



# Conscious Contact

Prescott Area Intergroup: Serving Central Yavapai County

July 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

## AA On the Road

One of the wonderful freedoms of not drinking is getting to travel anywhere on the planet with good health and good karma – and that last part has been particularly true for me. As well as not getting into trouble with people, places and things, I now can freely walk the earth with (hopefully) gentle grace and dignity, and feel a wonderful connection traveling both in the U.S. and abroad.

Even in my drinking days I did a lot of traveling, with varied results – mostly bad, as in terrible hangovers and blackouts. Once on Catalina Island I was very sick from drinking and tried to over-stay in my hotel room until I recovered. But I was forcibly kicked out and had to go sleep it off on the beach for nine hours until a shuttle boat arrived to take me back to the mainland. I remember feeling homeless and hoping no one would steal my purse or other belongings!

Now whenever I travel, especially to a place I've never been, I'll look up AA meetings. It's very easy – use your phone to search for “AA. (fill in the city).org” and it will usually bring up the times and locations of meetings in the city you're visiting.

In 2007, I took a guided tour of Italy with another AA friend, and before I left, some folks in Newport Beach told me about a meeting at St. James church in Florence called “The Gate.” I knew the address and time, so when my travelling partner and I got to that part of the trip, we asked our guide to put us in a taxi to that meeting. We got there – an actual gate, covered with ivy and, to guard against thieves and criminals, equipped with closed circuit TV to buzz you in. I was holding the gate for a well-dressed woman coming in behind me, and heard: “Is that Stephanie V?” It turned out to be one of my closest friends and party buddies from our college days in Santa Barbara! I hadn't seen her in 30 years! Now she lived in Florence, and was that day's meeting secretary. She wouldn't have been there the day before or the day after! We both felt such synchronicity that we happened to run into each other. We renewed our friendship, and eventually she moved back to the U.S. where I helped her find a new life in California. Despite my moving to Arizona we have stayed in touch for the last 11 years.

Experiences like that remind me that when you're in the spiritual realm, there is an energy at work beyond my

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## Just Another Project With a Deadline...

Or so it seemed. Professionally I lived in a world of projects with due dates, and always had. And since they involved writing, my 4th Step just seemed to be one more in the lineup.

Before that, before I got the “assignment,” my program had consisted primarily of hitting the daily 7:30 meeting every morning. The program was never presented as something that needed work on my part, but rather participation, consistency and respect. (I am still impressed with the total silence that falls when the speaker calls for a moment of silence.)

Those meetings followed a weekly routine: Monday a Step, Tuesday a Tradition, Wednesday the 24-Hour Book, Thursday somebody's story, Friday a “dealer's choice” topic. And so on. Without my knowing it, the program was working ME, osmosis-style (with a small group of “handlers” keeping tabs on how closely I was paying attention).

Then they suggested I get a sponsor and start my 4th Step. They even had a suggestion as to who. Dick McC. and I were in the same business. He'd be perfect. He was. He sent me to the downtown office to pick up materials they had available: workbooks, outlines, etc., most of it published by Hazelden. Being an alcoholic, I bought everything they had available. Their methodology was similar to doing an examination of conscience, something I'd done many times growing up Catholic. But other projects came first and the 4th Step frequently got moved to a back burner.

Then, as my first anniversary approached, I set it as a firm deadline and finished the work. My material was a hodge-podge of workbooks, pages from legal pads, etc. I asked Dick if I should maybe retype it, to tidy it up. He said that wouldn't be necessary...and added that he'd simply look it over and that we'd discuss it at lunch the following week.

I expected some kind of “absolution” from my sins but instead, he returned the envelope and simply began telling me about his own life and character defects. I was stunned. It was the last thing I was expecting. He told me that most of what I'd written down was the standard BS, selfishness and ego that's present in many an alcoholic's life. But that these issues weren't my problem.

Instead, it was perfectionism.

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## I Led Three Lives

I was just a teenager back in the 1950s when a television program called “I Led Three Lives” was on the air. Based in part on a real person, it told the story of Herbert Philbrick, who was an advertising executive by day but who also posed as a member of the American Communist Party and reported on that group as an undercover agent for the FBI. Thus Philbrick’s three lives – Citizen, Communist, and Counterspy.

The program came to mind at a Step One meeting the other night when the leader asked participants to share about their self-image in their drinking days compared with their perspective on themselves as sober members of Alcoholics Anonymous. My story would have to be told in three parts, I thought – and as others shared, I realized the same was true for many of them.

My story would have to begin with my self-image before I ever had that first drink. I just didn’t fit in. I remember as a very young boy searching my parents’ closet looking for the adoption certificate that would “prove I didn’t really belong to these people.” I got good grades while other boys were good at games and sports. I was the small, skinny, bespectacled kid they called the “professor.” Outside school, I hung around with boys two or three years younger than me, where I felt I could better hold my own. I was shy around girls and afraid of the other boys. In high school I became “the clown” as a defense mechanism, but even there I was “less than” – my friend Ray was a much more popular clown than I.

Then, in college, I found booze, and my second life began. I got sick the first couple of times I drank, but the feeling before the room started spinning was so fantastic I couldn’t wait until the next opportunity. My inhibitions vanished. I found a home in the bars; a place where I finally felt I belonged. Alcohol truly was a magic elixir. Later, when my wife or other friends would express concern over the amount I drank, or the frequency with which I got drunk, I secretly sneered at them as incapable of appreciating the sophisticated swinger I imagined that I had become. Even as the drinking got worse, as the troubles mounted, as I became more and more isolated from everyone – even former drinking friends – around me, I blamed everything but booze.

Finally I had nothing else to blame. My surrender came in a call to AA from the bar where I had my last drink. And my third, and by far most satisfying, life began. Today I participate fully in my life, and I know that I belong. I don’t need alcohol to fit in anywhere life takes me. Not only that, but I feel I have something to contribute on many levels. I’m no longer “special” or “different,” but I am worthwhile. That’s not egotism; that’s the gift of our program – the “third life” many of us enjoy.

Dan F.

*Continued from page 1 Another Deadline*

He suggested I ignore the tawdry details, so thoroughly described in my text, and focus on running my life with the reins a bit more loose. That I’d annoy people less, and enjoy my own life more. And most importantly, that my expectations would be much more realistic. It was a totally unexpected outcome from my 4th Step, especially considering the long, slow and winding route I’d taken to complete it. But nothing has affected me more than going through the exercise and coming out with what I got.

Bill S.

*Continued from page 1 AA On the Road*

own. Being in God’s will I find unexpected and untold blessings. Of course the opposite is often true too – when not in God’s will, bad things can happen! Today I can instinctively sense whether I’m doing the wrong or right thing.

Travel is a time when I’m out of my element, my comfort zone, and I can often get off balance. I find that going to an AA meeting, establishing connection with other alcoholics, can yield new acquaintances or even an old friend in unfamiliar places.

Another example of that happened in Kauai in 2013. I was supposed to be travelling with my sister, but she wasn’t able to go, so I ended up going alone. Immediately upon arriving, I looked up the nearest AA meeting, which was very close by. I went the next day, and when they asked for visitors, put my hand up as a visitor from California. Soon after, someone passed me a note from a woman in the meeting telling me she’d grown up on Kauai and was a tour guide, but had recently lost her driver’s license for drunk driving. She offered to act as my guide as I drove around the island. I agreed and as a result benefitted from an insider’s view of the island’s culture and customs. It was Thanksgiving also, and I got to be part of a huge, all-Island AA feast halfway between two major towns. So, being alone in a new place but being a member of AA, I got to have an experience I never would have had being a tourist all by myself!

Alcoholics Anonymous has given me an amazing life that continues to unfold in new, beautiful and unexpected ways!

Stephanie V.

## Tradition Seven:

“Every A.A. group ought to be fully self-supporting, declining outside contributions.”

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**July AA Birthdays  
CONGRATULATIONS!**



**Home Group ?**

Barbara A. 7/14/87

**Serenity @ Sunrise**

George J. 7/13/91

**Step Stories**

Judy V. 7/04/89

**Friday BB Solutions**

Jim T. 7/14/82

**The Slice of Life**

Cortland M. 7/06/10

**No Name Group**

Ryan D. 7/06/08

**Welcome Valley Group**

Mike D. 7/13/93

**PV Friday Night Speakers**

Steve B. 7/16/17

Beth S. 7/26/82

**Tues. Night Step Study**

Cindy N. 7/28/08

Angel W. 7/07/71

**Park Ave**

Deb S. 7/17/02

Pat R. 7/28/91

**Alternatives**

Bobby B. 7/01/09

Mike S. 7/16/88

**PV Noon Group**

Heather R. 7/15/14

Danny A. 7/19/83

Claudette P. 7/16/73

**Girlie Birds**

Michele D. 7/16/16

Patti T. 7/16/10

Judy S. 7/12/07

**Prescott Group**

Kelsey H. 7/12/09

Jennifer K. 7/25/06

Alex P. 7/01/06

Matt C. 7/20/03

Stephanie V. 7/13/98

**Lushes t' Ladies**

Emma L. 7/26/10

Susan L. 7/12/07

Patti K. 7/30/03

Jamie G. 7/13/95

Carol C. 7/01/81

**Humboldt Men's Stag**

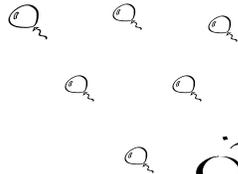
Ron W. 7/16/15

Mickey C. 7/07/08

Lynn H. 7/05/00

Jack McP. 7/07/87

Tom M. 7/15/79



# Service Corner

**Look back and be grateful.**

**Look ahead and be hopeful.**

**Look around and be helpful.**

**Next Intergroup Meeting:**

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

**Next District 14-140 GSR Meeting**

**August 1st**

4th of July meeting cancelled  
(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, July 3, 2018  
(the first Tuesday of every month)  
Emmanuel Lutheran Church, 7763 E. Long Look, PV

**Prescott Shoestring Roundup Committee**

5:30 pm, Friday, July 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.  
[prescottaa@prescottaa.org](mailto:prescottaa@prescottaa.org)**

**Thank You to everyone who helps!**

**Heard at a Meeting:**

**Some people grumble because the roses  
have thorns. We should be so grateful that  
the thorns have roses.**

**District 14 to Host 2019  
Area 03 Pre-Conference Assembly**

March 29, 30 & 31, 2019

*Our Big Book - 80 Years - 71 Languages*

Prescott Resort and Conference Center  
1500 AZ-69, Prescott, AZ

The next Planning Committee Meeting will be held Saturday, August 4, 2018 at 6:30 pm at the Step One Center, 6719 E. 2nd St. in Prescott Valley.

There are many opportunities to be of service to help plan and put on a great Assembly.

**Please Join Us!**

**The Power In Surrender**

In recovery I have been taught that I must surrender to my powerlessness. When I arrived in the rooms I knew I was powerless -- all the times I tried to control my disease proved futile. I recounted how many days I would swear I wasn't going to drink only to be met by self-loathing and shame the next day after succumbing to the craving.

Once sober I began to get some clarity, and as I worked through the steps I realized that when I tried to control my surroundings and resisted the work I needed to do, my sense of powerlessness grew. When I surrendered and did the work, followed the suggestions of old timers and my sponsor, I found that I had some power -- if only in the sense that I began to understand that my disease, once considered my best friend, was actually my enemy and it was trying to kill me.

My disease and I had adventures -- that's for sure. We created tons of secrets, and instead of sharing the shame, I carried it for the both of us. I personified alcohol because then I could understand better how it tricked me -- how it would sit like an abusive boyfriend luring me at every turn with promises it will be different this time. It would put romantic notions in my head of all we could accomplish together, when in fact he just wanted me face down in the gutter and wouldn't be happy until I was dead.

I realized I was helpless against his charms and the only way to stop falling for his tricks is to get far away and surround myself with friends who could shield me until I was strong enough to stand alone. I had to realize that a power greater than myself was the only thing that could restore order in my life after the wreckage of my affair with alcohol. There was great power in surrender and releasing control. I could learn to become the person my higher power intended me to be, and that was a pretty powerful place to be.

Kat C.

**Read All About It!**

**Third Annual Arizona AA Women's Conference  
"Sought through Prayer and Meditation"**

**When: July 6-8, 2018 (Friday, Saturday, Sunday)**

**Where: Prescott Resort and Conference Center  
1500 E State Route 69, Prescott, Arizona 86301**

**Check out the Women's Conference website:**

**<https://www.azaawc.org>**

The Planning Committee has finalized the schedule/program for the 2018 Conference. Please take a look under the "Program" tab to see if there is a particular area or topic of interest to which you would be willing to donate your time for service work. We are scheduling speakers and Conference assistants. It is a great way to do service work and meet just about everyone there.

The AA Women's Conference was a dream that came true. There were no conferences that had such varied topics and that were open to all women. Working with an energized group of women with like-minded values, we formed a committee and started the first statewide Women's Conference in 2015. The purpose of the conference has been to bring all women together to share their sobriety, strength and hope.

Registration: [www.AZAAWC.org](http://www.AZAAWC.org).

"This conference/convention is self-supporting. No group monies are used to pay for this event. The cost of the event is paid through registration fees. No baskets are passed. The ideal goal for any committee of such an event is to break even; therefore, the registration fee is nominal compared to a weekend's worth of entertainment anywhere else. Attendance is voluntary and as responsible AA members, we 'pay our own way.'" (Courtesy of Arizona State Convention Committee)

Cathy N.

**Heard at a Meeting:**

**The AA way of life is to be bread for daily use, not cake for special occasions.**

**Concept Seven:**

"The Conference recognizes that the Charter and the Bylaws of the General Service Board are legal instruments: that the Trustees are thereby fully empowered to manage and conduct all of the world service affairs of Alcoholics Anonymous. It is further understood that the Conference Charter itself is not a legal document: that it relies instead upon the force of tradition and the power of the A.A. purse for its final effectiveness."

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**PRESCOTT AREA INTERGROUP'S**

**2018 SUMMER PICNICS!**

**POTLUCK, AA SPEAKER MEETING & RAFFLES**

**Three Friday Evenings:**

**June 29th**

Hosted by: Saturday Night Alternatives

**August 24th**

Hosted by: *Sunday Morning Men's Stag*

**September 28th**

Hosted by: *The Great Fact Group*

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

**6:00 PM — Potluck/Picnic 7:00 PM — Speaker Meeting**

**Prize Raffle & 50/50 Raffle to follow speaker meeting**

**Please bring a potluck dish to share**

**Bring chairs and/or blankets**

Intergroup provides fried chicken & coffee

Sodas & bottled water available for purchase

Raffle prizes may be brought to the Intergroup Office or the picnic

Be a part of fun service opportunities!

Arrive at the Ramada at 4:30 PM for set-up and/or

Stay after for clean-up

**For more info call 445-8691**

**Flyers available at [www.prescottaa.org](http://www.prescottaa.org)**

**Prescott Shoestring Roundup**

August 31, September 1 & 2, 2018

Prescott Resort, 1500 Hwy 69

Registration Open!

[www.prescottshoestringroundup.org](http://www.prescottshoestringroundup.org)

Flyers are available at the Intergroup Office and online

**25th Annual Payson Roundup**

August 24, 25, 26, 2018

*Serenity Under the Rim*

For campsite location see the flyer at:

[www.AApayson.com](http://www.AApayson.com)

Flyers are available at the Intergroup Office and online

**2018 Area 03 Assemblies**

Details at: [www.Area03.org](http://www.Area03.org)

**2018 Post Conference Assembly**

**2018 August Assembly**

August, 17th-19th, 2018

Mesa, AZ

**2018 November Assembly**

November 3rd, 2018

Lake Havasu City, AZ

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

<u>GROUP DONATIONS</u>	<u>YTD</u>	<u>GROUP DONATIONS</u>	<u>YTD</u>	<u>OTHER INCOME</u>	<u>YTD</u>
4 Directions Grp	\$200.00	PV Gut Rap Group	\$80.00	AA Birthday Gratitude	\$316.00
Afterwards Group	\$1,500.00	PV Keep It Simple	\$200.00	Anonymous IG Donation	\$297.00
Bradshaw Seniors Meeting	\$166.10	PV Lushes t' Ladies	\$225.00	Literature Sales	\$4,722.65
Carry This Message	\$366.00	PV No Name Group	\$100.00	Chips	\$1,278.75
Chino Valley AA	\$200.00	PV Noon Group	\$500.00	Meeting Directory Sales	\$147.50
Free Thinkers	\$200.00	PV Reflections	\$108.00	Newsletter Sales	\$135.00
Friday Big Book Solutions	\$100.00	Round Table Meeting	\$402.00	<b>TOTAL OTHER INCOME</b>	<b>\$6,896.90</b>
Girlie Birds	\$450.00	Serenity At Sunrise	\$1,476.40	<b>TOTAL INCOME</b>	<b>\$20,084.28</b>
Healing the Hole in the Soul	\$225.00	Step Stories	\$299.81	<b>TOTAL EXPENSES</b>	<b>\$24,105.12</b>
Intergroup Meeting	\$143.00	Sun. AM Men's Stag	\$696.56	<b>INCOME LESS EXPENSES</b>	<b>-\$4,020.84</b>
Noon BB Discussion	\$627.50	Sunday Morning AA Solutions	\$100.00		
Old Shoe (Skull Valley)	\$106.00	Sunny Days	\$18.27	<b>Total Monies 5/31/18</b>	<b>\$24,948.70</b>
Open AA Meeting	\$600.00	The Great Fact	\$1,031.00	<b>Loan to Prescott Roundup</b>	<b>-\$2,000.00</b>
Park Avenue Group	\$533.24	The Slice Of Life	\$350.00	<b>Literature &amp; Chips</b>	<b>\$7,458.00</b>
Prescott Group	\$100.00	Toolbox Group	\$647.70		
Principles B4 Your Personality	\$913.80	Whipple Group	\$89.00		
PV As Bill Sees It	\$223.00	Working Girls	\$90.00		
PV Friday Night Speaker Mtg.	\$120.00	<b>TOTAL GROUP DONATIONS</b>	<b>\$13,187.38</b>		



# *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](mailto:prescottaa@prescottaa.org)
2. View online at [www.prescottaa.org](http://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.

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ADDRESS \_\_\_\_\_

CITY/STATE \_\_\_\_\_ ZIP \_\_\_\_\_

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