



Conscious Contact

Prescott Area Intergroup: Serving Central Yavapai County

August 2017

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'Deconditioning' in AA

A number of years ago I decided for some reason that I wanted to run a marathon. I had taken up jogging mainly to help me kick a two or three pack-a-day cigarette habit, but had never really been very athletic, drunk or sober. So training for, and running a 26.2 mile race was by far the most physically difficult thing I'd ever done.

It took me well over four hours to finish the race, but I did and was pretty proud of myself. I also figured I owed myself a break after four months of a six-day-a-week training schedule, so I quit taking those morning jogs, conveniently ignoring warnings I had heard that the rate at which the body "deconditions" is considerably greater than the rate at which it gets into shape. ("Deconditioning," according to a medical dictionary I consulted, refers to "the deterioration of heart and skeletal muscle, related to a sedentary lifestyle, debilitating disease, or prolonged bed rest.") Soon I was 20 pounds over my race weight and a couple inches thicker around the waist. I even started smoking again!

I got to thinking about all this at a recent meeting where we were talking about the "daily reprieve" from our disease that we enjoy based on our spiritual condition. Our program offers a "kit" of tools to help us get better spiritually, but it takes many of us a fair amount of time and practice to get in the habit of actually using use them on a daily basis. And just as with physical conditioning, we see evidence every day that it takes no time at all to begin "deconditioning" spiritually.

The University of California-Berkeley Wellness website advises: "How quickly it takes for detraining (also called deconditioning) to occur once you stop exercising depends not only on your age, how fit you are, and how long you have been exercising, but also on what type of exercise you were doing and at what level." Much the same, I suspect, applies to spiritual deconditioning. We hear repeatedly from folks who make it back to the program that their relapse began when they stopped going to meetings. I also suspect that how quickly spiritual deconditioning happens depends on other things, like how long you've been

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From Cake Lady to Corrections

Back a few Sunday's ago, I was fairly new to that Thursday Night Men's Big Book Study in Beautiful Downtown Humboldt. It was early 2004. I had little -- OK no -- experience in AA service. At first I thought it was a fluke, but after a few meetings in Humboldt, it became clear as to what a "God Shot" is. That God Shot had some very interesting turns, not to mention an impact on how I handled my sobriety. Yes, I'm bouncing around a little, but there is a point. Honest.

I heard about a benefit run for a lady who was "T-Boned" on a trike in Prescott Valley. I'd been living in Dewey for about 2 years, did not know many people, and decided to participate. There were over 100 motorcycles at the event. Once on Highway 69, I pulled behind 2 bikes. One had "Higher Powered" on the license frame and the other "Friend of Bill W." I approached the 2 men at the first stop in Cottonwood and asked if they were in AA. My experience with AA prior to this was "limited" to say the least. I'd go to one or two meetings a year whether I needed to or not. I mentioned that maybe it was time to attend meetings on a more regular basis, and they introduced me to my home group. God Shot? Within six or maybe seven months, the position of "cake lady" opened up. I had no idea what a "cake lady" was, but figured it was time to find out. Not long after that, I was asked to participate in a young peoples' meeting on a regular basis. There began the road to other service opportunities.

I was part of the original group within Prescott Valley that had become Sub-District 14-142. The District Committee Member (DCM) was on a committee for the first Area03 (Arizona) assembly to be held in Prescott Valley. I jumped in as the coffee chair. It was a big deal to me. Looking back, I was good, and that probably ignited the service bug. The young District was having elections, and because I was working with young people, it was suggested I go to the upcoming Area03 Yuma Arizona assembly. I refer to that as being on the "3:10 to Yuma" experience. I went as a Corrections representative, and 3 days later came back as the Alternate DCM, which I still haven't quite figure out. Soon it was rotation time, and the DCM

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sober, how active you are in the program, what kind and how much service you do, etc. But the men and women who have relapsed after 20, 30 or more years of sobriety testify to the fact that none of us are immune, and that the consequences can be devastating.

I've been around long enough, made enough mistakes, and stay active enough that I am generally able to spot the early stages of my own spiritual deconditioning pretty quickly. My attitude goes south. I find people are failing to live up to my expectations – especially those closest to me. I get very judgmental. Reading posts on Facebook just makes me angry. Things that in better times look like exciting opportunities suddenly seem like impositions.

Then it's time to rededicate myself to the basic "spiritual pushups" that help me stay in shape -- meetings, steps, prayer, carrying the message. Gratitude lists help. I also like a piece of literature borrowed from another program, which, among other things, urges me Just for Today to do somebody a good turn and not be found out; to do at least two things I don't want to do just for exercise; to keep my hurt feelings to myself; to refrain from trying to improve or regulate anybody but myself; "to enjoy what is beautiful and to believe that as I give to the world, so the world will give to me."

AA, as I heard said at that recent meeting, "is not a sprint. It's a marathon." So it's all the more important for me to use whatever tools are available to stay spiritually fit. My sponsor calls it the "grunt work" of AA. But it's the "grunt work" that pays off in a life that is happy, joyous and free.

Dan F.

Give A Listen!

"Have you ever actually heard Bill W. or Dr. Bob speak? If not, here's your chance. You can hear short audio clips taken from some of their actual talks at: <http://www.aa.org/#audio-player> (On the right side of the page, under Videos and Audios, scroll down to Archives Audio Library.)

A sampling:

- Bill W. at the 1969 General Service Conference: Bill shares his experience of a failed attempt to change "Spiritual Awakening" to "Spiritual Experience" in A.A.'s Twelve Steps.
- Bill W.'s humorous anecdote on "the day he lost his pants." Talk given at the 1960 A.A. International Convention, Long Beach, California.
- Bill W. on the origin of Rule 62: From a talk recorded in 1948 San Diego, California.

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position was up for election. The lady who originally stood was moving to Cottonwood, so, as the Alternate, I stood and was elected. Not long after that I became involved with Prescott Intergroup, and eventually, the Intergroup Liaison for the District. After 2 years as the DCM, the DCM Chair (DCMC) position opened and, yes, I stood. During that period I also was lured into doing corrections service at the Prescott Jail. Having served as a DCM and DCMC I was, by now, well acquainted with Area03 service.

Sometime in 2012 I was attending one of the Area03 Assemblies and the position of Alternate Literature Coordinator opened. Upon finishing that rotation, I stepped up for Area03 Alternate Corrections Coordinator, and was elected. Well, half way into the 2014 rotation, the Corrections Coordinator had to step down, so I stepped up and was elected. I was again elected in the rotation cycle of 2016, which is a 2 year rotation.

As Area03 Correction Coordinator I have been blessed. I've brought A.A. into the Tohono O'Odham Nation Correction Facility for three Thanksgiving Alcahons; into Arizona State Prison Complex's Perryville (women's state prison), Lewis, Tucson, and Winslow; into federal prisons in Phoenix, Tucson, and Safford; and began the process of once again having meetings in the Navajo Nation Correction Facilities. I will be attending the first National Correction Conference in St. Louis, Mo., in November. I've chaired two Area03 Service assemblies in Prescott, chaired one Corrections Conference in Prescott Valley, and participated in eleven. How in the world did I end up here?

To think it all started one Saturday when I happened to end up behind two motorcycles on a benefit run. For someone who for nearly 23 years used to go to one or two meetings a year, I now only miss attending my home group if I'm out of state or sick. I owe my last 13 years of service in the fellowship to my home group. It was there I learned "you can't keep it unless you give it away." I discovered what actually is in the Big Book. I discovered that doing this "thing" on your own is not something anyone should attempt. I've discovered a great way of living. I've discovered that service can be slightly intoxicating.

From "cake lady" to corrections -- I sometimes ponder what I missed those first 23 years. My home group members say I'm right where I'm supposed to be now. Is life good or what?

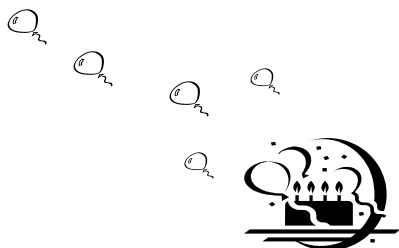
In Service and Keep on Trudge'n
Mel F.



**August AA Birthdays
CONGRATULATIONS!**



PV Friday Night Speakers	Chino Valley
Michael L. 8/23/08	Craig M. 8/12/97
The Slice of Life	Sandra T. 8/19/91
Steve R. 8/05/00	Aiesha W. 8/29/86
PV Wed Night BBS	Dan L. 8/13/85
Michelle R. 8/03/08	Brian W. 8/13/82
PV Sunday Nooners	Park Ave.
Kathy P. 8/03/05	Birute 8/13/13
PV Step Study	David M. 8/31/04
Jim G. 8/13/90	Lisa D. 8/31/94
Step Stories	Gabi V. 8/31/91
Isabelle 8/16/07	Pete V. 8/21/83
PV Diamonds in the Rough	PV Lushes t' Ladies
Karen B. 8/23/06	Katy J. 8/11/09
Alternatives	Amanda M. 8/16/06
Michael J. 8/30/07	Sue H. 8/15/10
David M. 8/31/04	Janey R. 8/12/99
Keep It Simple	Sallie S. 8/24/76
Jim D. 7/18/12	Prescott Group
Rita S. 7/22/12	Andrew Z. 8/10/10
PV Sat. Night Live	Katy L. 8/11/09
Rex S. 8/28/98	Nathan G. 8/04/09
Scott R. 8/30/96	Elizabeth R. 8/27/08
PV Sun. No Name Grp.	Nathan H. 8/10/08
David H. 8/26/06	Jake G. 8/01/02
Rob C. 8/10/98	Travis E. 8/31/01
Seniors in Sobriety	Humboldt Men's Stag
Alan C. 8/21/96	Sam M. 8/13/15
Joel T. 8/02/81	Michael C. 8/20/07
PV Welcome Valley	Bob C. 8/13/96
Diane 8/07/13	Mike S. 8/07/96
Barbara C. 8/09/04	Clinton S. 8/03/96
Sunday Round Table	Tom G. 8/10/91
Jordan G. 8/14/11	Oscar A. 8/09/87
Craig H. 8/26/05	Mel F. 8/01/80
Friday B B Solutions	Sun Morn Men's Stag
Kim H. 8/17/03	Roger B. 8/25/08
Frederick C. 8/30/97	Josh W. 8/18/08
PV Noon Group	Bill R. 8/01/08
Tina K. 8/31/87	Jeff M. 8/28/07
Kelly S. 8/17/83	Robert C. 8/01/06
Girlye Birds	Jim C. 8/17/85
Karen R. 8/16/15	John E. 8/03/85
Lindsay N. 8/05/14	Bill L. 8/21/71
Lela S. 8/22/04	
Molly M. 8/18/83	
Serenity @ Sunrise	
Richard S. 8/01/14	
Steve L. 8/12/11	
Brian C. 8/01/08	
Lem J. 8/03/87	



Heard at a meeting:

Courage is faith that has said its prayers.

Service Corner

Look back and be grateful.

Look ahead and be hopeful.

Look around and be helpful.

Next Intergroup Meeting:

6:30 pm, Wednesday, August 9, 2017
(the second Wednesday of every month)
at the First Christian Church, 1230 Willow Creek Rd.

Next District 14-140 GSR Meeting

Wednesday, August 2, 2017
(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, August 1, 2017
(the first Tuesday of every month)
Emmanuel Lutheran Church, 7763 E. Long Look, PV

Prescott Shoestring Roundup Committee

5:30 pm, Friday, August 18, 2017
(the third Friday of the month)
Unity Church, Corner of Arizona & Goodwin

PI / CPC Committee Meetings

Meetings scheduled as needed.
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
For information on how you can be of service on this
committee please call the Intergroup Office.

The Prescott Area Intergroup's
Correctional Facilities Committee
For Yavapai County Juvenile Justice Center AA meeting
information call Jerry D. 928 636-9343

Step of the Month – Step Eight

Members share how they came to grips with our eighth step: “Made a list of all persons we had harmed and became willing to make amends to them all.”

“To me, Step 8 is a willingness step -- a willingness to finish the unfinished, to be honest and to make changes in relationships with others. When I did my first eighth step I had to look at my intentions. Did I want to right wrongs or did I just want to be right? Then I had to look at the barriers -- what was I afraid of? By being honest with myself, with God and with another human being (my sponsor), I was then able to be willing to change.”

Jess C.

“Many in AA would advise we contact our sponsor with the list we just compiled. We go over each person and why or why not we should make amends to the person. As a sponsor, I leave the decision up the sponsee if they should be kept on the list. Some people should not be contacted. If we would bring them more harm or harm to others we should consider not reaching out to them. We never criticize anyone. It is all about what we have done to them, not what we feel they have done to us.”

Dan S.

“My first attempt at an amends list was, in retrospect, pretty poor. I think I was still having a problem understanding what the step was all about. I had one name on my list just because it was clear he didn't like me. So I felt it must be my fault somehow -- though I never was able to think of anything I had done to harm him. On the other hand, I failed to list several individuals and institutions that I later realized should have been on the list. Today I stress to sponsees that yes, do as thorough a first stab at an amends list as you're able, but don't worry yourself to death that it may still be incomplete. In my experience, it probably is incomplete! But as with the other steps, the important thing is that recognizing the harm I do and being willing to make amends becomes one of the principles by which I'm trying to live. My first eighth step was only the beginning.”

Anonymous

And finally, an oldie but a goodie from the Step 8 archive:

“I was in enough emotional pain in sobriety that I finally got a sponsor (for real -- that I worked with) and started to take action through the steps and finally to step 8. Willingness. Yeah, right! If I had attempted to do this step any earlier than I did, I believe that I would not have had the willingness to go forward with my sincere amends.”

Michelle H., August, 2016

Meeting of the Month:

I've been to AA meetings in many towns, and in many venues -- churches, of course, corporate offices, bars, and even once in a bomb shelter. But Prescott is the first place where I've gone to a meeting in a pizza parlor!

Bill's Pizza on Cortez, across from Courthouse Square, is currently the site of four AA meetings a week, including the “Slice of Life” men's stag which gathers each Tuesday and Thursday at 9 a.m. That meeting just passed its 10th anniversary in May, according to records at the Prescott Intergroup office. Among its founders was Bill T., then the proprietor of the restaurant, and Edward D. While the establishment retains Bill's name, it has since changed ownership. (An unaffiliated “Open AA” group also meets at the restaurant on Saturdays and Sundays at 8 a.m.)

Attendance at the stag is typically 20-30 men, with many enjoying long term sobriety. But there are almost always a few newcomers to the program on hand as well. What they hear is typically what you might call hard core AA. No one is going to mistake this for group therapy -- though the old timers are friendly and quick to stick out their hand to new men.

The one hour meeting opens with a reading from either Chapter Five of the Big Book, “How It Works,” page 58 through the middle of page 60 (Tuesdays) or Chapter Three, “More About Alcoholism” (Thursdays). The day's leader picks a topic and sharing proceeds around several tables arranged in a long rectangle on the side of the restaurant. There's plenty of coffee, but AA anniversaries are generally not specially observed. One suggestion: Try to get a seat as close to the head of the rectangle as possible, because it can be difficult to hear when sitting at the foot.

After the meeting, weather permitting, I often like to cross Cortez and do a few laps around Courthouse Square, where you'll find owners walking about every breed of dog imaginable, and anxious to tell you about their pets. Or you can just grab one of the many benches in and around the square for a quiet conversation with an AA friend, a stranger, or alone with your Higher Power.

Dan F.

Heard at a meeting:

**I used to be a blackout drinker;
now I'm a blackout thinker.**

How Did Margo Lose Her Big Book?

On a shelf behind the desk where the volunteer sits in the Prescott Intergroup office on Montezuma Street is a marked up copy of the 4th edition of our "Big Book," Alcoholics Anonymous. Each week, as I sit at that desk I'm drawn to the book. Obviously it has been read and studied – many key parts are highlighted.

The woman who used the book, Margo M., was apparently in treatment in 2002, and many of the women who shared that time with her inscribed the book with statements about how much they loved her and appreciated her sharing. A heartfelt note from Margo's husband is stuffed among the pages.

I'm not sure where Margo was in treatment – it might have been Louisiana. Many treatment centers use our book, and there are many floating around, abandoned by former owners. My question is why Margo left hers behind. Why did she let go of this book that had so much of her in it? What did she think was important? What lessons were taught her about AA? How did she relate? What happened to her? I hope Margo is sober and has another Big Book. If she is an alcoholic and relapsed, I pray she has found her way back among us – not only for her sake, but for us all. She has much to share. I often think of her and in a way feel I know her from her book. Someday, I hope, we may meet in person and talk about our respective journeys in sobriety.

Dan S.

Prescott Shoestring Roundup

Another successful Shoestring Roundup is in the books. Over 450 alcoholics visited the Event this year from Friday, July 14 through Sunday, July 16.

We'd like to thank Greta S., Kent C., and Mike F. for delivering wonderful AA talks at the main speaker meetings on Friday, Saturday, and Sunday respectively. Also, a big thanks to all the home groups that sponsored an hour at the hospitality room. The food was awesome!

Marathon meetings were held throughout the Event. Other activities that took place included a talent show, dance, volleyball tournament, basketball tournament, horseshoe tournament, and raffle. Lots of fun, recovery, and fellowship was there for all to participate in.

Planning meetings for the 2018 Shoestring Roundup will be held on the third Friday of each month from 5:30 to 6:30 pm at the Unity Church on Arizona Ave. beginning in August. Lots of service positions and opportunities are available so come and join us.

Paul B.

Dealing with the Insatiable 'I Wants'

I remember the first Seventh Steps I did, first in treatment, and then again after getting out, I was so alarmed, I had so many defects of character! Defects were like stains in the carpet that you hire the carpet cleaners to get rid of, but in a few days or a week later THEY'RE BACK!

I felt like I had all of the defects listed in the 12 & 12! So I was comforted to realize a lot of other people had the same ones, or many of the same, so I wasn't the only "bad guy" (or "bad girl") out there!

My worst frustrations, discomforts, and disappointments come from the entitled sense that my instinctual desires should be met, on my terms, in my time. And all that leads to is heartache, heartbreak and disappointment. I read a paragraph the other day that I'd never seen before. It talks about character building being an end in itself, and that obtaining all our material and physical desires is not the most important thing in this world, even though in our disease, it seems like it is.

That sentence in the 7th Step about "drinking to dream still greater dreams" really hit home with me. I remember that feeling -- that if the ecstasy and euphoria brought by drinking could be this good, more would be better, and other things, other dreams, would be realized by it. What followed was the sinking realization the next day that this actually did NOT happen. Yet I kept on doing the same thing over and over again. And isn't that the definition of insanity? "Doing the same thing over and over again expecting different results?" What a crushing humiliation to finally realize that drinking did not make my dreams come true!!

Seeing our defects, and asking God to remove them, is the cleaning out of the closet, of those horrible feelings that keep us from God and in an ever-present state of 'I WANT.'

Stephanie V.

Heard at a meeting:

On the difference between character defects (Step 6) and shortcomings (Step 7):

Character defects are the things I do that I shouldn't; shortcomings are the things I should do but don't.

Constant Conscious Contact

A few weeks ago I was at my usual Sunday night meeting. When my ticket was called I spoke about the silliness and literal ineffectiveness of ONLY a simple prayer, or even a long prayer, to God once in the morning and then again once at night. As though making contact only twice a day is sufficient for long lasting, or even comfortable, sobriety.

In a perfect day, all my thoughts and actions would be of God ...my whole day would be a prayer. And what a beautiful day or life THAT would make! This, of course, is still a work in progress for me – something I aspire to and strive for.

In well over two decades I have not seen anywhere in our literature that I ought to acknowledge God only once in the morning and once at night. The Big Book on page 86 says: “We consider our plans for the day...we ask God to direct our thinking...” and on page 87 adds: “As we go through the day we pause, when agitated or doubtful, and ask for the right thought or action.” Emotional disturbance and indecision may inevitably come throughout our day. Therefore, contact with God is an all-day thing in the program of Alcoholics Anonymous.

Twelve Steps and Twelve Traditions, in the chapter on Step 6, says: “We shall need to raise our eyes toward perfection, and be ready to walk in that direction,” and adds: “It is suggested that we ought to become entirely willing to aim toward perfection.” This, I think, has so much to do with being “God Conscious.” I want to be “God Conscious” all day – not just in the morning for a few minutes and then at night for a few more.

I find that when my mind is not conscious of God, while I may not drink, I am capable of thinking and doing things I may not be all too proud of. When I’m not God conscious my will can become contrary to God’s will. The “12 and 12” tells us that: “It is when we try to make our will conform with God’s that we begin to use it rightly.” Nowhere does our literature say our heads are “a bad neighborhood,” or that we ought not to think. Our program teaches us HOW to think and smash our old ideas so we can get our wills in line with God’s will.

Many times in a meeting I have heard “progress, not perfection” used almost as an excuse for mediocre behavior and the unwillingness to strive for perfection. Our literature tells me to strive for perfection, and although I will never achieve it, I will make progress.

And what, in terms of prayer, might perfection look like? For me it would simply mean I was blessed with a consciousness of God throughout my whole day.

For me it feels so much better to be conscious of God instead of trapped in the “bondage of self.”

This is what I heard from a man in Spokane, WA about 15 years ago. When I first met him he was a robust “power speaker” who never sponsored less than six new guys; big chest and arms; long hair; and a wry sense of humor.

I left Spokane for a time. When I went back he was almost unrecognizable – except, of course, by his words, which by now were just a bit less adamant and tempered with an immense spirit of gratitude. By now, his body had shrunk by at least 75 pounds. He frequently drove up to a meeting, car windows closed, with heavy metal or Jimi Hendrix blaring from his car radio. He explained once that he liked to meditate with the music loud; that it made it impossible for his mind to focus on anything but the music. Most days he wore big dark glasses as a result of whatever the doctors had done to him before the meeting. He had gotten cancer.

There are certain people in Alcoholics Anonymous who have been monumental to my sobriety. Jeff F. was one of those. Here was a man, not even 50 years old, dying of cancer. And although he seemed slightly cynical at times, he continued to suit up and show up. Instead of whining about his condition and the fact that he would no longer walk among us within the year, he would carry AA’s message – a message of hope and the power of God.

I think of Jeff now and then, as well as hundreds of other AA angels --- angels in disguise as fallible humans, who have taught me by their words or actions how to be happy, joyous and free.

Lucy H.

Concept Eight:

“The Trustees of the General Service Board act in two primary capacities: (a) With respect to the larger matters of over-all policy and finance, they are the principal planners and administrators. They and their primary committees directly manage these affairs. (b) But with respect to our separately incorporated and constantly active services, the relation of the Trustees is mainly that of full stock ownership and of custodial oversight which they exercise through their ability to elect all directors of these entities.”

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Heard at a meeting:

God sees around corners better than I do.

District 14-142 Report

District 14-142 (Prescott Valley, Humboldt, Mayer, and Cordes Lake) had its monthly meeting on Tuesday July 4. Twenty-two members of the Fellowship attended. Vicki P. has become our new Grapevine Representative. Intergroup has also assigned Michael L. as the new Intergroup Liaison to our sub-district. Welcome to Vicki and Michael. Many thanks to Don S. in his service as the previous Intergroup Liaison.

A goal in general service has been to get more group GSRs (General Service Representatives) involved in Area 03 (Arizona state) assemblies. For the August Assembly in Mesa, our district will fund the attendance of any GRSs whose home groups cannot or choose not to fund the expenses involved. This is a first for District 14-142.

John G. has stepped up to chair the Ad-Hoc committee for our annual Thanksgiving event, to be held at Trinity Lutheran Church. The past few years the event was held at the Church of the Nazarene, but that venue is not quite large enough, and some people did not attend or left early due to the lack of space. This year we will not have that problem. Anybody who wishes to volunteer their help please contact me or John, who will start planning for Thanksgiving around September 1. Many thanks to Mel F. for his many years of service at the Thanksgiving event.

Four of the groups in our sub-district are involved with the Intergroup picnics this year. "Lushes t' Ladies" and the "Humboldt Men's Stag" groups hosted the June picnic. The August 24th picnic will be hosted by "Diamonds in the Rough" and "Keep it Simple" groups. The "Friday Night Speakers Meeting Group" will be celebrating its 10th Anniversary with a potluck at the Trinity Lutheran Church, 6 PM on Friday, August 4th.

Four times a year there is an All District meeting. The three sub-districts 14-140, 14-141, 14-142 meet to discuss the upcoming Assembly and any other common concerns. The meeting is chaired by District 14's DCMC (District Committee Member Chairperson) Zak H. On August 1 the meeting will be held in Prescott Valley at the Emmanuel Lutheran Church at 7763 E. Long Look Dr. It starts with pizza and salad at 6:30 PM. All AA members are welcome. There is free food and a chance to meet fellow members from the entire district.

Last but not least, many of the people in District 14 are involved in the upcoming Area 03 (Arizona) Convention being held at the Prescott Resort September 29-October 1. Our district has the honor

of hosting this annual gathering for the first time in some thirty years. We have many events planned -- workshops, golf, a Saturday night banquet and dance. Steve K. a long time AA member in Prescott who now resides in San Diego will be sharing at the Long Timers workshop along with Larry R. from Phoenix and Jeanice A. from Cottonwood. The main speakers will be Chris W. from Gilbert, Billy N. from Atlanta, Bob C. from Winslow, and Sara P. from Phoenix. The workshops will have many local AA's. You can register on line at Area03.org. There are still service opportunities for the convention.

In service, Dan S. DCM District 14-142

Convention Update: Bill W. is Coming!

The 2017 Arizona (Area 03) AA convention, to be held at the Prescott Resort Center Sept. 29-Oct 1, got its first reservation at the end of May. Aptly enough, Attendee Number One is Bill W. -- no, not our late co-founder, but a Sun City West resident with the same last initial. Maybe you will run into him at the Saturday night banquet -- he'll be having the beef entrée, though you can get chicken or vegetarian if you prefer.

Bill W. mailed in his registration, but now you can register online at <http://area03.org/Home/2017-AZ-State-Convention>. You can order your Saturday banquet meal choice, special T-shirts and souvenir water bottles while you're at it, and also register for a Friday, Sept. 29 golf event at Prescott Country Club. The convention will also feature a "dice run" on Saturday morning that is open to all vehicles -- not just motorcycles. Coordinator Mel F. has laid out a scenic, roughly 40 mile course, with five stations along the way where contestants roll five dice and count up their total score. There's a \$5 entry fee payable at the start of the run, and three cash prizes will be awarded before Saturday night's speaker meeting. For any questions, contact Mel at 928-925-1887 or corrections@area03.org.

There are still openings for volunteers willing to help out at the convention. Just show up at the next organizing committee meeting at 6:30 p.m. on Tuesday, Aug. 15, at the Prescott Resort Center. The committee is also looking for Yavapai and Hopi language speakers who can read one of the introductory passages from our Big Book at the convention. If you know of any candidates, contact committee chairman, Tom S. 4thchapter@q.com.

Heard at a meeting:

**The answers come when
I stop searching for them.**

The More Things Change...

I attended a discussion meeting recently where the topic was "Change." Naturally, the sharing was all over the board -- stopping drinking and withdrawal from alcohol as major changes, adapting to a sober life, differences in relationships and family life, and spiritual growth. Others noted that society at large has obviously changed dramatically in the 82 years since Alcoholics Anonymous was born, and that AA itself has changed immensely during that time.

All of this got me to thinking -- not always a bad thing, despite potential hazards -- that there are some things concerning our lives as recovering alcoholics that HAVEN'T changed. Some fundamental things. Of the many, I believe three are particularly important.

Alcoholism Hasn't Changed. Drunks are drunks, the same today as they were in 1935, or 1939, or 1959 (or 1839, for that matter). Alkies do the same things today that they did "way back when." A few things may have been added to the alcoholic's arsenal (and there is argument whether it is proper to lump these in with alcoholism) but the basic effect that alcohol has on the alcoholic hasn't changed. The phenomenon of craving hasn't changed; the "Dr. Jekyll and Mr. Hyde" personality hasn't changed; blackouts haven't changed; "... kicked out door panels and smashed treasured crockery..." hasn't changed; and the gates of insanity and death haven't changed. Thanks to modern medical science, more is known today about the mechanism of alcoholism. Various therapies have been developed to ease withdrawal from alcohol and to deal with some of the physical ravages of long term chronic alcohol abuse. But the drunk that walks into AA is still faced with essentially the same problem as ever: How can I stay away from that next drink? How can I get along without alcohol?

Human Nature Hasn't Changed. People are people and the "spiritual malady" which afflicts us all, alcoholic or not, is the same today as....well....forever! Dr. William Silkworth, author of the "Doctor's Opinion" in the AA Big Book, wrote an article entitled "Slips" in 1947 for "The Grapevine." (I recommend reading the entire article which can be found at http://www.silkworth.net/grapevine/silkworth_slips.html) In part, he says:

"Let's get it clear, once and for all, that alcoholics are human beings.... It is very wrong to consider any of the personality traits observed in liquor addicts as peculiar to the alcoholic. Emotional and mental quirks are classified as symptoms of alcoholism merely because alcoholics have them, yet those same quirks can be found among non-alcoholics too. Actually they are symptoms of mankind!"

Staying sober requires that the alcoholic deal with age-old issues of living -- maintaining physical and spiritual health, participating in family and community, pursuing education and employment. In AA we focus on how alcohol has twisted our lives, but we are not a separate species simply because we are alcoholics. What we try to do is "...live happily and usefully whole." as sober human beings.

Principles Haven't Changed. That's why they are called "Principles" -- they don't change! The principles have been around for millennia. The principles of the Twelve Steps of Alcoholics Anonymous are derived from the principles of the former Oxford Groups of the early twentieth century, which were culled from a particular organized religious school of belief but which, though perhaps stated differently, can be found in virtually every organized, serious spiritual movement. In AA, these principles are simply arranged in a way meant to help alcoholics establish, cultivate, and expand a spiritual connection that will create a life of sobriety that includes humility, responsibility, and useful service. The world at large can use these principles to help solve all sorts of problems and at the same time foster a degree of tranquility -- certainly noble objectives. But the alcoholic practices these principles because he or she MUST to stay alive. That is not just a belief in Alcoholics Anonymous; it is the experience in Alcoholics Anonymous.

My sponsor is a man of letters, a professional writer, a journalist, who used to talk to me about how he might have rewritten the Big Book. This was for a number of reasons, not the least of which included poor construction, antiquated language, and some outmoded societal viewpoints. But he also said that the book says what it says in language that is uniquely fitting because it was written by alcoholics, mainly for alcoholics. And it's written in plain English -- it's not translated from some ancient language about which the accuracy can be disputed. Certainly, the book is of an era and in a sense historic, but language like "...being on the water wagon..." or "...boiled as an owl..." shouldn't be any great obstacle to understanding and utilizing the substantive information it contains. And the Big Book itself says that it isn't the last word on alcoholism. "We realize we know only a little. More will be revealed..."

There is an old saying: "The more things change, the more they stay the same." This could not be more true anywhere than in Alcoholics Anonymous.

Pat K., Yucaipa, CA

PRESCOTT AREA INTERGROUP'S

2017'S 3RD SUMMER PICNIC!

POTLUCK, AA SPEAKER MEETING & RAFFLES

August 25th: Co- Hosted by:

Diamonds in the Rough & Keep it Simple

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

6:00 PM — Potluck/Picnic

7:00 PM — AA Speaker Meeting

Raffles to follow speaker meeting

28th Annual SRI Summer Roundup

August 11, 12, 14, 2017

The Scottsdale Resort at McCormick Ranch
7700 E. McCormick Pkwy, Scottsdale

www.sriroundup.org

Hualapai Mountain Roundup #34

Sponsored by Kingman AA & AI-Anon

Saturday & Sunday, September 23rd & 24th

Hualapai Mountain Park Rec. Area #1

Contacts: Wendy - 928 530-9812 or

Lynn - 928 753-2599

24th Annual Payson Roundup

"Serenity Under the Rim"

Friday, Saturday, Sunday, August 25, 26 & 27

www.AApayson.com

Prescott Area Intergroup's June 2017 Year to Date Treasurer's Report

GROUP DONATIONS	YTD
4 Directions Grp	\$300.00
Afterwards Group	\$900.00
Bradshaw Seniors Meeting	\$238.60
Carry This Message	\$307.04
Crazy Birds	\$660.00
Free Thinkers BBS	\$100.00
Friday Big Book Solutions	\$50.00
Girlie Birds	\$163.45
God Sticks Group	\$50.00
Healing the Hole in the Soul	\$534.50
Intergroup Meeting	\$167.11
Mayer Higher Power Hour	\$159.00
Noon BB Discussion	\$781.50
Old Shoe (Skull Valley)	\$170.00
Open AA Meeting	\$470.00
Park Avenue Group	\$560.90
Principles B4 Your Personality	\$700.00
PV As Bill Sees It	\$316.50
PV Diamonds in the Rough	\$200.00
PV Friday Night Speaker Mtg.	\$75.00
PV Gut Rap Group	\$180.06
PV Keep It Simple	\$542.50
PV Lushes t' Ladies	\$188.00
PV No Name Group	\$312.50
PV Noon Group	\$280.00
PV Reflections	\$200.00
PV Roadmap To Recovery	\$60.00
PV Sunday Nooners	\$250.00
PV There Is a Solution	\$33.70
PV Wed Step Study	\$150.00
PV Welcome Valley	\$140.00

GROUP DONATIONS	YTD
Round Table Meeting	\$177.00
Saturday Night Live Prescott	\$263.50
Serenity At Sunrise	\$1,370.30
Step Stories	\$335.08
Sun. AM Men's Stag	\$204.09
Sunday Morning AA Solutions	\$60.00
Sunny Days	\$661.91
The Slice Of Life	\$500.00
Thurs Men's Stag	\$120.00
Toolbox Group	\$483.20
Tues Night Book Study	\$239.52
Women's Gratitude Luncheon	\$180.00
Working Girls	\$29.00
Young Peoples Meeting	\$200.00
TOTAL GROUP DONATIONS	\$14,063.96
OTHER INCOME	YTD
AA Birthday Gratitude	\$73.00
Anonymous IG Donation	\$39.50
Literature Sales	\$7,411.35
Chips Etc.	\$1,706.15
Meeting Directory Sales	\$164.00
Newsletter Sales	\$145.00
Picnics	\$435.00
TOTAL OTHER INCOME	\$9,974.00
TOTAL INCOME	\$24,037.96
TOTAL EXPENSES	\$26,556.23
OVERALL TOTAL	-\$2,518.27
Total Monies 6/30/17	\$26,922.50
Literature & Chips 6/30/17	\$7,883.50



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