



Conscious Contact

Prescott Area Intergroup: Serving Central Yavapai County

April 2018

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

My Experience with Step Four

When I first got to treatment, 20 years ago, this idea of working the steps was all so new and confusing to me! I could easily get the first three: 1 -- Yes, I am powerless over alcohol (and people, places and things) and my life is unmanageable by me. Yep, got that one; 2 -- There is a power greater than me. Yes, I realize that; and 3 -- That I will/must turn my life and my will over to that power. But then comes step four. The young women in my tribe were agonizing over that -- the hated, feared, dreaded fourth step. They were avoiding it like the plague. Why, I wondered? What was so fearful about it?

Well, I came to find out this is where "the rubber meets the road," because this is the step that made me examine my most uncomfortable feelings -- the feelings of fear, anger, and insecurity; not the anger itself, but the reasons why I was angry. It meant digging for the causes and conditions of my feelings.

This step has been so valuable to me, probably because it is the most freeing of the steps. The first three columns suggested in our Big Book as part of working the fourth step, had me look at who I was angry/resentful with, at what specifically happened that made me so angry, and at how those things made me feel.

And then there's that fourth column -- the one that had me look at my part in the situation. It's this column that makes me examine the core beliefs and issues in me that can act as triggers for resentment. It lets me see why I am resentful. With a cold, clear eye I get to see where I tripped up, where my faults and defects of character lie, why I would be triggered by what is sometimes the innocent behavior of someone else. I know in my case there are people that trigger me, and it isn't something necessarily between them and me; it's from something that might have happened long ago, way before drinking or drugs became part of my life. Maybe it's something from my childhood or adolescence -- something that got buried because it was too painful to process or even to think about.

This Step gives me the chance to sweep the searchlight of memory over my past and discover what happened that feeds my bad reactions. I'm sure we all have these experiences and reactions. The step helped me to look with love and understanding upon myself, upon that inner child that got hurt way back when, and to begin to heal.

Oh! By the way -- did I mention that this sort of inventory is never over? I get to keep doing it the rest of my life, and continue to be freed from toxic and self-destructive feelings!

Stephanie V.

An Experience or an Awakening?

The leader at my home group the other day suggested spiritual experience as the topic for discussion. I immediately thought of a sunny morning in Los Angeles just weeks or perhaps a few months into my sobriety. I was driving to work, transitioning from the westbound Ventura Freeway onto the southbound Golden State Freeway, and somewhere in the middle of the elevated ramp connecting the two was overcome by the feeling that everything in my world was just fine, and exactly as it was supposed to be.

I was headed to the same job I had while drinking -- the one where I had felt unappreciated and underpaid. I was married to the same woman and had the same three daughters that had not long before seemed like such a burden. I had the same car, the same home, the same clothes -- in fact, nothing much had changed on the outside from that moment so recently when I had called AA from a bar in Hollywood, desperate for anything that would ease the mental torture that I thought was my life.

While I didn't fully realize it at the time, I now understand that moment as just a peek behind the curtain of what a spiritual life might be. It was a great feeling -- one that remains indelibly etched on my brain, probably because it had been so long since I'd felt anything like it during my drinking years. The feeling didn't last, of course. There were many ups and downs in early sobriety. They still occur, though not with such frequency. And the change, I believe, goes to the difference between a "spiritual experience" and a "spiritual awakening."

I never have had a "spiritual experience" such as the one Bill W. describes in our Big Book -- Bill's "hot flash," as we sometimes call it in jest. Mine have been more like the one I had on the freeway. Some refer to them as "ahah" moments. They're intense sometimes, but usually brief and often too easily forgotten. But I also believe that, as promised, I have had a much more lasting "spiritual awakening" as the result of trying to practice the principles of the AA program.

The difference is that instead of the occasional "peek behind the curtain" of a spiritual experience, I now realize that the curtain is always open to me if I just pay attention. That is the awakening -- an awakening to a way of seeing and dealing with life based on spiritual values. It's an awakening to the fact that the spiritual tool kit I found in AA is always available. No longer can I wallow in victimhood. Thanks to AA and a power I've found there, I now know that how I feel on any given day -- how connected I am to the world around me -- is largely a matter of choice.

Dan F.

My First Week in AA

I walked up five or so steps and went through the door. The place was a dump. The floor was finished in mismatched tile and the walls were brownish from cigarette smoke. It was Chicago's Mustard Seed.

The room was 3/4 filled and the noisy people were chattering away and laughing with each other. Metal chairs were arranged around an old cast-iron sewing machine table from which the machine had been removed and a tile tabletop installed. Nobody seemed sad or grumpy about not getting to drink. Also, they were wearing suits and other decent clothes...not the hospital gowns I had expected. Of course after the meeting, they'd go to work.

Goofy sayings were framed on the walls, like: "Think Think Think," "One Day At A Time," and "Easy Does It." One wall had two posters, each with a long list: "The 12 Steps," and "The 12 Traditions." Hmmm. It seemed a little like a Masonic Lodge. Were the 12 steps like the 32 degrees? What was I getting myself into?

The speaker rang a bell and started the meeting. She asked if it was anybody's first meeting. I nonchalantly raised my hand. Everybody clapped—but they clapped at everything, for crying out loud! She then talked about her life before joining AA, and I was surprised how similar our drinking had been. We even worried about the same things. I knew it couldn't possibly have been a setup (none of these people knew I was coming) but the thought did cross my mind. I realized right away that the "God thing," which I had heard was part of AA, was not going to be a problem. It was nothing more than "as I understood him," and that certainly there was a higher power somewhere other than me!

That was Day One, a Tuesday, and I don't remember much else about the meeting except that they passed a basket requesting only one dollar (I was thinking there would be a pricey pledge system) and they seemed to attend meetings way more frequently than monthly. In fact, they came up to me after and asked if I could come back *tomorrow*. Really? But the time slot was perfect (7:30 am), and the meeting had been truly enjoyable. And only one dollar.

I said I would.

Of the next few days I also remember little. I went each of the weekdays, and listened with more and more fascination to the speakers and the comments that followed. I didn't think I was REALLY an alcoholic at first, since I had a pretty good job and lived a pretty normal life. But I learned that my getting a little drunk every day (sometimes more than a little) and not being able to stop drinking or cut down on drinking (I'd tried more than once) definitely put me over the line. Way over.

Once sold on the program (and it literally took only a couple days), I told one of my new friends that I was not only going to stop drinking and keep attending meetings, but would also quit smoking, start exercising, return to church, improve my diet, and more. She smiled and suggested I lower my objectives, and for a year or so just focus on not drinking. Fine with me, I thought, I was happy to do less for a change. Later on, my way of doing too much, too often, would end up the centerpiece of my Step 5.

On several days I went to coffee with them after the meeting. What they pitched was easy to do: to regularly go to meetings, to participate, and be willing to take suggestions. These came from the half a dozen people who were keeping an eye on me.

Once I had gotten into the groove, they said, the program would begin to work me. It did. I got a sponsor and with him, got specific about doing a 4th Step, followed by a 5th Step and on and on.

That first week was in August of 1982. I've never looked back and why would I want to. I had found a group of funny, solid, positive, sober people who liked me. And that converted sewing machine table is still the centerpiece of the Mustard Seed in Chicago. I'm not alone in thinking of it as a kind of shrine.

Bill S.

Gratitude is the Key to Happiness

Sounds simple right? That's because it is simple.

I wear mala beads on my wrist. Three sets. Not because I am a guru, a yogi, or a shaman. They are my prayer beads. I believe in the power of prayer -- not to ask for anything, but to say "Hey man, thanks!" I do not say 47 Hail Mary's or that sort of thing; prayer to me is an offering up to Source/the Universe/God if you will.

When I start getting a case of the poor-poor-pitiful-me's, or anxiety about something I can't control, I take a strand off my wrist and start, bead by bead, listing the simple things I am grateful for. I have a roof over my head -- a privilege denied many people. I have running water in my house, a gift that one third of the world doesn't have.

I have three dogs who love me, even when I smell bad or don't brush my hair. I have people who love me and people I love. I am grateful for the pain I have felt in my life, the hardships that I have faced because they made me strong and taught me so very much. I am grateful for the hardships I face today -- they will bring me lessons I will use later.

I have more than enough to eat; I have shoes—more than one pair. Some people don't have shoes at all. I have breath in my lungs and life in my body. I have today, and that is enough.

Kat C.



**April AA Birthdays
CONGRATULATIONS!**



PV Friday Night Speaker

Will L. 4/30/05

Lushes T' Ladies

Joann F. 4/24/16

PV No Name Group

Dan M. 4/08/16

Seniors in Sobriety

Steve D. 4/15/91

Friday BB Solutions

George 4/11/05

PV Thurs Ngt BB Study

Jim R. 4/03/97

Step Stories

Donne L. 4/04/03

Park Ave.

Wes K. 4/19/79

The Slice of Life

Ron G. 4/10/06

Jim C. 4/06/83

Sunday Round Table

Larry H. 4/25/12

Luke H. 4/08/11

Welcome Valley Group

Eric S. 4/25/17

Karyl F. 4/15/08

Chuck K. 4/06/82

Toolbox Group

Peggy S. 4/24/17

Thomas A. 4/16/16

Carol K. 4/07/88

Alternatives

Dale S. 4/01/07

Ruth D. 4/27/04

Lillian M. 4/20/97

Janet E. 4/19/92

Crazy Birds

Kevin M. 4/08/06

Mark V. 4/30/05

Bryan D. 4/27/05

Ethan E. 4/02/02

Sun. AM Men's Stag

Rich H. 4/30/09

Nick R. 4/19/08

Bryan H. 4/05/08

Roy H. 4/23/06

Gary M. 4/24/88

The Prescott Group

Kirk W. 4/02/11

Chelsey E. 4/26/10

Nick S. 4/28/09

Brooke S. 4/26/08

Jenna J. 4/10/08

Chris R. 4/29/06

Beth N. 4/14/06

Girly Birds

Renata I. 4/19/16

Angela W. 4/14/16

Rebekah O. 4/11/15

Jessica W. 4/22/13

Sharon M. 4/18/13

Deb J. 4/26/12

Beth Ann R. 4/04/10

Nicki B. 4/12/02

Brenda S. 4/20/99

Connie H. 4/27/85

Serenity At Sunrise

Jacob R. 4/14/17

Jaclyn M. 4/09/17

Jenny O. 4/07/17

Scott C. 4/01/17

Andrew H. 4/20/11

Gene H. 4/20/09

Peter M. 4/15/08

John P. 4/12/08

Curt S. 4/16/07

Charles H. 4/14/97

George S. 4/24/85

Ann W. 4/23/80



Service Corner

Look back and be grateful.

Look ahead and be hopeful.

Look around and be helpful.

Next Intergroup Meeting:

6:30 pm, Wednesday, April 11, 2018
(the second Wednesday of every month)
at the First Christian Church, 1230 Willow Creek Rd.

Next District 14-140 GSR Meeting

6:30 pm, Wednesday, April 4, 2018
(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, April 3, 2018
(the first Tuesday of every month)
Emmanuel Lutheran Church, 7763 E. Long Look, PV

Prescott Shoestring Roundup Committee

5:30 pm, Friday, April 20, 2018
(the third Friday of the month)
129 Josephine St.

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

CELEBRATE SOBRIETY!

Please help update our AA birthday list!

**Being the birthday chairperson for your group
is a great way to be of service!**

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

Sign up to receive a monthly birthday update email.

Thank You to everyone who helps!

Things we cannot change...

In Loving Memory

Phoebe N.

6/19/50 - 9/23/76 - 2/9/18

Mickey S.

6/9/26 - 3/3/70 - 3/25/18

*God grant me the Serenity
to accept the things I cannot change;
Courage to change the things I can; and
Wisdom to know the difference.*

Amen.

Heard at a Meeting:

All my wrong choices lead me to the right place.

Step Four:

“Made a searching and fearless moral inventory of ourselves.”

Concept Four:

“Throughout our Conference structure, we ought to maintain at all responsible levels a traditional “Right of Participation,” taking care that each classification or group of our world servants shall be allowed a voting representation in reasonable proportion to the responsibility that each must discharge.”

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Tradition Four (Long Form):

With respect to its own affairs, each A.A. group should be responsible to no other authority than its own conscience. But when its plans concern the welfare of neighboring groups also, those groups ought to be consulted. And no group, regional committee, or individual should ever take any action that might greatly affect A.A. as a whole without conferring with the trustees of the General Service Board. On such issues our common welfare is paramount.

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District 14-142 Report

The Arizona Area 03 Pre-Conference Assembly:
Will your group’s voice be heard?
This is an excerpt from a letter sent by our Area 03 Delegate, Dee P., to GSR’s throughout Arizona. Dee will be our representative at the 2018 General Service Conference in New York.

“As a part of the General Service Structure, you (the GSR) serve as the vital link between your Group and the rest of A.A. as a whole. It is through you that the General Service Structure continues to provide services vital to our Fellowship. Our first Area Assembly of the year is called the Pre-Conference Assembly. It will be held in Tucson on April 6- 8, 2018. It is referred to as the Pre-Conference Assembly because the primary purpose of this assembly is to discuss those General Service Conference (GSC) topics that will be discussed at the annual General Service Conference in New York in April. Your Panel discussions (at the Area 03 Pre-Conference Assembly) will be collated into a “Sense of the Panel” and will allow the voice of Arizona Area 03 to be carried to the General Service Conference by me, your Area Delegate. I ask that you, the GSR’s, share these topics with your Home Group so you can bring a sense of your group’s conscience (group’s voice) to the Pre-Conference Assembly.

“As your Delegate it is especially important to me to have not only a sense of what the Area is thinking about these topics, but even more importantly, why. This way, when carrying the conscience of the Area to the General Service Conference, I can make informed decisions when these topics are discussed and voted on. I welcome ANY remarks, comments, and feelings on any of the topics which can be written on the Panel Topic Summary Forms for each topic. If your Group’s GSR is unable to attend the Pre-Conference Assembly, your Group can still be heard. Simply have your GSR forward the Topic Report Form to the Panel, Secretary (secretary@area03.org), DCM, DCMC, or myself (delegate@area03.org).”

As the GSR for Sunday Morning Men’s Stag, and as the Sub-District 14-140 Secretary I’m so excited to go down to Tucson and share my Home Group’s view on the topics. Some of the topics being considered in my Panel include 3 proposed changes to the book Alcoholics Anonymous, creation of a pamphlet for agnostics and atheists, development of a new book combining the Steps and Traditions with the 12 Concepts of World Service, limits on individual contributions, and more. I think it’s great that my Home Group’s conscience on these topics will be heard by our Delegate and carried to the General Service Conference. GSR’s can access Panel assignments, the topics, and report forms on the area03.org website.

Paul B.

2018 Verde Valley Roundup
 April 13th - 15th
 Verde Valley Fairgrounds
 800 E. Cherry St, Cottonwood, AZ
www.verdevalleyroundup.org

Tri-State Roundup
 May 17-20, 2018
 Don Laughlin's Riverside Resort
 Laughlin, NV
www.Tristate-roundup.com

Women's Gratitude Luncheon
 Saturday, May 5th
 11:00am - 2:00pm
 Prescott Resort, 1500 E. Hwy 69 Prescott
 \$27 cash or check
 Contact Jill: 623 326-7629 or
 Bobbie: 928 230-1266

Prescott Shoestring Roundup
 August 31, September 1 & 2, 2018
 Prescott Resort, 1500 Hwy 69
 Registration Open!
www.prescottshoestringroundup.org
 Flyers available at the Intergroup Office.

2018 Area 03 Assemblies
Details at: www.Area03.org
2018 Pre Conference Assembly
 April 6th - 8th, 2018
 Tucson, AZ
2018 Post Conference Assembly
 June 16th, 2018
 Tombstone, AZ
2018 August Assembly
 August, 17th-19th, 2018
 Mesa, AZ
2018 November Assembly
 November 3rd, 2018
 Lake Havasu City, AZ

**Prescott Area Intergroup's
 February 2018 YTD Treasurer's Report**

GROUP DONATIONS	YTD
4 Directions Grp	\$200.00
Bradshaw Seniors Meeting	\$97.00
Chino Valley AA	\$200.00
Friday Big Book Solutions	\$50.00
Girlie Birds	\$450.00
Intergroup Meeting	\$56.00
Noon BB Discussion	\$345.00
Old Shoe (Skull Valley)	\$48.00
Open AA Meeting	\$400.00
Park Avenue Group	\$263.80
PV As Bill Sees It	\$140.00
PV Gut Rap Group	\$80.00
PV Keep It Simple	\$200.00
PV Lushes t' Ladies	\$225.00
PV Noon Group	\$200.00
PV Reflections	\$108.00
Round Table Meeting	\$402.00
Serenity At Sunrise	\$944.80
Step Stories	\$149.81
Sun. AM Men's Stag	\$336.56
Sunny Days	\$18.27
The Great Fact	\$435.00
Toolbox Group	\$219.00
Working Girls	\$60.00
TOTAL GROUP DONATIONS	\$5,628.24
OTHER INCOME	
AA Birthday Gratitude	\$206.00
Anonymous IG Donation	\$42.00
Literature Sales	\$2,286.90
Chips Etc.	\$514.50
Meeting Directory Sales	\$59.00
Newsletter Sales	\$75.00
TOTAL OTHER INCOME	\$3,183.40
TOTAL INCOME	\$8,811.64
TOTAL EXPENSES	\$10,851.51
INCOME LESS EXPENSES	-\$2,039.87
Total Monies 2/27/18	\$26,929.67
Literature & Chips 2/27/18	\$9,651.00



Conscious Contact

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