

# JUST FOR TODAY

RECOVERY ♦ UNITY ♦ SERVICE

www.aatucson.org

TUCSON AREA INTERGROUP INC.

September 2018

## OUR THREE LEGACIES SEPTEMBER



9

### STEP NINE

#### *Recovery*

*Made direct amends to such people wherever possible, except when to do so would injure them or others.*

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### TRADITION NINE

#### *Unity*

*A.A. as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.*

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### CONCEPT NINE

#### *Service*

*Good service leadership at all levels is indispensable for our future functioning and safety. Primary world service leadership, once exercised by the founders, must necessarily be assumed by the trustees.*

## STEP 9: Amends, Guilt, and Shame

I dreaded this step. To be honest, I didn't make some amends when I had the chance, which I now regret. False pride runs deep in my family, and that was one of my character defects that I turned over to my HP and then took back on many occasions. But when I didn't, I made amends for things like neglect, bad behavior, gossip, dishonesty, betrayal, and alienation.

Shame was a constant companion, and that was probably the biggest obstacle to making amends. In other words, it wasn't only false pride that fueled missed opportunities to amend my past.

Someone asked me once if I knew the difference between shame and guilt. I mumbled something that I can't recall. But I remember the answer very clearly. She said, "Guilt is when you think you've made a mistake; shame is when you think you are a mistake."

Wow! That hit my bull's eye. Then and there I realized I had to go back to Step 4 and work on the shame piece. I did, but it never really went away until decades later.

In the meantime, I brought up the topic of shame at meetings because I was aware that it had a direct impact on my ability to work Step 9. I read about shame. I learned the difference between healthy shame and unhealthy shame. I learned how shame had been instilled in me since early childhood. "You ought to be ashamed of yourself," my parents said. I felt deeply flawed because, as a kid, I made a lot of mistakes and heard this refrain all too often.

But when you're a kid, you don't have the cognitive ability to refute the shaming. Your parents are your gods. What they tell you must be true, right? So this erroneous belief about myself was sown early and emerged time and again in my adult life.

Once I learned about shame, my adult self felt so sad for that little girl, so I gave her a hug and explained that all kids make mistakes, and that's called learning. There's nothing to feel ashamed of. The trick is to learn and try to do it differently the next time.

Now I look at Step 9 not with a sense of shame but with the need to be accountable for past bad behavior which, in and of itself, is a primary symptom of the disease of addiction.

Just because I fell prey to this disease doesn't mean I'm not ultimately responsible for the bad behaviors of my past. I need to own them and then move on with my life.

But what about the part of Step 9 that says "except when to do so would injure them or others?"

On my first encounter with Step 9, I remember thinking, "It would injure me, so I'm not doing it." My sponsor called me out on that quickly. There were other steps to take care of me, she said. But with regard to "others," she suggested I be mindful. I didn't want to cause additional hurt and anguish. So we talked about specifics and who might benefit from an amend and who might not. Her guidance as I did this step was invaluable because I still tended to rationalize and lacked the discernment that would come in later sobriety.

As it turns out, for me, each amend is an act of learning, of remaining teachable, of being humble enough to know I am far from perfect but that, in sobriety, I must be accountable and responsible if I want to remain that way.

Wendy S., Tucson, AZ

**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: 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

The next Intergroup meeting will be on Sunday, September 9, 2018 @ 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 July 2018**



Info: 252

12 Step: 15

Web Visits: No Info

New Visits: No Info

Returning Visits: No Info



**Treasurer's Report July 2018**

<b>Total Available Funds.....</b>	<b>\$ 24,127.62</b>
Income.....	\$ 12,680.47
Cost of Goods Sold.....	\$ 3,265.87
Gross Profit.....	\$ 9,414.60
Total Expenses.....	\$ 4,942.02
<b>Net Income/Loss.....</b>	<b>\$ 4,472.58</b>

Current available funds for operating total \$ 24,127.62 which is equal to 2.8 months operating expenses. We also have established a savings account holding our prudent reserve of \$15,392.19 (15% of annual budget).

**P.Y.M.W.Y.M.I. JULY 2018**

Elizabeth T., Fernando R., Lynne L., Mary F.,  
Jim W., David M., Michael J., Katrina S.,  
Ronda C., John K., Harry O., Cheyanne T,  
Anonymous x3, Valerie C.

**Miscellaneous Income for July 2018**

Received from meetings @ Central Office .....	\$ 1,337.25
PC (Personal Contributions) .....	\$ 765.00
JFT (Just For Today) .....	\$ 0.00
Special Events .....	\$ 16.35
<b>TOTAL</b>	<b>\$ 2,109.20</b>

# Tucson Area Intergroup, Inc. (TAII) Committee Meeting Minutes — August 12, 2018

The meeting was called to order with the Serenity Prayer at 1:30 pm.

**New Intergroup Representatives- George C.- Eastside Nooners, Cameron B.- 801, Connor M.- Footloose, Susan B.- Rincon Group**

**Secretary's Report- Cheyanne T.** There was some question as to the name of the Just For Today color this month. Wendy D. motioned to approve the minutes, Fred C. seconded, and the motion passed unanimously.

**Treasurer's Report- Walt W.** We currently have \$24,127.62 in our checking account, which is about 2.8 months in operating expenses.

**Central Office- Jim W.** The payroll taxes have been paid. We need 2 front desk volunteers; Tuesday and Friday. The books for the month of July have been reconciled. We need someone to write the front page articles for the Just For Today in 2019 on their own experience, strength, and hope.

**Corrections- Ted M. for Tom T.** We can use more volunteers at the federal prisons. The Saturday 6pm meeting on the Whetstone yard is looking for badged volunteers to speak. Whetstone will be having 4<sup>th</sup> and 5<sup>th</sup> Step workshops and an Alcathon later this fall. Men are needed at the Pima County Jail Wednesday 6 pm-7 pm. Meetings have re-started at the Red Rock Facility and a new meeting has started at the Eloy Detention Center. There is a new website to fill out and submit Pima County Jail clearance forms. ([www.aajail.wix.com/home](http://www.aajail.wix.com/home))

**Bridge the Gap- Brad F.** The meeting with Phoenix Bridge The Gap was good. There is a request from Kingman to help get Bridge The Gap established there. We had 5 referrals this month. We went to the Treatment committee and talked about doing a joint workshop. We heard back from a previous referral expressing gratitude. The committee is available for homegroup presentations.

**Treatment- James W. for Mike F.** Our proposed workshop with Bridge The Gap has been postponed to the fall. Please donate Big Books to the Treatment committee. Smoke Free Nooners donates 2 per month and Rincon Group donates 15 per year. The Senior Center on Broadway would like a co-ed meeting brought in; contact Raymond at (520)296-3238. The committee is working on a standard meeting format and protocol.

**Public Information/ Cooperation with the Professional Community- Fred C./ Open-** We will be at Stand Down for Vets on August 15<sup>th</sup>. There will be a workshop on September 23<sup>rd</sup> at 1:30 pm at Central Office. We will share about carrying the message at outside events.

**Grapevine- Jim W. for BJ** There was a very funny drunk joke. The committee is still collecting "AA in the Military" books for the VA.

**Events Coordinator- Shantaye M.** The 801 Group will be starting to plan for the Christmas Alcathon at their next business meeting, roughly at 6:30 pm. The Courage to Change Group will be chairing the New Years Alcathon!

**Historian- Alan S.** No Report

**Spanish Speaking Liaison-** No Report

**Area Liaison/ Vice Chair- JoDe J.** No Report

**Al-Anon Liaison-** No Report

**Old Business- CPC Chair-** Sue B. stood for the position and was elected for the position unanimously.

**CityWide Meeting- Rob C.** Please send a representative to our meeting. We will be meeting the last Thursday of August. Contact Rob C. for more info.

**New Business-** None

**Intergroup Representative Announcements-** Jerry- The Green Valley Men Seeking Serenity meeting is changing their name to Serenity Seekers; meeting Monday (closed, men), Tuesday (open), Wednesday (closed, men), and Friday (open) at 7:30 am at Risen Savior Lutheran; Shantaye M- September 14<sup>th</sup> 801 will not be meeting due to construction, Kris- TGIF is moving to St. Mark's on September 7<sup>th</sup> and will now be meeting from 5:45 pm-7 pm.

**The meeting adjourned with the Declaration of Unity and then I am Responsible at 2:07 pm.**

# SEPTEMBER BIRTHDAYS!

## Morning Shades

Rick H. 1 year  
 Danielle D. 1 year  
 Debbie M. 1 year  
 David S. 1 year  
 Dick S. 1 year  
 Chester M. 2 years  
 Katie M. 3 years  
 Terry A. 4 years  
 Stacia R. 6 years  
 Pete T. 6 years  
 Josh B. 6 years  
 Ernie M. 8 years  
 Liz P. 9 years  
 James G. 9 years  
 Patty B. 10 years  
 C.J. 24 years  
 Meredith L. 30 years  
 Brook P. 34 years

## 801 Group

Robert F. 3 years  
 Chuck M. 24 years

## Hopi Group

Kristie K. 3 years  
 Jim D. 33 years

## TGIF

Cheryl B. 17 years  
 Leo D. 26 years  
 Ted N. 26 years  
 Michael G. 30 years



## GROUPS REPRESENTED AT THE AUGUST 2018 INTERGROUP MTG.

Afternoon Delight  
 Big Apple II  
 Courage to Change  
 Eastside Nooners  
 801  
 Footloose  
 Free At Last  
 Friday Morning Fun Group  
 Get A Life Group  
 Honest Open and Free  
 Ironwood Hills  
 Morning Shades  
 New Beginnings  
 Our Daily Bread  
 Overton Sunday Morning  
 Rincon Group  
 Sahuarita Brand New Group  
 Serenity Seekers GV  
 Smoke Free Nooners  
 Sober Living  
 Solutions Group  
 Something Less Stuffy  
 Sunday Morning AA Group  
 Sunday Night Young People  
 SWACYPAA  
 TGIF!  
 The Retired Professionals  
 Tucson into Action Group  
 Twelve at Twelve  
 Twelve Stepping Sisters  
 Upon Awakening

## MEETING SPOTLIGHT

Pink Triangle Group (Women)  
 Discussion, Gay/Lesbian  
 (O) (NS)(WH)  
 Water of Life Metropolitan  
 Community Church  
 3269 N. MOUNTAIN AVE.  
 (Front Bldg) 85719  
 Friday @ 7:00 P.M.



# Group Contributions thru July 2018 \*



11th Step Meditation Meeting	199.50	Green Valley Happy Hour	120.00	SWACYPAA	500.00
801 Group	182.00	Happy Joyous and Free	450.00	Survivors Big Book Group	212.00
911 Group	150.00	Honest, Open, and Free	350.00	Tanque Verde Loop Group	123.50
A Safe Place for Women	254.51	Hopi Group	547.00	TGIF!	250.00
ABC Group	350.00	Houghton Sunset		The Drifters	50.00
Ajo Group	60.00	Ironwood Hills Group	452.26	The Forum	72.00
Airport Area Nooners	795.00	JDFD		The Lighter Side	
Amada Nooners	100.00	Joe & Charlie BB Study		Three Points	50.00
Amen Stag	231.86	Little House	80.00	Thurs 11th Step	
Anonymous	494.00	Mens seeking Guidance	1,050.00	Thurs Nite AA Group	400.00
Arivaca Group	25.00	Lodestar of Hope		Tubac AA Group	724.81
As Bill Leads It	45.00	Midvale Sat AM		Tucson Into Action Group	360.00
Backdoor Friends	800.00	Mid-Week Serenity	491.80	Tucson Mens	163.00
Between the Tracks	622.74	Monday Night BB	100.00	Tues. Nite BB Step Study	
Big Apple 2	42.00	Morning Shades	1,000.00	Twelve at Twelve	900.00
Big Book Before Work	85.00	New Beginnings	100.00	Twelve Stepping Sisters	821.29
Big Book Scholars Meeting	100.00	Never Had it so Good	200.00	Upon Awakening	400.00
Business & Professional Men's	374.00	Northside Group	200.00	Vistoso Retreads	318.00
By the Book	100.00	Oracle Thursday Nooner	50.00	Wed. 12 Step Study	228.88
Campus Newcomers		Oro Valley Men's Stag	1,350.00	Wednesday Night Mens	
Campus Nooners	650.00	Oro Valley Mon. Noon	50.50	Weeknight Newcomers	
Cat Mountain Group	200.00	Our Daily Bread	65.50	West Ajo BB Study	100.00
Catalina Wed Night Mtg	145.00	Overton Sun. AM	959.35	Westside Primary Purpose	25.00
Clean Air Group	395.00	Pantano Group		Women and the 12 Steps	132.08
Copper Valley Group	325.00	Patagonia Group	40.00	Women By The Book	441.21
Courage to Change Group	120.00	Picture Rocks Tues. Night		Women From The Heart	600.00
Desert Drifters	152.00	Pink Triangle	150.00	Women of Hope	468.00
District 11-110	1,000.00	Pre-weekenders	421.90	Women Of Serenity	
Eastside Nooners	540.00	Primary Purpose		Women Drank Too Much	23.00
Eastside Sat AM'ers	200.00	Recovery in Progress	74.00	Womn. Weren't Born Yest.	
El Sabado (Green Valley)	216.00	Retired Professionals	150.00	Women's Solutions	662.50
Emotional Sober thru 12 Steps	95.80	Rincon Group	75.00	WOW Group	140.00
Fantastic Breakfast Group	644.00	Safe Place For Women	86.00	<b>TOTAL</b>	<b>36,780.29</b>
Final Frontier	710.00	Sahuarita Big Book	200.00		
Foothills Newcomer	200.00	Sahuarita Brand new	80.00		
Free at Last	250.00	Saturday Group	1,000.00		
Free to be me	150.00	Smile Group	400.00		
Friday Morning Fun Group	300.00	Smoke Free Nooners	392.00		
From The Promises	120.00	Sober Living	205.03		
Get a Life		Sober Saturdays			
Glum Lot Not	382.27	Society BB Study			
Golf Links Group	816.00	Solutions Group	200.00		
Good Life	53.00	Solutions on Sunday			
Great Spirit	25.00	Something Less Stuffy	20.00		
Green Valley Afternoon Delight	47.00	Southside	1,000.00		
Green Valley Lamplighter's	30.00	SNYP	60.00		
Green Valley Men's Group	600.00	Spiritual Kindergarten			
GV Men Seeking Serenity	427.00	Step Sisters			
Green Valley Miracle Group		Stone Sober	573.00		
GV Monday Noon Group	433.00	Sunday Morning AA Group	970.00		
Green Valley Serenity Group	525.00	Sunday Morning Eastside			
Green Valley Sober Sisters	140.00	Sunrise Sobriety			

*\*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.*

# **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

## **UPDATES TO THE NEW "ROCKET RED" MEETING SCHEDULE**

### **New Meetings**

#### **Page 14**

A Way Out  
Monday @ 5:30 P.M.  
VA Medical Center,  
3601 S. 6<sup>th</sup> Ave  
Bldg. 60, Rm C108  
Tucson, AZ 85723  
(O) NS (WH) Big Book (13)

#### **Page 32**

We Agnostics  
Thursday @ 5:30 P.M.  
Alano Club  
4405 E. Pima  
Tucson, AZ 85712  
(O) S (WH) Discussion (12)

#### **Page 32**

Sober Today  
Thursday @ 6:00 P.M.  
St James United Methodist Church  
3255 N. Campbell Ave.  
Tucson, AZ 85719  
(O) NS (WH) BB & 12 & 12 (19)

#### **Page 51**

Twelve and Twelve at 10:00  
Wednesday @ 10:00 A.M.  
Mountain View Church  
3270 Armstrong Ln.  
Tucson, AZ 85739  
Step Study  
Tradition once a month  
(O) NS (WH)

### **Changed Meetings**

Little House Mtgs. now meet  
at 2109 S 6<sup>th</sup> Ave.  
Tucson, AZ. 85713

All Airport Area Nooners  
Meetings @ 12:05 P. M.,  
Monday through Friday now meet  
at Kino Sports Complex  
next to the Baseball Stadium,  
2500 E Ajo Way, Admin. Bldg.  
Tucson, AZ 85713

#### **Page 10**

Founder's Path Meeting  
Sunday @ 6:00 P.M.  
Christ Community Church  
530 S. Pantano Rd  
Tucson, AZ 85710  
Disc./Hist. Lit. Study  
(O) NS (WH)

#### **Page 15**

Basic AA  
Monday @ 7:00 P.M.  
Central Office  
840 S. Campbell  
Big Book (No Disc. or Speaker)  
(C) NS (WH)

#### **Page 39**

TGIF!  
Friday @ 5:45 P.M.  
St Mark's Presbyterian Church  
3809 E 3<sup>rd</sup> St  
Tucson, AZ 85716  
(Childcare Available)

#### **Page 42**

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

#### **Page 58**

Saddlebrook  
Final Frontier Group  
Friday @ 7:00 P.M.  
Community Center (Crafts Room)  
64500 E Saddlebrook Blvd  
Tucson, AZ 85739  
Last Friday Open Meeting

### **Deleted Meetings**

#### **Page 10**

Lost and Found  
Sunday @ 6:00 P.M.

#### **Page 19**

Mostly Agnostic  
(Women)  
Tuesday @ 5:00 P.M.

#### **Page 32**

Happy Destiny  
Thursday @ 6:00 PM

#### **Page 33**

Lodestar of Hope  
Thursday @ 7:00 PM

#### **Page 55**

Marana  
Big Book Thumpers  
Saturday @ 6:30 P.M.

#### **Page 56**

Lodestar of Hope  
Sunday @ 6:00 PM

#### **Page 57**

Big Book Before Work  
Wednesday @ 7:00 AM

# CAN YOU FIND THESE STEP 9 WORDS?



FORGIVE

CREDITORS

INJURIES



AMENDS

FAULT

DISCIPLINE

DIRECT

ACTION

E O I C I N N I S R  
 S T F N D A I T R O  
 R T S I C P N R O O  
 O I E T C D T R T O  
 E N I L P I C S I D  
 F O R G I V E G D I  
 N D U A A N N S E R  
 N A J I C I T U R E  
 S D N E M A P V C C  
 N A I L R F A U L T

To add announcements  
 or meeting schedule changes  
 to the Just for Today,  
 contact Central Office  
 @ [info@aatucson.org](mailto: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

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.  
 840 S. Campbell Ave.

## DCMC

John N. (520) 398-3259  
 Alternate: Sarah VP. (520) 200-2456  
 TAI 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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