



Conscious Contact

Prescott Area Intergroup: Serving Central Yavapai County

March 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

One Man's Third Step

In the first two Steps of Alcoholics Anonymous we admit our powerlessness and begin to believe that there might be a power that can restore us. I recall explaining to my sponsor that being "restored to sanity" was invalid in my case because I doubted such a time ever existed in my life. "In your case 'restored' may mean 'put back the way you were meant to be,'" he replied. This view has been very helpful.

Then it's time for Step 3: "Made a decision to turn our will and our lives over to the care of God *as we understood Him*."

Some members theorize that making "a decision" does not amount to very much. But the dictionary makes it very clear: "**decision – the act of reaching a conclusion or making up one's mind.**" It marks the transition from the reluctant "We admitted" in Step 1, through the "Coming to" of Step 2, to the assertive action of Step 3.

When I phoned my sponsor about Step 3, I asked: "What is this God s**t?"

His reply was a key factor in saving my life. He asked simply: "Are you going to work the rest of the Steps?" I confirmed I certainly would, and he said "Then you have done Step 3."

Many say that one of the greatest contributions AA has made to society is the phrase "*as we understood Him*." Some argue the wording should have been gender-neutral; but, we have to consider the history. Early A.A. was struggling to ensure not that it was gender-appropriate but that it was religion-passive. Pre-AA, other recovery groups had adopted a specific religious stance which led to problems – not only with those potential members who held different beliefs, but also with religious bodies protecting their domains. AA literature reflects the efforts by the founders to get acquiescence from religious entities that AA did not pose a threat to them.

Many religions are organized; AA is not (Tradition 9). This "non-organization" grants every individual AA member his or her freedom: to select a higher power similar to that in a religion, to develop an entirely personal view, or indeed to choose an amorphous form. So Step 3 grants us the liberty to pick any higher power, and perhaps more importantly, to allow that concept to grow and change with time. This liberty is part of what sets AA apart from religion.

The Big book explains that: "... we had to fearlessly

face the proposition that either God is everything or else He is nothing." (Personally, I shorten this to "*There isn't any not-god.*") On page 62 it explains: "Above everything, we alcoholics must be rid of this selfishness. We must, or it kills us! God makes that possible. And there often seems no way of entirely getting rid of self without His aid." From this we can see that *complete loss of self is the individual goal*. We do this by working all Twelve Steps and by being of service.

It can be challenging to "turn over" our lives to an intangible power; often the newcomer is helped in Step 3 by using the idea of "letting go" instead. For some, it is easier to let the selfish self slip away. Often simply eliminating the use of the word "my" allows release from the illusions of control, separation and personal ownership.

An AA friend who is also an ordained minister is often asked "what is God's will?" He replies that only one aspect is clear to him: "God wants me to stay sober today." Step 3 is the crystallization of Step 2. The rest of the steps make tangible the results of our profound decision.

Roger N.

Tradition Three (long form)

"Our membership ought to include all who suffer from alcoholism. Hence we may refuse none who wish to recover. Nor ought AA membership ever depend on money or conformity. Any two or three alcoholics gathered together for sobriety may call themselves an AA group provided that, as a group, they have no other affiliation."

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Concept Three

"As a traditional means of creating and maintaining a clearly defined working relation between the groups, the Conference, the AA General Service Board and its several service corporations, staffs, committees and executives, and of thus insuring their effective leadership, it is here suggested that we endow each of these elements of world service with a traditional 'Right of Decision.'"

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Coming to Prescott

A lot of people are moving to the Prescott area these days. I'm one of them.

If you're like me, you've got some time in the program and long-standing patterns of meetings, friends, fellowship, and 12-step work. The gentle, laid-back way older AAs had guided you in the beginning, and encouraged you to join them at a meeting every day, had become the way you tried to help newcomers yourself. Your simple goal was to get them comfortable in the program, so the program could work them.

It had become a way of life for you, and you were guiding them to do the same. So in Prescott you begin to shop around for the right meetings to provide the AA you've known and loved, but there may have been a few surprises. You may have come into a crowded meeting where you sat down on the floor (like you'd done many times before), and were told the meeting was full and you couldn't stay. Huh??

And you had heard of treatment centers in your old home town (maybe went to one), but now you found that there were dozens in Prescott, and that they might bring vanloads of their clients, filling the meetings. Sometimes these clients might be working a kind of AA that seemed a little foreign to your experience. Maybe you were told, after being supportive to a woman after a meeting, that she wasn't allowed to talk to men. Or you found it difficult to provide rides for young people to get to meetings because they don't have cell phones. Or maybe one was suddenly temporarily banned from going to meetings for violating house rules.

What to do? I was told I'd simply have to go with the flow. Here are some thoughts on the Prescott AA community:

- Doing treatment center 12-Step work can be awkward, since many insist on a specific approach that may not work for you, or may be foreign to the way you got sober. I was advised when talking to treatment center clients to never critique their center's philosophy, and try to be helpful where I could.
- The occupancy limits enforced by many meetings are based on fire codes, as the city of Prescott tried to get a handle on "treatment center abuse." At one time there were four times MORE than there are today, and some meetings would suddenly explode with participants who were new to AA or involved in a range of other problems besides alcohol. Occupancy limits helped rein in the excesses. So if your meeting closes the door when all the chairs are filled, arrive earlier next time or attend different meetings.

- The gender restrictions can create embarrassing moments because you can't be sure when you'll run into them. If you do, all you can do is apologize and step back. Getting support from older members about how I was working my program in the beginning was extremely valuable, and came from both men and women. But my experience may not work in Prescott.
- Schedules can be difficult when treatment folks don't have cell phones. You can call the single landline at a residence and leave a message, but you can't be sure it'll get passed along. What worked for me was to set up a system where I arrive every day at a certain time, rain or shine, and if people are available for the meeting, they come out to my car.

Otherwise, as you've done since the beginning, don't drink and go to meetings. I found that I can adjust to the quirks of Prescott AA and even appreciate them.

Bill S.

Meetings of the Month

During the first week of February I attended two groups that first appeared to be polar opposites: the Sunday Bradshaw Senior meeting and the Monday night Walking Through Hell candlelight meeting for young people.

Bradshaw Seniors is a Step Study and starts at noon. The day I went there were seven people in attendance. We read Keys to the Kingdom from the stories at the back of the Big Book and then shared individually. The attendees recalled their early sobriety, as well as the subsequent gifts from life in the program. The group has chips, but there were none handed out this day.

The young peoples' candlelight meeting starts at 8:30 pm., and I counted more than 80 people in attendance the night I went. It's a combination speaker/discussion meeting, followed by a great deal of socializing. The speaker shared a powerful recovery story for about 30 minutes, followed by a pop-up discussion. There is also a birthday celebration, with 11 members taking chips on this particular night, each followed with much applause and cheering.

Both groups observe the 7th Tradition. The other thing that they share is a strong message of hope and solution. I felt at home in both venues, and appreciated the community of sober members in Alcoholics Anonymous. Prescott definitely has something for everyone wanting to get and stay sober!

Sun Noon BRADSHAW SENIOR MEETING,
Bradshaw SRI Community, 133 Bradshaw Dr, (1st Floor Dining Room).

Mon 8:30 pm WALKING THROUGH HELL,
Serenity Place, 1519 W Gurley St. #6 (old DES' Bldg.)

Cathy N.



**March AA Birthdays
CONGRATULATIONS!**



Rarely Group

Mickey S. 3/03/70

PV Wed. Nite Step Study

Brian N. 3/16/08

PV Thurs BB Study

Evan C. 3/28/08

PV Fri. Night Speakers

Will L. 3/30/05

PV Noon Group

Marilyn M. 3/01/01

Welcome Valley Group

Brent S. 3/02/15

Seniors in Sobriety

Ann B. 3/31/81

Rudy W. 3/15/69

Afterwards Group

Devon L. 3/19/16

Garrett L. 3/18/16

PV Sunday Nooners

Fred G. 3/11/96

Denver 3/17/85

PV No Name Group

Anne K. 3/18/17

George I. 3/15/16

Brittany W. 3/17/14

Prescott Group

Alex H. 3/26/10

Jeremy O. 3/21/10

Kyleen W. 3/19/06

The Slice of Life

Jack C. 3/23/08

Mike Mc. 3/05/05

Jim W. 3/01/90

Sunday Round Table

JT D. 3/08/11

Sean Mc. 3/17/07

Mel H. 3/29/99

Tues Nite Step Study

Terry F. 3/05/07

Don L. 3/19/00

Gail R. 3/06/86

PV Sun. No Name Grp

Rayburn 3/03/15

Amanda 3/08/09

Grover C. 3/12/07

Matt B. 3/04/07

Park Ave

Lauren M. 3/30/05

Jerry D. 3/31/97

Dutch H. 3/16/84

Bill W. 3/11/83

Alternatives

Sarah 3/30/09

Susan K. 3/30/09

Judy H. 3/15/88

Tomme C. 3/18/80

Humboldt Men's Stag

Jeff S. 3/11/13

Ron W. 3/15/06

Jack S. 3/15/91

Steve P. 3/15/89

Toolbox Group

Kim S. 3/25/17

Janet S. 3/03/08

Lauren M. 3/30/05

Kathi M. 3/26/03

Serenity @ Sunrise

Mike C. 3/03/17

Melissa 3/24/16

Don L. 3/22/08

Mark P. 3/17/02

Larry G. 3/25/90

Greg B. 3/03/77

Sun Morn Men's Stag

Frank S. 3/17/05

John O. 3/13/05

Gary R. 3/31/04

Travis B. 3/31/03

Dale B. 3/25/00

John H. 3/13/96

Marshal W. 3/26/94

Wayne P. 3/20/81

Michael F. 3/31/76

Girlie Birds

Melissa M. 3/24/16

Allanah M. 3/17/16

Kelsey H. 3/07/16

Elizabeth P. 3/08/15

Sarah V. 3/13/14

Sherrie V. 3/02/12

Deb S. 3/27/09

Raney W. 3/07/08

Nancy B. 3/17/03

Elizabeth H. 3/31/97

Mary Ellen S. 3/30/93

Joy D. 3/15/90

Greta S. 3/03/85



Service Corner

Look back and be grateful.

Look ahead and be hopeful.

Look around and be helpful.

Next Intergroup Meeting:

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

Prescott Shoestring Roundup Committee

5:30 pm, Friday, March 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

She Learned From Her Ex

Of all the things I have ever been called over the years, the one title I never expected was “Alcoholic”—especially since I didn’t even start drinking until I was around 37 years old. But once I started, I didn’t come out of the bottle for five years.

For some, a five year drinking career seems like child’s play. But for me, it was the result of years and years of pain and frustration (both personal and professional) that seemed to have an instant cure with a drink. That is, until the cure became the disease.

In the emerging moments of clarity since entering recovery, I learned a few things that have kept me on an enlightening journey that has forever changed my life. Two in particular involve my relationship with my ex-husband.

For years, my ex (who suffered from mental illness) was a great scapegoat for my self-imposed oppression and unhappiness. But in sobriety I learned I am responsible for my life and my attitude. No one else put me here. I did this.

The second lesson is that forgiveness is another word for freedom. Learning the true meaning of forgiveness was one of the most enlightening experiences of my life. When you truly, freely give forgiveness, you forget the pain and lose the resentment. It is liberation in its purest form because you are in truth, releasing yourself.

I learned this when my ex-husband was dying. For almost two decades I thought I had forgiven him, or at least left all of the emotional wreckage behind me. It wasn’t until he was alone in his illness and dying (something that early in our divorce I thought would give me great pleasure) that I grasped the enormity of my anger towards him and saw for the first time how emotionally frail he was.

In understanding that vulnerability I was instantly relieved of that weight. My anger and sometimes even hatred hadn’t been hurting him, it had been hurting me. For some crazy reason that I can only attribute to the strange ways of the universe, I could then see the person I had once loved deeply, the father of my children, and even more so, just a human being who was dying and scared. And I was gifted with being someone from whom he could gain comfort, however small. I spoke to him nearly every day throughout his illness. I went back home to visit him and we were able to laugh and be kind to each other. It was healing for me, and I hope for him as well.

It was a tremendous gift – one I recommend giving yourself before life takes the opportunity away. Forgive yourself as well. You are human. You are flawed and you are learning.

Kat C.

Carrying our Message to South Asia

On a recent trip to India and Bhutan I had an opportunity to see Alcoholics Anonymous both thriving (India) and non-existent (Bhutan). I went to some great meetings in Kolkata (aka Calcutta) and Delhi. At one, an Indian member celebrated 25 years. Over 100 attended and many sounded just like the old-timers in Arizona or New York. Why would this surprise me, since we all read the same Big Book?

In the past, the Asian meetings I’ve attended (in Beijing, Hong Kong, Hanoi, Saigon, Vientiane, Siem Reap, Chiang Mai, Kathmandu, and Bangkok) were dominated by Westerners -- Americans, Brits, Aussies and West Europeans. But members in India are doing the deal on their own, and seem to be doing a great job of it. With a population well over one billion, there must be a few alcoholics in India!

Bhutan is different. It is an isolated country of less than one million in the Himalayas. Tourism and roads are relatively new. In my pre-trip research I could not find any meetings listed there. I did find one hospital with a detox unit in Thimphu, the capital, however, and I went there. The attendants were a little hesitant to let me speak to the patients. They directed me to the psychiatrist in charge, who was extremely welcoming and wrote me a note telling the attendants to let me speak to the patients. He told me there have been some attempts to get AA going in the country, but the meetings did not seem to sustain themselves.

A short while later seven patients, male and female, were brought into a conference room along with some of the staff to meet with me. What did I say? I told them why I considered myself an alcoholic, how I recovered, and encouraged them to follow suit. I mentioned that there was a great opportunity to start AA in Bhutan. They could reach out to AA people in India for help. Then the patients spoke in turn of their struggles with alcohol and drugs.

Hopefully one day soon there will be regular AA meetings in Bhutan and these patients can share in what Bill and Dr. Bob discovered about how we recover, one alcoholic speaking to another. We can do together what we could not do alone. I do not know if any of the people I spoke with in January are still sober, but I know I felt God’s presence as I walked back to my hotel in Thimphu that afternoon.

I also had some great tourist experiences in Bhutan and India -- going to the Mother Theresa House in Calcutta, hiking to the Tigers Nest in Pero, Bhutan, seeing the Sikhs feed thousands at their temple in Delhi, and witnessing people bathing in the Ganges River. But meeting the AA members in India and speaking to the people in detox in Bhutan were highlights of my trip. Alcoholics Anonymous has doubled the rewards of my travel by combining tourism and recovery.

Dan S., Prescott Valley

Look What You Can Do On Our Website!

- You can make contributions to Prescott Area Intergroup.
- Get the most updated meeting schedule.
- Read the *Conscious Contact* newsletter.
- Check for local upcoming events.
- Get contact information.
- Check for various business meetings.

www.prescottaa.org

Prescott Area Intergroup's January 2018 Treasurer's Report

GROUP DONATIONS	Jan-18
Bradshaw Seniors Meeting	\$23.00
Girlie Birds	\$450.00
Intergroup Meeting	\$30.00
Noon BB Discussion	\$345.00
Open AA Meeting	\$200.00
Park Avenue Group	\$150.89
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	\$481.60
Step Stories	\$149.81
Sun. AM Men's Stag	\$110.36
The Great Fact	\$211.00
Toolbox Group	\$219.00
Working Girls	\$30.00
TOTAL GROUP DONATIONS	\$3,615.66
OTHER INCOME	
Anonymous IG Donation	\$9.00
Literature Sales	\$1,464.55
Chips Etc.	\$237.25
Meeting Directory Sales	\$22.00
Newsletter Sales	\$45.00
TOTAL OTHER INCOME	\$1,777.80
TOTAL INCOME	\$5,393.46
TOTAL EXPENSES	\$7,392.71
INCOME LESS EXPENSES	-\$1,999.25
Total Monies 1/31/18	\$26,970.29
Literature & Chips 1/31/18	\$10,750.00



St. Patrick's Day

Corned Beef and Cabbage
Potluck

March 17, 2018

Emmanuel Lutheran Church
7763 E. Long Look Dr., PV

Main dish, drinks provided.

Hosted by District 14-142

Flyers available at www.prescottaa.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 Dates!

Prescott Shoestring Roundup

Join us for a three-day A.A. Conference!

Al-Anon Participation

August 31 - September 2, 2018

New Venue:

**Prescott Resort & Conference Center
1500 HWY 69 Prescott, AZ**

More information:

Linda B. 760 625-9775

registration@prescottshoestringroundup.org

info@prescottshoestringroundup.org

For updates and to register online visit:

www.prescottshoestringroundup.org



Conscious Contact

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