



Conscious Contact

Prescott Area Intergroup: Serving Central Yavapai County

January 2018

240 S. Montezuma St. # 108 Prescott, AZ 86303 Phone: (928) 445-8691 Open Weekdays 10:00 am - 4:00 pm
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Happy, Sober New Year!

Three Reasons Why I Go to a Meeting Every Day

After more than a few 24 hours, I began to realize that the main reason I HAVE those 24 hours is that I've gone to a meeting every day for most of my sobriety. Here are three reasons why:

1. My sponsor told me to go to a meeting every day. I said I'd try, but she said "Don't try...do it. And since I'd decided to do what she said, I went Agreeing in advance to do what she said turned out to be pretty darn important. Though I didn't know it at the time, it was the key to willingness, which for me was the key to sobriety.
2. Being in a room with a whole bunch of people who are hard-wired the same as me (maybe I should say "mis-wired") makes me comfortable. It keeps me from thinking I'm normal, which I'm not, and from thinking I might be able to drink normally, which I don't.
3. It makes sure I hear the things I need to hear, sometimes (usually) from unexpected places or from seemingly unrelated topics.
4. I get to hear plenty of silly things, the things I and everyone else used to do which we thought (at the time) were completely normal. This makes any AA meeting an hour of good stand-up...for \$1.
5. If I want to be of service to other alcoholics, I have to be in a place where they are. And a meeting is perfect for that. I always like to reinforce a thoughtful comment after the meeting, or offer a suggestion to an alcoholic with an issue where I might be useful.
6. And then there's...

Wait... I thought there were *three* good reasons, but obviously once I got started I couldn't stop. I am an alcoholic, after all.

Anonymous

The Only Thing I Have to Do Perfectly

You already know what I'm going to say. It's to work Step One perfectly. Everything else can be done to a wide degree of perfection, but not Step One.

I was told from early on that if I were to try to work all 12 steps perfectly, I might as well start now with a bottle of Jack Daniels. It's not possible, and the harder I'd try, the most frustrated I'd get, and the closer to a drink I'd be. It wouldn't be long and I'd give up on the whole program. I know this because it's how I used to do pretty much everything.

Think about it. To take or not take a drink is an off/on issue. There are no degrees of success. It's yes or no. Very simple.

But the other 11 steps involve degrees of completion. For example:

- Step Four: Did you forget something? Was it on purpose? Ask your sponsor what he thinks.
- Step Seven: Do you sometimes want to hang on to a particular character defect? Do better tomorrow.
- Step Ten: Did you go a couple days before you admitted you were wrong? Try to be more prompt the next time you step right into the middle of it.
- Step Eleven: Did you catch yourself praying for a better job? Or for the D-Backs to win the pennant? Take a step back, look at and realize there's a bigger picture, and re-work your prayers to know god's will and have the power to carry it out. And stop with that.

And so on. The "Other Eleven" became my project for a lifetime. Previously I had no clear-cut goals and now I do. They're simple, measurable, and come with someone to consult (my sponsor). It's not the end of the world if I screw up on one of them as long as I have Step One under my belt.

Anonymous

Tradition One (The Long Form)

Each member of Alcoholics Anonymous is but a small part of a great whole. A.A. must continue to live or most of us will surely die. Hence our common welfare comes first. But individual welfare follows close afterward.

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Concept One

"Final responsibility and ultimate authority for A.A. world services should always reside in the collective conscience of our whole Fellowship."

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District Report: How It Works

As the incoming Secretary of District 14-140, I've been asked to write an article every other month that highlights "what's goin' on" in our District and Area. In this first piece I'd like to attempt to lay out in layman's terms how this whole District/Sub-District/Area thing works. If you've heard of Districts and Area's and stuff like that in AA, and might be interested in getting involved if only you could just figure out what it is your getting involved in, this article is for you.

So, here we go. Every year there is a General Service Conference in New York where decisions are made about how AA operates. They consider things like changes to the literature, retiring old literature, adding new literature, whether or not AA should use media like twitter/you-tube/facebook to carry the message, whether or not the GSO should help groups address safety issues in local meetings; all kinds of stuff. Who makes these decisions?

AA is divided up into geographic Areas. We are in Area 03 which is basically all of Arizona. Each year every Area selects an individual member to represent the Area at the General Service Conference and vote on these issues. This individual, called a Delegate, votes according to the group conscience of the Area. How does the Delegate know how the Area wants him/her to vote?

Each Area holds 4 conferences each year, called Assemblies. At these Assemblies we select a Delegate, discuss the issues that are up for a vote at the General Service Conference in New York, and inform our Delegate on how we want her/him to vote. Who attends these Assemblies?

Each AA group throughout our Area (that's you) can select an individual, called a GSR (General Service Representative), who attends the 4 Assemblies and carries your home group's conscience on these issues to the Assemblies. How does a GSR learn about these issues, share them with his/her home group, and carry her/his home group conscience?

Our Area is divided up geographically into Districts. We are in District 14. Our District is so large that it is divided up into 3 Sub-Districts which are 14-140 (Prescott), 14-142 (Prescott Valley), and 14-141 (Verde Valley). Each Sub-District meets monthly to discuss these issues and prepare the GSR for participation at the 4 Area Assemblies. Districts do a variety of other things in support of local meetings but prepping GSR's to participate at the Area Assembly is the main thing. So, a GSR typically attends the monthly District meetings and the 4 Area Assemblies, and brings his/her home group's group conscience to these meetings. Typically, home groups have group conscience or business meetings once a month to learn about these issues and inform the GSR on how to vote.

So that's the basics on how your group's conscience travels from your home group to the General Service Conference. It's carried by your GSR, through the District meetings and Area Assemblies, to the Area Delegate who carries it to the General Service Conference.

Often home groups cover the travel expenses of their GSR to attend these meetings. Funding is also often available from the Sub-District, District and Area. You can find out about this funding at the monthly District meetings.

Paul B.

Step of the Month

Step One and the Serenity Prayer are closely linked for me. Step One reminds me "we were powerless over alcohol—that our lives had become unmanageable." The Serenity Prayer encourages me to pray that God will "grant me the Serenity to accept the things I can not change, Courage to change the things I can, and Wisdom to know the difference." The bond shared by these two messages became clear to me one afternoon while I was at work. I was teaching a fourth grade class about grammar, and the difference between nouns and verbs. This was a lesson I had literally taught 100 times. "Nouns are people, places, and things. Verbs are actions." And right at that moment, I had a flash of clarity. People, places, and things are what I cannot ever control. My personal actions, or responses, are what I should control. Wow! What a revelation. My life is unmanageable when I fret over nouns. God helps me to be less reactionary and more kind with my verbs. Good lesson for me to remember!

Cathy N.

Why It's Working This Time

I've tried to get sober a few times before this. I always looked the part but inside wasn't doing the work. But this time it's different.

Today I have six months. And during those six months I've done LOTS of work. I have sacrificed, made hard but necessary decisions, obtained a sponsor – and not just got one but use one: I call her daily and I work steps. I actually journal when she tells me to, read when she tells me to, and I ask for help when I need it.

The main thing for me today is trusting that God has a plan for me. I know I always believed in something but I didn't believe in it enough to trust it fully. But today I do. So in everything I do, I practice acceptance and I give my life over to the care of MY higher power.

Don't get me wrong there are hard days but with these tools I get through them, clean.

Kailey D.



January AA Birthdays CONGRATULATIONS!



PV Fri. Night Speakers

Mark H. 1/01/88

CV Friday Group

Linda D. 1/06/11

Free Thinkers

Steve D. 1/17/70

Crazy Birds

Steve E. 1/21/11

Bill L. 1/04/08

PV No Name Group

Mali V. 1/03/11

Bill W. 1/12/09

Serenity @ Sunrise

Jessica T. 1/17/13

Sarah P. 1/20/99

Collette J. 1/01/96

Ron L. 1/15/92

Pat A. 1/06/90

Round Table Group

Erin B. 1/19/15

Becky 1/18/15

Cameron B. 1/05/14

Jessica T. 1/18/13

Linda F. 1/30/07

Paul S. 1/20/84

Girly Birds

Amanda S. 1/08/16

Leah H. 1/28/15

Ronda H. 1/18/11

Sarah P. 1/20/99

Pat A. 1/06/90

Susan H. 1/14/86

Judy H. 1/06/78

Welcome Valley Group

Paula 1/21/16

Karyn P. 1/26/15

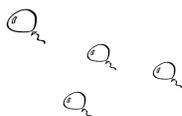
Dave S. 1/28/12

Rain M. 1/15/11

Steve P. 1/10/02

Ron 1/15/92

Teresa R. 1/05/87



CELEBRATE SOBRIETY!

Please help update our AA birthday list!

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!

"I Am a Miracle"

The central fact of our lives today is the absolute certainty that our Creator has entered into our hearts and lives in a way which is indeed miraculous. He has commenced to accomplish those things for us which we could never do by ourselves.

— Alcoholics Anonymous, p. 25

This truly is a fact in my life today, and a real miracle. I always believed in God, but could never put that belief meaningfully into my life. Today, because of Alcoholics Anonymous, I now trust and rely on God, as I understand Him; I am sober today because of that! Learning to trust and rely on God was something I could never have done alone. I now believe in miracles because I am one!

From the book Daily Reflections, January 1
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Service Corner

Look back and be grateful.

Look ahead and be hopeful.

Look around and be helpful.

Next Intergroup Meeting:

6:30 pm, Wednesday, January 10, 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, January 3, 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, January 2, 2018
(the first Tuesday of every month)
Emmanuel Lutheran Church, 7763 E. Long Look, PV

Prescott Shoestring Roundup Committee

5:30 pm, Friday, January 19, 2018
(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

My Road to Acceptance

I had the good fortune to meet the late Dr. Paul O. and to hear him speak several times at AA meetings. Dr. Paul is the “Doctor, Alcoholic, Addict” whose story is among those in the back of the 3rd edition of our Big Book – the guy for whom “Acceptance Was the Answer” in the 4th edition. And I have no argument with his oft-quoted statement that: “When I am disturbed, it is because I find some person, place, thing, or situation – some fact of my life – unacceptable to me, and I can find no serenity until I accept that person, place, thing, or situation as being exactly the way it is supposed to be at this moment.”

But as much as I endorse that view, it’s also true – for me – that the change from finding something unacceptable to accepting it as the way it’s supposed to be at the moment involves some interim steps. Call them my “preconditions” for acceptance. (After all, even AA’s first step has preconditions. “If you have decided you want what we have and are willing to go to any length to get it – *then* you are ready to take certain steps.”)

So here’s the four step guide I use on my path to acceptance:

1. First I need to take responsibility for my disturbed feeling. For far too long, I truly believed that I was the victim of my feelings. My disturbances were the fault of those persons, places, things and situations rather than my reactions to those stimuli. In AA, I’ve learned that whatever the circumstances, my feelings are mine – and dealing with them is my responsibility.
2. Step two for me is the “one day at a time” check. As it turns out, frequently my discomfort has little to do with a person, event or situation I’m facing at the moment. My discomfort is based on either some remembered offense or, more likely, my projection of how these persons, events, or situations will evolve in the future. Lots of problems fail this “one day at a time” test!
3. Third is trying to determine whether there is anything *constructive* that I can do *today* to improve the situation that troubles me. If I’m having difficulty with another person, I know it’s futile for me to try and change them. I can only try to change my attitude toward them. As our Serenity Prayer puts it: “God grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.”
4. If I’ve taken whatever constructive action seems appropriate *today*, then I’ve done my part. Now, as Dr. Paul puts it: “I leave the results up to Him; however it turns out, that’s ‘God’s will for me.’” Instead of stewing about the situation further, I try to remember that I live in a house with many windows, and I do have the power to decide where to focus my attention. I can look out a different window. Particularly effective is looking for opportunities to help somebody else.

For me, the bottom line here is that, like Dr. Paul, I have a “magic magnifying mind... When I focus on what’s

good today, I have a good day, and when I focus on what’s bad, I have a bad day. If I focus on a problem, the problem increases; if I focus on the answer, the answer increases.” Which one I focus on is my choice – which means I am really the architect of my own feelings. I find this to be one of the most amazing paradoxes in a program full of them. When I accept my powerlessness over alcohol and put my trust in our program, I discover that the power to change my whole perspective on life has been hiding inside me all along.

Dan F.

The Salvation of Service

My life in AA began in a treatment facility – I’d tried to get sober a couple of times (well, actually, was forced to by the law – DUI’s)...but because of my stubbornness, it wasn’t until I was really backed into a corner (the threat of jail) that I had to finally stop drinking and doing drugs. Drinking had been such a way of life, when you take it away you have to replace it with something. I had been the “belle of the ball” mainly because I had the Party Central place where everybody came for many years to party often after the bars closed. I had it made, so I thought – a social life all built around getting drunk and high, thinking those people were real friends. It was all about to end...mercifully!

The first thing they told me in AA was I’d have to find a Power greater than myself that would be my guide, my best friend, my companion. I’d always believed in a Higher Power I call God, but never knew how to have a personal relationship with this Being, this Higher Power. But pretty soon into treatment, I was asked by the spiritual advisor at our treatment facility to be a greeter at a night AA meeting. I’d already had group therapy, a meeting with my case manager, a meeting with a spiritual advisor, and two AA meetings that day. I did not want to go to another meeting.

I wanted to ride my bike home, look at the California coast and make dinner. Then my spiritual counselor said to me “what if there was a new sick woman there for her first meeting and you were the *only* person who greeted her, made her feel welcome and offered to go in with her and sit with her?” I did go, and that did happen, and it dawned on me that I could be that hostess, that hospitable, loving presence who could help *somebody else*. From that point on was born this desire to serve others. And, by doing so I felt that closeness of my Creator. This was my new “Employer” and I was doing His bidding. And, He has *many* jobs available!! When I got out of treatment six months later, I was assigned by my new sponsor to a coffee commitment at a 7am meeting. It was an overwhelmingly social, huge meeting. I was scared of people and afraid to talk to men. But alcoholics are *so happy* to have their coffee in the morning. I found it easy and smooth to be a “part of” – and as the years went on, there wasn’t anything I couldn’t do. I did H&I (speaking in Hospitals and Institutions such as jails, treatment facilities, etc.) and spoke at large speaker meetings. The practice of being of service takes on a life of its own,

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and for me brought on, and still does, a continuing Conscious Contact with God.

I also took a volunteer position at our local hospital doing wheelchair transport. I had been terribly neglectful and unkind to my mother who was dying of cancer in the last couple of years of my disease and she died before I got sober. I found myself making a living amends through

wheelchair transport taking care of other people as I would have with my own mother had I been healthy and sober. I still do that same wheelchair service now 20 years later. It brings me joy to help others. My life in AA has always brought opportunities to be of service, and I learned that joy is in the giving, not the taking.

Stephanie V.

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

<u>GROUP DONATIONS</u>	<u>YTD</u>
<u>4 Directions Grp</u>	<u>\$400.00</u>
<u>Afterwards Group</u>	<u>\$1,500.00</u>
<u>Alternatives</u>	<u>\$100.00</u>
<u>AZ AA Women's Conference</u>	<u>\$500.00</u>
<u>Bradshaw Seniors Meeting</u>	<u>\$479.60</u>
<u>Carry This Message</u>	<u>\$964.04</u>
<u>Crazy Birds</u>	<u>\$660.00</u>
<u>Free Thinkers</u>	<u>\$200.00</u>
<u>Free Thinkers BBS</u>	<u>\$200.00</u>
<u>Friday Big Book Solutions</u>	<u>\$200.00</u>
<u>Girlie Birds</u>	<u>\$843.27</u>
<u>God Sticks Group</u>	<u>\$243.00</u>
<u>Healing the Hole in the Soul</u>	<u>\$843.50</u>
<u>Humboldt Men's Stag Meeting</u>	<u>\$500.00</u>
<u>Intergroup Meeting</u>	<u>\$300.11</u>
<u>Mayer Higher Power Hour</u>	<u>\$159.00</u>
<u>Noon BB Discussion</u>	<u>\$1,081.50</u>
<u>Old Shoe (Skull Valley)</u>	<u>\$387.00</u>
<u>Open AA Meeting</u>	<u>\$820.00</u>
<u>Park Avenue Group</u>	<u>\$1,104.07</u>
<u>Prescott Group</u>	<u>\$404.00</u>
<u>Principles B4 Your Personality</u>	<u>\$1,776.31</u>
<u>PV As Bill Sees It</u>	<u>\$470.00</u>
<u>PV Diamonds in the Rough</u>	<u>\$200.00</u>
<u>PV Friday Night Speaker Mtg.</u>	<u>\$270.00</u>
<u>PV Gut Rap Group</u>	<u>\$180.06</u>
<u>PV Keep It Simple</u>	<u>\$772.50</u>
<u>PV Lushes t' Ladies</u>	<u>\$488.00</u>
<u>PV No Name Group</u>	<u>\$312.50</u>
<u>PV Noon Group</u>	<u>\$960.00</u>
<u>PV Reflections</u>	<u>\$380.00</u>
<u>PV Roadmap To Recovery</u>	<u>\$180.00</u>
<u>PV Sunday Nooners</u>	<u>\$500.00</u>
<u>PV There Is a Solution</u>	<u>\$33.70</u>
<u>PV Wed Step Study</u>	<u>\$150.00</u>
<u>PV Welcome Valley</u>	<u>\$140.00</u>
<u>Round Table Meeting</u>	<u>\$762.50</u>
<u>Saturday Night Live Prescott</u>	<u>\$313.50</u>
<u>Seniors In Sobriety</u>	<u>\$50.00</u>
<u>Serenity At Sunrise</u>	<u>\$2,130.50</u>
<u>Step Stories</u>	<u>\$535.08</u>
<u>Sun. AM Men's Stag</u>	<u>\$656.78</u>

<u>GROUP DONATIONS</u>	<u>YTD</u>
<u>Sunday Morning AA Solutions</u>	<u>\$160.00</u>
<u>Sunny Days</u>	<u>\$1,019.43</u>
<u>The Great Fact</u>	<u>\$245.00</u>
<u>The Slice Of Life</u>	<u>\$1,100.00</u>
<u>Thurs Men's Stag</u>	<u>\$447.04</u>
<u>Toolbox Group</u>	<u>\$1,058.00</u>
<u>Tues Night Book Study</u>	<u>\$239.52</u>
<u>Women's Gratitude Luncheon</u>	<u>\$180.00</u>
<u>Working Girls</u>	<u>\$29.00</u>
<u>Young Peoples Meeting</u>	<u>\$300.00</u>
<u>November Gratitude</u>	
<u>Afterwards Group</u>	<u>\$130.00</u>
<u>Alternatives Group</u>	<u>\$71.00</u>
<u>Carry This Message</u>	<u>\$84.00</u>
<u>Girlie Birds</u>	<u>\$201.00</u>
<u>Open AA Meeting</u>	<u>\$28.00</u>
<u>Park Ave.</u>	<u>\$167.00</u>
<u>PV Friday Night Speaker</u>	<u>\$106.00</u>
<u>PV Sunday Nooners</u>	<u>\$28.00</u>
<u>PV Welcome Valley Group</u>	<u>\$26.00</u>
<u>Round Table Meeting</u>	<u>\$70.00</u>
<u>Sun. Morning AA Solutions</u>	<u>\$60.00</u>
<u>Sunny Days</u>	<u>\$108.00</u>
<u>The Great Fact</u>	<u>\$163.00</u>
<u>TOTAL November Gratitude</u>	<u>\$1,242.00</u>
<u>TOTAL GROUP DONATIONS</u>	<u>\$29,170.51</u>

<u>OTHER INCOME</u>	<u>YTD</u>
<u>AA Birthday Gratitude</u>	<u>\$569.00</u>
<u>Anonymous IG Donations</u>	<u>\$3,427.75</u>
<u>Literature Sales</u>	<u>\$12,589.75</u>
<u>Chips Etc.</u>	<u>\$3,144.85</u>
<u>Meeting Directory Sales</u>	<u>\$296.50</u>
<u>Newsletter Sales</u>	<u>\$190.00</u>
<u>Picnics</u>	<u>\$999.38</u>
<u>TOTAL OTHER INCOME</u>	<u>\$21,217.23</u>
<u>TOTAL INCOME</u>	<u>\$50,387.74</u>
<u>EXPENSES</u>	<u>\$51,275.73</u>
<u>INCOME LESS EXPENSES</u>	<u>-\$887.99</u>
<u>Total Monies 11/30/17</u>	<u>\$28,552.76</u>
<u>Literature & Chips 12/11/17</u>	<u>\$7,314.00</u>



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