



Conscious Contact

Prescott Area Intergroup: Serving Central Yavapai County

January 2010

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 One: *Our common welfare should come first; personal recovery depends upon AA unity.*

1. Am I in my group a healing, mending, integrating person, or am I divisive? What about gossip and taking other members' inventories?
2. Am I a peacemaker? Or do I, with pious preludes such as "just for the sake of discussion," plunge into argument?
3. Am I gentle with those who rub me the wrong way, or am I abrasive?
4. Do I make competitive AA remarks, such as comparing one group with another or contrasting AA in one place with AA in another?
5. Do I put down some AA activities as if I were superior for not participating in this or that aspect of AA?
6. Am I informed about AA as a whole? Do I support, in every way I can, AA as a whole, or just the parts I understand and approve of?
7. Am I as considerate of AA members as I want them to be of me?
8. Do I spout platitudes about love while indulging in and secretly justifying behavior that bristles with hostility?
9. Do I go to enough AA meetings or read enough AA literature to really keep in touch?
10. Do I share with AA all of me, the bad and the good, accepting as well as giving the help of fellowship?

The Intergroup Service Board still needs an Intergroup Secretary! Call the office for details.

Inside Outside

It is hardly "AA approved literature," but while reading *Last Words*, from the late comedian George Carlin, one of the passages that resonated with me was this: "I wasn't doing my job. I wasn't using my mind to produce the external evidence of my internal state."

Mr. Carlin's words here reminded me of myself (of course!), but also reminded me of something I've heard from one of my role models in AA. Jon H. speaks about difficulties he had in his earlier life trying to emulate people he viewed as successes, as big shots. "I was trying to make my interior look like their exterior," he recalled.

That proved an impossible task, of course—not least because it is very, very rare for anyone's exterior to mirror their interior. We are, every one of us, infinitely complex, internally dynamic and fluid souls. Whatever external appearance we present to the world, it is a highly mediated, modulated and filtered revelation of our internal reality.

Fortunately, our exterior—our public persona—doesn't have to be an accurate representation of our remarkable, vibrant internal landscape. A "poker face" can be useful, even necessary, and not just when playing cards. (I am reminded of a great line from John Updike: "Their smiles of welcome as they faced their guests were wretchedly enfeebled by contempt." Good manners under strain, right?) We have every right to our secrets and there is no good reason every passing stranger should be privy to our thoughts.

What does matter, though, I would like to suggest, is that we become familiar with our own internal landscape. One of the greatest gifts of AA is its emphasis on "the capacity to be honest" with ourselves.

As we work on our own interior—as we practice self-honesty and move toward our "spiritual awakening as the result of these steps"—our exterior will take care of itself. We find that the face of serenity trumps our poker face and, more and more of the time, produces external evidence of our internal state.

About 400 years ago George Herbert noted that, "Love and a cough cannot be hid." Serenity is a lot like that.

— Bert W.

The Gift of Desperation

I was adopted into an abusive family; I was abused physically, mentally and sexually.

First, I would like to say, "I do not blame anything that happened to me on alcoholism."

I am an alcoholic not because I was abused, molested, or adopted. I drank and took drugs, because I am an alcoholic, I could not live being me. Memories of my childhood continued to recur. I was full of fear; I did not talk about the memories, I wanted to drink them away. I thought that alcohol and drugs had saved me, actually, and I believe today that alcohol did help, until it destroyed me. What it did was help to destroy me. That is exactly what I wanted to do.

I would like to share an experience with you. The last week of my drinking career, I was feeling miserable; I was married in an abusive relationship. Fear kept me from leaving him. I had to face the truth. I was desperate and wanted help. Looking into the mirror, I saw death in my eyes and wanted to end my life. I went to a park and cried, I was yelling like an insane woman. I got on my knees at the park and started to pray; asking for help. I was not calm and it was not a pretty sight. I said, "God, if you are here, help me." I was so tired of being me and I was to the point I would do whatever I had to do, to stop drinking. I had to let go and let God take over and help me. At that time I was given the gift of "Desperation." I did not see that as a gift at that time, but I see it now as a gift of "Desperation." In the park I did the first three steps with out knowing it. I can't, He can, so let Him. That is basically what I did.

As I asked God for help in the park, I continued to sit under the tree, I saw a homeless lady walking with a dog. I had never seen her before. While I was crying, she walked up to me and asked, "What is wrong? I said nothing. Not knowing what was going on, I just cried. She told me that she was staying at the park, in a trailer, for 3 days and, if I needed a place to stay, I could join her. She also told me about herself. She was abused for 15 years; she showed me the screws and pins, in her arms and legs that held her bones together from being beaten. She had no idea that I was in an abusive relationship. She told me her story and all I could do was cry. I grabbed her, hugged her, and sobbed. I never liked to hug people or look into people's eyes. But, I did with this lady. I cried, I held on to her, and said, "Thank you" I never did tell her I was being abused. I just said, "I am ok." She said, "Well, if you need me, come back here tomorrow." I watched her walk off. She did not turn or anything. She just kept walking until she disappeared.

The next day came and I did not go back to the park. I did get help; I called AA central office in California. I ended up getting help in a women's' sober living home. I stayed in the Sober living home for 5 months, got a job and stayed sober. I got a sponsor went to AA meetings; I took the steps with a sponsor.

My sobriety date is August 14, 1995

I believe that this homeless lady in the park is my Angel. I do not know where she is. I believe she is my mirror image; that, if I drink and go back to my old lifestyle, I will be that homeless lady I met at the park. God uses all types of people to help His children. God is a gentleman. He does not force His way in to our lives. I have to welcome Him into my life and He will walk with me forever. The greatest love I found is from God, right inside of me.

— Angela C.

Service Works Both Ways

Service in recovery has been a great source of joy for many. If you have been wondering how to experience joy in recovery, come to the Prescott Area Intergroup Office, 240 S. Montezuma Street #108. We may have a job for you! Long term recovery is helpful but not necessary. We are here to teach you. Office hours are 10:00am—4:00pm Monday through Friday.

The Treatment Facilities Committee will meet at 6:30pm on Tuesday, January 12th. The Public Information/ Cooperation with the Professional Community Committee meets at 6:00pm on the third Tuesday (January 19th). Others service opportunities are also available. A schedule of all group meetings and service committee meetings is available at the Intergroup Office and volunteers will provide literature and information to help us carry the AA message.

Most of us in service positions were introduced to it by a sponsor or old-timer. Trusted servants already attending service committee meetings are encouraged to bring a newcomer or sponsee along with you.

I am grateful to the Intergroup Committee for allowing me to chair the Treatment Facilities Committee and happy to share.

Call the Intergroup office with any questions.

Yours in service,
— Roger C.

Concept One

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

Tradition One (The Long Form)

1.—Each member of Alcoholics Anonymous is but a small part of a great whole. A.A. must continue to live or most of us will surely die. Hence our common welfare comes first. But individual welfare follows close afterward.

Copyright © A.A. World Services, Inc.



January AA Birthdays Congratulations!



Wilhoit

Paul B. 1/01/99

Yarnell, From the Book

Darlene 1/29/77

Friday BB Solutions

Charlene C. 1/06/05

Girlie Birds

Susan L. 1/27/07

Sunday Solutions

Joanne F. 1/10/87

PV Wed. Night BBS

Devin 1/13/09

Seniors in Sobriety

Judy H. 1/06/78

Jack Mc. 1/15/73

PV Noon Group

Judy F. 1/15/09

Debbie T. 1/12/08

PV Tues. Noon Group

Scott B. 1/27/05

Daryl P. 1/09/05

One Step Forward

Kate L. 1/12/06

Carleene M. 1/12/02

Ruth W. 1/31/84

Welcome Valley

Pat W. 1/27/97

Sandy E. 1/10/96

Ron 1/15/92

PV Sun. No Name Grp

Bill W. 1/12/09

Owen B. 1/04/08

Frank F. 1/09/03

Steve P. 1/10/02

Lushes T' Ladies

Lynn M. 1/16/07

Marcella T. 1/29/02

Sandy E. 1/10/96

Teresa R. 1/05/87

Prescott Group

Patrick R. 1/07/08

Alex H. 1/01/07

Jason M. 1/23/07

Nick U. 1/10/06

Crazy Birds

Jacob E. 1/01/06

Erik V. 1/16/05

Todd 1/14/05

Matt M. 1/04/04

Alan H. 1/04/01

Humboldt Men's Stag

Duncan C. 1/25/08

Patrick V. 1/13/04

Humboldt Men's Stag continued

Steve H. 1/03/00

Michael Mc. 1/07/96

Kenny C. 1/10/94

Noon BB Discussion

Ray 1/01/06

Daryl C. 1/22/05

Lisa A. 1/03/05

Susan K. 1/25/04

Dave S. 1/12/03

Tom B. 1/15/97

Robin H. 1/08/89

Serenity @ Sunrise

Jim B. 1/31/09

Pierre B. 1/02/05

Dave H. 1/01/03

Chris H. 1/24/01

Charles Y. 1/07/96

Collette J. 1/01/96

Pat A. 1/06/90

Reggie 1/11/84

Sunny Days

Chad S. 1/18/08

Rebecca G. 1/16/08

Stephanie R. 1/08/08

Kelli B. 1/03/08

Colin 1/04/07

Alex H. 1/01/07

Woody W. 1/01/91

Steve D. 1/17/70

Park Ave

Chase H. 1/14/08

Tim B. 1/02/08

Kelsey B. 1/13/07

Candace B. 1/15/05

Ken K. 1/28/04

Randall F. 1/01/03

Ed L. 1/10/95

Mike A. 1/21/92

Bill S. 1/01/82

Alternatives

Alicia B. 1/27/07

Donna T. 1/13/07

Neil O. 1/01/07

Judy S. 1/26/05

Robert G. 1/04/04

Catherine E. 1/01/04

Sunshine D. 1/15/03

Red B. 1/08/96

Marianne 1/02/97

Jerry L. 1/05/95

Greg M. 1/27/93

Service Corner

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

Next Intergroup Meeting:

6:30 pm, Wednesday, January 13, 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, January 6, 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, January 5, 2010
(the first Tuesday of every month)
PV Methodist Church, 8944 E. Sommer St.

Prescott Shoestring Roundup Committee

5:30 pm, Friday, January 15, 2010
(the third Friday of every month)
Unity Church, Corner of Arizona and Goodwin

PI / CPC Committee Meetings

6:00 pm, Tuesday, January 19, 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
Prescott Area Intergroup Office (928) 445-8691.

The Prescott Area Intergroup's
Treatment Facilities Committee
6:30 pm, Tuesday, January 12, 2010
Intergroup Office, 240 S. Montezuma # 108
(928) 445-8691.

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



Our Bulletin Board

Prescott Shoestring Roundup 2010 Logo Contest

*Enter to win admission to our roundup
July 24, 25 & 26, 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 the
third Friday of the month,
January 15th or February 19th at
5:30 pm at Unity Church on the corner of
Goodwin & Arizona. Or, drop them off
at the Intergroup Office.*

**10th Annual AZ Area
Corrections Conference (AA)
FREEDOM FROM BONDAGE
1/29/10 & 1/30/10
COTA Training Academy
5601 West Trails End Road
Tucson, AZ**

New Meetings and Changes

The Prescott Toolbox Group, Thursday at 5:30 pm has moved to the Hillside Church, 937 Ruth St., Prescott.

The PV Alkies-R-Us meeting previously on Friday at 7:30 pm has changed day, time and location. Now meets Sunday at 6:30 pm at the Orchard RV Ranch, 11250 E. State Rt. 69, PV (just west of Fain & PCC Blvd).

New Women's meeting on Thursday mornings at 10:00 at Serenity Place, 723 N. Montezuma, Prescott.

New meeting in Bagdad on Tuesday at 6:00 pm at 812 Murphy St.

The Working Girls Group is a relatively new Women's meeting on Tuesday at 5:00 pm at the 1st Congregational Church, 216 Gurley St. @ Alarcon.

Relatively new meeting asks for support:
Experience, Strength and Hope Group on Tuesday at 4:00 pm at the Hope Chapel, 5145 E. Ramada Dr.

Step of the Month

By: Janey R.

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

When I was willing to admit I had no life anymore was when I was willing to admit I was powerless over my addiction and that my life (or lack thereof) was completely out of control.

— Gabrielle

I knew I was powerless over alcohol a few years ago, tried to quit myself and failed. Alcohol took over my life – school, relationships; I became isolated and distraught with how my life had become.

— Matt

The admission was due to not living with life on life's terms.

— Diana

The big thing for me is, I found out I can't manage my own life. When I'm drinking I think things are OK but in reality I'm really messed up. It's cunning, baffling and powerful. The strength of this disease totally amazes me. When I first came in to the program I didn't take it seriously, but when I did I found out I do like myself.

— Mike

Surrender. The 1st Step is the foundation of my recovery. It is to recognize powerlessness, unmanageability and realize it can only get better.

— Crystal

Step One puts me in touch with the basics of AA. It helps me to remember how low I was when I came in, the physical addiction to alcohol that conquered me and the absolute cluelessness I possessed in terms of how to live. The "admitted" part helps me to remember to surrender every day.

— Leanne

This is the foundation step for building the framework for the rest of my life. I have heard if you come to AA you have already done the 1st Step. I don't agree. Admitting I was powerless over alcohol was easy but accepting that fact was really tough. Drinking every day and every night is pretty unmanageable.

— Janet

Prescott Area Intergroup 2009 Treasurer's Report

GROUP DONATIONS	YTD
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

GROUP DONATIONS	YTD
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
Total Group Donations	\$33,615.16

OTHER INCOME

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
TOTAL OTHER INCOME	\$16,602.28
TOTAL INCOME	\$50,217.44
TOTAL EXPENSES	\$49,538.90
INCOME LESS EXPENSES	\$678.54

12/31/2009

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

Note: To protect from online phishing problems this copy of the newsletter does not contain any personal phone numbers or email addresses of our volunteers.

Subscription Form

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

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

NAME _____

ADDRESS _____

CITY/STATE _____ ZIP _____

COUNTRY (If other than U.S.A.) _____

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.