



Flagstaff Intergroup Newsletter

November
2017

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 11: 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.

- Do I sometimes promote AA so fanatically that I make it seem unattractive?
- Am I careful about throwing AA names around – even within the fellowship?
- Am I ashamed of being a recovered, or recovering, alcoholic?
- Is my AA sobriety attractive enough that a sick drunk would want such a quality for himself?

Concept 11: 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.

- Do we understand how the roles of nontrustee directors and nontrustee appointed committee members help serve and strengthen the committee system?
- How do we encourage our special paid workers to exercise their traditional "Right of Participation?"
- Do we practice rotation in all our service positions?

Rx for Sobriety

Smith & Wilson A.A.

12 Steps practiced in all our affairs -- Pages 59-60

Trust Higher Power & Clean House -- Page 98

Share Experience, Strength and Hope

Stay Active in Service

One Day At A Time for the rest of our life

A handshake, smile and hug as often as possible

Recovery Guaranteed

*Dr. Bob S.
Bill W.*

More Adolescents May Need Treatment:

Long-term heavy use of alcohol in adolescence alters brain function, according to a new study from the University of Eastern Finland and Kuopio University Hospital. The authors suggest that the clinical benchmarks used to define whether a young person needs alcohol treatment may set be too high. The study found that alcohol use cause significant alterations in both electrical and chemical neurotransmission among the study participants. For young people whose brain is still developing, heavy alcohol use is especially detrimental. The findings of the study warrant the question of whether diagnostic criteria for substance abuse disorders should be tighter for adolescents, and whether they should be more easily referred to treatment.

- Grapevine September 2017

From the Grapevine's At Wit's End Just Checking:

A tipsy gentleman in a great-looking suit – with his hair well groomed, a flower in his lapel and smelling like a good aftershave – walks into an upscale cocktail lounge. He sees a woman seated at the bar and walks over, sits beside her and orders a drink. He takes a sip, turns to her and says, “So tell me, do I come here often?”
(September 2017)

From the Treasurer:

October:

Donations from:

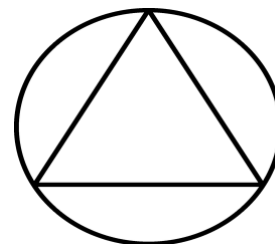
HOW Group Page:	\$890
Non-ners Group:	<u>\$100</u>
	\$990

Expenses:

Newletter:	\$23.72
Alcathon – event:	\$200
Century Link – Office:	\$165.91
Century Link – Hotline:	\$125.35
PO Box Rent:	\$132
Rent:	<u>\$877.50</u>
	\$1,392.48
Net Change:	-\$402.48

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

Happy Thanksgiving!
Stay safe and sober!



**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:

- **Las Vegas Roundup: November 23rd – 26th**
- **2nd Biennial Arizona Conference We Agnostics, Atheists & Free Thinkers in AA: Tempe, AZ December 9th**