



Conscious Contact

Prescott Area Intergroup: Serving Central Yavapai County

June 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

Prayer and Meditation 'As We Understand Them'

I love the way that a simple remark made at an AA meeting or over coffee with a fellow "trudger" can seemingly brush away years of spiritual confusion. One example: For years I would say that prayer and meditation were undoubtedly the weakest elements in my AA program. Then I was at an 11th step meeting where a young woman's share gave me a whole new perspective on the topic.

Fundamental to our program, she noted, is the concept of God "as we understand him." So isn't it reasonable to think that since our understandings of this Higher Power are different, so might our methods of improving our conscious contact – our methods of "prayer and meditation" – vary as well?

It was one of those "Aha!" moments for me – the kind that keep recurring even after 40-plus years of sobriety. (Okay, so I'll cop to being a slow learner. But even AA old-timers can only hear when they can hear.)

I'm one of those people who were raised in a religion and later rejected not only that particular faith, but pretty much any other as well. As our Big Book acknowledges, we can be particularly hard sells when it comes to accepting spiritual help for our devastated lives. We've tried that, we think, and it just doesn't work for us. The choice between a slow death from alcoholic drinking and redemption through spiritual means is no slam dunk for people like me. In fact, when I first woke up enough to note the number of times "God" is mentioned in our steps, I very nearly bolted for the AA exit.

Like many others, I was able to cling to AA by accepting it as my Higher Power. Clearly, these people were able to accomplish something that had so far eluded me. And over the years since, as promised, I experienced a "spiritual awakening as the result of these steps." I've given up trying to define my Higher Power, but I do have a strong sense of an indestructible part of me that is connected to my fellow man, the world, and the life around me -- to something, in other words, far bigger than myself.

So how do I improve my conscious contact with this power? I realized in that 11th Step meeting that I was still judging myself by old ideas about what prayer and meditation should be – ideas from the religion I long ago discarded, but which had left behind its stamp on me. I

hadn't updated those ideas to reflect my evolving understanding of a power greater than myself.

It's often said that prayer is about talking to God and meditation about listening. I learned very formal ways of doing those things as a boy. But I no longer think form has much to do with my conscious contact, and I don't believe my Higher Power cares much about it, either. When I experience the excitement of sharing in depth at an AA meeting – or at coffee with a friend -- am I not hearing my Higher Power? When I am awed by a beautiful sunrise or a snow-capped mountain, is that not a message? And when I laugh at the sheer joy of being alive, is that not a prayer?

There are a couple of common elements in all those experiences, and the others, too numerous to name, in which I feel conscious contact. For one thing, they occur almost exclusively when I am living fully in the present – not thinking about the past or pondering the future. Yes, I do have memories that can inspire something close to that feeling of conscious contact, but they don't seem to quite hit the mark. The future is too much an unknown to fit the bill. So, for me, improving my conscious contact is all about this moment.

Another common element is gratitude. Most of the time, when I am fully engaged in the "now," there's no room for regret about the past or fear of the future. I am only grateful – for my fellow "trudgers," both in the program and not, and for the many blessings of the life around me. And isn't that gratitude itself another form of prayer?

I think so.

Dan F.

Concept Six:

"On behalf of A.A. as a whole, our General Service Conference has the principal responsibility for the maintenance of our world services, and it traditionally has the final decision respecting large matters of general policy and finance. But the Conference also recognizes that the chief initiative and the active responsibility in most of these matters should be exercised primarily by the Trustee members of the Conference when they act among themselves as the General Service Board of Alcoholics Anonymous."

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Step of the Month

Step Six: "Were entirely ready to have God remove all these defects of character."

We return home after doing our fifth step and sit for an hour and review what we have done and thank God. If satisfied with what we have done in the first five steps, we are ready to move on to asking God to remove the very things we have found objectionable.

Willingness is of utmost importance in asking and letting our Higher Power remove the things that are objectionable. Our founders wrote only a paragraph about Step Six. If we cling to something we ask for willingness. When God removed the desire or need to drink, our lives improved. We might think that it is not necessary to have all defects removed. Was not our main problem alcohol? We have heard many AA members say that they still have defects and they like some of them. What we ask is to have some willingness to change and to make a beginning.

Look back over your fifth step. Will your life be better without all the defects? I may not get rid of all my defects, but I must continue to be willing and continue to make an effort. Trust in God is paramount. There are actions we can take to make us more willing.

First, prayer is always a good place to begin. Simply asking to improve our willingness to be ready to have God remove of defects is a start. Second, meditation can help. We can ask our Higher Power what we should do and listen to the answer. I have made a beginning with meditation. The more I try the more I receive in my daily attempts of listening to my Higher Power. Third, positive action can help. Things we find objectionable in ourselves can be reversed by simple action. Do we lie or not tell the total truth? Try practicing being totally truthful. Do we get a sense there is too much foul language in our conversations? We can make an effort to change some of the words we use.

I have made a fourth step inventory which listed defects and assets. Instead of letting a defect control my actions I can try to use the asset opposite of the defect. Taking action against fear by asking God in prayer for the willingness and strength to have faith against the fear can help. Over the years, behaviors which once seemed acceptable have become items I want removed. Spirituality is change, accepting Gods vision for me and how I relate to the rest of my fellows.

The first time looking at Step Six I said yes, I want this. Why not test my new found belief in a Higher Power that people in AA said was a decision on my part. I have found that some action was necessary to have God take away those things I found objectionable. As long as I continued to be willing to make a start and not give up, I was on my way.

Dan S.

Sometimes Step 3 is Staring Me Right in the Face

Consider like when going to the dentist. You often hear in meetings where people agonize about knowing what God's will is for them, and whether they want to follow God's will or not, and yada yada yada.

It's not always that complicated.

For me, God's will is what is happening in my life, much of which I don't have much control over setting up...only over how I'm going to react.

Recently I was sitting in the dentist's chair, hearing them talk about whether they could:

- fill the cavity in one of the teeth supporting a bridge, or
- whether the tooth could take it and would need a root canal, but
- if it were root canalled, it probably wouldn't survive because it was an old wisdom tooth, so
- maybe it should be pulled, but
- then the bridge wouldn't have one of its supports, requiring an implant to support the bridge,
- which would add thousands (and a year) to the project, but...

But what choice, realistically, did I have? And what control over the situation could I impose? While sitting there in the chair moaning to myself about my bad luck, I suddenly realized I'd have to go along with whatever happened and with whatever they suggested.

If it cost an extra several thousand, that's what it would be. Period. Or maybe I'd get lucky and the filling would work in that old, crooked wisdom tooth.

Acceptance. It's the answer to all our problems today...as the man said.

So I said to myself, "OK, I'll go with the flow here." And so far, the filling is good.

Bill S.

**Heard at a Meeting:
It is when you act on faith
that you actually have it.**

Tradition Six:

"An A.A. group ought never endorse, finance or lend the A.A. name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose."

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**June AA Birthdays
CONGRATULATIONS!**



The Slice of Life

George L. 6/24/08

Round Table

Jessica F. 6/07/12

Josh W. 6/21/08

PV Sun. No Name Grp

Steve K. 6/18/06

Terry L. 6/11/00

Park Ave

Compton R. 6/10/93

Tim F. 6/15/83

Welcome Valley

Amy M. 6/05/11

Dale F. 6/10/91

Monica A. 6/02/90

Sun Morn Men's Stag

Al T. 6/26/05

Pauly M. 6/09/02

Scott H. 6/24/88

Seniors in Sobriety

Michael F. 6/14/06

Henry W. 6/23/89

Rod S. 6/15/80

PV Lushes t' Ladies

Christy A. 6/10/15

Diane M. 6/26/87

Carol G. 6/12/87

Kay S. 6/28/83

PV Men's Book Study

Victor H. 6/10/13

Kevin B. 6/28/01

Dave E. 6/06/00

Dale F. 6/10/91

PV Noon Group

Jennifer L. 6/06/13

Angela H. 6/04/13

Cindy S. 6/14/09

Roger T. 6/04/82

Alternatives

Mike C. 6/26/10

Nancy 6/07/05

Patty K. 6/27/96

Cat L. 6/13/69

Humboldt Men's Stag

Dan D. 6/20/98

Russ H. 6/27/86

Bill B. 6/09/85

Jon M. 6/02/85

Mike T. 6/10/78

Girly Birds

Dianne B. 6/24/16

Linda G. 6/20/15

Erica A. 6/13/15

Christy A. 6/10/15

Mary L. 6/15/11

Lauren E. 6/28/02

Kim A. 6/26/02

Serenity at Sunrise

Will M. 6/02/17

Reid C. 6/20/16

Kerry J. 6/11/15

Andy L. 6/30/14

Mary L. 6/15/11

Theresa O. 6/22/06

Peter M. 6/11/06

Cindy E. 6/12/05

Jess R. 6/19/91

Marty M. 6/17/74



Service Corner

Look back and be grateful.

Look ahead and be hopeful.

Look around and be helpful.

Next Intergroup Meeting:

6:30 pm, Wednesday, June 13, 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, June 6, 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, June 5, 2018
(the first Tuesday of every month)
Emmanuel Lutheran Church, 7763 E. Long Look, PV

Prescott Shoestring Roundup Committee

5:30 pm, Friday, June 15, 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**

Thank You to everyone who helps!

Heard at a Meeting:

Fear is the price I pay for lack of trust.

One Brick At A Time

“How are you, John?” my sponsor used to ask as we shook hands. As a newcomer I would think: “Wow! This is great! Here’s a guy who genuinely wants to know about my life.” So I’d tell him: “Well, my mortgage is too high. I have the world’s worst marriage. I hate my job. My in-laws treat me like an escaped killer and my car payment is killing me.” And on and on.

During those early months of my sobriety, my sponsor must have made up his mind to allow me to rant and rave for a while. And then one night I walked into his office and, as he shook my hand, he asked his standard question: “How are you, John?” Then he squeezed my hand, adding a word. “How are you, John – inside?”

Nobody had ever asked me that before. I squirmed and fidgeted. This is it, I thought. This is the part where I’m supposed to open up and share my inner self. But how could I tell him that I had no inner self? That, in my case, there was nobody home. If I’d been honest and open from the beginning of our relationship, I would have told him that I’d spent my entire adult life avoiding people who talked that way.

In fact, I was so uncomfortable when other people shared their feelings that when I attended my first few AA meetings, I’d hear people sharing and I’d think: “Oh, God! Someday that’s going to be me up there.” Most of the time, I couldn’t make it to the end of the meeting. I would get up and pretend to go to the bathroom. Then, I’d casually sneak out to the parking lot to the safety of my car.

That night in my sponsor’s office he finally let go of my hand, but he still had me trapped in the chair. “Inside?” I repeated, as if it were a foreign word and I wasn’t really sure of its meaning. He nodded yes.

I started my recovery that night. Beginning that night, in that chair, in that office, and for many nights to come, I started opening up. What choice did I have? Each time we shook hands he asked me that same question, until, finally, he didn’t have to ask it anymore. When I told him how I was, I automatically told him how I was inside.

His plan worked. Beginning with that stark, unabashed question, my sponsor helped me to tear down the walls of my inner feelings in meetings and with dozens of guys one-on-one. I’ve learned that my inner feelings boil down to a handful of things – fear, anger, self-pity, shame, and feelings of inadequacy and low self-esteem.

Those are the things we need to talk about in AA. Forget about your car payment and your in-laws and your boss and the contractor who didn’t show up. Why waste your time – and everybody else’s – whining about things you can’t do anything about anyway? Consider this: Long before there was the “Big Book” or the “Twelve and Twelve” or any literature or even any meetings the simple principle of AA was working. It started when Bill met Dr. Bob and it’s been working ever since. And there’s no reason to think it won’t continue to work.

What is that simple principle? One alcoholic talking with another alcoholic. One recovering alcoholic sharing with another alcoholic how he feels inside.

John Y., Russell, PA

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Prescott Area Intergroup’s April 2018 YTD Treasurer’s Report

GROUP DONATIONS	YTD
4 Directions Grp	\$200.00
Afterwards Group	\$900.00
Bradshaw Seniors Meeting	\$131.00
Carry This Message	\$366.00
Chino Valley AA	\$200.00
Friday Big Book Solutions	\$100.00
Girlie Birds	\$450.00
Intergroup Meeting	\$79.00
Noon BB Discussion	\$345.00
Old Shoe (Skull Valley)	\$48.00
Open AA Meeting	\$400.00
Park Avenue Group	\$329.60
Prescott Group	\$100.00
Principles B4 Your Personality	\$913.80
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	\$1,168.00
Step Stories	\$299.81
Sun. AM Men's Stag	\$516.56
Sunday Morning AA Solutions	\$100.00
Sunny Days	\$18.27
The Great Fact	\$572.00
Toolbox Group	\$219.00
Working Girls	\$90.00
TOTAL GROUP DONATIONS	\$8,901.04
OTHER INCOME	YTD
AA Birthday Gratitude	\$286.00
Anonymous IG Donation	\$82.00
Literature Sales	\$2,794.05
Chips Etc.	\$807.00
Meeting Directory Sales	\$69.00
Newsletter Sales	\$105.00
TOTAL OTHER INCOME	\$4,143.05
TOTAL INCOME	\$13,044.09
TOTAL EXPENSES	\$15,373.56
INCOME LESS EXPENSES	-\$2,329.47
Total Monies 3/31/18	\$26,640.07
Literature & Chips 3/30/18	\$9,491.00

Founders' Day Celebration by District 14

Saturday, June 9, 2018

10:00 am - 2:00 pm

*Join us in celebrating the 83rd Birthday of
Alcoholics Anonymous!*

Trinity Lutheran Church

3950 Valorie Dr., Prescott Valley, AZ

Entrance on Lakeshore between Robert Rd. & Navajo

10:15 am - Speaker - Kevin F., Tucson (Area 03 Alt. Delegate)

11:00 am - Trivia Competition

11:30 pm - BBQ/Potluck - Music

12:30 pm - Silent Auction - Skits

1:00 pm - Speaker - Kathi F., Tucson (Pacific Regional Trustee)

Please bring Side Dishes or Desserts to share!

Coffee, sodas and water provided

- ◆ History of Alcoholism Time Line viewing 10:00 am - 2:00 pm
- ◆ AA Archives open for viewing 10:00 am - 2:00 pm

**2019 Area 03 Pre-Conference Assembly
Planning Committee Meeting**
Saturday, June 2, 2018 at 6:30 pm
Step One Center, 6719 E. 2nd St. Prescott

Flagstaff Roundup

June 1 -3, 2018

Mormon Lake Lodge

www.flagstaffroundup.com

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

July 6 – 8, 2018

The registration table opens
Friday, July 6 at 4 p.m.

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

Conference registration-\$50

Visit azaawc.org to register.

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

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 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

Check out www.prescottaa.org!

Flyers and more info on events,

Updated meeting info,

Business meetings schedules,

Online contributions,

And more



Conscious Contact

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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.

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CITY/STATE _____ ZIP _____

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