Step Sisters	145.00
Amen Stag	94.00	Happy Joyous and Free	500.00	Spiritual Kindergarten	165.00
Backdoor Friends	1,050.00	Honest, Open, and Free	790.00	Stone Sober	1,156.00
Basic AA	60.00	Hopi Group	705.00	Sunday Morning AA Group	474.03
Big Apple 2	8.00	Houghton Sunset	202.00	Sunrise Sobriety	83.70
Big Book Before Work	34.00	Iron Hills Group	200.00	Survivors Big Book Group	192.23
Biz & Professional Men's	297.00	JDFD	100.00	Tanque Verde Loop Group	293.38
By the Book	17.99	Joe & Charlie BB Study	42.00	TGIF!	550.00
Came to Believe	51.00	Lighter Side	45.00	The Forum	65.00
Casa Adobe Gratitude	100.00	Little House	160.00	The Lighter Side	103.85
Campus Nooners	500.00	Lodestar of Hope	600.00	Three Points	100.00
Cat Mountain Group	60.00	Men Seeking Guidance	2,002.00	Thurs 11th Step	345.00
Catalina Wed Night Mtg	197.00	Message & Principles Grp.	400.00	Tubac AA Group	848.00
Clean Air Group	455.00	Midday Meeting	150.00	Tucson Into Action Group	480.00
Courage to Change Group	75.00	Midvale Sat AM	300.00	Tucson Mens	200.00
Copper Mountain Group	340.00	Mid-Week Serenity	150.00	Tuesday Nite BB Step Study	20.00
Desert Drifters	146.00	Morning Shades	820.00	Upon Awakening	200.00
Dove Mountain Group	500.00	Monday Noon Group	405.00	Twelve Stepping Sisters	291.91
Eastside Nooners	260.00	Northside Group	200.00	Vistoso Retreads	210.00
Eastside Sat AM'ers	560.00	Oro Valley Mon. Noon Grp.	1,000.00	Wed. 12 Step Study	264.25
El Sabado	340.77	Oro Valley Men's Stag	208.00	Wednesday Night Mens	100.00
Experience, Strength, Hope	83.00	Our Daily Bread	96.00	Weekday Nooners	200.00
Faith Not Fear Group	105.00	Overton Sun. AM	815.36	Weeknight Newcomers	350.00
Final Frontier	609.36	Patagonia Group	53.00	West Ajo BB Study	200.00
Footloose	15.00	Pantano Group	80.00	Westside Primary Purpose	135.00
Foothills Newcomers	200.00	Pre-weekenders	431.00	Woman and the 12 Steps	89.50
Foothills Newcomer	160.00	Picture Rocks Tues. Night	60.00	Women By The Book	137.50
Forum Meeting	169.43	Pink Triangle	100.00	Women of Hope	250.00
Free at Last	496.00	Primary Purpose	60.00	Women Of Serenity	100.00
Free to be me	100.00	Recovery in Progress	200.00	Women From The Heart	800.00
Free Spirit Group	100.00	Retired Professionals	720.00	Women Solutions	488.00
Friday Morning Fun Group	512.00	Safe Place for women	153.28	WOW Group	25.45
From The Promises	200.00	Rincon Group	902.00	Women Who Weren't Born	
Friday Newcomer	700.00	Sahuarita Brand new	80.00	Yesterday	548.80
Glum Lot Not	400.00	Sahuarita Big Book	300.00	No Name	200.00
Get a Life	450.00	Saturday Serenity Group	500.00	TOTAL	44,802.46
Golf Links Group	582.00	Saturday Serenity Meeting	500.00		



STEP 11 WORD SEARCH



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



CAN YOU FIND THESE 11TH STEP WORDS?

MEDITATION

PRAYER

DAILY

CONSCIOUS CONTACT

HIGHER POWER

PRESENCE

CONTEMPLATE

PONDER

GROWTH

ELEVEN

SHUCKS

CHANNEL

CALM

DISCIPLINE

PAUSE

UPDATES TO THE NEW "CELESTIAL BLUE" MEETING SCHEDULE

Changed Meetings

Page 15

"Experience, Strength, & Hope Group" is now called:
"Something Less Stuffy"
Literature & Speaker last Mon.
Time now on Mon. @ 6:00 PM

Page 15

Big Books Anonymous
Replace Big Book/ BYOB with
"The Program of AA Topics"

Page 33

"Many Paths AA Group" is now
"Thursday Night AA Group"
Moved to Mountain View
Retirement Village
7900 N La Canada
(C) NS (WH) Literature Disc.
(04) Thursday @ 7:00 PM

Page 40

Surrender Group
Replace "Discussion" with
"The Program of AA Topics"

Page 45

Take a Break Meeting
Replace "Discussion" with
"The Program of AA Topics"
Time now on Sat. @ 5:30 PM

Page 55

Marana
Big Book Thumpers of AA
Replace "Big Book" with
"The Program of AA Topics"

Page 56

Oracle
Progress Not Perfection
Day and time changed to
Tuesday @ 5:30 PM

Page 57

Oro Valley
Vistoso Retreads Meeting
Address changed to:
Catalina Vista Center
14055 Del Webb Blvd

New Meetings

Page 33

By The Book Step Study Group
St Marks Presbyterian Church
3809 E 3rd St (Knox Rm.)
(O) NS (WH) Step Study (16)
Thursday @ 7:00 PM

Page 42

A Step Study
Eastside Covenant Church
551 N Camino Seco
(Child Care Available)
(O) NS (WH) BB Study/
Discussion (10)
Saturday @ 10:30 AM

Page 54

Green Valley
Afternoon Delight AA Group
Desert Hills Lutheran Church
2150 S Camino del Sol
(O) NS (WH) Discussion
Wednesday @ 2:00 PM

Deleted Meetings

Page 20

Tuesday Big Book Step Study
Tuesday @ 6:00 PM

Page 31

The Lighter Side
Thursday @ 3:00 PM

Page 47

Grupo Fuente De La Vida
Mon. thru Sun. @ 7:30 PM

Page 48

Grupo La Casita
Tuesday @ 5:30 PM

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

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 Wednesday Monthly
6:00 p.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

Odd Months, 1st Sunday
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.
2301 N. Country Club Rd.

DCMC

Cheryl P. (209) 423-6440
Alternate: Aldofo (520) 943-1585
TAII Liaison: Ted M. (520)907-7531

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. @ 6:00 p.m.
NW Alano Club
3120 W. Curtis Rd.
DCM: Clay R. (520) 668-2666

Central Sub-District 11-111

Meets 2nd Wed. @ 6:45 p.m.
610 E. Delano #103 Stone Sober
DCM: Susan B. (520) 344-1076

Eastern Sub-District 11-114

Meets 3rd Wed. @ 6 p.m.
Eastside City Hall
7575 E. Speedway
DCM: Kathy R. (520) 668-7304

Sub-District 11-119

Meets quarterly. Next Meeting:
Thursday Dec. 14 @ 6:00 p.m.
St. Francis Episcopal Church Library
600 S. La Canada, Green Valley
DCM: John N. (520)398-3259

Spanish Sub-District 11-122

Meets 1st Monday @ 7:30 p.m.
Spanish Intergroup Office
2914 E. 22nd Street
DCM: Adolfo R. (520) 443-1585

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

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