



Flagstaff Intergroup Newsletter

January
2018

Intergroup is made up of representatives from Flagstaff Area Groups plus other AA members who coordinate local AA activities. Some of these activities include:

- Answering calls when anyone, anywhere reaches out for help
- Providing a meeting list for Flagstaff and surrounding areas
- Maintaining a website www.flagstaffaa.org
- Keeping an active 12-step list
- Publishing a newsletter
- Maintaining Flagstaff's all volunteer Central Office from which literature and chips may be purchased
- Planning special events to build unity and enjoy our sobriety

Does your Home Group have an Intergroup representative?

Come Join Us: 2nd Monday of every month, 6PM, 2102 E. Third Ave.

Tradition 1: Our common welfare should come first; personal recovery depends upon AA unity.

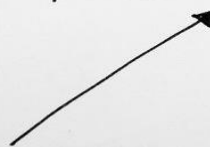
- Am I, in my group, a healing, integrating person, or am I divisive? What about gossip and taking other members' inventories?
- Am I gentle with those who rub me the wrong way, or am I abrasive?
- Do I share with AA all of me, the bad and the good, accepting as well as giving the help of fellowship?

Concept 1: Final responsibility and ultimate authority for A.A. world services should always reside in the collective conscience of our whole fellowship.

- Does our group have a general service representative (G.S.R.)? Do we feel that our home group is part of A.A. as a whole and do our group's decisions and actions reflect that?
- Do we hold regular group conscience meetings encouraging everyone to participate? Do we pass that conscience on to the district, area, or the local intergroup meetings?

RECOVERY

Expectations



Reality



Cravings and rejection: A new study links social rejection to increases in negative emotions. And these emotions are associated with alcohol use. The study looked at the impact of social rejection on alcohol use when the initial rejection was from people close, such as friends, spouses or family members... or by strangers or acquaintances. Participants used smartphones to record their social interactions and alcohol use for 14 consecutive days. The analysis examined associations between rejection experiences and daily alcohol use. The researchers found that the type of social relationship under stress may be a key factor in whether or not social rejection leads to drinking. More specifically, they found that on days characterized by rejection by people close, the likelihood of drinking significantly increased. In contrast, on days characterized by rejection by acquaintances, there was no increase in the likelihood of drinking. This finding contrasts with studies of rejection that emphasize rejection and ostracism by strangers rather than known others. (Grapevine, July 2017)

From the Grapevine's At Wit's End
Topsy Heist

A tipsy bank robber goes up to a teller's counter and says, "Give me all your money ... or you're geography!"
The teller, looking confused, asks, "Didn't you mean to say ... or you're history?"
"Don't change the subject!" the robber replies. (Grapevine, July 2017)

From the Treasurer:

December:

Donations from:

Early Birds:	\$396
Non-ners:	<u>\$700</u>
	\$1,096

Expenses:

Meeting List Printing:	\$20.00
Century Link – Hotline:	\$64.68
Web Hosting:	<u>\$49.00</u>
	\$314.05

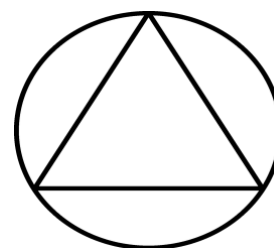
Ending Balance: **\$2,960.99**

Prudent Reserve: **\$5,000.00**

\$7,960.99

Send contributions to: Flagstaff Intergroup, PO Box 31205, Flagstaff, 86003 or your Intergroup Rep can bring it to a meeting.

**God, grant me the serenity
to accept the things I cannot change. The
courage to change the things I can, and the
wisdom to know the difference.**



**The Flagstaff Intergroup Central Office is located at 2102 E. Third Ave.
Central Office: (928) 774-4353 Hotline: (928) 779-3569
Office hours depend on you! Volunteers are needed to keep the office open. Can you help?**

Please announce:

➤ **Women's International AA Conference: February 15th – 18th in Phoenix, AZ**

