

NO BOOZE NEWS

The 2nd Step - Being Restored to Sanity

2017

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If you are looking for something to criticize in this newsletter you will probably find it. We aim to please everyone! FOR THE FIRST several months in AA, I couldn't look at the Second Step: "Came to believe that a Power greater than ourselves could restore us to sanity." The implied word "*in*sanity" drove me quickly from the First Step to the Third. I was so deluded that I could not conceive of that powerful and graphic word applying to me.

Several months passed, and I developed at least a nodding acquaintance with the other eleven Steps--but not Step Two. I continued to avoid it, because that awful word "insanity" was like a conceptual wall. Perhaps, in those early days of sobriety, the fear that I was going insane during drinking was still too fresh for me to face Step Two honestly. "Irrational," I'd admit to; "insane," I couldn't.

About this time, I joined a Step group. Every twelve weeks, the Second Step would once again appear. Finally, I developed enough honesty and self-awareness to acknowledge that some of my bizarre activities during my drinking days had been so irrational as to warrant the label "insane." But I quickly dismissed further consideration of Step Two by rationalizing that my bizarre behavior ended when my drinking did, and that I had thus been restored to sanity. After all, I no longer raced the police down the main street nor drove my motorcycle off the dock into the lake. So much for the Second Step.

More time passed, and each time the Second Step would roll around for group discussion, I'd sit through it silently, feeling it no longer had any application to me. But gradually, a nagging thought started to tell me that I was missing something. The more I heard the Step discussed, the more I knew that something was passing me by--perhaps something very important. Finally, after months of uncomfortable ignorance, it came to me: Although my insane *behavior* had largely disappeared with my drinking, my insane *attitudes* persisted. Being restored to behavioral sanity was only the preliminary part of the Second Step; attitudinal insanity was still very much a force in my life.

As I pondered this new-to-me discovery, I realized that any attitudinal insanity leads directly to inappropriate behavior, which then results in emotional pain for me and often for others. Slowly, I started to see how this worked. My personality defects, not yet checked by use of the AA program, resulted in an insane attitude, which caused inappropriate behavior, which, in turn, led to pain.

An example I experienced involved my grandiosity. One spring day, my grandiosity became so insane that I thought I could afford a new luxury car--despite the fact that I had an almostnew car, purchased with overextended credit. So my insane attitude led to the purchase of that new car--inappropriate behavior--which in turn resulted in self-inflicted pain. Each of the next thirty-six months, I kicked myself for the higher and longer monthly car payments, which continued long after the "fix" of the new car had worn off.

Now, I see that buying the car was not an insane act--just inappropriate for me. There is nothing insane about buying an automobile, and under certain circumstances, it is fully appropriate. But the grandiose attitude that told me to buy the car when I couldn't afford it was clearly a form of insanity.

Thus, I have concluded that, while insane behavior pretty well evaporated with booze, insane attitudes linger on. Studying the Second Step has heightened this awareness; and now, beginning to work the Second Step in earnest, I find that my Higher Power is helping to identify those insane attitudes before they lead to inappropriate behavior and the inevitable, consequent pain.

-- M. B. Minneapolis, Minnesota

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Deposed AA Leaders Face a Choice: Do They Become Bleeding Deacons or Elder Statesmen?

Recently in our group, people were gossiping about my husband and me, saying that we were being the dictators of the group and that all decisions and events revolved around us. We do participate a lot in all the group activities and we thought that we were just being helpful and being of service. Then we heard that more than a few people were saying this. We didn't think that we were being overbearing. People were saying things to the people we sponsor, and our sponsees were becoming upset, so we decided to make a stand. Our plan was to guit all of our commitments and not attend so many meetings because we were not being appreciated. Our feelings were hurt. We took this situation to our higher power and prayed for those who had wronged us. And finally we each took the issue to our individual sponsors. Amazingly, our sponsors asked us if we thought we were "bleeding deacons" or "elder statesmen." We had to admit that we were being somewhat bleeding deacons, trying to run the group and influence them in their decisions and sway them to in our direction.

Upon further reflection, and through the passage of time, we have decided to not quit our group. We have decided to take lesser leadership roles and to be more supportive of the newer members and encourage them to be more active in our group. We want to be the elder statesmen that our group looks to for direction. We will continue to do the footwork and ask our higher power to direct us and give us the right thoughts and actions. We will continue to look to our sponsors for enlightenment of our actions and checking our motives. We have recovered from this setback, and at group level admitted to our group that we had heard the gossip, that it hurt our feelings. We told the group we are now over it and ready to move forward, with more consideration and empathy for the newcomer who wants to be of service. I feel this is the essence of Tradition Two: For our group purpose there is but one ultimate authority – a loving God as He may express himself in our group conscience. Our leaders are trusted servants, they do not govern.

Anonymous

Editor's Note: for a definition of elder statesmen and bleeding deacons, see p. 135 of Twelve Steps and Twelve Traditions.



Traditions Checklist

Tradition Two: for our group purpose there is but one ultimate authority-a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.

- 1. Do I criticize or do I trust and support my group officers, AA committees, and office workers? **Newcomers?**
- 2. Am I absolutely trustworthy, even in secret, with AA Twelfth Step jobs or other AA responsibility?
- 3. Do I look for credit in my AA jobs? Praise for my AA ideas?
- 4. Do I have to save face in group discussion, or can I yield in good spirit to the group conscience and work cheerfully along with it?
- 5. Although I have been sober a few years, am I still willing to serve my turn at AA chores?
- 6. In group discussions, do I sound off about matters on which I have no experience and little knowledge?



EXTRA! EXTRA! Read All About It!!

Subscriptions are only \$12 a year...we'd love your support!!!

Attitude of Gratitude

If you are grateful for your sobriety and would like to give back to the program that has so freely given to you, please use the Gratitude With Service form below to volunteer for any of EVI's Standing Committees, such as PI/CPC (Public Information / Cooperation with the Professional Community), Special Events, Literature, Unity, or Phone Volunteers. Participating in any of these committees can be a great way to carry the message to the still suffering alcoholic, both in and out of the rooms.

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As an ongoing reminder, we are still in need of more volunteers for the 12th Step call list. Although we are great at making sure the phones are answered day or night, finding someone willing and available to do a 12th Step call can sometimes be very challenging, and often times it's hit or miss depending on the time of day. If you have at least one year of continued sobriety and are willing to make yourself available to the alcoholic reaching out to AA for help from time to time, please be sure to complete the form provided below and return to the EVI Central Office via fax, mail, e-mail or in person as soon as possible. Who knows — the life you save could be your own....

EAST VALLEY INTERGROUP – Gratitude With Service form <i>revised 2/09</i> Return to: 1320 E. Broadway Rd., Suite 105 Mesa, AZ 85204 (480) 827-1905 <i>e-maik</i> info@aamesaaz.org www.aamesaaz.org					
Date *Fin	st Name	Last			
Address		*Phone			
*City	*\$T	*Zip *Gender			
*Sobriety Date	Home Group				
e-mail address		Alt Phone			
[] <i>No</i>	* = required for listin <i>Booze News</i> Subscription / Renewal	ting in 12 th Step List I (\$12.00 annual subscription fee enclosed)			
Volunteer \$	ervice Options	Committees of Interest			
Check only those you a	re willing to commit time to	Check only those you are willing to serve on			
12 th Step List Volunteer Phones Night & Weekend [] Public Information / Cooperation with the [] Weekends [] Weekends [] Professional Community [] Weekends [] Weekends [] Special Events [] Weekdays [] Newsletter (No Booze News)					
[] Office Phone Volunteer[] Unity Committee[] Other Office Help[] Deliver A Meeting					

Group, District, and Area AA Announcements



ROUNDUPS, CAMPOUTS AND CONFERENCES

YUMA ROUNDUP

FEBRUARY 17 ~ 19 Location TBD Yuma, Az

WEST VALLEY ROUNDUP

MARCH 10 ~ 12 Lake pleasant regional park Peoria, Az



MESA ROUNDUP VALENTINE'S DANCE

First Christian Church 805 N. Country Club, Mesa 85201 SATURDAY, FEBRUARY 11, 2017 5:30 Eat, Meet, Greet—Food \$5

7pm Speakers: Jennifer C. & Butch M.



Family Feud-Valentine's Edition Skit 8:30-11pm Dance w/DJ Ronstro \$5

Sub District 08-819 & the Step by Step Group

Are Hosting an Eat/Greet—Speaker Meeting Saturday, February 18, 2017 First Christian Church—805 N. Country Club, Mesa 5:30pm-Potluck Beef & Chicken Soft Tacos and Dessert provided 6:30pm-AA Hotline Workshop 7:30pm-AA Hotline Speaker Panel

8:30pm-50/50 Raffle

EVI 38th Anniversary

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Dinner and Speaker 5:30pm Saturday, March 18th, 2017

Saint Katherine Greek Orthodox Church 2716 N. Dobson Rd. Chandler, AZ 85224

Tickets are \$20 each. Available from your Intergroup rep or at the Central Office. Service opportunities available.

Monthly Campfire Meeting

Last Saturday of the Month @7:30pm 2757 E Guadalupe Rd.

Gilbert AZ Riparian Preserve and Water Park (take Cattail Crawl Trail to Honey Bee





AREA O 3 PRE-CONFERENCE ASSEMBLY March 31—April 2, 2017 1175 Historic Route 66, flagstaff az (Double tree by Hilton)

AREA O 3 POST CONFERENCE ASSEMBLY SATURDAY, MAY 20, 2017

12684 GILA BEND HWY (FRANCISCO GRANDE)

Sobriety Anniversaries 😹

Name	Date	Days
Glenn M		16071
Judy A		14976
Donna H		13149
James C		12419
Pat W		11688
Kathy K		11688
Monica G		
Rob W		8766
Jackie E		8036
Bev M		7671
Buddy M		7671
Linda S		7671
Rosemarie R		7305
Fred R	2/14/1999	6575
Patti P		6210
David L		
Steve S		5479
Frank G		5479
Mindy B.		4383
Megan B	2/14/2007	
Tyler K		
Ralph C		
Mathew F		
Alex B	2/1/2010	
Joel (JJ) G		
Devran B		2192
Jeremy V		2192
	2/11/2012	
Scott H		1096
John K		731
1		



Heard at Meetings:

"When I was sixteen, I was trying to act forty-four, and when I was forty-four, I was trying to act sixteen. I am not sure how, but alcohol made both possible".

David B., Peoria, Arizona, January 2006

Q. What is the origin of introducing oneself with the statement "I am an alcoholic" at A.A. meetings?

A. As with the origins of other customs in A.A., this is something of a mystery. However, we came across a *Box 4-5-9* article on the subject in the April-May 1987 issue:

"Who was the first to start a meeting or a qualification with the statement, 'I am an alcoholic'? How did the worldwide custom begin? As late co-founder Bill W. used to observe, "Nobody invented A.A., it just grew." And so probably did its classic introduction at meetings.

'Many members ask us these questions,' says G.S.O. archivist Frank M. 'Unfortunately, only a few of the earlytimers are left, and not many of them are able to provide plausible theories. So we can only speculate.'

According to an early friend of A.A., the late Henrietta Seiberling, the expression dates back to meetings of A.A.'s forerunner, the Oxford Group Movement, which had its heyday in the early 1930s. Mrs. Seiberling, a nonalcoholic who had sought spiritual help in the Oxford Group meetings, introduced Bill to A.A.'s other founder, Dr. Bob, then struggling to get sober in the Oxford Group.

At small meetings, the members knew one another and didn't need to identify themselves. But in the large, public meetings, where there was 'witnessing' along the lines of an A.A. talk today, personal identification became necessary. Chances are that someone at some time said, 'I am an alcoholic,' but Mrs. Seiberling wasn't sure. Nor did she remember that the phrase was used at early A.A. meetings in Akron before publication of the Big Book. In fact, she said, the word 'alcoholic' was rarely uttered, at least in Akron. People referred to themselves as 'drunks' or 'rum hounds' or 'boozers' or other choice epithets reminiscent of the Temperance Movement that gained adherents during Prohibition.

An early New York A.A. first heard the expression as 'I am an alcoholic and my name is...' According to his recollection, that was after World War II, in 1945 or 1946. And it is a matter of record that, in 1947, a documentary film entitled, "I Am an Alcoholic," was produced by RKO Pathé.From then on, as Bill would say, the custom just grew.

-Alcoholics Anonymous G.S.O. History and Archives

GOT SERVICE?? INTERGROUP SERVICE OPPORTUNITIES

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PI / CPC

(Public Information and Cooperation with the Professional Community)

Meets 1st Monday's at 7:00pm

235 E Guadalupe Rd. Gilbert

(Gilbert Presbyterian Church)

Come help carry the message at the public level and to

professional groups who have contact with alcoholics.

For more information contact:

New Chair Coming Soon

EVI Phone Workshop



Third Friday's at 6:15 pm Before the monthly business meeting at 1125 N Dobson Rd

Antioch Community Church

Or

Workshops can also be done at your Group !



For more information Call Sam N.

EVI Sponsorship Workshop

10am the 1st Saturday of every other month 235 E Guadalupe Rd. Gilbert AZ (Gilbert Presbyterian Church) Contact: Gail H. HOST GROUP SCHEDULE

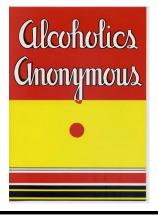
March 4 ~ Step by Step

Join the Newly Re-Organized

EVI Unity Committee

Meeting at 6:15pm Every 3rd Friday Antioch Community Church 1125 N. Dobson Rd Chandler Contact Larry S.





EVI Special Events Committee

Meeting held before the Monthly Speaker Meeting 1st Friday of the month Antioch Community Church 1125 N Dobson Rd Chandler contact: Deana E.

EVI Monthly Speaker Meeting

Ist Friday of Every Month

Meeting Now At 7:30pm

Antioch Community Church 1125 North Dobson Road, Chandler

February 4th— The Way Out

March 3rd - Page A Day These are subject to change - so keep watching.

Central Office Manager's Report January 20, 2017

Happy New Year. Welcome to all the new Intergroup Reps, Steering and Service Committee Members. Your Central office has started the year with a slight increase in activity. The phones are ringing more this month with the curious and concerned looking for information about Alcoholics Anonymous.

We received 499 requests for information and assistance last month. Of those 134 calls were for meeting info, 128 were office visitors and 7 resulted in a 12 step call. Our website stayed busy too. It had 40,921 visits in the last 30 days. Our Google listing also receives steady traffic. Our Google totals for December were 2,933 views.

The Year End Activity report for your Central Office has been complete. One thing that the report show is a decrease in paid subscriptions to the monthly newsletter. It must be time for another subscription drive. There are order forms available at the back table. Please take those back to your group too and encourage members to subscribe. Our newsletter is still in need of local submissions. Personal stories, letters to the editor, jokes, opinions (everyone has one of those J), all are welcome.

The year-end inventory went well thanks to some very helpful volunteers. Our discrepancy was +\$63.32, with a total retail inventory value of \$24,060.65. The growth in inventory was due to some complimentary Grapevine items that I brought back from the ICOAA Seminar. We received a literature order earlier this month so have plenty of stock for January.

If your Group has recently had a rotation of officers, please take a Group Update form to your next Group Conscious meeting. Have the new officers fill it out completely and return it to the office or bring it to next month's meeting. It is our policy to have complete contact information for at least 2 officers of each group listed in our directories. Thanks for your help with this, it is important to keep this information up to date.

Wishing you all the best in this New Year.

In the spirit of Tradition Eight, Love and Service Kim W. Central Office Manager

EVI CENTRAL OFFICE ACTIVITY

	Dec	2016
Meeting Information Calls .	134	1,704
General Information		
Referred to Salt River Interg	group 11	
Referred to Al-Anon	16	
Referred to Community Info	o0	14
12th Step Calls	7	
Business Calls	109	1,168
Office Visitors	128	1,567
Meeting lists printed	600	8,400
Info request via E-mail	52	532
Desk Volunteers-Reg/Sub/	None	31/ 6/ 4
Desk Volunteers-Reg HRS Y	/TD	2140hrs
Web	Stats	
Website Visits last 30 days	40,921 YTD 40	01,872

Google Searches last 30 days 2,587

East Valley Intergroup 1320 E. Broadway Rd. # 105 Mesa, AZ 85204

General Service Office PO Box 459, Grand Central Station New York, NY 10163

Area 03 Treasurer PO Box 21612 Mesa, AZ 85277

District 08-818 PO Box 12044 Tempe, AZ 85284 District 08-819 PO Box 594 Mesa, AZ 85211

District 08-820 PO Box 20404 Mesa, AZ 85277

District 08 (Maricopa County) PO Box 45066 Phoenix, AZ 85064

Valleywide H & I PO Box 80126 Phoenix, AZ 85060

Meeting List Updates...

New Meetings:

We Agnostics	15303 S. Gilbert Rd. Gilbert	WE 5:30pm	0
Upon Awakening	15303 S Gilbert Rd. Gilbert	MO—SA 6:45am	BB,C
Conscious Conta	ct 1159 N Greenfield Rd. Gilbert	TU 6:30pm Medi	tation C
Out Of The Dark	19609 S McQueen Rd. Chandler	TH 7:00pm Discu	ssion C
<u>Changes:</u>			
No Name Grp M	oved To: 7930 E Baseline Rd. Mesa	MO & TH 8pm, SA	A 8am
Right Place Wom	en's has disbanded as a group and	l moved the meeti	ng to
Road to 1	Recovery at 5640 E Main St. Mesa	WE 10:00am W,0	D C
Deletions:			
Tempe High Noo	n 1945 E Guadalupe Rd. Tempe D	eleting TU & TH	
Our Speaker Mtg	560 S San Marcos Dr. Apache Ju	nction MO 6:30)pm

Example of Group Contributions to A.A. Service Entities

Distribution of funds from groups that

support four service entities

10% to District 10% to Area

30% to GSO

50% to Intergroup



Reprinted with permission from A.A. World Services, from the pamphlet Self Support.

GROUP CONTRIBUTIONS



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<u>GROUP</u>	Dec.	<u>YTD</u>
11th Step Candlelight		
12 X 12 @ 12		
2121 Beginner Workshop		
24 Hours A Day		
A Vision For You Group		
ABC Group AHA! It's Monday		
Ahwatukee Daybreak Serenity		
Ahwatukee Group		
Ahwatukee Nooners		
Ahwatukee Saturday Men's		
Ahwatukee Women's Group		\$296.80
Arbor Daily Noon Group		\$950.00
АЅСҮРАА		\$0.00
As You Wake Up		\$75.60
Attitude Adjustment CG		
Attitude of Gratitude		
Basic II		
Before Breakfast Group		
Bloopers		
Bootstrap Men's Breakfast Club		
Busted Ego		-
By The Book		
Chandler Men's Stag Group		
Chandler Noon Group		
Chandler Women's Big Book (
Cold Coffee Group	-	
Common Solution		\$160.00
Copper Basin Group		\$117.09
Courage To Change		\$100.00
Daily Reflections Group		\$0.00
Day At A Timers		
East Valley Men's Stag		
Easy Does It Group		
Experience, Strength and Hop		
Eye Opener Group Family Recovery Group		
Feelings & Solutions		
Firehouse Meeting		
Friday Night Big Book Study		
Friends Of Bill W		
Get It Together		
Gilbert Gals		\$210.00
Gilbert Group		\$0.00
Gold Canyon 12 X 12 Group		\$186.33
Good Ol' Back to Basics		\$250.00
Grateful Dames		
Gratitude Group		
Gut Level		
Happy Hour @ Sunbird		
Heard It Thru The Grapevine		
Into Action Inwardly Reorganized		
Keep It Simple		
Keepin It Real Ladies		
Life In The Big Book		
Maricopa 12 X 12		
Maricopa Group		
Mesa Group		
Mid-Morning Group		
Morning After Group		
Name In The Hat		
New Beginnings		
New Hope Group		
New Spirit Group		
No Name AA Group		
Not A Glum Lot		
Page A Day Group		\$2,854.42

<u>GROUP</u> Pioneer Group	Dec	YTD
Pioneer Group		\$245.80
Price Is Right		
Primary Purpose BB Study		
Primary Purpose Group	\$94.00	\$286.90
Prime Time		\$70.00
Progress Rather Than Perfection		\$60.00
Puttin' Sober East		\$60.00
Putting God First		\$660.00
Queen Creek BB Study Group		\$125.00
Re-Awakening Group		\$0.00
Remember When		\$150.00
Renewed Spirit		\$900.00
Right Place Women's		\$0.00
Rising Spirit		\$1,280.53
Road To Recovery	\$600.27	\$4,466.65
Second Chance Group		\$732.55
Seniors In Sobriety-Tempe		\$55.00
Serenity At Six		\$0.00
Shade Tree		\$50.00
Sisterhood Of Solutions	\$200.00	\$420.00
Sobriety is Gold		
Sobriety Rocks		
Society Group		
Solutions Group		
Some Are Sicker Than Others		
Southeast Valley Stag		
Spirited Women		
Step By Step Group		
Stepping Stones		
Sunday Morning Women		
Sunday Night BB Step Study		
Sunland Serenity Seekers		
Sunset Group		
Tempe Group		
Tempe High Noon		
Tempe Nooners Tempe Sunrisers		
Tempe Sunrisers The Kick		
The Library		
The Real Thing		
The Way Out Group		
This Simple Program		
Thursday Night Step Group		
Tuesday Night Steppin Out		
Tuesday's Trudgers		
Tumbleweeds Group		
Upon Awakening		
We Ain't Dead Yet		
We Agnostics		
We Can Group		
Wednesday Night Step		
Wednesday Night Winners		
Welcome Home		
West Chandler Men's		\$65.00
Who's Driving Your Bus?		\$50.00
Wolf Pack Group		
Women in Gratitude		\$584.73
Women in Solution		\$0.00
Women in Touch		\$250.00
*Anonymous Groups	\$236.14	\$621.06
OTHER GROUPS/COMMITT	EES	
Apache Lake Campout		\$0.00
SWACYPAA		
AZ AA Womens Conference		
Dist 08-820		
Mesa Round Up		
Group Totals		
EVI Committees		
Individual Contributions		
(*Group contribution with no group name	nstea)	

inancial Statements		Page 9
BALANCE SHEET December 31, 2016	PROFIT & LOSS S December	
Assets Current Assets Checking 3,77 Prudent Reserve (Savings) 18,35 Accounts Receivable 4 Inventory Asset 24,060 Undeposited Funds 0 Fixed Assets Cash On Hand 50 Office Equip/Furnishings 22,53 Depreciation (-22,53 Total Assets \$46,48 iabilities & Equity	Total Contributions Total Income Less total Cost Of Sales	g \$6,459.61 \$80.00 n \$104.67 \$6,644.28 \$10,861.50 \$3,237.20 \$7,624.30 \$5,527.10
Liabilities Accounts Payable Visa Credit Card 2,48 Payroll taxes	YTD 2016 Gain	\$2,097.20 \$757.74
Total Liabilities2,48Equity Opening Balance Equity43,77Retained Earnings Net Income-53Total Equity\$43,99Total Liability & Equity\$46,48	Please call me with any question regarding the financial statemen Yours in service, Ed B. EVI Treasurer	nt of \$26,804.32 s or comments



<u>Step Two</u>~Came to believe that a Power greater than ourselves could restore us to sanity.

<u>Tradition Two</u>~For our group purpose there is but one ultimate authority-a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.

<u>Concept Two</u>~The General Service Conference of A.A. has become, for nearly every practical purpose, the active voice and the effective conscience of our whole society in its world affairs.

EVI MONTHLY BUSINESS MEETING

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East Valley Intergroup Business Meeting Minutes

January 20, 2017

Meeting Opened by Gordon at 7:00pm with Moment of Silence followed by Serenity Prayer

12 Traditions – Gary L

INTRODUCTIONS: Your attendance and participation is appreciated and visitors are always welcome!

Intergroup Representatives: (New Reps are in BOLD)

Rep	Group	Rep	Group	Rep	Group
Bev M	Breakfast Club	Kay R	Happy Hour @ Sunbird	Chuck	Stepping Stones
John	By The Book	Brandon	Life in The Big Book	Dave K	Sunset Group
Jeff W	Common Thread	Steven S	Mens Shade Tree	Ken C	Sunset Group
Erin H	Chandler Womens BB	Peg	Not a Glum Lot	Shap	Tempe Nooners
Connie G	Courage to Change	Gail H	Page A Day	Ava B	The Real Thing
Will C	East Side Men's	Cecily	Price is Right	Kelvin	The Way Out
Larry C	East Valley Men's	Mike M	Reawakenings	Ron	Tuesday Stepping Out
Phil	Easy Does It	Amy T	Rising Spirit	Larry C	Upon Awakening
Denis W	Friends of Bill	Dan S	Road To Recovery	Jim M	We Aint Dead Yet
Travis	Get It Together	Lucy W	Sisterhood of Solutions	Beth H	We Agnostics
Dennis M	Gold Canyon Firehouse	Tom M	Southeast Valley Stag	Gary L	Welcome Home Group
Regina A	Grateful Girlfriends	Peg	Spirited Women	Devon	Wolf Pack
James R	Gratitude Group	Chris M	Step by Step	Regina	Women in Gratitude
				Shirley	Women in Touch

Committee and other Trusted Servants: (N/P = Not Present)

Name	Service Position	Name	Service Position	Name	Service Position
Ed B	Chair	Meredith NP	Advisor – Special Events	Roxanne	H&I Liaison
Tom N	Vice Chair	Kim NP	Office Manager	Marge M NP	Spanish Liaison
Lois L	Treasurer	Larry NP	Unity Chair	Aaron B -	DCM 08-818
Regan G	Secretary	Paul P	PI/CPC Chair	Paul T	DCM 08-819
Jeremy V	Advisor – Unity	Deana	Special Events Chair	Jeff S - N/P	Alt DCM 08-820
Barbara	Advisor Phones	Bev	No Booze News Editor	Tracey M	DCMC 08 -
Mark B N/P	Advisor PICPC	Sam N	Phone Chair	Gail	Sponsorship Workshop

Secretary's Report: Regan - Previous Steering Committee and Intergroup Meeting Minutes in Packet – Motion to Accept by Beth , 2nd by <u>Denis</u> Motion Carries.

Treasurer's Report: Lois L. - Written Report in Packet - Motion to Accept by Russel, 2nd by Bev Motion Carried

7th Tradition: \$86.00

Chairperson's Report: Ed B – Updated Email address – met with Lois to transition. Chaired the Steering Committee. Attended the Intergroup's of The Valley Meeting on Sunday by hosted SRI. Next meeting will be in April hosted by Agua Fria. Discussion about possibility to have a combined Intergroup Event sometime in 2017.

Vice Chair's Report: Tom N. – Written Report in Packet. Explained his role at the Intergroup. Welcomed new reps and committee members.

Office Manager Report - Kim W - Not Present - Report in Packet.

STANDING COMMITTEE REPORTS

PICPC: Paul – Written Report in Packet.

Special Events: Deana – Had first committee meeting on Jan 6th – great attendance, more are encouraged. 1st Friday each month at 6:30 before the Speaker Meeting. Next meeting is Friday Feb 3rd hosted by The Way Out. 38th Annual Anniversary will be Sat March 18th. Sign in sheet for groups to volunteer to help was passed around. Tickets will also be handed out to groups to sell.

Phone Committee: Sam N: Anyone interested in signing up to answer phones. Must attend workshop – held here at Antioch 3rd Friday before IG Meeting. Working to fill Feb calendar!

Unity Committee: Larry S. – Not Present. Tom reported for him. The Unity Committee members continue to attend meetings that don't have IGR's to invite them to participate in their Integroup and share with them the services the Integroup provides. . Committee is always happy to have new members to help!!

Sponsorship Workshop: **Gail** – Next workshop is in 1st Saturday in March at 10:00am hosted by Step by Step. Six workshops each year. Looking for groups to host other workshops.

Newsletter Editor – Bev W. – No Booze News (NBN) is available on the aamesaaz.org website! Thanks to everyone who has submitted articles!!! We are always looking for local articles, stories, jokes, and group history's, etc. from members for the No Booze New. Please call or email Bev! Get a subscription for just \$12 per year and have it delivered to your door! Join us at the Intergroup Office every month for "Service Day" to help us fold Newsletters, eat donuts, drink coffee and have fun! See Office Managers report for date and time.

AZ Area03 Grapevine Coordinator – Angela P – Brought Flyers with GV news and contact information to take back to the groups. There is a grapevine AP for your iphone or Android phone! Tom N shared a Grapevine story with us.

LIASION REPORTS

Alanon Liaison: Open – 2017 Alanon convention at Sheraton Crescent July 14-16 2017.

H&I Liaison: Roxanne – Report is available at <u>www.vwhi.org</u>. Community Bridges location in Mesa has 4 meetings per day and all of them are covered by AA Members in the East Valley. Men and Women needed to carry the message into Jails and Prisons. If interested contact H&I. MCSO needs volunteers to carry meetings as well. Tent City has a need for volunteers. To sign up go to the website. All but one position with H&I committee is filled. Corrections Conference will be May 5-6 at Gloria Dei Lutheran Church in Paradise Valley. BTG is currently being funded by H&I.

Spanish Liaison – Marge – Will be attending the Spanish Intergroup Meeting this evening and will bring a report back next month.

Sub District 08-818: Aaron — Missed the District Meeting so has nothing to report. Committee Meets 2nd Tues at Tempe Bloopers at 7pm..

Sub District 08-819: Paul – DCM and DCMC Inventory was performed last month and conducted by a Past Delegate. The results will be available soon. On the 28th of Jan there will be the GSR Inventory. Committee Meets 2nd Thu St Peter's Lutheran Church in Mesa. Meet and Greet will be held Feb 18th 1st Christian church 805 N Country Club.

Sub District 08-820: Jeff –Not Present - Tom reporting. Annual Pot Luck tomorrow night at Epiphany Church in AJ Hosted by Gold Canyon and The Way Out Group. 818, 819 and 820 will be hosting the 2017 August Assembly at the AZ Golf Resort in Mesa. Looking for volunteers to help put that event on. If interested contact the committee. Trusted Servants Workshop prior to next meeting on Feb 6th at 6pm. Committee Meets 1st Mon at Epiphany Lutheran in AJ.

OLD BUSINESS:

NEW BUSINESS:

None

ANNOUNCEMENTS:

Phil – EDI Campout next Friday and Saturday at Coon Bluff on the Salt River.

Ken – Anniversary Dinner sign up sheet still has four open positions.

Tom N – Monthly East Valley Speaker meeting tomorrow night.. 3^{rd} Sat of every month. Flyers available.

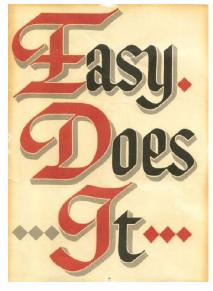
Dee - The Way Out Group hosting the Next EVI Speaker Meeting and h

Bev – Mesa Round Up holding Valentine's Day Dance Feb 11th. Food and Speaker meeting. Family Fued Game! New Committee Elections for MRU being held on Wed Feb 8th at 7pm at Mesa Alano. See Flyer

Group Problems & Solutions: None.

Motion to close made by somebody and 2nd seconded by everybody. Motion Carried.

Close Meeting: 8:pm-ish with Statement of Responsibility and Lord's Prayer.



Lending an Ear

The reason he's got 30 years of sobriety is became he listens as if his life depends on it. And it does...

If thirty-plus years of AA sobriety teaches anything, it's how and, more importantly, *why* to really listen to what others share. Young or old, clever or boring, male or female—it doesn't matter. I've learned more about myself by listening—really listening—than by all the writing and talk of the Steps combined. I'm grateful we have those crucial, life-changing Steps, don't get me wrong. But, spared the ten or fifteen years of literal hell older alcoholics suffered, I still listen to newcomers as though my life depends on it.

Because it does.

Back before day one, after visiting meetings for eighteen months while still drinking and lying about it, I labeled myself "a chronic relapser." I'd heard a few other struggling souls use the term. What I did not hear, because I wasn't really listening, were the years some of these chronic relapsers lived sober. I didn't hear about their sponsors, or their home groups, service positions, Step work or trust in a Higher Power—all the things I'd told myself those eighteen months I didn't need to do either, because "I wasn't that bad." I vaguely remember hearing "boozers are losers," but that wasn't me. No, I was much too smart for that. Only after the chickens had come home to roost did I remember an old timer's observations about "terminal uniqueness."

What I did hear those first eighteen months is: "Alcoholism is a chronic disease. Left untreated, it always gets worse." I heard: "You're eligible, too." And I heard: "There's nothing worse than a belly full of beer and a head full of AA." Three bits of AA wisdom that saved my life when, at the end of my eighteen months visit, a one-night spree turned into a three-week drunk.

Every morning of that last binge, I would tell myself firmly: "This is it. I have to stop. I'll go back to AA tonight," while popping a pill or smoking a joint. And by no later than noon, I'd be cracking a first beer, assuring myself I would "just take the edge off" my jitters.

Three weeks later, after saying and doing some things that eventually made my Fourth and Eighth Step lists, I returned to a Monday night meeting, shaky but willing to ask for help. And not a moment too soon. That tsunami of impending doom I'd heard others talk about was no alcoholic delusion. By my first sober anniversary, and wholly as a result of choices I made and actions I took while drinking, I'd lost a ten-year marriage, a house and property, a small contracting business, all my savings, and was living in a rented room and working crew for someone else's business.

Due to learning how to listen, however, I was sober. It's funny—up to that point I'd assumed listening was genetically encoded, that it came hardwired with the body I walked around in. But when I began to remember some of the simple wisdom I heard at meetings, I also began to understand that listening is something I can practice and get better at. I found taking notes at meetings about the important stuff helped it stick. Looking over my notes the next day, a barely legible scrawl would reconstruct big chunks of the meeting from the night before. And my sponsor's repeated insistence that: "AA is a program of action; there's a lot to do," gave me hope that, by changing behavior, much of the angry, self-pitying, alcoholic noise in my head would eventually quiet down.

Hearing that I have "a threefold disease: physical, mental, spiritual," that it is "chronic, progressive and fatal" fueled provided incentive for me to find "a daily reprieve" in meetings and in working the Twelve Steps with a sponsor.

Lacking any concept or experience of a Higher Power, I latched right on to what others pointed out about the claim in Tradition Two that "a loving God" expresses himself through our group conscience. Being able to really hear what people were saying helped as I began introducing newcomers to the Twelve Steps. By listening carefully to sponsees, I could hear and see that the self-centered, fear-driven noise in their head was just "brain chatter," not who they really were. There was a deeper "true self" struggling to make itself known.

Once again, listening to another alcoholic made real for me what I could only minimally comprehend in our literature about myself. Much as I'd always enjoyed reading, real understanding came from experience, from sharing and identifying with other alcoholics, not from critical analysis.

This is how and where I've accumulated all that I account useful wisdom in my life: by listening to learn.

Anonymous, York, Maine

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Please send us your stories, MAIL, EMAIL OR CALL IT IN!!



I'd like to hear your story and put it in the No Booze News! Mail your story to the Intergroup office, or email it to me! Or call me and tell it to me and I'll write it down! Please include your name and phone number. We reserve the right to edit for content and/or clarity.

Bev W. THANKS!