



Conscious Contact

Prescott Area Intergroup: Serving Central Yavapai County

June 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 Six: An AA group ought never endorse, finance, or lend the AA name to any related facility or outside enterprise, least problems of money, property, and prestige divert us from our primary purpose.

1. Should my fellow group members and I go out and raise money to endow several AA beds in our local hospital?
2. Is it good for a group to lease a small building?
3. Are all the officers and members of our local club for AAs familiar with "Guidelines on Clubs" (which is available free from GSO)?
4. Should the secretary of our group serve on the mayor's advisory committee on alcoholism?
5. Some alcoholics will stay around AA only if we have a TV and card room. If this is what is required to carry the message to them, should we have these facilities?

Concept Six:

"On behalf of A.A. as a whole, our General Service Conference has the principal responsibility for the maintenance of our world services, and it traditionally has the final decision respecting large matters of general policy and finance. But the Conference also recognizes that the chief initiative and the active responsibility in most of these matters should be exercised primarily by the Trustee members of the Conference when they act among themselves as the General Service Board of Alcoholics Anonymous."

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Entirely Ready?

Step 6 was a breeze for me. In fact, I breezed right past it. And quite a few 24-hours later, I'm still on the dodge.

My problem, see, is an abiding fear that, without my character defects I wouldn't have any character at all. Ha ha: exaggeration. Sort of.

Consider the lowly oyster. There it is, minding its own business down on the seabed when a piece of grit slips in between its shell and that profoundly unlovely mass of goo it would see in the mirror, if it had a mirror. There the grit stays, and the oyster continues to do its oyster thing — which is, essentially, to illustrate the truism that life wants very much to *be*, but doesn't necessarily want to be very much.

The oyster learns to live with its piece of grit by coating it, again and again and again with smooth layers of calcium carbonate. Thus, the oyster gets a little peace, and in the fullness of time we get a pearl. Ta da.

Lame excuse, I know. But I have spent many years polishing my own imperfections to a luster just as smooth. My imperfections were perfected, and I have treasured them as heirlooms, worn them as fine jewelry.

Admittedly, people who know me best would probably point out that my character defects are more like warts than pearls. Why, then, do I hold onto them? The truth is, I don't know.

But the funny thing is, as a result of being around AA and living sober, my defects of character just aren't as robust as they once were. Oh, I still have them — I still treasure them — but they seem to be melting slowly away.

Perfection remains safely impossible, but progress threatens me every day.

Apparently I lack the strength of character the AA program demands. I have never become "entirely ready to have God remove all these defects." In fact, I've never even become entirely ready to have God *erode* all my defects of character.

As it happens, though, even against my will, AA and sobriety are wearing away my precious pearls, grinding them back to their seminal grit. And more accustomed now to rigorous self-honesty, perhaps this time around I can cast the grit aside. And prove myself smarter than an oyster.

— Bert W.

A Message From District 14-140 DCM

Hello! I've been out of town for a vacation and I'm glad to be back!

While I was gone, I had ample opportunities to practice the principals of the program with lots of strangers. But, oh, did I miss my meetings here and the fellowship with fellow AAs. I've had a month of disconnect with my service here and I missed it. This is home. I like being a part of this family. You get it!

The first meeting on my return chose the topic of Service. It was good to hear how service helped so many of us establish a relationship to our program. Following the old saying "come early and stay late" gets the fellowship going and makes the help on set up or clean up easy. Sponsoring tells me I have something about our sobriety that attracts another alcoholic. It also starts me over on the steps and reminds me of another's perceptions. I am finding that service on a district level lets me share a relationship with AA as a whole.

At that same meeting the Intergroup Rep listed off the events our Intergroup is presenting this summer. Wow, people in service! Individuals, groups and district at work-and play.
— Mary Beth

Step of the Month

Step Six: Were entirely ready to have God remove all these defects of character.

After taking Steps 1–5, I am now asked to become entirely ready to have God remove the character defects that keep me from being the best person I can be, those things which still separate me from God's will for me. Because I do these Steps in order to stay sober, I had to make a sincere effort to be "ready".

Step Six really does "separate the men from the boys" because it is the true test of whether I am willing to grow along spiritual lines and truly let God change me from the inside out. It is an ideal toward which I can only make progress. I'll never be perfect (without defects). But I can remind myself every day to let God work in me and through me and to release me more quickly from my need to hide behind my character defects.
— Linda and Bill M.

The Sixth Step is one of preparation and reflection. Patience is very important with this step because improvement comes as I continue to grow in the program, which takes time. It is important to specifically identify each of my character defects so that I become aware of what I must be willing to do, to have God remove them. I have to turn my will over to God every day and sometimes more than once a day! Now I have tools to live in humility and honesty and by turning my will over to God, I begin the process of leading a spiritual life. My character defects no longer have to block my spiritual growth. I choose not to be led by negative thoughts or dwell on the chaos of my past. I know I must trust God to guide me.
— Janey R.

!!! CONTACT CONSCIOUS CONTACT !!!

Time for a change?

Prescott Area Intergroup needs to increase revenue and/or decrease expenses and changing the way we distribute our newsletter can help.

Intergroup provides the newsletter as a service. In past years we use the subscription price to help offset the cost. (some Intergroups don't charge) But finances being what they are we need more help to provide all of our services.

At present, the economics of the *Conscious Contact* are as follows:

We print 205 copies of *Conscious Contact* every month at a cost of \$104.

We mail 200 copies of *Conscious Contact* each month at \$59 including bulk rate permit.

That is a total of \$163 per month plus the cost of mailing labels and printer ink.

We currently have 85 paid subscriptions, at \$8 per year, and 115 complimentary mailings to other Intergroup offices, districts, treatment facilities, etc. (200 is the minimum mailing to qualify for bulk mail rates.)

Bottom line? *Conscious Contact* is running a deficit of about \$106/month, \$1272/per year.

Please help us choose among these options:

- Continue as is
- Drop back to a bi-monthly publications schedule
- Go to Email delivery only
- Increase subscription price (with major campaign for new subscribers)
- Solicit increased donations from groups and individuals
- Your better idea here _____

PLEASE EMAIL YOUR SUGGESTIONS TO:

prescottaa@prescottaa.org

CALL 928-445-8691 or

MAIL to 240 S. Montezuma #108, Prescott, AZ 86303.

Note: Please respond well before our July 14th Intergroup meeting for maximum consideration!

**HAPPY 75th BIRTHDAY,
ALCOHOLICS ANONYMOUS!**



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



June AA Birthdays Congratulations!



The Slice of Life

George L. 6/24/08

Wilhoit Oasis Group

Keith H. 6/01/93

Step Stories

Barbara R. 6/21/02

PV Noon Group

Roger T. 6/04/82

PV Roadmap to Recovery

Karen L. 6/17/06

Receive the Message

Wayne T. 6/30/06

Seniors in Sobriety

Michael F. 6/14/06

Ralph F. 6/06/71

One Step Forward

Meghan P. 6/19/07

Carol G. 6/12/87

Tues. Night SS

Craig E. 6/26/08

Henry W. 6/23/89

Lazy Birds

Deb T. 6/26/03

Betty B. 6/02/86

Chino Friday Group

Mike V. 6/07/84

Gail V. 6/03/81

Noon BB Discussion

Lorraine 6/22/05

Susan J. 6/28/04

Bob B. 6/25/99

Welcome Valley

Judy F. 6/01/99

Al F. 6/08/88

Betsy P. 6/16/84

Park Ave

Judy F. 6/01/99

Compton R. 6/10/93

Diane M. 6/26/87

Tim F. 6/15/83

Sun Morn Men's Stag

Chris C. 6/01/04

Pauly 6/09/02

Scott H. 6/24/88

Scott K. 6/22/86

PV Sunday No Name Grp

Steve K. 6/18/06

Lauren E. 6/28/02

Terry L. 6/11/00

Bob C. 6/07/87

Sunny Days

Abby K. 6/27/07

Ian H. 6/03/07

Brock K. 6/02/07

Rodney Z. 6/24/06

Frank V. 6/05/06

Alternatives

Nancy 6/07/05

Lauren 6/28/02

Diane M. 6/26/87

Cat L. 6/13/69

PV Lushes t' Ladies

Joann F. 6/05/09

Dori P. 6/11/07

Peggy B. 6/12/97

Diane M. 6/24/87

Carol G. 6/12/87

Kay S. 6/28/83

Prescott Group

Rocky S. 6/27/09

Josh P. 6/16/09

Barbara D. 6/30/08

Ryanne L. 6/28/08

Elaine C. 6/01/06

Dan H. 6/22/04

Dan D. 6/20/98

Ralph F. 6/06/71

Humboldt Men's Stag

Joel N. 6/13/08

Daniel N. 6/06/08

Dave R. 6/24/06

Dave E. 6/06/00

Dan D. 6/20/98

Jim B. 6/15/86

Bill B. 6/09/85

Jon M. 6/02/85

Mike T. 6/10/78

Crazy Birds

Theresa O' 6/22/06

Mike J. 6/09/06

Jeff 6/25/05

Sam 6/15/05

Boyd B. 6/12/03

Stewart W. 6/11/03

Paul W. 6/26/00

Dayton 6/10/98

Larry R. 6/17/84

Serenity At Sunrise

Chris W. 6/14/09

Bob E. 6/07/09

Jack S. 6/06/09

Apolonio V. 6/02/09

Adam S. 6/11/07

Peter M. 6/11/06

Michael R. 6/27/05

Cindy E. 6/12/05

Steve I. 6/14/04

Ron S. 6/07/94

Jess R. 6/19/91

Judy D. 6/18/89

Mary V. 6/25/88

Mary Lee 6/01/88

Service Corner

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

Next Intergroup Meeting:

6:30 pm, Wednesday, June 9, 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, June 2, 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, June 1, 2010
(the first Tuesday of every month)
Emmanuel Lutheran Church, 7763 E. Long Look, PV

Prescott Shoestring Roundup Committee

5:30 pm, Friday, June 11 & 25 2010
Unity Church, Corner of Arizona and Goodwin
6:00 pm, July 9 & 12 at Emmanuel Pines Camp

PI / CPC Committee Meetings

6:00 pm, Tuesday, June 15, 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
5:30 pm, Tuesday, June 8, 2010
(the second Tuesday of every month)
Intergroup Office, 240 S. Montezuma # 108
(928) 445-8691.

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

Our Bulletin Board

Fifth Annual Prescott Area Founders' Day Event

Saturday, June 5th, 12:00 pm 'til 5:00 pm

Join us in Celebrating the
75th Birthday of Alcoholics Anonymous.

Speakers, Music, Archive Displays, Fellowship,
AA Historical Quiz, Hospitality Room.
Potluck (please bring food to share)

Granite Peak Unitarian Bldg
882 Sunset Ave. (just west of True Value)

Sponsored by District 14-140 and Prescott Area Intergroup

The Prescott Shoestring Roundup will need
prize raffle donations.

Flagstaff Roundup June 5, 6 & 7, 2010
www.flagstaffroundup.com

25th Annual Prescott Shoestring Roundup

July 16, 17 & 18, 2010

Emmanuel Pines Camp
3000 Spence Springs Rd., Prescott, AZ

Fellowship, fun, marathon meetings, speaker meet-
ings, food, coffee, dance, sobriety countdown, raf-
fles, horse shoes, volleyball, basketball, tent & RV
camping, dorm rooms and much more!

Come join us for "Serenity in the Pines"

PRESCOTT AREA INTERGROUP'S

2010 SUMMER PICNICS!

June 25th Hosted by: *The Prescott Group*

July 30th Hosted by: *Park Ave. Group*

August 27th Hosted by: *Sunday Morning Men's Stag*

6:00 PM — Potluck/Picnic

7:00 PM — AA Speaker Meeting

Granite Creek Park Ramada, 554 W. 6th St.

POTLUCK, RAFFLES & AA SPEAKER MEETING

Please bring a potluck dish to share.

Bring chairs and/or blankets.

Intergroup provides fried chicken & coffee.

Sodas & bottled water available for purchase.

For more info call 445-8691.



"With Total Surrender Goes the Obsession"

I have to totally surrender in order to be free. I had a hard time surrendering, but my sponsor always said these words: "With total surrender goes the obsession."

She said that about any obsession I might have. If I surrender the obsession will go away.

I have found from experience, from taking the Twelve Steps, that surrendering is letting go of everything: people, places and things. Don't get me wrong — I do not mean to sit on my tush all day. What I mean is that there are certain things I have to do, the footwork to take care of myself, and be responsible. I have to be there for people, if I say I will be somewhere I better be there; if I make a commitment I better show up. If I want a job I better look for the job; God takes care of me but I have to do footwork. I have learned I cannot change anyone but myself.

I am the problem; my thinking is the problem. If I am trying to work on someone else, all I am doing is running from myself. Helping someone, working with someone is one thing, but trying to change someone else is when I get into trouble. That is not easy for me, because I like to be in charge. I like things to go my way, but it does not always work out that way. I have realized most things are none of my business. I came to the realization that I cannot get into other people's problems.

I know God has a plan for me, and when I stay out of His way, things go smoother and I get a peace within myself. When I do my footwork then step back and let God do the rest, then I am at peace.

I have come to the realization that life is how I react to it. I can enjoy it, or I can destroy it. It is up to me as to how I react to the experiences that happen in my life.

I found out that I could be my own best friend or my worst enemy. Now what do I want to be?

I learned the hard way and now I choose to take an easier way. I have found that the easier softer way is when I stay out of God's way. When I do that, then I am my own best friend.

Every morning when I wake up I erase the slate in my head. I think of my head like a black board and erase the black board. So when I do that every morning in my mind, I erase what I think I know about AA, God and life itself. That is how I keep my mind open to allow myself to listen to people. I want to be like a little child seeing and hearing everything for the first time.

Taking everything in as if I never saw it or heard it before, that way I am open to what God wants me to do and be. Every day when I let God write my script and guide me and teach me what I am to do next, that is when I am able to surrender and let go and let God.

— Angela C

Prescott Area Intergroup April 2010 Treasurer's Report

GROUP DONATIONS	YTD
11th Step Candlelight Mtg	\$20.00
Alternatives	\$130.00
Chino Valley Speakers	\$85.00
Congress AA Group	\$66.00
Cordes Lakes Group	\$50.00
Crazy Birds	\$1,000.55
Early Birds	\$5.00
Experience, Strength & Hope	\$12.00
Friday Big Book Solutions	\$50.00
Girlye Birds	\$227.36
Humboldt 12+12	\$27.00
Humboldt Men's Stag Meeting	\$175.00
I Am Woman	\$50.00
Intergroup Meeting	\$76.15
Lazy Birds	\$65.00
Noon BB Discussion	\$605.00
Old Shoe (Skull Valley)	\$109.00
One Step Forward	\$174.17
Park Avenue Group	\$353.93
Prescott As Bill Sees It	\$100.00
Prescott Group	\$286.21
Promises Group	\$135.00
PV As Bill Sees It	\$207.10
PV Chapter 5	\$164.00
PV Friday Night Speaker Mtg.	\$62.50
PV Lushes t' Ladies	\$87.50
PV Noon Group	\$434.95
PV Reflections	\$25.00
PV Sat. Nite Live	\$25.00
Rarely Group	\$376.38
Receive The Message	\$20.00
Round Table Meeting	\$72.24

GROUP DONATIONS	YTD
Rush Hour	\$107.71
Seniors In Sobriety	\$60.00
Serenity At Sunrise	\$1,181.70
Step Stories	\$220.00
Sun. AM Men's Stag	\$518.00
Sunny Days	\$199.82
The Slice Of Life	\$256.55
Thurs Men's Stag	\$280.00
Toolbox Group	\$120.00
Whipple Group	\$50.00
Wilhoit Oasis	\$204.58
Yarnell, From The Book	\$150.00
Young Peoples Meeting	\$120.00
TOTAL GROUP DONATIONS	\$8,745.40
OTHER INCOME	
AA Birthday Gratitude	\$406.00
Anonymous IG Donation	\$115.60
Literature Sales	\$3,775.14
Meeting Directory Sales	\$257.00
Newsletter Sales	\$106.00
Prudent Reserve Interest	\$21.77
TOTAL OTHER INCOME	\$4,681.51
TOTAL INCOME	\$13,426.91
TOTAL EXPENSES	\$16,042.01
INCOME LESS EXPENSES	-\$2,615.10
4/30/2010	
Checking	\$3,901.50
Prudent Reserve	\$9,309.98
Cash on hand	\$43.60
Total Monies	\$13,255.08
Literature value	\$3,038.10
Total Assets	\$16,293.18

SELF-SUPPORT

The 7th Tradition states: "Every A.A. group ought to be fully self-supporting, declining outside contributions."

While contributions cover each group's rent and other expenses, the 7th Tradition is essential at every level of A.A. service. It is both a privilege and a responsibility for groups and members to ensure that not only their group, but also their intergroup/central office, local services, district, area, and the General Service Office remain self-supporting. This keeps A.A. free of outside influences that might divert us from our primary purpose—to help the alcoholic who still suffers.

The amount of our contribution is secondary to the spiritual connection that unites all groups around the world.

Service Material from the General Service Office