



Conscious Contact

Prescott Area Intergroup: Serving Central Yavapai County

February 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

Step of the Month

Step Two: Came to believe that a Power greater than ourselves could restore us to sanity.

In Step One we learned that our recovery begins by admitting we were powerless over alcohol. That was an honest admission. Step Two is about faith. Before a Higher Power can help us in recovery we must first believe in something greater than ourselves. We weren't in charge anymore and knew we could not get sober by ourselves. "Without help it is too much for us. But there is One who has all power — that one is God. May you find Him now!" (Page 59 BB)

Alcoholics Anonymous does not demand we believe anything. The Twelve Steps are suggestions. We need an open mind. "Belief means reliance not defiance." (Page 31 12&12)

Alcoholics Anonymous is a spiritual, not a religious, program. It is very important that in order to stay sober, recovering alcoholics find a Power upon which we can rely. Review your own ideas about the God you grew up with. Be honest about your feelings. Choose a Higher Power you know will work for your continuing sobriety in Alcoholics Anonymous. Step Two is the beginning of the search for a Higher Power ... the search for a strength we did not possess.

Step Two emphasizes that we look for a God of our own understanding. In the progression of the Steps, each one refers back to the one before and looks ahead to the next one in the same order as written in the Big Book of Alcoholics Anonymous. Step Three will show us how to make the decision to turn our will and lives over to the care of God as we understood Him.

"Therefore, Step Two is the rallying point for all of us. Whether agnostic, atheist, or former believer, we can stand together on this Step. True humility and an open mind can lead us to faith, and every A.A. meeting is an assurance that God will restore us to sanity if we rightly relate ourselves to Him." (Page 33 12&12)

Janey R., 2011

Concept Two (short form)

The General Service Conference of A.A. has become, for nearly every practical purpose, the active voice and the effective conscience of our whole society in its world affairs.

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The Gift of Love

"I'd had a tortuous relationship with my father always, and he elicited deep anger and pain throughout my life. His alcoholism and abuse fractured our family, and I believe lead to my mother's death. When my mother passed even more emotional damage was done. He took away all my mom's possessions and left me nothing to remember her by. I believed I would never be able to forgive him.

Before I joined Alcoholics Anonymous it was suggested I avoid him, so I had broken off all contact for two years. A few months after I came into AA, still in early sobriety, I received a call from my father's neighbor telling me my dad had cancer and had no one left in his life to care for him. I talked to my sponsor and prayed - many prayers. I began to see it as a gift from God. He was helpless and didn't deserve to be left alone.

I took a leave of absence from my job and went to help him. His house was a long commute and it was difficult to tend to my life and his life at the same time, but during this time he sat every day with me at his side; I would read as he worked on his crossword puzzle. He began sharing details of his tragic childhood. I finally understood how damaged and terrified of his own father he had been. No wonder he and his siblings turned to drink.

One day he turned and said, "Why are you still here, after all the horrible things I did to you and your mother?" God gave me the words to say: "Because you are my father, and I love you." 4 hours later I was home tending to my house and dogs when dad's neighbor called again to say he had passed. Our amends were made. All was forgiven. It was the moment I truly realized I had a Higher Power working in my life, doing for me what I could not do for myself. I was 6 months sober.

Diane M., as told to Cathy N.

Tradition Two:

"For our group purpose there is but one ultimate authority—a loving God as he may express himself in our group conscience. Our leaders are but trusted servants, they do not govern.

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District 14-142 Report

Hello Fellow Readers,

I would like to introduce those who have new positions beginning January 2018 for District 14-142:

- DCMC - Dan S., Prescott Valley
- DCMC Alt- Terry P., Verde Valley
- DCM - Bobbi D., Prescott Valley
- DCM Alt - Cindy F., Prescott Valley
- Treasurer - Travis S., Prescott Valley
- Secretary - Tiffany D., Prescott Valley
- CPC/PI - Ron P., Prescott Valley
- Event Coordinator - Rain M., Prescott Valley

This district meets the 1st Tuesday of each month at 6:30PM at Emmanuel Lutheran Church in PV. (7763 E. Longlook Dr.) We welcome new representatives and any AA member interested in learning about this level of service.

We ended 2017 with the 1st Annual Souper Supper on Christmas Day in Prescott Valley. A large variety of soups, breads, and desserts were served as two speakers delivered their message to those in attendance.

It looks to be a busy year already as upcoming events are being organized. Here are a few to put on the calendar so far:

- Valentine's Day Pancake Breakfast, 7-10 AM, Feb. 10, 2018 at the Emmanuel Lutheran Church in PV; pancakes and sausage served. The speaker for the pancake breakfast event will be at 9.
- The March event is a St. Patrick's Day corned beef and cabbage potluck on March 17, 2018. Main dish, drinks provided at yet to be determined location and time.
- In April the Verde Valley Roundup is Friday the 13th - Sunday the 15th in Cottonwood. Lots of activities planned, BBQ's and keynote speakers will be there, and it's always a great event.
- Planning committees across the district are meeting for the Women's Gratitude Luncheon in May 2018.
- Founders' Day in June to be coordinated with Prescott activities so dates don't compete
- Prescott Shoestring Roundup is being held this year in August at the Prescott Resort and Convention Center for a new venue location.
- ASCYPAA convention that is being held in Prescott this year October 12-14, 2018 at the Prescott Resort and Convention Center.

It's destined to be quite an action-packed year in Alcoholics Anonymous in our district! I will continue to add more information as it comes along, there are certainly many activities for everyone to attend and be involved with. We are certainly not a glum lot!

Cindy F.

The Music Stopped

I've always been a little backwards. When my mother asked me what I wanted to be when I grew up, I said "A musician." She replied "I don't think you can do both."

So, I became a musician. Doing as I pleased, when I pleased, as much as possible.

I learned to be accepted by others by doing what they did. Drinking, drugging, chasing women, playing music. I even thought I was good at it.

If I didn't feel accepted or if I felt hurt or if I had to look at myself I would hide under alcohol or anger. Usually both.

I became somewhat well known in the music field and this helped my ego a lot. Drinks for the band are almost always free. When the band stopped touring I had a "reason" to drink. So I did. It was really sad. Just ask my wife and children.

I guess I had my fill on Sunday night, January 19, 1985. Because, on the next day (the 20th) I found what I later learned was "pitiful and incomprehensible demoralization." Quite a bit of crying on my part, and meandering about aimlessly.

Suddenly I had a flash of insight. I thought "You have a drinking problem. You ought to go to AA." Of course my wife and friends had been telling me for a few years that I shouldn't drink or couldn't drink. I always won that argument in my mind.

I walked into a meeting on January 21, 1985 in Phoenix, Arizona. The only thing I could do was look at my shoes or yours.

I stood up at every meeting for thirty days and said "I'm Paul and I'm an alcoholic." After a couple of months I began to think it might be true. I did the only thing I seemed able to do and that was listen. I heard people say what they did and they were not drinking. What tidbits of information I could retain I tried to do.

The things I could remember and actually do were:

1. Don't drink and go to meetings.
2. Read the Big Book.
3. Get a sponsor.
4. Work the Steps.
5. Clean house.
6. Help others.

I believe a lot could be written about each one of these and how they changed me as I tried them. I heard that prayer and meditation were essential to stay on somewhat even ground. So, I started doing the best I could. Wonderfully, change occurred. The whole world seemed to change. The sun seemed brighter, people seemed nicer. I became lighter (less angry). It was me that was different.

I found out the "God!" of my parents and family was not the god that worked for me but, the God I found in sobriety did. I couldn't get myself sober. I don't keep myself sober. My Higher Power, the program of AA, and the loving people I've met are the wonderful results of looking for God.

Bottom line, I haven't had to take a drink today.

Love, Paul S.



**February AA Birthdays
CONGRATULATIONS!**



Working Girls

Eileen E. 2/03/85

Seniors in Sobriety

Dan W. 2/06/03

Sunday Round Table

John M. 2/12/91

PV Lushes T' Ladies

Jill W. 2/11/08

PV Sun. No Name Group

Jody J. 2/24/16

Tues. Nite Step Study

Carrie L. 2/02/06

Gregg M. 2/24/82

PV Friday Night Speakers

Brad B. 2/21/11

Dan S. 2/16/81

Sun Morn Men's Stag

Ray K. 2/09/97

David K. 2/11/90

Jon H. 2/15/88

PV Noon Group

Lesli B. 2/07/14

Emily K. 2/05/14

Stan P. 2/04/04

PV Tues. Noon Group

Donna 2/08/05

Uz J. 2/03/05

Bob H. 2/19/89

Humboldt Men's Stag

Robert B. 2/23/16

Daniel W. 2/02/13

Dominic B. 2/06/12

Justin G. 2/12/08

Dean B. 2/18/82

Alternatives

Mark K. 2/08/11

Lori 2/14/06

Ed M. 2/28/82

Bob Jr. 2/03/73

Luke 2/17/72

Prescott Group

Beth F. 2/24/10

Matt G. 2/13/09

Ira N. 2/19/08

Ryan H. 2/19/07

Justin B. 2/08/06

Park Ave

Blair H. 2/22/07

Justin G. 2/12/08

Matt K. 2/21/08

Becca S. 2/28/04

Carlos A. 2/14/97

Serenity at Sunrise

Matthew W. 2/26/16

Brad B. 2/21/11

Patty S. 2/14/03

John M. 2/12/91

Charlie L. 2/04/89

Roger N. 2/23/87

Gregg M. 2/25/82

Girlie Birds

Carlee P. 2/26/16

Ashley C. 2/23/16

Cindy G. 2/10/14

Dawn H. 2/07/15

Kate W. 2/20/08

Cathy N. 2/12/06

Kay B. 2/27/01

Mary B. 2/14/98

Maggie G. 2/15/87

Linnea T. 2/08/80

Susan C. 2/04/77



Service Corner

Look back and be grateful.

Look ahead and be hopeful.

Look around and be helpful.

Next Intergroup Meeting:

6:30 pm, Wednesday, February 14, 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, February 7, 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, February 6, 2018

(the first Tuesday of every month)

Emmanuel Lutheran Church, 7763 E. Long Look, PV

Prescott Shoestring Roundup Committee

5:30 pm, Friday, February 16, 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!

The Natural DNA of Excellence

This morning I heard this expression on a TV news show, “our natural DNA of excellence” as the anchor was talking about how wonderful it is to be a citizen of the United States. I thought – “wow - that speaks to me.” I know what they’re talking about!!

Years before my drinking and drug use ever became a huge problem, I was a teenager with hopes and dreams for the future – I imagined being a champion horsewoman and tennis player, Olympic gymnast and swimmer – excellent artist or published writer. I was good (or great) at many things, and I had a bright future, or so I thought. Little by little, low self-esteem, waning confidence, and increasing alcoholism and drug use took over my life, becoming an anchor around my neck, hoping to drown me. As my physical health and happiness diminished, so did those dreams I had ever since I was a child. The disease lies to you, tells you that you will never get there, never achieve anything. It certainly did that to me.

When I finally became sober in the latter part of the 1990’s, a wonderful woman at my treatment center, my spiritual advisor asked me; Did you ever paint? (Answer: YES) Are you painting now? (Answer: NO) WHY NOT? I didn’t have an answer as to why not! I started painting, and have painted about 20 paintings since then, some quite good and I still speak to that woman today.

In treatment, we were not locked down, so we were able to ride bikes back and forth from our houses to AA meetings and to the Center where we did groups, classes, and meetings with our counselors. My physical strength began to return, and I started jogging and running. I eventually started running 5 and 10 K’s and then in 2001, I flew to Hawaii to run in the Honolulu Marathon (3 months after 9/11!). People were afraid to fly then...but not me. I got my athletic ability back, and got so much natural joy from that physical expression – it’s a natural high!

God gave me the strength through my sobriety to regain my life’s skills and abilities – my natural DNA of excellence had always been there – it was just momentarily (for 20 years or so) under anesthesia, then like Sleeping Beauty, woke up after a long sleep.

I began swimming 9 years into my sobriety and now swim every day if I possibly can – I’ll find a pool wherever I am! I keep my fitness and strength up that way, especially if it’s too cold outside to walk, run or hike outdoors. I recently had a hip replacement, which was amazingly easy and painless because of my level of fitness and health.

The Natural DNA of Excellence will always return, it is there within us, just as DNA is. Sobriety is as much physical to me as mental, spiritual. It is a combination of body/mind/spirit.

Stephanie V.



Valentine’s Day Family Pancake Breakfast February 10th 7am – 10am



Emmanuel Lutheran Church
7763 E. Longlook, Prescott Valley
(Corner of Loos and Longlook)

Speaker Meeting 9:00am

Hosted by District 14-142

5th Annual Yuma Roundup

“Miracles in the Desert”

February 23 - 25

Arizona Western College
2020 S. Avenue 8E, Yuma, AZ 85365

For more information visit:
www.yumaroundup.org

7th ANNUAL VERDE VALLEY WOMEN’S LUNCHEON

Sunday, March 25, 2018

11:30 a.m. to 1:30 p.m.

Poco Diablo Resort, 1752 State Route 179
Sedona, AZ 86336

For more information email: cvwomen@gmail.com

Flyers available at the Intergroup office.

VERDE VALLEY ROUNDUP

April 13-15, 2018

Verde Valley Fairgrounds
Cottonwood, AZ

www.verdevalleyroundup.org

Save the Date!

St. Patrick's Day

Corned Beef and Cabbage Potluck

March 17, 2018

Main dish, drinks provided.

Hosted by District 14-142

Location and Time as yet to be determined.

(Check next month’s newsletter or,
prescottaa.org events page)

Prescott Area Intergroup's 2017 Treasurer's Report

GROUP DONATIONS	YTD
4 Directions Grp	\$400.00
Afterwards Group	\$1,800.00
Alternatives	\$100.00
AZ AA Women's Conference	\$500.00
Bradshaw Seniors Meeting	\$507.72
Carry This Message	\$1,230.04
Crazy Birds	\$660.00
District 14-140	\$200.00
Free Thinkers	\$200.00
Free Thinkers BBS	\$200.00
Friday Big Book Solutions	\$200.00
Girlie Birds	\$843.27
God Sticks Group	\$243.00
Healing the Hole in the Soul	\$843.50
Humboldt Men's Stag Meeting	\$500.00
Intergroup Meeting	\$331.11
Mayer Higher Power Hour	\$159.00
Noon BB Discussion	\$1,081.50
Nooners	\$36.26
Old Shoe (Skull Valley)	\$443.00
Open AA Meeting	\$820.00
Park Avenue Group	\$1,231.87
Prescott Group	\$404.00
Principles B4 Your Personality	\$1,776.31
PV As Bill Sees It	\$470.00
PV Diamonds in the Rough	\$200.00
PV Friday Night Speaker Mtg.	\$270.00
PV Gut Rap Group	\$180.06
PV Keep It Simple	\$772.50
PV Lushes t' Ladies	\$488.00
PV No Name Group	\$412.50
PV Noon Group	\$960.00
PV Reflections	\$380.00
PV Roadmap To Recovery	\$180.00
PV Sunday Nooners	\$500.00
PV There Is a Solution	\$33.70
PV Wed Step Study	\$150.00
PV Welcome Valley	\$420.00
Round Table Meeting	\$762.50
Saturday Night Live Prescott	\$313.50
Seniors In Sobriety	\$164.00
Serenity At Sunrise	\$2,343.50
Step Stories	\$535.08
Sun. AM Men's Stag	\$1,046.16
Sunday Morning AA Solutions	\$240.00
Sunny Days	\$1,019.43
The Great Fact	\$245.00
The Slice Of Life	\$1,100.00
Thurs Men's Stag	\$447.04
Toolbox Group	\$1,058.00

GROUP DONATIONS	YTD
Tues Night Book Study	\$239.52
Vet Center Mtg	\$81.00
Women's Gratitude Luncheon	\$180.00
Working Girls	\$39.00
Young Peoples Meeting	\$300.00
November Gratitude	
Afterwards Group	\$182.00
Alternatives Group	\$71.00
Carry This Message	\$84.00
Chino Group	\$103.60
Friday BB Solutions	\$44.00
Girlie Birds	\$201.00
Humboldt Men's Stag	\$67.75
Noon BB Discussion	\$65.50
Open AA Group	\$20.00
Open AA Meeting	\$28.00
Park Ave.	\$167.00
Prescott Group	\$27.46
PV Friday Night Speaker	\$106.00
PV Lushes T' Ladies	\$60.00
PV Noon Group	\$87.00
PV Sunday Nooners	\$28.00
PV Welcome Valley Group	\$26.00
Round Table Meeting	\$70.00
Serenity At Sunrise	\$410.00
Step Stories	\$94.00
Sun. Morning AA Solutions	\$60.00
Sunny Days	\$108.00
The Great Fact	\$163.00
Toolbox Group	\$79.25
Working Girls	\$20.00
TOTAL November Gratitude	\$2,372.56
TOTAL GROUP DONATIONS	\$32,613.63
OTHER INCOME	
AA Birthday Gratitude	\$659.00
Alcathon	\$363.00
Anonymous IG Donations	\$3,637.75
Literature Sales	\$12,935.95
Chips Etc.	\$3,413.10
Meeting Directory Sales	\$349.50
Newsletter Sales	\$205.00
Picnics	\$999.38
TOTAL OTHER INCOME	\$22,562.68
TOTAL INCOME	\$55,176.31
TOTAL EXPENSES	\$55,677.52
INCOME LESS EXPENSES	-\$501.21
Total Monies 12/31/17	\$28,969.54
Literature & Chips 12/31/17	\$6,890.00



Conscious Contact

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