



# Conscious Contact

Prescott Area Intergroup: Serving Central Yavapai County

October 2017

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## **“...you will escape disaster together...”**

One of the members of my old home group in suburban Seattle used to occasionally open her condo for meetings and AA fellowship – especially on holidays when the restaurant where we normally met on weekend mornings needed the space and we were left looking for an alternate venue.

Phyllis did this for more years than many in the group had been of legal drinking age. A week or so before the holiday she would pass out flyers to those who needed directions and at the end she included her phone number with this admonition: “If all else fails... Fly blind and we’ll talk you in.” I love that line because it strikes me as a great metaphor for the way our whole program works. “Fly blind, and we’ll talk you in.”

That’s certainly the way I found sobriety through AA. I didn’t dial our Los Angeles central office from the payphone in the bar where I had spent much of that day hoping to find God or even sobriety. It just felt like I couldn’t take the way my life was going any longer, and I was finally willing to admit to myself that my drinking probably played an important role in my problems. I made the call, but my fate still very much teetered in the balance.

You see, I knew almost nothing about AA at the time except that it was about not drinking and it was “spiritual” – neither of which even then seemed to me to be positive attributes. Sure I was desperate, but I was also still just short of 31 years old, in good physical health, had a house, a family, a job, two cars in the garage – and a well-established track record of failing to follow through with plans to bring more “discipline” to my life. So I don’t know where I would be today without those people I met when I got to my first meeting that same night, and who began to “talk me in” to a new way of life.

I had previously spoken with others about my behavior of course – to an aggrieved and angry wife, priests, therapists, policemen, drinking buddies, bosses, concerned friends and acquaintances. But they either signed onto my rationalizations (the drinking buddies and some of the therapists and acquaintances) or they were confrontational and/or “preachy.” I had a big problem with people talking “down” to me!

*Continued on page 2*

## **The Path to Emotional Sobriety**

Recently I attended a meeting where the topic was: “What is emotional sobriety and when do I know I have achieved it?” Some people argued that chemical sobriety is the goal – that emotional sobriety comes in time. Others proclaimed that emotional sobriety is something to be worked on; something to be actively pursued. I tend to agree with the second opinion. I think my emotional sobriety requires work, and that it is a direct reflection of my spiritual fitness and the status of my relationship with my higher power. But that meeting prompted me to do some soul-searching: “Am I emotionally sober? If not, how did I relapse?”

Admittedly, I struggle with maintaining a spiritual connection with my higher power when my life seems to “get hard.” When things are going well, I have no problem speaking a word of thanks. This dilemma probably has something to do with my religious upbringing or the events in my life prior to joining AA that made me develop a mighty distrust in God. That’s a topic for another time. Regardless, I can look back and see that I’ve experienced incredible, positive changes, as confirmed by the observations of those close to me in the fellowship.

Since coming to AA in 2006, the hard times in my life always seem to coexist with a weakening of my spiritual health. In the beginning, I jumped into the program with full vigor. I worked the steps with a sponsor, built a community of sober men around me and took on service commitments. Then life started happening again. The pink cloud burst and all of the problems I had been avoiding through drinking and all of my other “habits” came roaring back with a vengeance. My wife was still angry, my boss fired me and my family and friends still didn’t trust me. I thought often “I am sober... why won’t these people get off my back?”

Feelings of distrust and fear gradually crept back and I stopped working my program. I still went to meetings on occasion and called my sponsor once in a blue moon, but I really thought I could manage my sobriety on my own. That only led to a life that was totally unmanageable and insane, and eventually to thoughts of suicide, a psych hospital and admission to an

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It was immediately clear that these AA folks were different, however. I was obviously drunk when I showed up at that first meeting, but if anything, that only seemed to make everybody more anxious to be welcoming! I don't remember a lot about the meeting itself except that at the end, these people urged me to come back again the next night and to try and avoid saloons in between. No preaching. No "musts." Just understanding born of their own experience and an eagerness to help.

I managed to return the next night, physically sober, and I've been coming back ever since. And through it all, the wonderful alcoholics I've met along the way have been "talking me in" to a joyous existence unlike any I could have imagined back in that Los Angeles bar.

When you get right down to it, isn't this what really sets AA apart? The authors of our Big Book readily admit that they borrowed freely from the fields of religion, philosophy and psychology in their work. Most of the principles embodied in our 12 steps are hardly original. What seems to me so powerful about them is that we rely not on teachers or leaders, but on ourselves -- fellow alcoholics -- to carry their message to the next sufferer. One drunk talking to another. We tell our own stories and share what we've found works for us along the way. We listen to our fellow AA members, honor their experience, and learn what we can from it. And in doing so, we slowly break through that "bondage of self" at the core of our illness.

We "talk each other in," one day at a time. And in the process, we get not only physical sobriety, but a whole new outlook on life -- plus an incredible bonus that perhaps only those who have suffered the acute loneliness of addiction can fully appreciate.

As promised in "A Vision for You," chapter 11 in the Big Book: "High and low, rich and poor, these are future fellows of Alcoholics Anonymous. Among them you will make lifelong friends. You will be bound to them with new and wonderful ties, for you will escape disaster together and you will commence shoulder to shoulder your common journey. Then you will know what it means to give of yourself that others may survive and rediscover life. You will learn the full meaning of 'Love thy neighbor as thyself.'"

Dan F.

**Heard at a meeting:**

**I alone can do it...but I can't do it alone.**

*Continued from page 1*

extended treatment program here in Prescott. I haven't been drunk since April 3, 2006 but my life had become even more unmanageable than it was when I drank every day. In a nutshell, I stopped depending on my higher power and trusted only in myself. Talk about self will run riot!! Worst of all, I fell out of being in fellowship with my brothers in recovery. I stopped working with others.

In 1958, Bill W. published an article in the "Grapevine" entitled The Next Frontier: Emotional Sobriety. In it, he speaks about how his "unhealthy dependencies" led him to emotional instability. He writes: "My basic flaw had always been dependence - almost absolute dependence - on people or circumstances to supply me with prestige, security, and the like. Failing to get these things according to my perfectionist dreams and specifications, I had fought for them. And when defeat came, so did my depression." Bill goes on to report that in his experience, work with another alcoholic as well as service to the fellowship is almost a guarantee that we can be free of the "depressions" he experienced. "Plainly, I could not avail myself of God's love until I was able to offer it back to Him by loving others as He would have me. And I couldn't possibly do that so long as I was victimized by false dependencies."

Brother Lawrence, a humble French monk in the 15th century wrote that the way to practice of God is to perform one single act of service that does not end. What has become abundantly clear in my life today is that work with others in the program is equally important as going to meetings and maintaining my prayer life.

Like Brother Lawrence, I can practice simple acts of a humble nature to be of service to others and experience the presence of my higher power in my life. Simply greeting people at the door of a meeting or taking a call from someone who is struggling gives me the opportunity to pass along to others what has been so freely given to me. I don't need to perform big or grandiose acts in order to experience emotional sobriety. Cleaning coffee cups after a meeting is enough.

Tim K.

### **Concept Ten:**

"Every service responsibility should be matched by an equal service authority-the scope of such authority to be always well defined whether by traditions, by resolution, by specific job description or by appropriate charters and bylaws."

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# October AA Birthdays CONGRATULATIONS!



<b>Healing the Hole in the Soul</b>	<b>Sunday AM Men's Stag</b>
Bob P. 10/03/76	Dwane B. 10/31/09
<b>Friday BB Solutions</b>	Bill D. 10/25/09
Jim S. 10/27/80	Randy M. 10/28/08
<b>PV Noon Group</b>	Archie T. 10/10/06
Debbie T. 10/24/13	Jerry P. 10/30/81
<b>PV Lushes to Ladies</b>	Jerry D. 10/13/72
Cindy F. 10/01/08	<b>Crazy Birds</b>
<b>Diamonds in the Rough</b>	Angie M. 10/27/04
Cynthia M. 10/01/12	Ryan S. 10/02/02
<b>Park Ave</b>	Kurt B. 10/18/00
Pat A. 10/19/82	Scott B. 10/16/00
<b>Keep It Simple</b>	Ray T. 10/13/96
DeAnn B. 10/22/09	Don M. 10/23/92
<b>Sunday Round Table</b>	<b>Serenity @ Sunrise</b>
Julia H. 10/18/11	Randy B. 10/27/16
<b>The Slice of Life</b>	Leana H. 10/15/16
Jim M 10/26/10	Jake G. 10/13/16
Esto L. 10/18/09	Chris S. 10/07/02
<b>No Name Group</b>	Ferris T. 10/21/98
Larry L. 10/25/85	Tom H. 10/01/97
Tiffany D. 10/30/14	Dan F. 10/17/72
<b>Welcome Valley</b>	<b>Alternatives</b>
Jim W. 10/29/10	Chris K. 10/26/12
Greg H. 10/12/09	Matt S. 10/22/12
John N. 10/20/86	Margey S. 10/26/10
<b>Humboldt Men's Stag</b>	Kathy 10/06/10
Jerry E. 10/04/00	Neil O. 10/15/09
Dave M. 10/06/93	Tim W. 10/11/08
Mike C. 10/12/89	Jack B. 10/11/06
Dave S. 10/01/82	Lavon 10/10/81
<b>Prescott Group</b>	<b>Girlie Birds</b>
Paige 10/20/09	Mila G. 10/20/16
Anna 10/15/09	Kelsey C. 10/11/16
Jack A. 10/16/08	Peggy L. 10/27/15
Angie M. 10/26/04	Terri M. 10/20/13
<b>PV Sun. No Name Group</b>	Hannah S. 10/31/11
Aaron N. 10/14/15	Lucy Mc. 10/31/06
Tiffany D. 10/30/14	Martha G. 10/26/03
Greg H. 10/12/09	Susan A. 10/18/92
Darek C. 10/25/06	Celeste H. 10/05/79
Linda B. 10/12/92	

## CELEBRATE SOBRIETY!

***Please help us update our AA birthday list!***

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

**Heard at a birthday meeting:  
I am a satisfied customer  
of Alcoholics Anonymous.**

# Service Corner

**Look back and be grateful.**

**Look ahead and be hopeful.**

**Look around and be helpful.**

### Next Intergroup Meeting:

6:30 pm, Wednesday, October 11, 2017  
(the second Wednesday of every month)  
at the First Christian Church, 1230 Willow Creek Rd.

### Next District 14-140 GSR Meeting

Wednesday, October 4, 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, October 3, 2017  
(the first Tuesday of every month)  
Emmanuel Lutheran Church, 7763 E. Long Look, PV

### Prescott Shoestring Roundup Committee

5:30 pm, Friday, October 20, 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 Ten

Members share how they came to grips with our tenth step: "Continued to take personal inventory and when we were wrong promptly admitted it."

"Step 10 in Twelve Steps and Twelve Traditions says 'take due note of things well done' and I need to incorporate this thought within my daily inventory. I can be terribly hard on myself. It is not difficult for me to figure out what I've done wrong. So at the top of my list is the truth that I have stayed sober for one more day. Yesterday was day number 16,040. Good job, Hugh. Good job, Alcoholics Anonymous. Thank you, Higher Power."

Hugh H.

"At day's end I do a spot check -- what have I accomplished that I said or knew I should? What have I left behind still unfinished? I go to bed asking for continued willingness to keep my word and try to remain focused on unfinished tasks. In the morning I am most able to be grateful, the promise of a new day and the new opportunity to leave the day better than I found it begins. Calls come in and go out to others in my sponsorship line. A spot check inventory allows me to see how my experience can help others and myself. I get current with my sponsor in the morning. Guys get current with me. Responsibilities must be met alone or with God's help and I try not to do anything that requires making amends. Pausing, listening, and attempting to act better than I feel keeps me out of most troubles. I see similarities in others I meet during the day. My goal is to be one amongst many, to get in the middle of life for the day I've been given. I pray for self-restraint and watch for anger, resentment -- justified or not. When in doubt I'll check my motives freely with my sponsor or the person nearest me. I know I am as sick as my secrets. The goal of my 10th step is to keep a quiet head and a calm stomach."

Oscar A.

"With Step Ten I can look at my actions every day. Where have my character defects come up? I asked God humbly to remove them in Step Seven. That does not mean all negativity in my life has disappeared. With a continual inventory I can identify a defect coming back and again ask God for removal. Many share this step with a sponsor or a sharing partner. This spot check inventory can be used any time of the day when troubling thoughts arise."

Dan S.

And finally, an oldie but a goodie from the archives: "I've never developed a reliable, daily inventory routine, but I have found spot inventories very helpful whenever issues come up that seem to be interfering with my serenity. I was several years sober, for example, when I found myself stewing over some

money that my spouse had inherited. Since we pool our finances, I had every reason to be delighted for her, but instead I grew sullen and a bit testy when the subject came up. A thorough spot inventory on my relationship with money -- under the guidance of a sponsor -- revealed the unhealthy extent to which I had tied my identity to my role as a provider. My spouse's inheritance in my mind somehow undermined my place in the relationship! I've since done other inventories on subjects such as my professional and AA "image," and even my behavior on the golf course! Shared with another alcoholic, I've learned a lot from every one of them."

Anonymous, October, 2016

## Meeting of the Month Open AA at Bill's

If you are an early weekend riser, and want to start the day off on the right foot this group may be for you. The Bill's Pizza Open AA Meeting gathers every Saturday and Sunday morning at 8:00 A.M in the restaurant of the same name on Cortez, across from Courthouse Square in Prescott. The typical crowd of 15-25 attendees features a good mix of sobriety, with treatment patients rubbing elbows with members who have longer term sobriety. It's a majority male crowd that varies in age.

This group was started about a dozen years ago by Steven, who was friends with the restaurant's then-owner, Bill T., and knew he was sober. Steven asked about possible meeting space and Bill agreed, offering it for a fee of just \$2 a day. While the restaurant has changed owners since, the original rental price still holds. What a wonderful service to Prescott AA! (Bill's hosts two other AA meetings weekly -- men's stags on Tuesday and Thursday mornings at 9 a.m.)

The Open AA group has been led primarily by Steven, Gary H. and Karen H. over the years, with many stepping in to help along the way. The meeting starts with a daily meditation and the reading of "Look To This Day," a famous Sanskrit poem dating from the 4th century which celebrates living in the present. Generally, every person gets to share as the discussion passes around the room.

If you're unfamiliar with the meeting, you might think the restaurant is closed when you get there bright and early one weekend morning. Some have had trouble seeing the meeting space through the front door of the place. But the group is there, gathering on the upper tier of the restaurant. Just jiggle the door handle and walk in to your right. They'll be waiting for you!

Debbie G.

## Promises, Promises

We frequently read the "9th Step Promises" (p.83 and 84 in the Big Book) at the end of my California meetings rather than the more common "A Vision for You" (the last few paragraphs of Chapter 11). The "Promises" highlight the changes that can, and do, occur in the AA member who has diligently worked the first nine steps of the program -- changes in attitude and belief that are part and parcel of a sober life. But starting right after that "vision" comes some more promises related to the 10th Step that seem to me particularly relevant to the alcoholic's number one problem -- having no defense against the first drink.

The 10th Step talks about the "daily reprieve" we get from our active alcoholism. It says we find we aren't forever fighting off that next drink; that the problem has been removed contingent on our staying in "fit spiritual condition." If I had really understood those promises when I was new in the program, it would have saved me a lot of anxiety that I might somehow be "struck drunk." They tell me that if I'm paying attention to the basics of the AA program and participating in a meaningful way in the fellowship, the risk of my being "struck drunk" diminishes to virtually zero. As my great-grand sponsor used to suggest: "Wear your sobriety like a loose garment!" -- his way of saying "Easy Does It."

As time has gone on, and I have had the experience of sobriety in AA through good times and bad, these 10th Step Promises have gained in meaning. I realize that I am not trying to stay sober on my own hook -- a plan which, in AA's collective experience, seems ultimately doomed to failure for the real alcoholic. I found that I am relying for my sobriety on a "power greater than myself" as I understand it, or, perhaps even more important, as I have experienced it.

I find the 10th, 11th, and 12th steps intimately related to each other and to maintaining that "fit spiritual condition." Ten emphasizes contemplation of my behavior and motives which might interfere with my usefulness to others (Twelve) and of cultivating "god consciousness" during my daily activities (Eleven). The discussion of the 10th Step in "The Twelve Steps and The Twelve Traditions," written many years after the Big Book, focuses and expands on the nuts and bolts of inventory, and on the spiritual roots of ongoing or recurring problems sometimes, though not exclusively, associated with alcoholism. Either way, the 10th Step not only helps me stay in contact with God, as I understand God, but also enables me to stay in conscious contact with Alcoholics Anonymous as I understand It -- one drunk talking to another.

I sometimes think of a thorough 10th Step as an

exhaustive (and exhausting) rehash of each day's events, which could include a constant, emotional "pulse taking" during all of my waking hours. After all, isn't it said that "the unexamined life is not worth living?" But as I also heard at a recent meeting, the corollary of this statement is: "The overly examined life is unlivable!" Given that a symptom of my alcoholism is a tendency to take many things to an extreme, I found this a valuable warning to avoid excessive self-absorption when I am trying "think my way through" an inventory.

I find writing things down to be as worthwhile in a 10th Step as it is in a 4th Step, but "Keep It Simple" is a good guideline while doing so. Boiling a problem down to "25 words or less" helps me a lot. I can always talk it to death when I share my inventory with another person -- preferably another sober alcoholic. (There's that "one-drunk-talking-to-another" thing again!)

So I find nothing really novel (new) or complicated about the 10th Step -- unless, I suppose, one wants to make a complicated novel (think book) out of it. Keep it Simple -- Easy Does It!

Pat K. Yucaipa, CA

## Is Happiness The Point?

In a letter to a friend, AA co-founder Bill W. wrote, "I don't think happiness or unhappiness is the point. How do we meet the problems we face? How do we best learn from them and transmit what we have learned to others, if they would receive the knowledge? In my view, we of this world are pupils in a great school of life. It is intended that we try to grow, and that we try to help our fellow travelers to grow in the kind of love that makes no demands...When pain comes, we are expected to learn from it willingly, and help others to learn. When happiness comes, we accept it as a gift, and thank God for it."

## God's Rolling Stone

I started going to AA meetings 25 years ago in Dearborn, Michigan; I moved to Denver and then on to Phoenix and back to Michigan. I am God's rolling stone. Each time I moved I gained a friend in a strange city by volunteering to be a sponsor. I am now 74 years old and I have a dear friend in my latest sponsee. We have a meeting every Sunday at the hotel. I believe that sponsorship is the key to maintaining success in AA.

Libby W., Brownstown, MI  
One on One: AA Sponsorship in Action, p. 32

## The Road to Self-Respect

I attended my first AA meeting on a Thursday night in September of 1981. I had called AA earlier that day, and a delightful man named Milt K. had driven to my home and shared his story with me. I was 30 years old and felt totally defeated. He left me with a Big Book and said he would have another friend, more my age, give me a call, and perhaps take me to a meeting. I consented.

Before he left, Milt told me that in AA we just do this a day at a time and if necessary we break that down even further to hours, minutes, or even seconds. I needed that as I was very hung over and, as a binge drinker by then, a drink (just for medicinal purposes) called to me all day long. Each time it did that day I would tell myself, 'I'll give it 10 minutes and then decide.' By evening I was beginning to feel better. My wife was home and I was trying to mend things with her when the phone rang. The caller said his name was Stan P. and that Milt had asked him to phone. He asked if I would like to go to a meeting that night. I was worried that leaving for the evening would make my wife angry and balked at the idea, suggesting that the next evening might be better.

Over the following years I came to know Stan as a quiet man loathe to say anything even remotely confrontational. But that night he hesitated only a moment before challenging my suggestion. "If it was me and I waited for tomorrow night, I might never go." I knew he was right and relented. He picked me up that night in an ancient truck and I got to my first AA meeting. It was all a bit mysterious, but the people were nice and much of what they shared connected with me. Afterwards Stan suggested we visit another friend of his that had a similar life to mine, but who hadn't made it to this particular meeting. Off we went to visit Steve R. – a teacher, a family man with a couple of kids, and an avid outdoor guy, so we had lots in common.

Stan then took me by his house to introduce me to his family. He had a lovely and gracious wife, Karen, who had been active in Al-Anon for several years, and they had a couple of cute boys that were full of life. They lived a very simple life at that time, as Stan was still digging out from the wreckage of his disease. They had an old picnic table planted in the middle of the dining area. And there wasn't much other furniture around at all. I do remember though, that the refrigerator was full of groceries. That impressed me, as our fridge was mostly bare these last few months. We sat at the table and chatted. It all felt warm and inviting, and I came away with a lot of respect for these new friends.

I had managed to be fairly successful in the business part of my world, and had built a partnership of some

very substantial individuals, all captains of national and even multi-national companies. Though I had a lot of respect for these businessmen, I came to respect Stan and Karen more than anyone I had ever met. They taught me by their example -- that night, and over the next few years -- what real respect could look like. I watched as, in their simple but generous way, they constantly met and worked with other newcomers, always looking for ways to make them feel welcome in the local AA's expanding circle of friends.

In my years since, I've often heard "self-respect" used as a topic for sharing and conversation. I feel like I was really lucky to know Stan and Karen in those early days. Somehow, it connected in my soul that if I was ever to really have any respect for myself, it wasn't going to come from running a big company, driving a new car or having the biggest house on the block.

Their example showed me that all I had to do was do what I saw them do, and self-respect would naturally follow. So I've never really "worked" on respecting myself over the last 36 years. I have just followed the example of those two lovely people, and many others I have met, and have come to respect myself as a consequence of doing the respectful things that have been so clearly demonstrated to me.

Vic K., Marina del Rey, CA

## On Women and Danger in Early AA

"To give some idea of the dangers involved with women, Oscar W. (a Cleveland member who was 29 when he first came to AA in the 1930s) recalled the first man killed on a Twelfth Step call.

"He called on her after the husband had left for work,' said Oscar. 'The neighbors saw this and told her husband. One night, the husband lay in the weeds outside the house, waiting for the guy, and when the AA came along to take the woman to a meeting, the husband blew him in half with a shotgun. This was in upstate New York, and it was said that they named a club after the fellow.'"

From Dr. Bob and the Good Oldtimers, p. 246

## Heard at a meeting:

**Don't look down on another person unless you are bending over to help him.**

## “Sit Down, Shut Up and Listen”

When I first came to Alcoholics Anonymous, I made it four months. I had been drinking heavily for a couple of years but it had become really unmanageable in the six months or so before I made the first of my surrenders. I was young -- just 27-- depressed, angry and arrogant, and I was completely unable to listen to the old timers at the meetings. I was too young and they just didn't understand. What do you expect at 27?

When I left the fellowship (I can't really call it a "slip") I decided to try and stay sober on my own. There is nothing in my story to recommend the next 14 months. It was white knuckle dryness with everything that implies. I didn't drink again but there was little sanity in my life. I could hold down a job but that was about it.

Then I found marijuana and things started to look better. I was laughing again, but I soon realized that to take the edge off I needed it more than I expected. And after about six more months I could see where it was leading, and I didn't want to go there.

My parents had a long history of alcoholism and drug abuse --mostly prescriptions. They were both dead by the time I was 30. I had seen their decline for years and had no doubt that one day I would follow them if I didn't change. So I stopped using weed and a few months later, at the age of 29 and with no place else to go, I reluctantly went back to AA.

The people were another thing. In my first experience I didn't connect well with the fellowship. That was my fault, of course. But on this second tour I changed my approach. I started looking for people that weren't like me, people much harder and tougher than I was. And I found two men who fit that description. They were sober and not unhappy about it.

One had spent a long stretch in the penitentiary and found that by comparison staying sober was easy time. The other was a company president who loved the violence of rugby. He was a joker who also had a dark, fierce temper. But they both believed in the program. And until I could fully believe in it myself, I believed in their belief. I thought if they could stay with this program then maybe there was something in it for me. That was the key to me staying and starting to be restored to sanity.

Those two also advised me to sit down, shut up and pay attention, and this time I was willing to do just that. That advice has become a truism for me in the years since. It was in the process of listening and paying attention that I began to heal and grow. Seems simple, right? But as my case shows, it's not simple for everyone.

My approach to meetings is relatively uncomplicated.

Potentially, everyone in AA has something valuable to share, either in what they say or how they act. And the value is both in the sharing I can embrace as well as the sharing that I find to be less than useful.

I find that I'm not as smart as I think I should be for my time of sobriety. I'm now officially an old-timer but I still need to pay attention more than I need to impress you with my glib thoughts on sobriety. So I say little. I go to a variety of meetings and always try to look for the loneliest person in the room and talk to him or her. I write and meditate daily, and still try to apply the steps to my life. And, when the crunch comes, I pray for the wisdom to know the difference.

Jon T., Lake Balboa, CA

## 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 Ten:** Alcoholics Anonymous has no opinion on outside issues; hence the AA name ought never be drawn into public controversy.

1. Do I ever give the impression that there really is an "AA opinion" on Antabuse? Tranquilizers? Doctors? Psychiatrists? Churches? Hospitals? Jails? Alcohol? The federal or state government? Legalizing marijuana? Vitamins? Al-Anon? Alateen?
2. Can I honestly share my own personal experience concerning any of those without giving the impression I am stating the "AA opinion"?
3. What in AA history gave rise to our Tenth Tradition?
4. Have I had a similar experience in my own AA life?
5. What would AA be without this Tradition? Where would I be?
6. Do I breach this or any of its supporting Traditions in subtle, perhaps unconscious, ways?
7. How can I manifest the spirit of this Tradition in my personal life outside AA? Inside AA?

c. THE AA GRAPEVINE INC

### Heard at a meeting:

**Problems are guidelines, not stop signs.**

## **There's a new meeting in Town! The Great Fact is its name.**

Every Monday, Wednesday, and Friday at noon you can attend this closed AA topic and discussion meeting at the Unity Church. Jerry and David (who I recognized from the Tuesday/Thursday Park Ave meetings at noon) started up this new fellowship opportunity on September 1st. "The Great Fact" is an hour long meeting, held in the fellowship hall of the Unity Church (145 S Arizona Ave). There's ample parking of the street. It's a no smoking campus.

About two dozen members are already in regular attendees. The population of attendees are primarily over forty, about two-thirds are male, and there's a good mix of long-timer and newly sober members. Leads trade off each meeting, passages from AA literature are read and commented on, a topic is picked, and then there's sharing. Cussing happens.

At the most recent meeting the reading came from the Chapter to the Agnostics, and the topic was "What's your personal spiritual journey?". A very animated and emotionally charged discussion followed. There was a sense of acceptance and connection in the room. Good stuff. At every meeting the 7th tradition is honored, and coffee - and sometimes sweets - are available. The meetings end at 1pm. Come check it out.

"The great fact is just this and nothing less: That we have had deep and effective spiritual experiences which have revolutionized our whole attitude toward life, toward our fellows, and toward God's universe". (Big Book page 25)

Cathy N.

## **Whence the AA 'Pigeon'**

Incidentally, the word 'pigeon' – as applied to an AA newcomer or prospect – was probably coined by (AA co-founder) Dr. Bob (Smith) himself. "He used that word," said Smitty (Dr. Bob's son, Robert R. Smith), and one AA recalled that Doc would often announce at a meeting: 'There's a pigeon in Room so-and-so who needs some attention.' Or he might refer to the patient as 'a cookie.'"

From Dr. Bob and the Good Oldtimers, p. 146.

"When the door of happiness closes,  
another opens, but often times we look so long at  
the closed door, that we don't see the one which  
has been opened for us."

## **District 14-140 Report**

Hello, and welcome to your District 14-140/ Area03 report. In district news, elections for upcoming positions such as DCM, DCMC, Secretary, etc. will be held at the November meeting. To find out more about these positions please review the pamphlet, "The Home Group."

In other local news, one of our GSRs reported that he had heard from a Navajo first nation individual that most of the younger generation do not know or understand Navajo. Still this leaves many senior members who might appreciate the translation. Speaking of translations, in international news the Big Book has now been translated into Hindi and Punjabi, so the dream of spreading the message to the other Indians is well under way.

Returning to North America, the AA World Services Office has published a yellow card on the subject of keeping our meeting places safe for all. It reads in part: "It is hoped that our common suffering as alcoholics and our common solution in A.A. will transcend most issues and curtail negative behaviors that could jeopardize the safety of anyone attending an A.A. meeting. Nevertheless, Alcoholics Anonymous is a microcosm of the larger society we exist in. As such, problems found in the outside world can also make their way into the rooms of A.A. For this reason, groups and members discuss the topic of safety — to raise awareness in the Fellowship and to seek through sponsorship, workshops and meetings, to create as safe an environment as possible to carry A.A.'s message of hope and recovery to the still-suffering alcoholic."

To view the entire card, just "F-211" into any internet search engine and then click on the link that refers to the "Safety Card for AA Groups." I do not have an update on where GSO is regarding a "Safety in AA" pamphlet, but there is a piece of service literature out there regarding this topic. Our Intergroup Office has a copy of it.

In other national news, many meetings in Houston lost all their AA material during recent storm flooding. As a result, Houston's Intergroup Office has reached out to other groups around the country for cash or literature donations. For more information go to: <http://www.aahouston.org/index.php/intergroup/4-documents/service-a-contributions>. District 14-140 has decided to donate \$100 to help out. The district has also kicked in some money to help with hospitality at the upcoming Arizona Convention, Sept. 29-Oct. 1 at the Prescott Resort Center.

Well folks, that's my story and I'm sticking to it.  
Thanks for letting me be of service.

Colyn GN

## 2017 Las Vegas Roundup

*Willing to Believe*

November 23 - 26

3000 Paradise Rd., Las Vegas, NV 89109

Speakers, Workshops, Marathon Meetings,

Bill & Bob's Coffee Shop,

Tennis, Golf, 5K Walk/Run,

Al-Anon Luncheon,

Saturday and Sunday Banquets,

Sunday Brunch

Pre-Registration ends October 31

Information at [www.LVRoundup.org](http://www.LVRoundup.org)

Flyers are available at the office

## 26th National/International Native American Indian Alcoholics Anonymous Convention

November 02, 03, 04, 05, 2017

All AA Members Are Welcome

Buffalo Thunder Resort & Casino

20 Buffalo Thunder Trail

Sante Fe, New Mexico 87506

(505) 455-5555

Dance, Raffle, Speakers, Old Timers meeting

Saturday Banquet, Flag Ceremony, Talking

Circles, Al-Anon Brunch, Social Pow Wow,

Hospitality Room, Marathon Meetings

[www.nai-aa.com](http://www.nai-aa.com)

### Prescott Area Intergroup's August 2017 Year to Date Treasurer's Report

<b>GROUP DONATIONS</b>	<b>YTD</b>
4 Directions Grp	\$300.00
Afterwards Group	\$1,200.00
AZ AA Women's Conference	\$500.00
Bradshaw Seniors Meeting	\$331.60
Carry This Message	\$793.04
Crazy Birds	\$660.00
Free Thinkers BBS	\$200.00
Friday Big Book Solutions	\$100.00
Girlie Birds	\$393.27
God Sticks Group	\$191.00
Healing the Hole in the Soul	\$609.50
Intergroup Meeting	\$189.11
Mayer Higher Power Hour	\$159.00
Noon BB Discussion	\$781.50
Old Shoe (Skull Valley)	\$209.00
Open AA Meeting	\$620.00
Park Avenue Group	\$756.21
Prescott Group	\$200.00
Principles B4 Your Personality	\$700.00
PV As Bill Sees It	\$470.00
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	\$488.00
PV No Name Group	\$312.50
PV Noon Group	\$760.00
PV Reflections	\$200.00
PV Roadmap To Recovery	\$180.00
PV Sunday Nooners	\$250.00
PV There Is a Solution	\$33.70

<b>GROUP DONATIONS</b>	<b>YTD</b>
PV Wed Step Study	\$150.00
PV Welcome Valley	\$140.00
Round Table Meeting	\$476.50
Saturday Night Live Prescott	\$313.50
Serenity At Sunrise	\$1,688.30
Step Stories	\$335.08
Sun. AM Men's Stag	\$204.09
Sunday Morning AA Solutions	\$60.00
Sunny Days	\$856.63
The Slice Of Life	\$750.00
Thurs Men's Stag	\$254.50
Toolbox Group	\$740.00
Tues Night Book Study	\$239.52
Women's Gratitude Luncheon	\$180.00
Working Girls	\$29.00
Young Peoples Meeting	\$200.00
<b>TOTAL GROUP DONATIONS</b>	<b>\$19,202.11</b>
<b>OTHER INCOME</b>	
AA Birthday Gratitude	\$214.00
Anonymous IG Donation	\$142.50
Literature Sales	\$9,488.70
Chips Etc.	\$2,154.50
Meeting Directory Sales	\$212.50
Newsletter Sales	\$145.00
Picnics	\$700.18
<b>TOTAL OTHER INCOME</b>	<b>\$13,057.38</b>
<b>TOTAL INCOME</b>	<b>\$32,259.49</b>
<b>TOTAL EXPENSES</b>	<b>\$37,357.84</b>
<b>INCOME LESS EXPENSES</b>	<b>-\$5,098.35</b>
<b>Total Monies 8/31/17</b>	<b>\$24,342.40</b>
<b>Literature &amp; Chips 9/5/17</b>	<b>\$9,015.00</b>



# *Conscious Contact*

*Conscious Contact* subscribers have three options to receive the newsletter:

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2. View online at [www.prescottaa.org](http://www.prescottaa.org).
3. Receive it hard-copy via US Mail for \$15 per year.

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