



Conscious Contact

Prescott Area Intergroup: Serving Central Yavapai County

October 2009

240 S. Montezuma St. # 108 Prescott, AZ 86303 Phone: (928) 445-8691 Fax: (928) 445-9493 Open Weekdays 10:00 am - 4:00 pm
Website: www.prescottaa.org Email: prescottaa@prescottaa.org

TRADITIONS CHECKLIST from the *AA Grapevine*

These questions were originally published in the *AA Grapevine* in conjunction with a series on the Twelve Traditions that began in November 1969 and ran through September 1971. While they were originally intended primarily for individual use, many AA groups have since used them as a basis for wider discussion.

Practice These Principles. . .

Tradition Ten: Alcoholics Anonymous has no opinion on outside issues; hence the AA name ought never be drawn into public controversy.

1. Do I ever give the impression that there really is an "AA opinion" on Antabuse? Tranquilizers? Doctors? Psychiatrists? Churches? Hospitals? Jails? Alcohol? The federal or state government? Legalizing marijuana? Vitamins? Al-Anon? A lateen?
2. Can I honestly share my own personal experience concerning any of those without giving the impression I am stating the "AA opinion"?
3. What in AA history gave rise to our Tenth Tradition?
4. Have I had a similar experience in my own AA life?
5. What would AA be without this Tradition? Where would I be?
6. Do I breach this or any of its supporting Traditions in subtle, perhaps unconscious, ways?
7. How can I manifest the spirit of this Tradition in my personal life outside AA? Inside AA?

**Be sure to check out
"Our Bulletin Board"**

Welcome and Thank You!

Prescott Area A.A. Intergroup welcomes our new Service Board members, Vice Chairperson Wes K. and Secretary Dena H. We look forward to the next two years of serving with you.

Jon H. is our Chairperson and Pat A. is our Treasurer for another great year.

To Cele' A. for her service as Chairperson and to Eileen E. as Intergroup Secretary — Thank You! It's been a productive two years.

Sunnyside Up Thursday Morning

I had the pleasure of attending a meeting that I had heard about for some time but never had attended. The Sunnyside Up meeting. It takes place every Thursday morning at 7A.M. at the Lone Spur Café, 106 West Gurley. It meets in the back room of the Café and this morning there were 12 people in attendance. We all sat around one big table. Those who care to can order breakfast to eat during the meeting. Otherwise you can order coffee.

After the standard opening of the meeting with reading of How It Works and another AA reading, the leader calls for a topic. After a topic is chosen someone shares on the topic and the sharing goes around the table. With only 12 in attendance, everyone got a chance to share. Because we all got to sit together at one table it was a nice intimate meeting. It is also nice when everyone has an opportunity to speak. The meeting room offers plenty of privacy from the rest of the restaurant.

The topic of today's meeting was how we accept things in life that don't seem fair, especially in the workplace. People shared their experience on learning what they can change and what they can't, and the wisdom to know the difference. People talked about how they had to learn that a lot of what happens is really none of their business. Others shared that they had to learn that in spite of their ego, they didn't always know how things were supposed to work out. One man said that God is better at seeing around corners than he is and that things that he thought were bad turned out to be good. In the long run.

Again, as it says in the Serenity Prayer and the Big Book, acceptance is the answer.

If you would like a small fun meeting and breakfast, too, try the Sunnyside Up Meeting.

-- John E.

A Message From District 14-140 DCM

A.A. Needs You

The rotation is quickly coming to an end and District 14-140 has been very busy. I would like to invite everyone to our next district meeting, October 7, 2009 at 6:30 PM. The GSR's of your district are hosting a Pizza Party and everyone is anxious to share a bit of what has been going on. Please mark your calendars and plan on joining us.

When your group has a GSR, you are linking your home group with the whole of A.A. Back in 1953, when the "group contact" was suggested as a new type of trusted servant, the job was seen simply as a good means of exchanging up-to-date information between individual groups and "Headquarters" (known today as the General Service Office). That is still an important side of the work. But now, there is an even bigger responsibility: You transmit ideas and opinions, as well as facts; through you, the group conscience becomes a part of "the collective conscious of our whole Fellowship." (Adapted from G.S.R. Pamphlet)

The entire structure of A.A. depends upon the participation and conscience of the individual groups, and how these groups conduct its affairs has a ripple effect on A.A. everywhere. Thus, we are ever individually conscious of our responsibility for our own sobriety and, as a group, for carrying the A.A. message to the suffering alcoholic who reaches out to us for help. (Adapted from The A.A. Group Pamphlet)

It is a phenomenon that a society will often destroy itself from within. Therefore, how wise of our founder, Bill W., to warn us in the Tenth Tradition: "We conceive the survival and spread of Alcoholics Anonymous to be something of far greater importance than the weight we could collectively throw back of any other cause. Since recovery from alcoholism is life itself to us, it is imperative that we preserve in full strength our means of survival." Thank you Bill.

Our district elections are coming up in November. I hope some of you might be willing to stand for positions in our district in such as GSR, DCM, alternate DCM, secretary, and treasurer. Please talk to me about any position you are interested in. An explanation of these positions will be covered at The Pizza Party.

-- Beverly G. DCM 14-140

Men and Women Who Share

Chapter 5, How It Works, is probably the most commonly read section in the Big Book of Alcoholics Anonymous. What this section does not address, though, is *why* it works. That's not a problem of course, since the underlying point is that A.A. most certainly *does* work.

The steps we took are suggested as a program of recovery. The meetings we go to, however, aren't even mentioned until Chapter 11 (well, not counting the Forewords to the 2nd, 3rd and 4th editions). In A Vision for You, finally the regular ritual we so rely upon for sobriety is referenced: "It became customary to set apart one night a week for a meeting to be attended by anyone or everyone interested in a spiritual way of life."

In More About Alcoholism, the book notes that "Physicians who are familiar with alcoholism agree that there is no such thing as making a normal drinker or of an alcoholic. Science may one day accomplish this, but it hasn't done so yet." Well, since those words were written in 1939, science has come up with drugs that will make a drinker so violently ill they will wish they'd abstained, but that's a far cry from "making a normal drinker." In fact, what scientists have determined is that the best treatment for alcoholism is some form of intervention therapy *accompanied by active participation in AA*.

Science may have discovered something else, though — how AA meetings help alcoholics: By *sharing*. (I'm reaching a bit here, but just a bit. Read the whole article by Kathleen McGowan, "How Much of Your Memory is True?" in *Discover* magazine, Jul-Aug 2009. It's fascinating and will well reward a trip to the library.)

It's been known for many decades that memory rests upon a biochemical process ... Sensory information is encoded as electrical pulses, neurotransmitters leap across synapses from one nerve cell to another, calcium ions flood cells, enzymes reshape the cells ... It is a fantastically complex ballet and takes place instantaneously and the result is that memories are hardwired into the brain. Or so it was thought.

Recent research has found that the brain can be rewired; in fact, that every time a memory is revisited, it is "destabilized" and that memory is then reconsolidated — literally *re-remembered*. Well that's remarkable, no doubt about it. But it gets even better.

Each time we revisit a memory, we change it. The memory is subtly reshaped, and while this occurs without volition, our memories can also be reshaped more deliberately through reexamination within the context of our present. And it is this we accomplish by sharing our experience, strength and hope with each other through AA. We revisit our addiction memories — what we were like — and they are reshaped by our present reality — what we are like today. Through sharing our memories may be transformed into parables. It works. And ain't that grand?

-- Bert W.

October AA Birthdays Congratulations!

<u>The Slice of Life</u>	<u>Crazy Birds</u>
Greg J. 10/10/08	Angie M. 10/27/04
<u>One Step Forward</u>	Ryan S. 10/02/02
Marilyn C. 10/30/05	Kurt B. 10/18/00
<u>Step Stories</u>	Scott B. 10/16/00
Sue A. 10/25/07	Nick M. 10/08/99
<u>PV Noon Group</u>	Ray T. 10/13/96
Robin M. 10/01/01	Don M. 10/23/92
<u>Senior in Sobriety</u>	<u>Park Ave</u>
Bob P. 10/03/76	Jennifer P. 10/03/08
<u>Friday BB Solutions</u>	Charlie R. 10/05/07
Jim S. 10/27/80	Linda F. 10/04/07
<u>Lushes t' Ladies</u>	Sara P. 10/26/06
Laura B. 10/20/07	Justin K. 10/23/06
Jan W. 10/24/77	Mike K. 10/01/05
<u>Alternatives</u>	Pat A. 10/19/82
Daniel M. 10/02/05	Jenny O. 10/27/67
Seth A. 10/27/04	<u>Humboldt Men's Stag</u>
<u>Rarely Group</u>	Arron B. 10/10/08
Greg F. 10/15/96	Ryan S. 10/09/08
Don M. 10/23/92	Bill D. 10/01/07
<u>Welcome Valley</u>	Scott P. 10/17/06
Bob W. 10/04/07	Ed B. 10/24/02
David M. 10/06/93	Jerry E. 10/04/00
John N. 10/20/86	Rich S. 10/27/92
<u>Roadmap to Recovery</u>	Michael C. 10/12/89
Scott G. 10/31/06	David S. 10/01/82
Rex T. 10/22/98	<u>Others</u>
Rebecca F. 10/25/92	Bill E. 10/26/04
<u>Sunday No Name Grp</u>	Linda B. 10/14/04
Kat B. 10/01/06	Cat M. 10/12/04
Doug S. 10/14/04	Bob C. 10/22/01
Jeff W. 10/02/89	Jon P. 10/22/99
Jenny O. 10/28/64	Steve M. 10/09/97
<u>Prescott Group</u>	Barry D. 10/05/94
Billy D. 10/01/07	Linda B. 10/12/92
Becky Y. 10/20/06	Scott C. 10/30/84
Bobby R. 10/15/06	Mike C. 10/20/83
Leonard G. 10/30/04	Rosalie A. 10/17/81
<u>Sunny Days</u>	
Carolyn K. 10/05/07	
Lisa P. 10/24/07	
Lucy Mc. 10/31/06	
Dan M. 10/27/06	
Jerry D. 10/13/72	
<u>Serenity @ Sunrise</u>	
Matt O. 10/29/08	
Cindy F. 10/01/08	
Ray L. 10/31/07	
Susan A. 10/18/92	
Ben B. 10/26/89	



Service Corner

**Look back and be grateful.
Look ahead and be hopeful.
Look around and be helpful.**

Next Intergroup Meeting:
6:30 pm, Wednesday, October 14, 2009
(the second Wednesday of every month)
at the First Christian Church, 1230 Willow Creek Rd.

Next District 14-140 GSR Meeting
6:30 pm, Wednesday, October 7, 2009
(the first Wednesday of the month)
at the First Christian Church, 1230 Willow Creek Rd.

Next District 14-142 GSR Meeting
6:30 pm, Tuesday, October 6, 2009
(the first Tuesday of every month)
PV Methodist Church, 8944 E. Sommer St.

Prescott Shoestring Roundup Committee
5:30 pm, Friday, October 9, 2009
(the third Friday of every month except this October)
Unity Church, Corner of Arizona and Goodwin

PI / CPC Committee Meetings
6:00 pm, Tuesday, October 20, 2009
(the third Tuesday of every month)
Intergroup Office, 240 S. Montezuma # 108
The Public Information/
Cooperation with the Professional Community
Committee has many opportunities to be of service.
For information about this committee call
Prescott Area Intergroup Office (928) 445-8691.

The Prescott Area Intergroup's
Treatment Facilities Committee
needs volunteers. If you would like to be of service please
call Prescott Area Intergroup Office (928) 445-8691.

The Prescott Area Intergroup's
Correctional Facilities Committee
For Juvenile Court and Juvenile Detention meeting informa-
tion call the Prescott Area Intergroup Office (928) 445-8691.
Yavapai County Jail meetings are now held in Camp Verde.

A Message From District 14-142 DCM

Turn it Over!

In the past couple weeks I must have seen this bumper sticker a dozen times (well, yeah, possibly because I have one on the back of my truck) ... "Turn It Over." To the alcoholic, the message is fairly clear. Or maybe I'm just making one of those mortal human mistakes, with respect to Alcoholics Anonymous, assuming that anyone working a program is familiar with and understands this slogan. For me, it has been, and in all probability will continue to be, one of the more difficult maneuvers of my recovery program. But I digress.

Considering what's coming up next month, I believe another meaning of "Turning It Over" deserves mentioning. Within Alcoholics Anonymous, November ushers in "**Rotation**" time! Yes, that wonderful time of the year when those precious service positions come up for voting in new members who will step up to the plate in January, to attend to the business side of AA.

Of course, you don't have to wait to fill some of the service positions. There may be an opportunity within your home group today to step up to a vacant GSR (General Service Representative) position or maybe a secretary or treasurer commitment. If you haven't chaired a meeting for a few months or find yourself commenting about the coffee, there just may be a "Turn It Over" opportunity waiting for you.

Within the district business side of AA November will be election month. My position as DCM (District Committee Member) as well as my counterpart's in District 14-140 will be up for grabs. The position is challenging, rewarding, and anything but mundane! At the Area assemblies you represent **your** District as well as interact and share events with other DCM's throughout the State.

This "Turning It Over" brings on a life of it's own. I recognize that not everyone in Alcoholics Anonymous is ready to jump at an opportunity to venture into the business of AA. I also recognize that there does exist a certain fear about accepting an unfamiliar service position. For me, the fear factor has come full circle. I was initially told that I should not be scared and that by the time my rotation was finished, I would understand and comprehend what the position entailed. Well, I hate to be a naysayer, but here it is, the end of the rotation, and there are a gazillion things (well, at least several) that I'm still not that familiar with. But now I do fully understand what the phone is for!

I would encourage anyone with a little history of service in his or her program to strongly consider a position in District or Intergroup service. The bottom line seems to be that old standby: Five percent of the people within AA seem to do ninety percent of the work. It would be Fan-Sobering-Tastic to see that five percent jump to, oh, ten percent. It is exciting to see those who are fairly new in AA take the action and get into service. Or if you happen to be one of the "Old Timers" that have held every service position there is but have been out of it for several years, this may be the time to put that experience to practice ... maybe putting that "Walk the Talk" thing I hear about at meetings into action.

Feel the fear, do it anyway. There's more to "Turning It Over" than the bumper sticker implies.

Thank you for allowing me to be of service and Keep on Trudge'n!

Mel F., DCM 14-142

A Parable by a Sponsor

A member of the program of recovery, who previously had been attending meetings regularly, stopped going. After a few weeks, her sponsor decided to visit her. It was a chilly evening and the sponsor found the sponsee at home alone, sitting before a blazing fire.

Guessing the reason for her sponsor's visit, the sponsee welcomed her, led her to a big chair near the fireplace and waited. Her sponsor made herself comfortable but said nothing. In the grave silence, she contemplated the play of the flames around the burning logs. After some minutes, the sponsor took the fire tongs, carefully picked up a brightly burning ember and placed it to one side of the hearth all alone.

Then she sat back in her chair, still silent. The sponsee watched all this in quiet fascination. As the one lone ember's flame diminished, there was a momentary glow and then its fire was no more. Soon it was cold and "dead as a doornail."

Not a word had been spoken since the initial greeting. Just before the sponsor was ready to leave, she picked up the cold, dead ember and placed it back in the middle of the fire. Immediately it began to glow once more with the light and warmth of the burning coals around it.

As the sponsor reached the door to leave, the sponsee said, "Thank you so much for your visit and especially for the fiery sermon. I'll see you at the meeting in the morning."

-- Author Unknown

Step of the Month

From the *AA Grapevine* August 1945, Vol. 2 No. 3

Editorial:

On the 10th Step. . .

"Continued to take personal inventory and when we were wrong promptly admitted it."

THE admission of a wrong compares in its effects to a strong cauterizing agent. When applied promptly it burns away the infection, but the treatment may be painful. How much mental pain an individual incurs by admitting a wrong depends not so much on the degree of the wrong as on how seriously he is afflicted with vanity and false pride. The more vain the person, the more reluctant he is ever to admit a mistake. The more false pride he has, the more imperative it seems to him to perpetuate the illusion of his own perfection.

Since we all know that vanity and false pride are distortions of the mind, perhaps the reason they are so common is the fact that, although we can spot them immediately in others, we have considerable difficulty in detecting them in ourselves.

Here the value of the personal inventory is self-evident. If it is honest and thorough, it will leave no vanities and false pride unrevealed. It is the means by which we can detect in ourselves the faults we note so readily in others and which we know are obstacles to the growth of an effective and happy personality.

The first inventory we take as we begin to apply the A.A. program naturally tends to be the most soul-searching and the most revealing. In most cases, it is the first self-reckoning we have undertaken in many years and most of us are likely to unearth a great accumulation of debris.

This inventory provides the guide for basic, and usually drastic, correction. Subsequent inventories serve to show whether the first efforts toward correction have been effective and what additional correction may be needed. By this method of personal checkup, we can determine for ourselves whether we are actually moving forward or have slipped backward.

Continued personal inventory is also a medium for readjustment to new objectives. As the A.A. moves upward he frequently finds that he is constantly lifting his sights. What satisfied him previously does not do so any longer. When he was learning to crawl

he looked ahead to being able to walk. When he could walk he wanted to run. His expanding personality demands larger fields. If the person he wanted to be yesterday has come into being, he now wishes to be a still better person.

The inventory, obviously, is only part of the treatment. The deficiencies it reveals must be made up. Or, in the thought of the 10th Step: When wrong, promptly admit it. That is putting the inventoried knowledge into action.

Haliburton once wrote, "When a man is wrong and won't admit it, he always gets angry."

Anger, as we well know, is particularly poisonous to us. How foolish and ironical to fall prey to it through vanity!

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Is It Half Full Or Half Empty?

Once Upon A Time, or so the story goes, there was a man we all know, named Bill Cosby. Now Bill's father was reputedly a bartender. So, one day Bill asked him, "Dad, how do you know if the glass is half full or half empty?"

After some thought, his Dad replied, "Well, son, I guess it all depends on whether you're drinking or pouring!"

THE MORAL TO THE STORY: If you're drinking, your job is to empty the glass. If you're pouring, it's to keep it full. So what is your job in A.A.? To complain about how difficult it is and how this, that, or the other won't work, or to become part of the solution instead of part of the problem by learning how things REALLY work?

-- Author Unknown

Tradition Ten (The Long Form)

No A.A. group or member should ever, in such a way as to implicate A.A., express any opinion on outside controversial issues—particularly those of politics, alcohol reform, or sectarian religion. The Alcoholics Anonymous groups oppose no one. Concerning such matters they can express no views whatever.

Concept Ten:

Every service responsibility should be matched by an equal service authority, with the scope of such authority well defined.

Our Bulletin Board

District 14-142

(Prescott Valley area)

Presents a:

Sponsor/Sponsee Potluck Picnic

October 3rd

Mountain Valley Park

N. Robert Rd. & E. Nace Ln.

Main Pavilion

10:00 am - 2:00 pm

Hotdogs and drinks provided.

A BBQ grill will be available.

Two speakers with several years
as sponsors.

Games, Fellowship, Fun!

50/50 Raffle

Sponsees, take *action* and
motivate your sponsor.



Emotional Sobriety

a workshop by:

Polly P.

Friday, October 16th, 7:00pm – 8:30pm

&

Saturday, Oct. 17th, 9:00am – 3:00pm

(w/lunch break)

Smoki Pueblo

147 N. Arizona St.

Prescott, AZ

Cover charge – \$15

Presented by:

The Prescott Shoestring Roundup Committee



Prescott Shoestring Roundup Committee's

HALLOWEEN DANCE

Saturday October 31, 2009

Smoki Pueblo, 147 N. Arizona St.

Potluck - 6:00 PM

A.A. & Al-Anon Speaker Meeting -

7:00 PM

D.J. Dance 8:30 PM 'til Midnight

\$5.00

Costume Contests & a Raffle 



October 7th 2009

Wednesday



The General Service Representatives for the
greater Prescott area invite you to an autumn

PIZZA OPEN HOUSE

& informational GSR meeting!

Come find out what a General Service Representative
does and how you can become one. You can meet your
local GSR's for District 14-140, enjoy some pizza, and find
out about new ways to be of service!

PIZZA PARTY

Wednesday

October 7th 2009

6:30 P.M.

First Christian Church

1230 Willow Creek Rd. @ Black Dr.



Sponsored by District 14-140 GSR's.

Funds DO NOT come from 7th Tradition!

Rocky Point Roundup

October 16, 17, 18

Sanoran Spa Resort, info @ www.rockypointroundup.com

Prescott Area Intergroup August 2009 YTD Treasurer's Report

GROUP DONATIONS	YTD	GROUP DONATIONS <i>continued</i>	YTD
4 Directions Grp	\$40.00	Seligman Group	\$200.00
Alternatives	\$130.00	Serenity At Sunrise	\$2,010.00
Chino Valley Speakers	\$115.00	Step Stories	\$150.00
Cordes Lakes Group	\$75.00	Sun. AM Men's Stag	\$911.00
Crazy Birds	\$2,449.81	Sunny Days	\$718.73
Early Birds	\$134.78	Sunset Group	\$140.88
Experience, Strength & Hope	\$5.00	The Slice Of Life	\$905.26
Free Thinkers BBS	\$43.00	Thur. Seniors In Sobriety	\$40.00
Friday Big Book Solutions	\$160.00	Thurs Men's Stag	\$930.00
Girlie Birds	\$150.00	Toolbox Group	\$195.00
Humboldt Men's Stag Meeting	\$150.00	Tues. Seniors in Sobriety	\$85.00
I Am Woman	\$166.00	Tuesday Night Step Study	\$300.00
Intergroup Meeting	\$154.77	Whipple Group	\$70.00
Lazy Birds	\$100.00	Wilhoit Oasis	\$441.86
Men's Pride	\$55.00	Yarnell, From The Book	\$130.00
Noon BB Discussion	\$899.00	Young Peoples Meeting	\$172.75
Old Shoe (Skull Valley)	\$242.00	TOTAL GROUP DONATIONS	\$22,827.30
One Step Forward	\$115.00	OTHER INCOME	
Park Avenue Group	\$1,542.97	AA Birthday Gratitude	\$655.00
Prescott As Bill Sees It	\$560.00	Anonymous IG Donation	\$59.35
Prescott Group	\$398.06	Literature Sales	\$6,005.95
Prescott Round-up Committee	\$3,500.00	Meeting Directory Sales	\$545.00
Promises Group	\$50.00	Newsletter Sales	\$351.00
PV Another 24 @ 4	\$108.00	Picnics	\$1,930.58
PV As Bill Sees It	\$220.00	Prudent Reserve Interest	\$132.96
PV Awesome Group	\$150.00	Refundable Event Deposit	\$250.00
PV Crazy Birds East	\$620.00	TOTAL OTHER INCOME	\$9,929.84
PV Lushes t' Ladies	\$202.50	TOTAL INCOME	\$32,757.14
PV Noon Group	\$350.00	TOTAL EXPENSES	\$32,457.96
PV Roadmap To Recovery	\$25.00	YTD INCOME LESS EXPENSES	\$299.18
PV Serenity Seekers	\$72.50		8/31/2009
PV Sunday Nooners	\$486.00	Checking	\$6,194.42
PV Tuesday Nooners	\$300.00	Prudent Reserve	\$9,260.55
PV Welcome Valley	\$150.00	Cash on hand	\$43.60
Rarely Group	\$1,049.08	Total Monies	\$15,498.57
Receive The Message	\$140.00	Literature value 8/11/09	\$2,675.83
Round Table Meeting	\$68.35	Total Assets	\$18,174.40
Rush Hour	\$250.00		

Birthday Gratitude

A long-standing tradition in the Prescott area is to make AA Birthday contributions to our Intergroup. Many local AA members mark their sobriety dates by contributing various dollar amounts for each year of sobriety.

Please consider making this one of *your* yearly traditions.

This is a wonderful way to celebrate and help us to be self-supporting through our own contributions.

Call 928-445-8691 to find out more.