



# Conscious Contact

Prescott Area Intergroup: Serving Central Yavapai County

May 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 Five:** Each group has but one primary purpose -- to carry its message to the alcoholic who still suffers.

1. Do I ever cop out by saying, "I'm not a group, so this or that Tradition doesn't apply to me"?
2. Am I willing to explain firmly to a newcomer the limitations of AA help, even if he gets mad at me for not giving him a loan?
3. Have I today imposed on any AA member for a special favor or consideration simply because I am a fellow alcoholic?
4. Am I willing to twelfth-step the next newcomer without regard to who or what is in it for me?
5. Do I help my group in every way I can to fulfill our primary purpose?
6. Do I remember that AA old-timers, too, can be alcoholics who still suffer? Do I try both to help them and to learn from them?

### Concept Five:

"Throughout our world services structure, a traditional "Right of Appeal" ought to prevail, thus assuring us that minority opinion will be heard and that petitions for the redress of personal grievances will be carefully considered."

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## Life Lessons. Yuck.

When I finally surrendered and chose freedom over alcohol I had no idea what to expect of sobriety. Living life unbuzzed was an utterly foreign concept and I foresaw a gray future. Happiness was just something I was resigned to live without. But even the sacrifice of fun, if that's what it took, became a price I was willing to pay; I decided a gray life was better than no life at all, and those were my only two choices. Turns out I was wrong.

My life today is not gray at all. It's more vivid than anything I dreamt of all those years I was drunk. I have happiness aplenty. But happiness is not what I want to talk about. No, I want to vent. About *frustration*.

Frustration is not something I recall as a problem during my drunken years. Then, when I ran into a wall in my little rat-maze there was a ready solution: Take a drink, turn around, take another drink. And stumble off down the next blind alley. Rinse and repeat.

Today I demand of myself some sort of forward progress. Usually a measure of personal growth is sufficient. But since I made the rash decision not to be a Zen monk — not be content to sit by the side of humanity's bustling, dusty road with my little beggar's bowl, fulfilled and fed by the gorgeous pageant of the cosmic stream — my sordid existence requires a foundation of industry and thrift.

Baldly put, I've been looking for a job. Have I found in this process personal growth? Oh, my, yes. Have I found frustration? Don't you start me talking.

Selling oneself is a tawdry process. Plus, it's a good way to get your feelings hurt.

Before you even get to the interview stage (and good luck with that, Bucko) the application process is a thicket of both silly and freighted questions. An invisible Inquisitor lurks behind a computer screen — or sheaf of paper — saying things like, "Have you ever been charged with or convicted of a non-traffic offense? If 'yes', explain." (Now there's an essay.) Another little quiz is about your ethnicity. And really, how many people have you ever known who were actually *white*? If I check "white" will it count against me at an interview that I'm roughly the color of a rotting pear?

The modern preliminary interview—for those lucky enough not to know first hand — is conducted by phone. A handful of faceless people are sitting in a room somewhere mumbling marginally relevant questions in the general

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direction of a speakerphone. And sooner or later one of them is going to ask my favorite question: "Why do you want to work here?" Umm ... because you're gonna pay me?

Frustrating is the only word. I am exactly what these chumps are looking for to do this damn job. I have all the skills; I have the requisite sensibilities; I'm brave and honest, humble but loveable. Dogs and children like me (though cats seem not to care for me much one way or the other). And I can do good attitude, I swear. Just give me a chance! C'mon, people. Who will buy my wares?

But back to the task at hand, finally: I'm going through all this sober. And what a blessing that is. I wouldn't have it any other way.

— Bert W.

### **Prescott's ASCYPAA Bid Committee Dance Party and Speaker Meeting May 8th**

"The Arizona State Conference of Young People in Alcoholics Anonymous meets annually. This meeting provides an opportunity for young AA's from all over to come together and share their experience, strength, and hope as young people in Alcoholics Anonymous. ASCYPAA is visible evidence that large numbers of young people are achieving a lasting and comfortable sobriety in Alcoholics Anonymous. AA's who attend an ASCYPAA return home better prepared to receive young people who come to AA looking for a better way of life." (facts, aims, and purpose, [www.ascypaa.org](http://www.ascypaa.org))

Here in Prescott a bid committee has formed to try and bring the conference back to Prescott. We hosted it last summer and it was a huge success. Part of what we do to create unity and strength in the young people's community is that we put on fun events on a regular basis. Our next event is on May 8<sup>th</sup> and it will be a Beach and Luau themed Dance Party and Speaker Meeting. The event will begin at 7pm at the Sacred Bean and continue until 11pm. A donation of \$5 is suggested.

The Bid Committee itself meets at 2:30 every Sunday immediately following the 1:15 Young People's Meeting at the Methodist Church on Gurley St. If you would like to find out more or be of service come to our meetings.

### **Tradition Five (The Long Form)**

Each Alcoholics Anonymous group ought to be a spiritual entity having but one primary purpose—that of carrying its message to the alcoholic who still suffers.

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## **Step of the Month**

Step Five – *Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.*

To be in communion with God and another human being and to freely confess and discuss any and all previous acts, deeds, feelings, etc. that do not conform to Universal Law and that in my own opinion are no longer useful to me; nor do they represent the "changed" person which I aspire to become. To become aware of the relevance of a broad based Honesty in Life and to glimpse the beauty of Truth perhaps for the first time.

— Robert M.

How the 5th Step makes me feel is cleansed, free, and humble. God always gave us free will to make our own choices. When we make bad choices there are consequences. I was not raised Catholic, but I do believe that confession is good for the soul. God always knew what I did, but once I admitted it to another person, well, "the truth shall set you free."

I am so thankful that my parents raised me to know God.

— Linda B.

The myth that seems to permeate the rooms of Alcoholics Anonymous is the 4<sup>th</sup> step is very difficult, and the words "Fearless Inventory" seem to be construed as "Fearful Inventory." I believe that many newcomers are apprehensive about the 4<sup>th</sup> step based on what they hear at meetings. My experience is, the 4<sup>th</sup> step is very easy to do and it's the 5<sup>th</sup> step that that requires courage. After I did my 4<sup>th</sup> step it was similar to putting all the truths about me in several suitcases and putting them into the closet where no one could ever find them. Worse yet, if I didn't get rid of them I could always go back and get them. The 5<sup>th</sup> step required me to bring those suitcases to my sponsor and to open them and get rid of all the defects in them. As it is said, confession is good for the soul and it is as old as mankind itself. I was now ready to have God remove those defects.

— Dale A.

The "frightening" prospect of doing the Fifth Step wasn't what I'd heard it would be. It seemed easy at the time and it wasn't until about a year later that I realized I had omitted the largest resentment which stood between me and sobriety. It was of utmost importance to write on paper, to see in black and white how deep resentments can be. I got honest with myself, poured my heart out to God and shared with my sponsor the deepest feelings I had about others and myself. What a relief to finally get to the bottom of me! I knew it was a new beginning because of the immense weight I no longer had to carry around. A lot of work was still ahead of me, but now I could face the future with a realistic hope for a better life.

— Janey R.

**May AA Birthdays  
Congratulations!**

**Alternatives**

Beverly L. 5/15/92

**PV Wed Night BBS**

Bob F. 5/11/04

**Receive the Message**

George 5/13/09

**Wilhoit Oasis**

Susan R. 5/24/75

**Rarely Group**

Beth Ann S. 5/09/66

**PV Wed. Night BBS**

Martha J. 5/22/08

**Seniors in Sobriety**

Ray W. 5/01/87

Carrie G. 5/19/76

**Sun. AM Men's Stag**

Mike K. 5/14/09

Lin M. 5/04/94

Ken H. 5/13/71

**PV Noon Group**

Barb 5/24/08

Fred C. 5/09/98

Tammy C. 5/13/87

**The Prescott Group**

Sean H. 5/14/06

Bill B. 5/27/95

Rick D. 5/26/82

**Tues. Nite Step Study**

Tom S. 5/08/96

Boswell 5/04/93

Nick N. 5/03/92

**Humboldt Men's Stag**

John N. 5/12/08

Tim H. 5/19/88

Kevin M. 5/21/87

Ron S. 5/10/72

**PV Sun. No Name Grp**

Derek W. 5/13/09

Chris E. 5/20/08

Greg K. 5/08/07

Bob F. 5/11/04

**The Slice of Life**

Shaun L. 5/13/09

Peter H. 5/27/08

Bill T. 5/01/06

David C. 5/10/00

Mike H. 5/15/87

**Park Ave**

Zack V. 5/25/07

Ken W. 5/16/05

Laurie L. 5/16/05

Martha S. 5/30/04

Linn M. 5/04/94

**Serenity at Sunrise**

Diane C. 5/22/08

John R. 5/01/08

Greg R. 5/31/07

Mark C. 5/25/07

Dan H. 5/14/93

Tony S. 5/13/84

NY Jimmy 5/28/76

**Sunny Days**

David G. 5/20/07

Shawn H. 5/14/06

Bill B. 5/27/95

Diana E. 5/26/92

Mike H. 5/05/87

Sera M. 5/??/87

Bob L. 5/01/85

Daniel B. 5/01/84

Gertie 5/23/81

**Crazy Birds**

Beth R. 5/11/09

Terry C. 5/10/09

Josh W. 5/19/08

Vincent A. 5/09/08

Larry S. 5/13/07

Dan O. 5/07/07

Derek S. 5/17/06

John F. 5/18/01

Marc M. 5/11/00

**Home Group?**

John W. 5/30/07

Patti L. 5/10/07

Dave R. 5/24/06

Adam D. 5/17/06

Teresa B. 5/10/06

Don Z. 5/15/05

Richard 5/07/05

Jennifer W. 5/17/04

Holly Q. 5/25/03

Tanya 5/19/03

Raul 5/05/95

Robert L. 5/01/85

Michael S. 5/01/84

**Service Corner**

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

**Next Intergroup Meeting:**  
6:30 pm, Wednesday, May 12, 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, May 5, 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, May 4, 2010  
(the first Tuesday of every month)  
Emmanuel Lutheran Church, 7763 E. Long Look, PV

**Prescott Shoestring Roundup Committee**  
5:30 pm, Friday, May 14, 2010  
(the third Friday of every month except this May)  
Unity Church, Corner of Arizona and Goodwin

**PI / CPC Committee Meetings**  
6:00 pm, Tuesday, May 18, 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, May 11, 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

**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!**

# Our Bulletin Board

District 14-142

## Prescott Valley AA's Annual Breakfast

BRING FRIENDS AND FAMILY,  
COME JOIN US FOR BREAKFAST,  
FELLOWSHIP, AND FUN

When: Saturday May 1st  
Food at 9 a.m.

Eggs, Pancakes, sausage, juice and  
coffee provided

AA and Al-Anon Speakers at 10:30ish a.m.  
Where: United Methodist Church, corner of  
Sommer and Zircon, Prescott Valley.

What to bring: Brunch type foods to share

## 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,  
AA Historical Quiz, Fellowship,  
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

### Reminder:

The Prescott Shoestring Roundup will  
need prize raffle donations.

## 6th Annual Verde Valley Roundup

"...A Design for Living..."

May 7, 8 & 9, 2010

Dead Horse Ranch State Park, Cottonwood, AZ  
Marathon meetings, speaker meetings, campfire  
meetings, dance, raffles, and an early morning  
bike ride. Come for fun and fellowship!  
[www.verdevalleyroundup.com](http://www.verdevalleyroundup.com)

## Flagstaff Roundup

June 5, 6 & 7, 2010

[www.flagstaffroundup.com](http://www.flagstaffroundup.com)

The Prescott Shoestring Roundup Committee  
presents a workshop on:

## Sponsorship and the 12 Steps

Led by: Bill C. from Torrance, Ca

Friday, May 21st, 7:00pm - 8:30pm &  
Saturday, May 22nd, 9:00am - 3:00pm  
(break 12-1:30pm)

Smoki Pueblo  
147 N. Arizona Ave.

Cover charge - \$15  
(to help off-set expenses)



## 2010 Memorial Day Spring Fling

Hosted by:

The Prescott Shoestring Roundup Committee

Monday, May 31st

Picnic/Potluck - 12:00 pm - 4:00 pm

AA & Al-Anon Speakers - 2:00 pm

Heritage Park Ramada

1497 Heritage Park Rd.

Just off Willow Creek Rd.

1.3 miles north of Willow Lake Rd.

(Look for signs.)

Please bring food to share!



## 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.



## Meeting of the Month: PV Noon Group

Mon., Wed., Fri. & Thurs., 12:00 pm  
Methodist Church, 8944 East Sommer, Prescott Valley

This meeting originally started "well over 10 years ago." It gathered in the same church, except the room they met in was "much smaller," which worked out just fine since there were only 3-4 members per meeting "for the longest time." This small group of alcoholics was never discouraged by low attendance; they continued to meet and meet and meet. Today the meeting is in a much larger room and attendance averages 20-25 members. A miracle of a meeting!

The Noon Group is a closed meeting (only alcoholics and those with a desire to stop drinking may attend and share). It opens with the Serenity Prayer followed by How It Works and the 12 Traditions. Sobriety chips are distributed for recognized increments of sober living. On Mondays, Wednesdays, and Fridays, a member is chosen to select a reading of his choice from AA approved literature, followed by a round-robin discussion on that reading. On Thursdays, the steps are studied and then discussed. The last Thursday of each month, a tradition is studied (the tradition rotates with the month). The 7<sup>th</sup> Tradition is observed and the meeting is closed with a prayer.

I attended this wonderfully refreshing meeting in February. Upon arrival, I thought I was in the wrong location! I thought I walked in on a private family reunion, as everyone was engaged in conversation. The hum in the room was warm, friendly, and inviting. I soon realized that indeed I did stumble into a family reunion of sorts — an AA family reunion that meets four times a week! This larger room that they now meet in was bursting at the seams! There were 29 members sharing

their lunch hour with other alcoholics.

The reading was from the Big Book, page 32, More about Alcoholism. Once the sharing started, seat belts needed to be fastened as the momentum was fast and furious. Each member shared and each share was personal and hope-filled. I found it difficult to take notes as I did not want to miss a word of this meeting.

This is a home group with a lot of sobriety, peppered with newcomers, and the message shared was loud and clear! Living sober, working with a sponsor, attending meetings, getting involved in service work and the fellowship, and relying on God — you could not miss this message even if you sat in the corner with a Big Book over your head!

What are members saying about this meeting?

"Where else would I go?"

"Best meeting in the tri-city area!"

"I've been attending this meeting since I came to AA, 2½ years ago. This group has helped me stay sober on more than one occasion. Great group. Great sobriety. Wonderful people. Thanks for the support!" (Michael C)

"I've been coming to this meeting for over 7 years and love what they have taught me and they love me well. Always have they been a caring and loving spiritual group." (Ed B)

"This meeting is my home group. It's a group or meeting that daily uses the HOW and ABCs (HOW—honesty, open-mindedness, willingness. ABC—attitude, behavior, and choices) this program has to offer the recovering alcoholic: living day by day without a drink, one day at a time." (Fred C)

— Audrey I.

## Prescott Area Intergroup March 2010 Treasurer's Report

GROUP DONATIONS	YTD
11th Step Candlelight Mtg	\$20.00
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
Girly Birds	\$167.36
Humboldt Men's Stag Meeting	\$175.00
I Am Woman	\$50.00
Intergroup Meeting	\$57.00
Lazy Birds	\$15.00
Noon BB Discussion	\$453.00
Old Shoe (Skull Valley)	\$79.00
One Step Forward	\$85.31
Park Avenue Group	\$353.93
Prescott As Bill Sees It	\$100.00
Prescott Group	\$124.43
Promises Group	\$135.00
PV As Bill Sees It	\$100.00
PV Chapter 5	\$120.00
PV Friday Night Speaker Mtg.	\$62.50
PV Lushes t' Ladies	\$87.50
PV Noon Group	\$161.00
Rarely Group	\$268.80
Receive The Message	\$20.00
Rush Hour	\$10.00
Seniors In Sobriety	\$60.00

GROUP DONATIONS	YTD
Serenity At Sunrise	\$1,041.90
Sun. AM Men's Stag	\$339.00
Sunny Days	\$189.38
The Slice Of Life	\$256.55
Thurs Men's Stag	\$210.00
Toolbox Group	\$90.00
Whipple Group	\$50.00
Wilhoit Oasis	\$204.58
Young Peoples Meeting	\$120.00
<b>TOTAL GROUP DONATIONS</b>	<b>\$6,389.79</b>
<b>OTHER INCOME</b>	
AA Birthday Gratitude	\$406.00
Anonymous IG Donation	\$95.60
Literature Sales	\$3,332.93
Meeting Directory Sales	\$246.00
Newsletter Sales	\$88.00
Prudent Reserve Interest	\$16.70
<b>TOTAL OTHER INCOME</b>	<b>\$4,185.23</b>
<b>TOTAL INCOME</b>	<b>\$10,575.02</b>
<b>TOTAL EXPENSES</b>	<b>\$11,967.11</b>
<b>INCOME LESS EXPENSES</b>	<b>-\$1,392.09</b>
<b>3/31/2010</b>	
Checking	\$5,119.44
Prudent Reserve	\$9,304.91
Cash on hand	\$43.60
<b>Total Monies</b>	<b>\$14,467.95</b>
Literature value	\$3,345.28
<b>Total Assets</b>	<b>\$17,813.23</b>