

---

---

# THE FRIA FLYER

VOLUME LIX

9794 W. Peoria Ave Suite #2 Peoria, Arizona 85345

January 2012

---

---



## Dawn of a Higher Power

*Spirituality was elusive until he accepted an energy beyond his understanding.*

Compared to many of my friends, I came late to the drinking game. As a teenager, I was very caught up in doing well in school and making it into a solid college. I stayed away from most of the parties. Inevitably, though, a suitable occasion arose. When it became common knowledge that my friend Tara had never gotten drunk, a group assembled to rectify the situation. I was part of that group. I had never even had a drink, but I was too shy to admit it. So my first drink was a screwdriver pulled off a tray one Saturday night. My next few drinks followed within minutes as I tried to understand why everyone else wasn't pounding them down like I was. I felt a terrific glow inside. Before long, though, my friends had to take me home and pour me onto my parents' porch.

After that, I didn't drink until I went to college. A few frat parties, a few dorm parties, and I was off looking to buy some alcohol of my own. That proved difficult, as I was not only underage but also looked younger than my peers. Getting drugs was easier than buying alcohol, so my sights turned to other substances for a time. That was good enough, as far as it went, and I found there were a number of ways to feel the way I wanted to. Even so, alcohol held a special appeal. Whenever I started drinking I just couldn't stop, and I needed to feel the way I felt when the alcohol was flooding through my body. By the time I was 23, two colleges and three geographics later, my girlfriend's mother called me a "borderline alcoholic." That didn't help sober me up, but it did give me a hefty resentment.

I wasn't in the gutter, but my life outside of work was in a shambles and stayed that way. I drank through two marriages to lovely young women. Looking back, my drinking reminds me of Pablo Picasso's paintings. Picasso had painted his way through different styles over the course of his long career. Each period had its own name--the "blue" period, Cubism, Classicalism and more. While there was little or no "art" to my drinking, I went through my own progressions. In my 20s I had a vodka period, then switched to good wine with my first wife, then tried beer to control my drinking as my second marriage broke up, let go with a tequila period and ended up back with vodka again. I didn't understand what was wrong. With each new period of my drinking, things got worse. Every time I tried to drink just enough to feel better, I ended up drinking way too much. **(Continued on page 7)**

## *Steps, Traditions & Concepts Of Alcoholics Anonymous*

*Step 1: We admitted we were powerless over alcohol - that our lives had become unmanageable.*

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

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

## **Inside The Flyer:**

**Service Calendar - Page 2**

**Business Report - Page 4**

**Bulletin Board - Page 6**

**Subscription Form - Page 8**

## Service Calendar

### January 3rd, 2012

#### **AFI Business Meeting**

AFI Office 7:00 PM  
9794 W. Peoria Ave, #2 Peoria

### January 10th, 2012

#### **District 806/807/808**

New Life Church 7:00 PM  
8155 W Thunderbird Rd, Peoria

### January 11th, 2012

#### **Valleywide H&I**

L.A.R.C. - Bill Wilson Hall 7:00 PM  
2770 E Van Buren St, Phoenix

### January 13th, 2012

#### **District 802/803**

St. Helen's Church 6:30 PM  
5510 W Cholla St, Glendale

### January 19th, 2012

#### **AFI Steering**

AFI Office 7:00 PM  
9794 W. Peoria Ave, #2 Peoria

### January 15th, 2012

#### **AFI Unity Committee**

AFI Office 4:00 PM  
9794 W. Peoria Ave, #2 Peoria

### January 24th, 2012

#### **PI/CPC Committee**

AFI Office 6:30 PM  
9794 W. Peoria Ave, #2 Peoria

## Alcoholics Anonymous "Responsibility Pledge"

*"I am responsible ...  
When anyone, anywhere, reaches out for help,  
I want the hand of A.A. always to be there.  
And for that, I am responsible."*

Reprinted from the Pamphlet P-1, This Is A.A., page 24,  
with permission of [A.A. World Services, Inc.](http://www.aawestphoenix.org)

## Visit the Agua Fria Intergroup Website!

[www.aawestphoenix.org](http://www.aawestphoenix.org)

The AGUA FRIA FLYER is now available on  
the World-Wide-Web!

FIND MEETINGS,  
CHECK OUT THE AFI BUSINESS,  
AFI LINKS,

AFI NEWSLETTER, AND MORE!

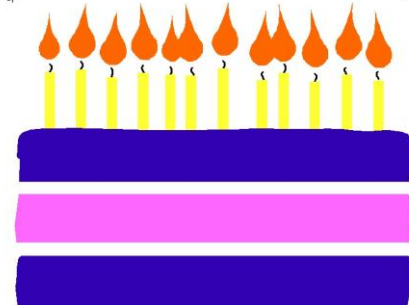
### TO ALL AGUA FRIA FLYER SUBSCRIBERS

Your subscriptions to the Agua Fria Flyer are due by  
December 31<sup>st</sup>, 2012 to renew for the 2013 year.

Please note that the Flyer is now available for free  
online to read and print at: [www.aawestphoenix.org](http://www.aawestphoenix.org).

If you have any questions please  
Call the AFI office at 623-937-7836.

**AFI BIRTHDAY CLUB**



## AFI Office Monthly Volunteer Groups

January: Midday Group

February: Lunch Bucket

*Thank You For Your Service!*

Linda B.	1-2-83	29 years
Richard S.	1-7-83	29 years
Sandy V.	1-16-83	29 years
Janis H.	1-16-78	34 years

CORRECTION: Dave V. 12-31-82 29 yrs.

**Ima Miracle?--?**  
*(Wish your sponsee a Happy Birthday here!)*  
NERDBUTSOBER@HOTMAIL.COM

The 2011/2012 business year is turning out to be one with considerable activity for the Intergroup. Michael E., our new office manager, is in place and his baptism under fire is almost complete. He will receive his 90 day evaluation in January so that he may be moved from probationary to permanent status.

Our new office location in Peoria has been up and running since Dec. 1st with no significant hiccups. This was a major accomplishment. This is due to the tremendous effort by Michael and all of the volunteers who prepared the new location, moved everything and cleaned up and repaired the old location so that it could be released to the owner. Our full deposit has been returned. **A HUGE THANK YOU TO MICHAEL, ALL THE VOLUNTEERS AND CONTRIBUTORS OF GOODS AND SERVICES FROM WEST VALLEY AA.** It is truly a representation of God working within our Intergroup. Thank you, thank you, thank you. We will conduct a small thank you dinner for all of the volunteers that made the move possible. The entire relocation cost us \$1,050.00, which is an incredibly frugal amount for a move of this scope. There will be an Open House after the first of the year. This is your Intergroup Office, please come and check it out.

We are receiving a significant increase in the number of volunteers for the new office location. This is very encouraging. We will need them to assist in all of the detail work of getting things cleaned up and completing the address change.

Michael has the green light and is working on implementing the use of credit cards at the new office. This will be a huge convenience for our members and a benefit for our office. It will open up the possibility for us to take and ship orders to people that are unable to come in to the office to purchase items. It will also give us the ability to receive donations on line.

We are hoping that the ability to receive donations on line will enhance our revenue stream. There has been a considerable decline in Group donations for November and December and our checking account balance has dropped. It is cause for some concern. We are not, however, ringing any panic bells. We are solvent and have been paying our bills on time along with the moving expenses. This is made possible by the significant contributions from our Special Events. Please share the information at your Group Business Meetings.

If we can continue to keep the One in charge that is supposed to be, then this move will prove to be a rich blessing for West Valley AA.

Grateful in service,  
Pat L.



# Humor Page



A guy travelling through the prairies of the USA stopped at a small town and went to a bar. He stood at the end of the bar, ordered a drink, and lit up a cigar. As he sipped his drink, he stood there quietly blowing smoke rings. After he blew nine or ten smoke rings into the air, an angry American Indian stomped up to him and said, "One more remark like that and I'll smash your face in!"

A blind man walks into a bar with a seeing-eye dog. When the blind man reaches the center of the bar, he snatches the dog up by his collar and starts swinging him around and around. The bartender speaks up and says "Hey, what the heck are you doing?" The blind man says, "Just taking a look around.."

There is this bear, right, and he walks into a bar. He goes up to the bartender and says "Can I have a large Gin and . . . . . Tonic please?" The Barman replies "Yeah sure, but what's with the big pause?" The bear holds up his paws and says "I'm a bear!!"

AGUA FRIA INTERGROUP DONATIONS MAILING ADDRESS:  
9794 W Peoria Ave Suite #2 Peoria AZ 85345

Agua Fria Intergroup Business Meeting Minutes  
November 1st, 2011

Pat opened the meeting at 7:00pm with the Serenity Prayer.

The 12 Traditions were read by Nicole H.

New AFI Groups: None

New AFI Representative: Patty S.- Winners Circle

Introduction of Steering Committee Members: Cheryl, Jessica, Pat, Roger, Jackie, Gary, Mike, Dave & Kay.

Approval of the October AFI Business Meeting. Shirley motioned to accept the minutes with corrections and Randy seconded the motion. The motion passed unanimously.

7th Tradition was collected. \$53.00

Roll Call: 30 AFI Representatives in attendance

Office Manager's Report: Mike E. gave a written and verbal report (refer to the attached)

Chairman's Report: Pat L. reported that the total revenue from the AFI Anniversary Dinner was \$954.72. He has not contacted EVI or SRI about creating a valley wide calendar.

Vice-Chairman's Report: Kay reported that the Christmas decorations have been picked up and the committee is on track. PICPC coordinator will be giving a presentation on Anonymity and the digital age on December 6th at the Intergroup Business meeting. Thanksgiving committee is doing well. Pat has accepted the liaison position for the New Years Committee.

Treasurer's Report: Roger gave a written and verbal reports (refer to the attached reports). The totals were not on the written report. We have \$12,122 in savings, \$6,029.72 in checking, and \$2,725 in the special events account. Taxes have not been done yet but an extension was filed and it will get done by 3 month deadline. It was motioned and seconded to accept the report. The motion passed unanimously.

Area Liaison: Shirley M. gave a written report. (See attached)

H& I Liaison: Jenny B. reported that they will be having elections for all positions at next meeting. Please see calendar. They still have institutions that need assistance. More information available online or at the Intergroup Office.

Steering Committee: Pat L. reported that 2 sets of steering committee minutes were included tonight. There will be a steering committee meeting after this meeting. One member of the steering committee is having health problems so he may appoint someone to fill this position.

Committee Reports:

a. Telephone- Mike E. reported that the telephone schedule is updated for November and all time slots are filled but a few need to be confirmed. If anyone is interested in participating, please fill out a phone volunteer form to be on the substitute list. A database was created but it will not be public.

b. Newsletter- Dave T. apologized to Down Under group for the date mix up and it will be corrected. Need people to donate articles please. Going smoothly.

c. Unity- Kelli reported that in the spirit of unity, on November 5th the SRI is in need of volunteers with trucks to help them move. On November 10th the Unity Committee will work with PICPC to fill in for them at a High school in Avondale. On April 17th from 12 to 8:30 pm the Happy Valley Group is hosting Serenity Under the Stars event. They have asked Unity to reach out to other groups in the Valley to host meetings at the event. We need help reaching out for this new event.

d. PI/CPC-Nicole reported about the upcoming Fair at the High school in Avondale mentioned earlier. Legal Corrections Chair is still open and we are looking for someone who is familiar with the judicial system. They are meeting at the SRI office now.

e. Web Site- Randy S. reported that the committee needs flyers to be given to them and if you do not want your personal information on the website please create a special flyer for him. They met with Steering committee this month so they did not have a meeting. All personal emails and phone numbers have been removed from the website. Next meeting is November 19th at 9 am. There has been a 40% increase in number of visitors on the website.

f. AFI Office Financial Relocation Ad hoc Committee-Jon G. reported that option #2 was not in good financial shape with tax liens. Found a new location at 99th Ave Peoria that meets the guidelines and if we move forward a fair lease will be worked out. \$808.17 a month for 3 years. All other options fell through and the 3rd option was outside the guidelines to build out. This new location is available now, clean, has 2 temporary walls that can be removed, wheelchair accessible, has room for storage, and extra insulation.

Events

- a. AFI Anniversary- Pat reported that they have not had their post meeting on the vent. It will be after the next steering committee meeting.
- b. Thanksgiving- Louise reported that the final flyers are out so please pass them out at home groups. Everything is going well. They will be having meetings on Nov 12 and 19th at 11am at Crossroads west. They are happy to have more support and are looking for donations and raffle prizes.
- c. Christmas-Donna reported that they put out 3 different flyers. The first one is about the next meeting on November 5th at 11 am at Crossroads West. The second one is for people who want to volunteer. The third flyer is the event flyer. They need a treasurer and there are 3 meeting slots open (3am, 4am, and 7am)
- d. New Year’s Eve- Kellie reported that they have been very busy and are completely on track. The event name is “Suit Up and Show Up.” The event will be dressy with meal served on nice china. Will be at same location, All Saint of the Desert Church. Dinner will be prime rib. There will be a skit, speaker, dessert, raffle, karaoke and games. Tickets are now on sale for \$25.00. They need volunteers for cooking, set up and take down. Bill is the Publicity chair and will be in charge of ticket sales. They need 7 or 8 people for the skit. Bill reported that more flyers will be at office and he can also get them to those who want them. Tickets will be passed out after this meeting.
- e. AFI Family Campout and Fishing Derby- The event is scheduled for April 20, 21 & 22nd 2012. Cheryl reported that she is going to have the first meeting on December 11th and will have flyers at next AFI business meeting. Bill volunteered to fill the vacant co-chair position because previous co-chair resigned.
- f. Day in the Park- Mark C. reported that they are locked in for March 31st 2012. Their next meeting will be on November 6th at 8:15pm at Crossroads West.

Old Business:

- a. Office Relocation: Pat reported that all three first choices sent back to the groups fell through. The voting made it clear that the groups want us to relocate to the area outlined by the office relocation ad hoc committee. We have settled on a new location based on the guidelines voted on previously. He asked should we take this new location back to the groups or vote on it tonight. Pat read concept 3 on Right of Decision. Randy S. motioned to exercise the Right of Decision and Eric seconded. The motion passed unanimously. Randy motioned to move forward with the new location. Lisa K. seconded. The motion passed unanimously. Everyone voted to allow the Board of Directors to pursue and sign a lease at this new location. Substantial Unanimity was acquired. The website will be kept updated throughout this process.

New Business:

- a. Telephone Committee Chair vacancy: Pat reported that Linda felt too much pressure and resigned from her position. Debbie stepped up and offered to fill the position. She has been sober since Dec 7th 1997; her home group is Breath of Fresh Air and would like to be of service. Pat appointed her and she was confirmed through the end of February unanimously. We all need to help keep calendar filled and phones answered.
- b. Upcoming Elections: The positions in the upcoming election will take effect on March 1st. Those interested please stand at next meeting and must be at Jan and Feb intergroup business meetings. Please take the overviews back to home groups.

Office Volunteers:

Nov.- Living Sober            Dec.- New Beginnings            Jan.- Midday Group  
 Feb- Lunch Bucket

Announcements:

- a. Kay will give a 10 minute orientation after the business meeting for new AFI Representatives
  - b. Please help clean up and put the tables & chairs back
- Shirley motioned to close the meeting and Jenny seconded the motion. The motion passed unanimously at 8:40pm the Responsibility Declaration.

AGUA FRIA INTERGROUP DONATIONS MAILING ADDRESS:  
 9794 W Peoria Ave Suite #2 Peoria AZ 85345

# AFI BULLITIN BOARD

## SAVE THE DATE!

### 22ND ANNUAL RIVER ROUNDUP

We are Not a Glum Lot  
January 12-15, 2012  
Don Laughlin's Riverside Resort  
Laughlin, NV

### 7th INTERNATIONAL SENIORS IN SOBRIETY 2012

March 14-17, 2012  
Hilton Garden Inn  
Yuma, AZ

### 22<sup>ND</sup> AGUA FRIA FINTERGROUP FAMILY CAMP-OUT & FISHING DERBY APRIL 20<sup>TH</sup> 21<sup>ST</sup> & 22<sup>ND</sup> 2012

The planning committee will be meeting  
January 21<sup>ST</sup> 12:00 PM at the  
AFI Office 9794 W. Peoria Ave. Ste. #2

### 22<sup>ND</sup> WEST VALLEY ROUNDUP "SURRENDER TO WIN"

MARCH 23<sup>RD</sup> - 25<sup>TH</sup> 2012  
LAKE PLEASANT, AZ

## WHAT'S UP?

### New Location - Salt River Intergroup

3215 East Thunderbird Rd.  
Phoenix, AZ 85032

On the SE corner of 32nd Street & Thunderbird,  
in a freestanding building within the  
strip mall, next to the pest control company and  
across from the KARATE school.

**Fellowship Hall** has moved to a new location:  
12428 N 28th Drive, Phoenix, AZ 85029

### **New Meeting "Sobriety Trudgers"**

Sun. Tues. Wed. Fri. Open/Discussion 7:00 PM  
Southwest Indian School  
14202 N. 73<sup>rd</sup> Ave (N. of T-Bird)  
Peoria, AZ 85381  
1<sup>st</sup> Meeting Fri. 12/16/11

## MEETING UP-DATES

MEETING MOVED **Stepping Stones** St. John  
The Baptist Episcopal Church (Parish Hall) 4102  
W. Union Hills Dr, Glendale, AZ Friday @ 8:00  
PM

NEW MEETING **Those That Came Before**  
7523 N 35<sup>th</sup> Ave Phoenix, AZ Crossroads West  
Speaker/Participation Sundays @ 9:00 AM

MEETING CLOSED **Crossroads Continues To  
Heaven** 7532 N 35<sup>th</sup> Ave, Phoenix. Crossroads  
West Sunday @ 8:30 AM.

JAN. 13<sup>th</sup> & 14<sup>th</sup> ONLY!!! **Downunder Group** will  
not meet.

## OFFICE VOLUNTEERS NEEDED

Alternate volunteers are needed to be available  
when someone can't make his or her shift to  
help answer phones and do office tasks. Give back  
what was freely given to you!  
Call: 623-937-7836 ask for the office manager

## Pot Lucks!!

### 1<sup>st</sup> Saturday

"Glendale Appreciation Group"  
First United Methodist Church  
7102 N. 58<sup>th</sup> Drive Glendale, AZ  
6PM - 8PM

### 3<sup>rd</sup> Saturday

"Happy Valley Group"  
All Saints of the Desert Church  
9502 W. Hutton Dr.  
Sun City, AZ 85351  
6PM - Speaker Follows

### Last Saturday

"Downunder Group"  
First Evangelic Church  
918 S. Litchfield Road Goodyear, AZ

(Continued from page 1).

I had been to AA meetings but didn't want a part of it. The praying and holding hands at the end just made me want to keep my distance. I didn't think I believed in a Higher Power, and I was sure that if I did it wouldn't resemble what those AA people believed in.

In those long, hard years before I got sober, I began to realize that things were not only pretty bad, but they were going to get a lot worse. There was nothing I could do to stop it. At that point I still had my job, some friends and my family. Looking back, I feel like I didn't experience a bottom so much as a ceiling. I felt the ceiling descending and pressing down on me like in an old science fiction movie. Things were getting worse and that was bad enough, but what really upset me was that that they could not get any better. The way things were was nowhere near good enough to satisfy me and there was nothing I could do to make my life run any better than it was.

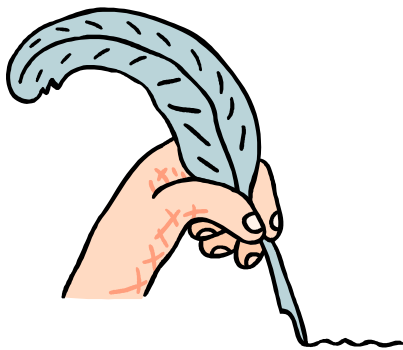
Finally one evening I answered the phone just after I poured my first drink of the night. I had a rule that I would never talk on the phone when I was drunk, and I followed it at least most of the time. But on that evening I answered just as I poured my first one. I was staring at two bottles and knew I had a long night ahead of me. So I stayed on the phone with my friend for hours as I drank, finished all I had, and bought more across the street. Somewhere along the line I blacked out, and later my friend told me she had made me promise to go to AA. I've never remembered that promise, but I kept it somehow.

In the morning, ragged and hung over, I dragged myself off to a clinic because of an allergy. After she treated me, the doctor gently steered the conversation to my appearance and how I smelled of alcohol. Telling me of her concerns for her son, who was in college, she asked me if I could go to a meeting. That night I went to a meeting. I sobered up and haven't had a drink since.

Just being sober wasn't enough for me; without the alcohol I felt worse than ever. Even so, the spiritual part of the program made me uncomfortable and I stayed like that for a long time. One day, at a sunrise meeting, the thought came to me that I could call my Higher Power LEBU, for Life Energy Beyond Understanding. As soon as I did this my reservations fell away, and I was able to pursue a presence that energized me. Over time, I realized that what I was calling LEBU everyone else was calling God. Nowadays I often call my Higher Power God, just like my friends in AA do, but everything I did in the Second and Third Steps to choose a Higher Power of my own understanding was absolutely necessary. I had to begin where I was. And in my own mind, when I stand in the sunlight of the spirit I do so out of LEBU's grace.

Doing the Steps as outlined in our Big Book shook up, rearranged and then reinvented my life. The Steps taught me how to let go of my need to control everything. These days, I know that I only develop resentments when I have taken back the reins and am trying to control my life. Over time my Higher Power has brought me from one coast to the other and back again. But when I came back to my home state, it was to attend a doctoral program on a full scholarship. Things like that don't happen to guys like me. In meetings I learned that "grace" means undeserved gift. My life in sobriety has shown me that grace.

Tom L.  
Palo Alto, Calif.



So...you think you have a flair for writing??? Boy, do we want to hear from you! Send in your personal story, jokes, or any other information related to sobriety. We would love to hear from you!

AGUA FRIA INTERGROUP DONATIONS MAILING ADDRESS:  
9794 W Peoria Ave Suite #2 Peoria AZ 85345

AGUA FRIA INTERGROUP  
9794 W. Peoria Ave. #2  
Peoria, AZ 85345



GIVE A SUBSCRIPTION TO THE FRIA FLYER

If you or your Group would like to receive this newsletter, simply fill out this form and return it to the AGUA FRIA INTERGROUP office. Although this newsletter is a free publication of the Agua Fria Intergroup, Inc., there are certain costs involved in printing and mailing. A \$10.00 subscription per year for the individual or 10 copies per month for \$20.00 for a Group subscription will help defray the costs of this monthly newsletter. If you wish to include a donation, simply attach your check or money order payable to Agua Fria Intergroup Newsletter. Mail to: Agua Fria Intergroup, 9794 W Peoria Ave #2 Peoria, AZ 85345. All donations are appreciated.

NAME or GROUP NAME

ADDRESS

CITY, STATE, ZIP

Individual \$10.00 or Group \$20.00 Subscription \_\_\_\_\_ Renewal Donation \_\_\_\_\_ Address Change \_\_\_\_\_