



Conscious Contact

Prescott Area Intergroup: Serving Central Yavapai County

September 2017

240 S. Montezuma St. # 108 Prescott, AZ 86303 Phone: (928) 445-8691 Open Weekdays 10:00 am - 4:00 pm
Website: www.prescottaa.org Email: prescottaa@prescottaa.org

He Thought He Knew

On August 1st I completed one year of continuous, inpatient treatment for chemical dependency and other addictions. Unfortunately, this was not my first time in rehab. I've been a client at a total of seven facilities over the last 12 years. These stays were the result of countless relapses, tremendous financial burden, career losses, broken relationships, and wounded family members. Those previous treatment experiences lasted no longer than 30 days each. At the time one month felt like an eternity, and I was constantly angling on how to get out early.

A year and a half ago I relapsed again on alcohol, cocaine and benzodiazepines. I had been clean for three years, was working in a treatment center in a leadership role, and was pursuing my masters in psychology in graduate school. A chance run-in with a drug dealer in the library while studying for finals was all it took for me to pick up again. This six month run included acting out with multiple sex partners a week and finally ended with a steady stream of police officers raiding my apartment while I sat on my couch in handcuffs.

I did a lot of hard, tearful work while in treatment over the past year. It turns out that those handcuffs were the answer to my prayers after all. I had been asking my Higher Power nightly to help me during my last relapse. My family had a long history of alcoholism on both sides. My mother had remarried after a messy divorce. She had finally had enough of my father's rage and alcoholism. It was a pattern I had sworn to never repeat. But through a family session that was part of my treatment I came to see that I had done so anyway.

My mom, sister and stepfather arrived in Prescott in mid-July, having written letters to me about how my behavior had impacted them. I thought I knew, and was ready to try and make amends for what I saw as my role. I remember telling a friend that I wasn't expecting any big surprises from their letters. But I learned differently as we sat in a circle in a dingy room not unlike the many AA meetings I attended in church basements.

I sat stunned as they read off countless abuses they

Continued on page 2

An 'Accidental' Entry into AA

On a Saturday sometime around 1978 I was driving around, drinking, in El Cajon, CA, where I was living at the time. I was being very careful because I was already on probation after an earlier drunk driving conviction. I thought I was being pretty smart, drinking beer from a large "Big Gulp" cup. What I was not expecting was getting rear ended at a stop sign -- not too hard, but enough to spill my beer, soaking my shirt and pants. I pulled over to the side as the guy that hit me pulled up behind me. I noticed a kind of sly smile come over his face as he looked me over. "We don't need to get the police involved in this," he said. I agreed, figuring he was probably drinking too, or didn't have a driver's license.

"We're not parked in a good spot here, and we need to exchange information," he said, adding: "There's a place down the street where we can go inside. It's two blocks down on the left. A sign on the wall says El Cajon Alano Club."

I had seen the place before but didn't know what it was. As I walked in the guy who had hit my car came up and offered me a cup of coffee. Then he introduced me to two other guys who must have noticed my wet clothes and the beer smell. They greeted me and began to tell me about how they used to drink and how their lives had spiraled downhill. I wondered what kind of club this was -- no bar, everybody drinking coffee on Saturday which was always my favorite drinking day. I gave the guy that hit me my insurance information and got out of there pretty quickly.

That was probably five years before I got sober in AA, but there was something about those guys that stayed with me. They told my story, although I wasn't ready to admit it at the time. In hindsight, as I recall, our cars were barely scratched, so I have to think the guy who hit me was more interested in getting me to the Alano Club than in dealing with insurance papers. I have gone to that club in recent years and shared this story. I have no idea where those guys are today, but I know they were doing the right thing. They planted the seed of sobriety, and now I do what they did -- try to carry the message to people who are as lost as I was.

Chuck P., San Diego, CA

Continued from page 1

had suffered as the result of my addiction. I had always felt comforted that at least I had never been a blackout drinker, but I learned that was not the truth. One of the more shameful incidents my sister recalled was a time I spat on her for not letting me drive her new car while intoxicated. I have no memory of this whatsoever. I was told of how my selfish behavior caused me to neglect my siblings as well as my nieces and nephews. I had also contributed to my mother's stress related illnesses, lack of self-care and depression. I had held my family captive for decades with threats of suicide, manipulation, and abusive behavior.

It took tremendous courage for my family to read those letters to me that day. I am truly grateful that they were willing to take the risk. The exercise underlined something I had heard from AA old-timers about Step Nine of the program: when finished admitting those offenses you know you've committed, ask those to whom you are trying to make amends how they feel you have hurt them. As I discovered, they may surprise you.

The information I got as a result of this process has proved valuable to me and my recovery in several ways. I am no longer willing to accept abuse in my family or life. That means I must commit to ending my own abusive behavior. Today I take responsibility for the wrongs of my past and ask every day for my Higher Power to remove these defects of character and to guide me in his will for me. I choose not to live the way I did and I choose to stay sober today, 24 hours at a time. I know that the letters my family wrote me won't keep me sober. But their words motivate me to go to meetings regularly, work the steps, and maintain my conscious contact with my Higher Power. Today I choose sobriety and to live in reality.

I thought I knew, but now I know.

Brett N.

Concept Nine:

"Good service leaders, together with sound and appropriate methods of choosing them, are at all levels indispensable for our future functioning and safety. The primary world service leadership once exercised by the founders of A.A. must necessarily be assumed by the Trustees of the General Service Board of Alcoholics Anonymous."

Copyright © A.A. World Services, Inc.

Reflections of a Woman Alcoholic

"To be gravely affected, one does not necessarily have to drink a long time nor take the quantities some of us have. This is particularly true of women. Potential female alcoholics often turn into the real thing and are gone beyond recall in a few years." From Alcoholics Anonymous, page 33.

As a woman who started drinking later in her life, I was astonished how quickly alcohol imprisoned me. My disease was quietly and patiently training for the big day.

I had not consumed alcohol for close to 19 years, since I became pregnant with my now 32 year old daughter. Then, during a surprise 40th birthday party, I decided to try a martini. This was the start of a quick decline. I was drinking daily just three short years after that first martini and in an inpatient recovery program within seven years.

My abstinence during those 19 years was a lifestyle choice and had nothing to do with being an alcoholic - I wasn't aware I was one. Having a little life for which I was now responsible became my purpose for living a spiritual life that in retrospect was very closely aligned with the Twelve Steps of AA. When I started to exercise my will, I started to deviate from regular spiritual practices, placing me on dangerous ground.

For a few years prior to recovery, I continued to work, travel, and maintain my responsibilities. I even had fun for a while! But soon the fun times started to be a rarity, and alcohol stopped working for me. It quickly became apparent that I could not make it a day or even hours without a drink. My behavior was in total conflict with my values, and within seven years of that first martini, I was faced with the "four horsemen" we read about in "A Vision for You:" Terror, Bewilderment, Frustration and Despair.

In the middle of one of those nights of sheer terror, my higher power reached into my heart and soul and helped me see that I already knew the answer -- I needed help AND I knew that the solution was a SPIRITUAL one. I had lived that spiritual life of prayer, service, etc. and it was only when I deliberately took control over my will that I started down the road of despair. Within weeks of that night, I was admitted to an inpatient recovery center in Northern California.

During my treatment stay and now with six years of sobriety, I live my life by the 12 steps and take suggestions from my fellow AAs. I have often thought to myself: What if the one thing I am not willing to do is the ONE thing that will keep me sober?!?

Debbie G.



**September AA Birthdays
CONGRATULATIONS!**



| | |
|----------------------------|----------------------------|
| Prescott Group | Sun Morn Men's Stag |
| Sarah R. 9/11/06 | Marc K. 9/23/87 |
| The Slice of Life | David C. 9/20/87 |
| Mike K. 9/17/73 | Dan S. 9/12/83 |
| PV Noon Group | Doug F. 9/30/82 |
| Rex P. 9/22/98 | Alternatives |
| Keep It Simple | Tammy R. 9/11/04 |
| Jerry B. 9/29/03 | Pam W. 9/05/97 |
| Jimmy C. 9/10/77 | Michael T. 9/27/91 |
| PV Lushes T' Ladies | Lynn S. 9/29/87 |
| Janet B. 9/02/98 | Serenity @ Sunrise |
| Maureen H. 9/15/83 | Zane Z. 9/28/16 |
| Park Ave | John H. 9/08/16 |
| Lynn S. 9/29/87 | Karen P. 9/04/11 |
| Mike D. 9/15/78 | Marc K. 9/23/87 |
| PV No Name Group | Humboldt Men's Stag |
| Dan C. 9/15/09 | Tyler B. 9/21/14 |
| Greg H. 9/04/09 | Nate H. 9/15/08 |
| Johnny D. 9/25/89 | Ed B. 9/24/02 |
| Chino Valley | Eric M. ∞ 9/07/00 |
| Dan S. 9/03/97 | Larry L. 9/25/93 |
| Lori B. 9/16/96 | Noon BB Discussion |
| Darrel W. 9/07/95 | Robert B. 9/03/02 |
| Step Stories | Joe C. 9/18/02 |
| Ann B. 9/11/07 | Lynnae W. 9/27/00 |
| Sara P. 9/26/06 | Bill D. 9/07/87 |
| Martha Mc. 9/08/06 | Francie J. 9/09/84 |
| Girlie Birds | |
| Fiona O. 9/24/16 | |
| Nan W. 9/01/14 | |
| Mandy B. 9/21/12 | |
| Karen P. 9/04/11 | |



We Are Not A Glum Lot!

A doctor was addressing a large audience interested in addictions. "The material we put into our stomachs should have killed most of us sitting here, years ago," he said. "Red meat is full of steroids and dye. Soft drinks corrode your stomach lining. Chinese food is loaded with MSG. High trans-fat diets can be disastrous, and none of us realizes the long-term harm caused by the germs in our drinking water.

"But, there is one thing that is the most dangerous of all and most of us have, or will eat it," the doctor added. "Can anyone here tell me what food it is that causes the most grief and suffering for years after eating it?"

After several seconds of quiet, an AA old-timer in the front row raised his hand, and softly said: "Wedding Cake."

New York Jimmy

Service Corner

Look back and be grateful.

Look ahead and be hopeful.

Look around and be helpful.

Next Intergroup Meeting:

6:30 pm, Wednesday, September 13, 2017
(the second Wednesday of every month)
at the First Christian Church, 1230 Willow Creek Rd.

Next District 14-140 GSR Meeting

Wednesday, September 6, 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, September 5, 2017
(the first Tuesday of every month)
Emmanuel Lutheran Church, 7763 E. Long Look, PV

Prescott Shoestring Roundup Committee

5:30 pm, Friday, September 22, 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 Nine

Members share how they came to grips with our ninth step: "Made direct amends wherever possible, except when to do so would injure them or others."

"One of the amends on my list was to my employer over the last three-plus – arguably the worst -- years of my drinking. This was a pretty large corporation, and I had done a lot of drinking on the company expense account, lying to cover it all up, of course. I had also missed tons of work, offering up phony excuses about illness, trouble at home, sick children – you name it. And I had without question sullied the company's reputation by my drunken behavior while out of the office ostensibly on company business. I talked to my then-boss, told him what I was trying to do in AA, and asked how I might try to make amends. He basically said the equivalent of "go and sin no more," which still didn't feel adequate to me. So I determined to be the hardest working employee around in hopes that, over time, perhaps I could make up for some of the damage I had done. I worked at that firm for 24 more, sober years, and by the time I left did feel that the slate was as clean as I could make it."

Anonymous

"In the Big Book, the promises are found at the end of Step Nine. These are read at many A.A. meetings. My first year in A.A. these seemed like a pipe dream. Today they are mostly truths in my life. When finishing Step Nine with an alcoholic, I will read each promise and ask them is this true for you? The last line of the promises reads: "GOD IS DOING FOR US WHAT WE COULD NOT DO FOR OURSELVES"

Dan S.

An oldie but a goodie from the Step 9 archive:

"I made amends to my brother. I was very nervous, scared and afraid that he wouldn't accept it, or it wouldn't be accepted, or I would freak out. I just prayed, turned it over, and made amends to him for my part. He wrote a wonderful letter back that was very healing, and so Step Nine is very healing, the healing step."

Aleen P., September, 2004

Meeting of the Month

Seniors in Sobriety

If you're looking for a mixed (men and women), open meeting with lots of long-term sobriety experience, this one's for you. Seniors in Sobriety meets every Tuesday at 10:30 a.m. at the Adult Center, 1280 E. Rosser St. in Prescott.

The group, which celebrated its 12th anniversary this past spring, uses a different format than other meetings in the area. It opens with recitation of the Third Step prayer and a reading from page 275 of our Big Book, "The Keys to the Kingdom." The chairperson for the day then chooses a passage from "As Bill Sees It" to start the discussion, and the sharing goes around the room until everyone has had a chance to speak. It closes with the Prayer of St. Francis.

Three-quarters of the names on the meeting's member list have been sober for longer than this meeting has existed. About 40% have 30 years or more of continuous sobriety, and this month sees four members due to celebrate birthdays totaling 46 years. That being said, newcomers are welcome. One participant had just 5 months sobriety on a recent Tuesday when I attended. Typical attendance is around 20 with women in the majority.

Despite their age and length of sobriety, members of this group are clearly not of the "bleeding deacons" variety mentioned in our Big Book. Their sharing is rich in experience, but also in recognition of their continuing need to learn and grow in the program. The "As Bill Sees It" passage chosen at one August meeting, for example, was "To Grow Up" (pg. 330). It talks about those "adolescent urges...quite appropriate to age seventeen (but)...an impossible way of life at forty-seven or fifty-seven." Or, as the lively discussion made clear, at sixty-seven or seventy-seven!

No sobriety chips here, but coffee is available from the Adult Center at 50 cents a cup.

Dan F.

AA Trivia

From "Book Publication Proved Discouraging Venture," by AA Co-Founder, Bill W., July 1947, in The Language of the Heart: "Finally came April 1939. The book was done. Tales of recovery for its story section had been supplied by Dr. Bob and his Akron brethren. Others were supplied by New Yorkers, New Jerseyites. One came in from Cleveland and another from Maryland. Chapters had been read and discussed at meetings. I had thought myself the author of the text until I discovered I was just the umpire of the differences of opinion. After endless voting on a title for the new work we had decided to call it The Way Out. But inquiry by Fitz M., our Maryland alcoholic, at The Library of Congress disclosed the fact that 12 books already bore that title. Surely we couldn't make our book the 13th. So we named it Alcoholics Anonymous instead! Though we didn't know it, our movement then got its name -- a name which because of the implication of humility and modesty has given us our treasured spiritual principle of anonymity."

Submitted by NY Jimmy

Leaving the Nest

Over my six years of sobriety in Prescott I saw many young people leave this town and relapse shortly afterwards. So when I began considering a move to Flagstaff I was naturally apprehensive. However, I remembered something that was said to me very early in my sobriety: A “geographic” is fine as long as you are not running to or from something.

I was finishing my Associates of Business degree at Yavapai College and wanted to continue my education at Northern Arizona University in Flagstaff. I felt in my soul that I was fit to leave the Prescott “nest” and pursue my education elsewhere. This was not an urgent scramble to grab hold of a source of power; this was simply the next indicated step. Even so, I was extremely cautious with regards to my sobriety.

Within the first 24 hours of making the move I went to the local intergroup, stuck out my hand, introduced myself and picked up a meeting list. I asked about the best meetings in town and began trying out different groups, all the while shaking hands, gathering phone numbers, and making new friends. Within the first week I had volunteered to be the main speaker at a young people’s meeting and got plugged in with their fellowship immediately. Within two weeks I had a home group, a sponsor, and a host of new friends. Within a month I had a sponsee, a service commitment, and was the registration chair for the Four Corners Summit.

This was more than a year ago, and I have never in that time felt my sobriety was at risk. I am now entering my senior year at NAU and am pursuing a Master’s Degree in Accounting. I am still an active member in Flagstaff AA, with a sponsor, a sponsee, a home group, a service commitment, and a host of friends.

What really happened through all of this is that I had my own experience with being a free man. The program of Alcoholics Anonymous promises that we can go anywhere as free men and women, so long as we have good reason to do so. This proved true this last summer as well when I traveled to Denver, CO, and Charlotte, NC.

I was scoping out these cities as possible places to start my career in a couple years. For each trip I attended a meeting within hours of my arrival and got phone numbers and suggestions for other meetings. I made friends and connections and was welcomed into the fellowships. It is a truly remarkable experience to show up in a town I have never been to before and easily meet dozens of friends I didn’t know I had.

As an alcoholic, I have always suffered from separation from God and my fellows. As an active member of Alcoholics Anonymous, my solution lies in conscious contact with them. I am a free man today and can go anywhere on this Earth, as long as I show up as a member of Alcoholics Anonymous.

Jeremy O.

Newcomer Experience:

It’s More Than Not Drinking

I thought AA was all about giving up drinking, and why staying sober is the ultimate goal. Boy was I surprised to learn it goes way beyond just walking away from a drink! It’s a way of life, or a way of understanding the crazy thoughts that constantly run through my mind.

When I first walked into the rooms I was not impressed, and still struggle with the idea that this program can be the answer to this disease of alcoholism. But I have gone from hating AA to seeing how it changes peoples’ lives. I have gone from being better than the folks in the rooms to being a part of the people in the rooms.

Never could something be more true than the saying: “Keep coming back.” I have kept coming back almost every day for eight months as I write this, and I am constantly amazed to learn that I am not the only person on earth that thinks like I do. I hear shares that relate to my issues and it doesn’t get old learning.

I struggle with narcissism and being self-centered, worrying about material wealth and getting to the top. I’ve always struggled in my head over what others think about me, and even worse I felt I had to make everybody like me. For the first time in my life I learned these characteristics are shared by many other alcoholics and addicts, and I don’t have to be this way.

Best of all, AA offers a solution that a group of good old drunks put together many years ago, and that has been helping alcoholics like me get and stay sober ever since.

It’s important for me to remember that this is a program of patience. I can’t change the past, and the people I have hurt don’t forgive me instantly. But I hear from others in the rooms that if I keep practicing the principles, then the ship will turn around. I haven’t experienced a full transformation, but I have seen the beginnings of the fruits that the program brings, and that offers hope.

I have loved learning, mostly by listening, that I can enjoy life without having a drink, and I am super-excited to start living a sober life “back home” -- a life that has already changed me emotionally and spiritually. I hear that the key is to have your insides match your outsides, and that is what I’m learning that AA provides.

Roddy B.

Going home

The famously quotable New York Yankee great, Yogi Berra, once described an experience as like “déjà vu all over again,” and after a recent return to my first AA home group, I think I know how he felt.

My wife and I were visiting friends in our former home town a while back, and when Tuesday night rolled around I excused myself to attend the nearby La Crescenta (CA) Beginners meeting. It's the same meeting I walked into, drunk, on Oct. 17, 1972, looking for anything to stop the misery. I apparently made something of a spectacle of myself that night, as I understand the sober alcoholics in attendance kept very gently maneuvering me back into my seat in order to keep me from disrupting the meeting. And when the meeting ended, they urged me to come back again the next night, saying they had found a better way to live and promising that they were ready to help me find one, too.

So now I was back again, several decades later and sober this time – sober enough to appreciate the irony of running into another young man at the meeting, about the same age I had been in 1972, obviously drunk, talking loudly, laughing at inappropriate times, and repeatedly getting out of his chair to wander around the room. I was able to tell him at the coffee break that I knew his life could be different, and other regular members of the group welcomed him and offered to show him how. Once again I was so glad that we don't kick drunks out of our meetings!

The feeling of déjà vu deepened as members took turns sharing their stories. I don't remember a lot of what was said on that Tuesday nearly 45 years ago, but I did go back to that same AA clubhouse the next night and almost every other night for the first several months of my sobriety. And while the faces were different, the message I heard from members on this return visit was the same one I heard from their predecessors in 1972.

Rule number one, they said, is that we don't drink today – no matter what. To accomplish that, we have to change, and an important way we learn how to do that is by coming to meetings and staying out of bars in between. Meetings are important, they said, because that's where we meet other alcoholics who are also desperate to get sober, and the cornerstone of the AA approach is one drunk talking with another. Take advantage of opportunities to meet these fellow AAs outside the meetings as well, they said. Get to know them, and let them get to know you. Don't be a secret.

They said to get involved, if only picking up dirty coffee cups (ash trays in my day) after the meeting. AA doesn't usually work very well for spectators, they cautioned. It's for participants. They said to get hold of the book *Alcoholics Anonymous* and read at least the first 164 pages. That's where the folks who started this outfit recorded what they had learned about their

condition, the way they were able to get and stay sober, and the remarkable changes in their lives that followed.

While the book contains the basics, they said, they strongly recommended that I find somebody to walk this road with me – sort of a coach. Look for somebody with a twinkle in his eye and a zest for life, they advised. We call these folks sponsors, they added, and while many of us deeply distrust authorities of any kind, we realize that we can't simultaneously claim to have surrendered to the reality of our alcoholism and yet refuse to take some direction. I was told that there should be no subject off limits between me and my sponsor. If we are looking for long term sobriety, we will have to learn how to navigate all kinds of situations that used to drive us to drink. The situations will still arise in all areas of our lives; it's the way we handle them that has to change. And that probably involves learning with the help of others how to “practice these principles in all our affairs.”

They said that the first of those 12 steps outlined in the book is the foundation on which we build and is the only one of the steps any of us can do perfectly. But aside from that, don't let progress on the other steps be stalled by some ill-advised notion of perfection. Particularly important for me was the counsel that being “willing to be willing” was enough to begin a relationship with a power greater than myself and to move into the rest of the steps.

And they said that it's never too early to stick out your hand to the alcoholic who still suffers. If you have one day sober, you have something to share with the man who has no days. I know I will always be grateful to the man with the big smile on his face who walked up to me on that Tuesday night almost 45 years ago and said simply: “Welcome to A and A, brother.”

I didn't realize it then, of course, but I had actually staggered that night into a historic site. The building where the Tuesday Beginners meeting is still held – actually a small house in a residential neighborhood -- is believed to be the oldest continuously operating AA clubhouse west of the Mississippi River. Known as “Dunsmore” after the name of the street on which it has been located since 1949, the club (formally the Verdugo Hills Alano Club) has been home to at least one AA meeting every day for nearly 70 years. Dunsmore proudly displays a letter dated Aug. 31, 1949 and signed by AA co-founder Bill Wilson congratulating the club's organizers.

There were seven meetings a week at Dunsmore in 1972; now there are 26. I can only imagine the thousands of alcoholics who have found sobriety through the AA message they first heard there, and I can only assume that one important reason is that the message has remained so consistent. You might say it's like déjà vu all over again.

Dan F.

The High Bottom Disadvantage

One of the great divisions that sometimes seem to occur in our membership is the tired old wheeze: "Aw, he (or she) is a high bottom drunk!" This usually implies that the subject of the conversation has no real understanding of agony and pain, and is really a dilettante regarding recovery.

This was my opinion in my early days in the program, inasmuch as I had come off skid row and felt that those that had retained families, homes or jobs never really suffered the way I had. After watching, sponsoring and listening to AA's for well over 50 years, I no longer have that opinion.

It's certainly true that the low-bottom drunk has a lot of things going against him. When he's sick, he usually stays sick; when he's hungry, he often stays hungry; when it rains, he gets wet; when he must get across town, he either begs carfare or walks. The list of disadvantages can go on and on.

On the other hand, the high-bottom drunk has certain definite advantages. When he's sick, he can make arrangements to get well; when he's hungry, he can eat; when it rains, he can stay inside; when he needs to get across town, he has (or can obtain) wheels to do it. The list also can go on and on.

So far it all seems pretty one-sided. But what is easy to overlook is that nearly all these categories of advantage/disadvantage are physical, dealing with bodily discomfort and pain. There is another side of the coin that is easily missed in the recitation of the lack of creature comforts.

The great advantage of the low-bottom drunk is that he no longer has to pretend he is well. He does not have to look well, nor act well, nor impress people that he is well. Very few men in the line at the blood bank are worrying about meeting the mortgage payment, or trying to decide what to tell the boss this time, or wondering if the car is totaled out again, or if the lawyer can beat the current DUI. The low-bottom drunk lives one day at a time by necessity, perhaps better than anyone in the world. There is no future and little past; the struggle is to get through today.

And obviously, the great disadvantage of the high-bottom drunk is that he must never be known to be a drunk -- that he must get it all together every day so that people won't know; that he must keep up his "front" no matter how bad he feels. In other words, his major problem is the conflict of attempting to look one way while forced to act another.

It still would seem, perhaps, that the discomforts of the low-bottom drunk outweigh the abstract anxieties and conflicts that afflict his high-bottom brother. But,

just for a moment, let's see one example of how they stack up.

The suicide rate on skid row, for example, is almost non-existent. People die brutal deaths there, but these deaths are rarely self-inflicted. Suicide is the province of prolonged and intense emotional conflict. The suicide rate in Beverly Hills is tremendously higher than on skid row -- and not just Beverly Hills, but any "better type" of residential area.

All suicides are not alcohol related, of course, but a great many alcoholics pass through suicidal depressions, and a number of them act on it. And almost every alcoholic suicide is traced to the same old depression caused by the conflict of no longer being able to sustain the role which the alcoholic feels is essential for him to survive.

So, whether the conflict ends in suicide, or nervous breakdown or any of its related emotional destructions, the high-bottom drunk is much more susceptible than his companion who lives a physically -degrading, but relatively conflict-free existence. Alcoholism seems to take its toll, whether the patient is up or down, rich or poor. The unifying characteristic for both is desperation.

Clancy I., Venice, 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 Nine: AA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.

1. Do I still try to boss things in AA?
2. Do I resist formal aspects of AA because I fear them as authoritative?
3. Am I mature enough to understand and use all elements of the AA program -- even if no one makes me do so -- with a sense of personal responsibility?
4. Do I exercise patience and humility in any AA job I take?
5. Am I aware of all those to whom I am responsible in any AA job?
6. Why doesn't every AA group need a constitution and bylaws?
7. Have I learned to step out of an AA job gracefully -- and profit thereby -- when the time comes?
8. What has rotation to do with anonymity? With humility?

Convention Update: Momentum Builds

The disc jockey is arranged, speakers and workshop leaders signed up, souvenir T-shirts ordered, and the pace of registrations picking up for the 2017 Arizona (Area 03) AA convention, to be held at the Prescott Resort Center Sept. 29-Oct 1. In fact, if you hope to reserve a room at the resort for the weekend, it's advised you do so soon because about 90 of the 120 room-nights set aside for our group have already been spoken for at the bargain \$91 per night cost negotiated by the organizing committee.

This will be the first time in some 30 years that the annual gathering will be held in Prescott, and you're not going to want to miss it. Speakers are coming in from California, Georgia and Nevada as well as Phoenix and other cities in Arizona. The program includes the usual array of workshops, marathon meetings and hospitality as well as some outside activities like hiking, golf, and a "dice run." Hiking coordinator Tiffany D. is offering three different routes ranging from a 2.4 mile "stroll" to a 9.8 mile "trek," while Dice Run coordinator Mel F. stresses that this event is open to all vehicles – not just motorcycles. He 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.

Look for registration forms at your home group or intergroup office, or you can sign up online at <http://area03.org/Home/2017-AZ-State-Convention>. Don't forget to order your Saturday banquet meal choice, special T-shirts and souvenir water bottles while you're at it, and perhaps donate a \$20 scholarship to support members who want to attend but are short of funds. Registration for the dice run will be Saturday morning at the convention.

The organizing committee is still looking for volunteers to help with on-site registrations and marathon meetings. The committee would also welcome contributions of food and treats for the hospitality room. If you'd like to help out, contact committee chairman, Tom S. 4thchapter@q.com.

District 14 Report

All is well in District 14 (aka Yavapai County). Our District Committee Members from 14-140 (Prescott), 14-141 (Sedona and Verde Valley), and 14-142 (Prescott Valley) report that everything is going well.

When we got together in August we discussed the upcoming state convention, to be held at the Prescott Resort Center Sept. 29-Oct. 1. It is the first time the convention has been held outside Phoenix or Tucson since 1998, and the first time in Prescott in some 30 years, so it is important we do a good job. If you are interested in volunteering, please contact organizing committee chairman Tom S. at 4thchapter@q.com, or just attend the committee's next meeting, also at the resort center, 6:30 p.m. on Sept. 19. We will need lots of help to stage the affair. For more information about progress, see the separate "Convention Update" article in this issue.

The other items discussed were the panel topics for the area meeting on August 19. There were two topics discussed. The first was 2017-11, regarding making a public service announcement about AA to be aired in English and Navajo on the reservations. The announcement would provide a small amount of information and provide a 24/7 hotline anyone could call. The idea is to reach the still sick and suffering on the reservations.

The other panel topic was 2017-10, updating the pamphlet "Members of the Clergy" to help those reading better understand the difference between open and closed AA meetings.

That was all that was discussed and thus all I have to report.

Colyn GN

Guilt and Pride

**Guilt is really the reserve side
of the coin of pride.**

**Guilt aims at self-destruction,
and pride aims at the destruction of others.
- As Bill Sees It, p. 140**

**Thought to Ponder:
Swallowing my pride will not get me drunk.**

C H A N G E: Choosing Humility Allows New Gifts and Energy

B I G B O O K: Believing In God Beats Our Old Knowledge

**Prescott Area Intergroup's
Make Up Picnic**

September 22nd

Hosted by: *The Afterwards Group*

(July's picnic was cancelled due to flooding.)

Potluck, AA Speaker Meeting, Raffles

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

6:00 PM — Potluck/Picnic

7:00 PM — AA Speaker Meeting

Raffles to follow speaker meeting

**2017 ARIZONA STATE CONVENTION
of Alcoholics Anonymous
Sept. 29th - Oct. 1st**

Prescott Resort & Conference Center

1500 E. State Route 69

Prescott, Arizona

Register online at: www.Area03.org

Hualapai Mountain Roundup #34

Sponsored by Kingman AA & Al-Anon

Saturday & Sunday, September 23rd & 24th

Hualapai Mountain Park Rec. Area #1

Contacts: Wendy - 928 530-9812 or

Lynn - 928 753-2599

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

| GROUP DONATIONS | YTD |
|--------------------------------|------------|
| 4 Directions Grp | \$300.00 |
| Afterwards Group | \$900.00 |
| Bradshaw Seniors Meeting | \$331.60 |
| Carry This Message | \$307.04 |
| Crazy Birds | \$660.00 |
| Free Thinkers BBS | \$100.00 |
| Friday Big Book Solutions | \$100.00 |
| Girlie Birds | \$393.27 |
| God Sticks Group | \$167.00 |
| Healing the Hole in the Soul | \$534.50 |
| 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 | \$660.17 |
| Prescott Group | \$200.00 |
| 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 | \$760.00 |
| 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 |

| GROUP DONATIONS | YTD |
|---------------------------------------|--------------------|
| PV Welcome Valley | \$140.00 |
| Round Table Meeting | \$438.00 |
| Saturday Night Live Prescott | \$263.50 |
| Serenity At Sunrise | \$1,550.30 |
| Step Stories | \$335.08 |
| Sun. AM Men's Stag | \$204.09 |
| Sunday Morning AA Solutions | \$60.00 |
| Sunny Days | \$756.63 |
| The Slice Of Life | \$500.00 |
| Thurs Men's Stag | \$241.00 |
| 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 |
| TOTAL GROUP DONATIONS | \$16,457.57 |
| OTHER INCOME | YTD |
| AA Birthday Gratitude | \$97.00 |
| Anonymous IG Donation | \$115.50 |
| Literature Sales | \$8,406.15 |
| Chips Etc. | \$1,992.40 |
| Meeting Directory Sales | \$197.00 |
| Newsletter Sales | \$145.00 |
| Picnics | \$435.00 |
| TOTAL OTHER INCOME | \$11,388.05 |
| TOTAL INCOME | \$27,845.62 |
| EXPENSES | \$30,394.38 |
| INCOME LESS EXPENSES | -\$2,548.76 |
| Total Monies 7/31/17 | \$26,891.99 |
| Literature & Chips 7/31/17 | \$6,524.00 |



Conscious Contact

Conscious Contact subscribers have three options to receive the newsletter:

1. Receive it via email at no charge. Email your subscription request to prescottaa@prescottaa.org
2. View online at www.prescottaa.org.
3. Receive it hard-copy via US Mail for \$15 per year.

If you would like a hard copy sent by US Mail fill out the form below and submit with \$15.00.
Please print clearly.

NAME _____

ADDRESS _____

CITY/STATE _____ ZIP _____

Make checks payable to: Prescott Area Intergroup and mail to 240 S. Montezuma #108, Prescott, AZ 86303