



# Conscious Contact

Prescott Area Intergroup: Serving Central Yavapai County

February 2010

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## 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 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? Old-timers?
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?

### Concept Two:

“When, in 1955, the A.A. groups confirmed the permanent charter for their General Service Conference, they thereby delegated to the Conference complete authority for the active maintenance of our world services and thereby made the Conference—excepting for any change in the Twelve Traditions or in Article 12 of the Conference Charter—the actual voice and the effective conscience for our whole Society.”

### Happiness is

One of the saddest songs I ever heard was “Happy All the Time.” The title phrase also comprised the chorus—and most of the lyrics for that matter—to the signature song for a power trio I used to see perform fairly often back in my days as a “live local” music fan. I liked the band, sort of, but hearing “Happy All the Time” always left me feeling very depressed.

You might almost say that song 12-stepped me. Listening to it, I would think, what an absurd proposition. Yet, there I was, sitting in a bar, soaking up ethyl alcohol, trying to be happy. The paradox was inescapable. No wonder I was depressed.

Alcohol *can* make a person feel happy—I remember a lot of times it did. What I remember from my last ten or so years as a drinker, though, is that those happiness moments were brief. To be specific, what I remember is that the first sip of my third pint of Guinness (20-ounce pints, please: the 16-ounce pint is a sin against God) was a golden moment. I would feel a glow of perfect contentment. Everything was as it should be. I was right where I belonged, blissful. And then, of course, inevitably the moment passed.

Seeking that peak of happiness was, if not my avocation, certainly my hobby, for many years. Oddly, for a long time I seemed not to notice that I spent progressively more time trying not to be miserable and less time in a state approximating happiness. What a fool I was.

My final surrender came the day I resolved to give up my quest for happiness. That is truly what it felt like at the time. I told myself it was over; I could never drink again, ever. I would not be happy, but I would not drink ... I would not “get” to drink. That was *over*.

I made this resolution without hope—with zero expectation that I would ever feel good again. I just had to step off the merry-go-round and learn to live without excitement, without those brief moments of “perfect” happiness. I was bitterly resigned to a life without bliss.

Boy, was I wrong. Within two weeks I felt the stirrings of emotions unfelt since childhood. Curiosity, simple joy ... unvarnished hope. It was a miracle. Having given up hope, I had discovered it anew. By surrendering happiness, I found it.

Happy all the time? Hardly. But I had come to understand that I wasn’t even supposed to be happy all the time. I just had to be *here* ... not “anywhere but here.” Right here. Right now. And that was a happy thought.

It still is.

— Bert W.

## A Message From District 14-140 DCM

Hello, everyone, I'm Mary Beth M. I am an alcoholic and your new District Committee Member (DCM) for the District, 14-140, covering Prescott, Chino Valley, Skull Valley, Seligman, Wilhoit, Congress, Yarnell, Bagdad, Ash Fork and Paulden. In December's Conscious Contact, Beverly, the outgoing DCM for the past two years, introduced me and the new General Service Representatives (GSRs).

We are some of your trusted servants and I'd like to let you know what your district is doing. We hope to keep the lines of communication open between the General Service Office (GSO) and groups within the District. AA has a Service Manual, Area 03 Handbook, District Guidelines and Conference-Approved literature. Sometimes there are concerns about traditions and service throughout AA. Every AA has a voice through a group to the district. We are here as District 14-140 to serve and represent you.

One of the purposes of a district is to strengthen groups within the district through service work, to ensure that the opportunity to recover from alcoholism through the practice of the Twelve Steps and Twelve Traditions will be available when anyone anywhere reaches out for help.

I will keep you posted each month on district activities by way of this newsletter. Participation is welcome and we will be asking for your support in workshops or events that may surface by way of your interest. Please communicate by way or your GSRs or email directly to me if you wish.

It is my privilege to serve you as your District Committee Member,

— Mary Beth

## 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.

# Our Bulletin Board

## *Prescott Shoestring Roundup 2010*

### *Logo Contest*

*Enter to win admission to our roundup July 16, 17 & 18 2010 and have your artwork become a part of AA history in Prescott, AZ!*

*Winner to be announced at the St. Patrick's Day Event, March 20th.*

*Submit entries to the Prescott Shoestring Roundup Committee on February 19th or March 12th at 5:30 pm at the Unity Church on the corner of Goodwin & Arizona.*

*Or, drop them off at the Intergroup Office.*

## **Prescott Area Intergroup Service Board needs an Intergroup Secretary!**

- One year sobriety required.
- Vote on Intergroup and Service Board issues.
- Take minutes at one Board meeting and one Intergroup meeting per month.

For more information ask one of our Service board members or visit or call the IG office.

## **Twentieth Annual West Valley Roundup**

**March 26-28, 2010**

**Lake Pleasant Regional Park  
Peoria, AZ**

**AA & AI-Anon Speakers, Campfire Meetings,  
Saturday Dinner, Sunday Breakfast,  
50/50 & Prize Raffles**

**Registration and Camping fees required.  
Flyers available at the IG office.**

# February AA Birthdays Congratulations!

## PV Noon Group

Stan P. 2/04/04

## PV Saturday Night Live

Richard S. 2/04/00

## PV Wed. Night Step Study

Dan W. 2/06/03

## Tues. Nite Step Study

Gregg M. 2/24/82

## Paulden Mtg.

Dian C. 2/19/97

## Wilhoit

JoAnne B. 2/23/80

## Yarnell From the Book

Berta 2/06/99

## PV Sun. No Name Group

Sean K. 2/01/05

## Humboldt Men's Stag

Dean B. 2/18/82

Richard D. 2/10/96

## Alternatives

Lori 2/14/06

Ed M. 2/28/82

## Prescott Group

Tyler K. 2/24/08

Scott W. 2/16/08

## One Step Forward

Kay B. 2/27/01

Susan C. 2/04/77

## Sun Morn Men's Stag

Gus 2/20/05

Jon H. 2/15/88

Don D. 2/24/76

## PV Lushes T' Ladies

Amy L. 2/24/08

Shirley A. 2/11/08

Sandy R. 2/25/98

## Noon BB Discussion

Greg W. 2/08/06

Gary N. 2/15/05

Bob H. 2/19/89

## Welcome Valley

Jim T. 2/14/07

Mary Y. 2/12/02

Russell S. 2/06/95

Jack D. 2/05/90

## PV Tues. Noon Group

Donna 2/08/05

Lisa P. 02/03/05

Uz J. 2/03/05

Ray K. 2/09/97

Bob H. 2/19/89

## Crazy Birds

Greg S. 2/10/06

Sandy D. 2/08/03

Mary B. 2/14/98

Jeff P. 2/24/97

Liz A. 2/14/96

John M. 2/12/91

## Park Ave

Blair H. 2/22/07

Mark Mc. 2/14/08

Justin G. 2/12/08

Matt K. 2/21/08

Becca S. 2/28/04

Carlos A. 2/14/97

Eileen E. 2/03/85

## Sunny Days

Jerry S. 2/29/08

Matt L. 2/23/08

Lisa M. 2/22/08

Lynn U. 2/09/08

Ron A. 2/14/06

Justin B. 2/08/06

Jody 2/08/06

## Serenity at Sunrise

Diane C. 2/17/09

Kate W. 2/20/08

Ray L. 2/14/07

Tammy C. 2/27/06

John M. 2/12/91

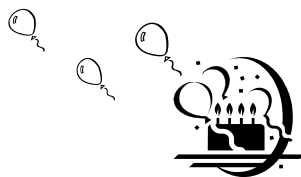
Mary Beth 2/16/89

Charlie L. 2/04/89

Roger N. 2/23/87

Addie E. 2/09/78

Don D. 2/24/76



# Service Corner

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

## **Next Intergroup Meeting:**

6:30 pm, Wednesday, February 10, 2010  
(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, February 3, 2010  
(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, February 2, 2010  
(the first Tuesday of every month)  
PV Methodist Church, 8944 E. Sommer St.  
Beginning March 2nd: Emmanuel Lutheran Church  
7763 E. Long Look, PV

## **Prescott Shoestring Roundup Committee**

5:30 pm, Friday, February 19, 2010  
(the third Friday of every month except March 12th)  
Unity Church, Corner of Arizona and Goodwin

## **PI / CPC Committee Meetings**

6:00 pm, Tuesday, February 16, 2010  
(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 the  
Prescott Area Intergroup Office (928) 445-8691.

The Prescott Area Intergroup's  
**Treatment Facilities Committee**  
5:30 pm, Tuesday, February 9, 2010  
(the second Tuesday of every month)  
Intergroup Office, 240 S. Montezuma # 108  
Office (928) 445-8691.

The Prescott Area Intergroup's  
**Correctional Facilities Committee**  
For Yavapai County Jail, Juvenile Detention and Juvenile  
Court meeting information call the Prescott Area Intergroup  
Office (928) 445-8691.

## **CELEBRATE SOBRIETY!**

*Please help update our AA birthday list!*

It's a great service opportunity!

Email, mail, or bring in a copy of your group's birthday list to  
the Intergroup Office.

Thank You! to everyone who helps in this challenging task!

## Meeting of the Month

By: Audrey I.

The Feb-ulous meeting this month is (Drum roll, please...)

### The Girlie Birds

Saturday and Tuesday, 7 a.m.

Hillside Church of God

937 Ruth Street – enter back of church

The Girlie Birds meeting first hatched in 2006. The women attending the Crazy Birds meeting realized there was more testosterone than estrogen in the meeting, so they started their own women's meeting. The original location was in the Methodist Church, on Willow Creek Road, however after a year of struggling for attendance, the women of wisdom relocated in 2007, to its current location, the Hillside Church of God. It seems that AA meetings and real estate have much in common, that being location, location, location! Once this bevy relocated, attendance soared.

The meeting has a traditional format; opening with the Serenity Prayer, reading of the 12 Steps and a selected reading from the Big Book. It is a topic discussion ticket meeting; sobriety chips are distributed and birthdays are celebrated.

On January 23, 2010, a wet and snowy Saturday morning, attendance was strong! The topic was "being led gently through the steps; that we learn and we learn and we keep learning." There was so much wisdom whipping around that room, it would not surprise me if a few women had to stop at YRMC after the meeting for whiplash! The sharing was authentic and intimate.

This meeting feels more like a group of old friends (oops! I mean "friends") getting together for a coffee and a chat. Even newcomers seemed to feel at home. Sitting amongst the Girlie Birds epitomizes the slogan "we are not alone."

What is being said about this meeting?

"A really energetic, supportive group."

— Mary

"Sobriety from days to decades; a beautiful mix of women living sober lives."

— Tammy

"I seriously can't live without this meeting and these women. It's a huge part of my life."

"I really like an all female meeting. It's less distracting and I feel like more is shared from the heart. I will be back!"

## Step of the Month

By: Janey R.

### Step Two: Came to believe that a Power greater than ourselves could restore us to sanity.

Considering this step reminds me of the far reaches of my insanity – well-beyond my drinking – as alluded to in the *Doctor's Opinion* ("they cannot after a time differentiate the true from the false"), in *How it Works* ("driven by a hundred forms of fear, self-delusion....."), and in the *Twelve & Twelve*, where sanity is defined as "soundness of mind." The only way I know of to learn to access this "Power that could restore me to sanity" is through working the remaining steps. After all, around Step Ten in the chapter *Into Action*, is the statement: "for by this time sanity will have returned". Fingers crossed!

— Greg J.

When I first came to AA and read the Steps hanging on the wall, the 2<sup>nd</sup> Step really spoke to me. Knowing I was going insane, here was something that offered me hope. The more I came back to AA, the more I learned about a Higher Power, and this Step started working in my life. Today I cannot put my gratitude into words. It really works.

— Jim W.

Alcohol had broken me. My body was slowly dying, and my soul was crying out for help. Despair flooded over me and I was drowning. I knew nothing about the disease of alcoholism. I did not understand that my thinking was insane. And I certainly no longer believed in a God that would help me.

I found hope in my first meeting of AA. If the miracle of sobriety was happening for all of you, maybe there was a chance it would happen for me too. I did the things you told me to do. I got a sponsor and worked the Steps. I prayed to a God I wasn't sure existed. I didn't drink, one day at a time.

Then, one day I saw the most beautiful rainbow. Another day, when I wanted to drink, another alcoholic called me and my obsession was lifted. Another day, when self-pity and loneliness gripped me, a woman thanked me for something I had said that helped her not to drink that day. I cried all the way home.

I came to believe because I lived it day by day. And it worked. And it still works.

— Linda M.

## 2009 Stats

In 2009 our Intergroup office responded to approximately 70 Twelve Step calls, 630 meeting information calls, 120 other 12 Step meeting calls, 600 miscellaneous calls, and welcomed about 1600 visitors and handled 318 literature sales. Our voice mail volunteers answered approximately 20 Twelve Step calls, 143 meeting information calls, 26 calls for other 12 Step meetings info and 180 miscellaneous calls. Our website was visited around 31,060 times.

## Prescott Area Intergroup 2009 Treasurer's Report

<b>GROUP DONATIONS</b>	<b>YTD</b>
11th Step Candlelight Mtg	\$10.00
4 Directions Grp	\$80.00
Alternatives	\$281.50
Chino Valley Speakers	\$140.00
Cordes Lakes Group	\$115.00
Crazy Birds	\$3,382.07
Early Birds	\$134.78
Experience, Strength & Hope	\$12.00
Free Thinkers BBS	\$43.00
Friday Big Book Solutions	\$210.00
Girlie Birds	\$373.70
Groom Creek Solutions	\$521.73
Humboldt Men's Stag	\$300.00
I Am Woman	\$216.00
Intergroup Meeting	\$221.51
Lazy Birds	\$274.31
Men's Pride	\$55.00
Noon BB Discussion	\$1,313.00
Old Shoe (Skull Valley)	\$371.00
One Step Forward	\$448.10
Park Avenue Group	\$2,134.24
Prescott As Bill Sees It	\$630.00
Prescott Group	\$866.15
Prescott Round-up	\$3,500.00
Primary Purpose Group	\$20.00
Promises Group	\$205.00
PV Another 24 @ 4	\$108.00
PV As Bill Sees It	\$320.00
PV Awesome Group	\$150.00
PV Crazy Birds East	\$920.00
PV Fri. Night Speaker Mtg.	\$75.00
PV Lushes t' Ladies	\$282.50
PV No Name Group	\$77.50
PV Noon Group	\$631.25
PV Reflections	\$30.00
PV Roadmap To Recovery	\$50.00
PV Sat. Nite Live	\$30.00
PV Serenity Seekers	\$122.50
PV Sunday Nooners	\$991.00
PV Tuesday Nooners	\$450.00
PV Wed Night Step Study	\$15.43
PV Welcome Valley	\$150.00
Rainbow Group	\$14.00
Rarely Group	\$1,598.14

<b>GROUP DONATIONS</b>	<b>YTD</b>
Receive The Message	\$215.59
Round Table Meeting	\$272.49
Rush Hour	\$330.00
Seligman Group	\$200.00
Seniors In Sobriety	\$157.00
Serenity At Sunrise	\$2,446.00
Step Stories	\$335.16
Sun. AM Men's Stag	\$1,733.60
Sunny Days	\$1,042.58
Sunset Group	\$140.88
The Slice Of Life	\$1,373.34
Thur. Seniors In Sobriety	\$40.00
Thurs Men's Stag	\$1,419.00
Toolbox Group	\$345.00
Tuesday Night Step Study	\$600.00
Weekend Warriors	\$90.00
Whipple Group	\$90.00
Wilhoit Oasis	\$598.36
Working Girls	\$10.00
Yarnell, From The Book	\$130.00
Young Peoples Meeting	\$172.75
<b>Total Group Donations</b>	<b>\$33,615.16</b>
<b>OTHER INCOME</b>	
AA Birthday Gratitude	\$858.00
Alcathon	\$505.32
Anonymous IG Donations	\$2,155.35
Literature Sales	\$9,371.27
Meeting Directory Sales	\$746.25
Newsletter Sales	\$507.00
Picnics	\$1,930.58
Prudent Reserve Interest	\$178.51
Refundable Event Deposit	\$350.00
<b>TOTAL OTHER INCOME</b>	<b>\$16,602.28</b>
<b>TOTAL INCOME</b>	<b>\$50,217.44</b>
<b>TOTAL EXPENSES</b>	<b>\$49,538.90</b>
<b>INCOME LESS EXPENSES</b>	<b>\$678.54</b>

**12/31/2009**

Checking	\$6,528.23
Prudent Reserve	\$9,288.21
Cash on hand	\$43.60
<b>Total Monies</b>	<b>\$15,860.04</b>
Literature value	\$3,110.65
<b>Total Assets</b>	<b>\$18,970.69</b>

Subscription Form

(Fill out form, enclose your payment and mail to above address)

Hint: Subscriptions to the *Conscious Contact* make great gifts.

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ANNIVERSARY DATE \_\_\_\_\_ HOME GROUP \_\_\_\_\_

E-MAIL ADDRESS \_\_\_\_\_

Subscriptions to our newsletter are \$8.00 per year to help offset the cost of production and postage.

Additional donations from members are greatly needed and gratefully accepted.

Prescott Area Intergroup is a non-profit organization, dependent on members' contributions.

Make checks payable to Prescott Area Intergroup.