



Conscious Contact

Prescott Area Intergroup: Serving Central Yavapai County

May 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

The Spirit of the Great Outdoors

Given that last month was March, the third month of the year, I spent a lot of time in third step meetings – “Made a decision to turn our will and our lives over to the care of God *as we understood Him.*” That got me reflecting a lot on what god and the concept of a higher power mean to me.

Throughout my sobriety, I have always been able to find my God in nature -- the Great Outdoors. That was the context of my early exposure to the idea of a higher power. A man asked me at a meeting whether I would have any control over events if a horrific flood or wildfire hit the town. When I said “no,” he responded: “That right there is an example of a power that is greater than yourself.”

His remark has stuck with me, even as my idea of a higher power has grown throughout my sobriety. Today, my higher power is more of a sensation and an experience I feel than it is a specific concept or mental picture on which I rely. What finding my God in nature means to me is that I feel much more grounded and in tune with a power greater than myself when outside in naturally serene places. Sitting below a granite boulder feeling the breeze rush past my face as it moves through the surrounding Ponderosa pines is a bit like sitting next to the ocean. It’s a holistic sensation that takes me out of my head and into the moment.

I believe what it says in AA’s Big Book on page 62: “Selfishness--self-centeredness! That, we think, is the root of all our troubles.” Being outside reminds me that I’m not the center of the world and that I have no control over so many of the moving parts and intricacies in this ever expanding universe. There is a mysterious beauty in nature that I find spiritually stimulating.

Another thing I am aware of today is that I would have never been able to find this spiritual practice in nature if it wasn’t for this program and the twelve steps. AA is the literal foundation of my beautiful life today. I need to maintain it in order to grow spiritually. I am so grateful to be on such a unique journey, filled with beauty, love, sadness, confusion, and soul.

Nick P.

Heard at a Meeting:

AA - You have to be present to win.

Doing the Work

A dear friend who is newer in sobriety was working on a 4th step inventory and called to ask why the step had to be so hard. I was curious, because to me the 4th step was easy. I had already lived it; I just had to write it.

“What is it that you are having trouble with?” I asked. I got the usual answers – “It’s too invasive; it’s no one’s business; my sponsor didn’t really show me or explain it well enough, etc.” My friend was already pretty well rounded spiritually, and wanted desperately to help others. So when my usual answers didn’t seem to satisfy and the voice on the other end of the line was reaching new, higher octaves, I opted to change the subject and think on it.

I recall a meeting where someone said they wouldn’t have survived had they not done the fourth and fifth steps. It was hard work but necessary in order to carry the message. It’s a lot like my experience with math in school, I thought. I could always come up with the answer but rarely could I explain the steps to get there. I would skip vital steps and it left me not really understanding the math very well. I was always getting my grades marked down because I didn’t do the work.

Then one day my algebra teacher asked me to teach someone else how to do a problem. I couldn’t because I hadn’t done the step-by-step work myself. I skipped to the end like any good alcoholic would, thinking I was much too smart to be bothered with the details.

Recalling all this, I called my friend back. “I have your answer,” I said. As we grow in the program and we share our stories and our lessons we will connect with others newer on the path. How would we be able to sponsor anyone or show them the way if we haven’t done the work ourselves?

For me this program was a matter of life and death. I needed what others had. I sought out people who I saw achieving their goals and chased people who attained a level of spiritual satisfaction. When I did my steps it gave me freedom and led me to many spiritual experiences I would not have been able to have had I not dug in and done the work. Being uncomfortable led me to grow and reach new understandings of myself and my higher power. I wanted to do His will and I couldn’t until I cleared myself for my higher power to use.

Kat C.

Am I a “Mistake?” Me? Oh, please! You must be joking!

From time to time in meetings, you may hear someone say they feel like they’re a “mistake.” My reaction to life was exactly the opposite: “Me a mistake? Not me...it’s YOU who are a mistake. You’re constantly making mistakes. And a lot of them, by the way.”

My reaction was actually a different side of the same issue, and fortunately both are addressed by the program. That’s because both involve ego.

Some of us feel we “aren’t enough” or that our employer is one day going to find out that we’re a fraud professionally and will promptly fire us. As if. We seem to feel that we’re specially inferior, while everyone else is OK. I guess.

Me, on the other hand, I *knew everything*, and my employer was often the one not bright enough to be running things. As if I was so specially superior while everyone else was just getting by.

Like I said, in both cases, it’s all ego.

And while it seems preposterous for me now to have held such ideas, I had confidently (big surprise) marched along for some 15 adult years wishing the world would get out of my way. It’s not really much different than to be crawling in the shadows to keep from being “found out.”

AA brought me around to seeing myself more clearly. After a wildly scattershot fourth step, of which of course I left out NOTHING, my sponsor took a cool approach to things in my fifth. He told me of his own wrestling with an ego just like mine, of how foolish it was to hold such opinions of myself and the world, and how THAT had been a much bigger problem for me than any of the “sins” I had so carefully detailed.

I was flabbergasted, but he was right. The ego thing was causing problems everywhere I turned. And because I realized it was getting me NOWHERE, I had no trouble with steps six and seven. Only an idiot would want to continue in my jackbooted fashion. Yes I wanted that gigantic shortcoming removed because removing it would make my life easier. And because it was baked in so well, I’d need help from upstairs.

This same approach can work for the person who feels inferior. Their fourth and fifth steps are likely to point out the irrationality of their fear, how they might have been hired and promoted over the years (employers aren’t stupid), and may possibly persuade them that they can let that fear go. Steps six and seven can help with that part of it.

It may not always be that simple, but it can be. Because the facts simply do not bear out the feeling of inferiority.

I have always believed that we are people of extremes, and that *that* fact is more important than what *kind* of extreme we might be. In this ego thing, it doesn’t matter if we have too much ego or not enough because AA is the great leveler. It brings both of us into the middle.

Such an egomaniacal attitude—up or down—probably never goes totally away, but today I’m aware of my ego type, and have tools to keep it under control. Most of the time. But as the man once said, the only step we have to work perfectly is the first.

Anonymous

No Skin on My God

Having been raised in a Judeo-Christian belief system, with many tenets and much dogma demanding certain behavior to avoid eternal damnation, it’s been a struggle for me to find a god of MY understanding in which I could believe. Over the years I have read many articles and explored many other belief systems, all of which seem to require that I ascribe to some deity that has a dogmatic practice attached to it. I could not pray to this kind of God.

Then one day, 7 years sober, miraculously enough it occurred to me that “god” could simply mean “Getting Over Don.” It was simple. It simply meant relying on a power greater than myself that helped me NOT be God; to let go of my need to be the one in charge. The fundamentals were simple: stay sober, go to meetings and help another alcoholic. My life was getting better as a result of my sobriety, and I was finding myself less agitated, more humble and serene. I read my daily devotions and the Big Book – despite cringing when the Oxford Group language bleeds through with the “thee’s” and “thou’s.”

So the god of my understanding today has no form and no will. It means acceptance that things are just as they are supposed to be. I don’t need to put “skin” on my god. Any attempt to personify or deify a god still agitates me. My god is seen in the world through actions, through nature, through loving and being loved by people who care and support one another in living a sober life. I often quote Victor Hugo who said, “to love another person is to see the face of God.” I do this daily and I am blessed in sobriety. I see god in each of you. Not perfect, not divine, simply trudging the road of happy destiny. I bless you all.

Love, Don L.

Tradition Five:

“Each group has but one primary purpose -to carry its message to the alcoholic who still suffers.”

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**May AA Birthdays
CONGRATULATIONS!**



Toolbox

Corrine K. 5/21/10

Wilhoit Oasis

Susan R. 5/24/75

Sunday Round Table

Eric D. 5/25/02

Park Ave

Becca F. 5/18/12

Lushes t' Ladies

Barb B. 5/24/08

Dayana L. 5/24/80

Tues. Nite Step Study

Mike S. 5/28/09

Tom S. 5/08/96

PV Wed Night BBS

Martha J. 5/22/08

Bob F. 5/11/04

Sun. AM Men's Stag

Mike K. 5/14/09

Lin M. 5/04/94

Girlye Birds

Cheyenne C 5/10/12

Diana E. 5/26/92

Cindy G. 5/21/89

PV Noon Group

Gene B. 5/22/12

Fred C. 5/09/98

Daniel B. 5/01/84

Alternatives

Jerrett C. 5/27/12

Beverly L. 5/15/92

Brian A. 5/01/84

Seniors in Sobriety

Ray W. 5/01/87

NY Jimmy 5/28/76

Carrie G. 5/19/76

Serenity at Sunrise

Patrick C. 5/17/16

Michael B. 5/09/08

Greg R. 5/31/07

Dan H. 5/14/93

Lawrence Z. 5/01/91

PV Sun. No Name Grp

John M. 5/17/11

Derek W. 5/13/09

Chris E. 5/20/08

Greg K. 5/08/07

Bob F. 5/11/04

Humboldt Men's Stag

Matt V. 5/20/16

John M. 5/17/11

Charlie V. 5/05/90

Kevin M. 5/21/87

Rick D. 5/26/82

The Prescott Group

Luke S. 5/15/12

Mike S. 5/21/10

Jake H. 5/16/10

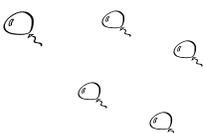
Taylor R. 5/08/10

Ryan D. 5/10/09

Bill B. 5/27/95

Chris B. 5/12/88

Rick D. 5/26/82



Service Corner

Look back and be grateful.

Look ahead and be hopeful.

Look around and be helpful.

Next Intergroup Meeting:

6:30 pm, Wednesday, May 9, 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, May 2, 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, May 1, 2018
(the first Tuesday of every month)
Emmanuel Lutheran Church, 7763 E. Long Look, PV

Prescott Shoestring Roundup Committee

5:30 pm, Friday, May 18, 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!

Heard at a Meeting:

**God will not get you out of it,
but he will get you through it.**

Serendipity and the Spiritual Experience

I did not willingly walk into the rooms of Alcoholics Anonymous and say "Here I am! I want to get sober." I had a dramatic escape from the police and incarceration for multiple DUI's, but mercifully was saved from jail by being allowed to spend that time instead in a treatment facility in southern California. I had been having seizures, multiple ambulance rides to the ER, and had lost my grasp on reality. The drinking life was the only one that seemed real, as it states in "The Doctor's Opinion" in the Big Book.

I grasped the concept of a spiritual life almost immediately. Had I known how real and available the existence of a personal relationship with a Higher Power could be, I would have arrived in AA sooner. That is my one major regret! But the path to sobriety comes to us however it does! That's why I love speaker meetings -- to hear people's stories. The stories in the back of the Big Book do the same thing -- trace the different paths that individuals took to the doors of Alcoholics Anonymous, and more importantly, to the concept of a Higher Power and how that power can work in our own lives.

Almost immediately I began to find pennies on the ground -- pennies are inscribed "In God We Trust," as someone pointed out to me. So I began to trust God. And little by little, my thinking, my reality, my behavior, began to change. I realized in my drinking that I had had a selfish disrespect of others, so by being of service both in AA (taking commitments, speaking at meetings, sponsoring, giving people rides) and out of AA (random acts of kindness, volunteer work at the local hospital) I began to value others -- to get out of Self. This was where the emerging awareness of a Higher Power really began to take hold -- in seeing how I could help others. And in so doing I gained self-respect and trust that things were going to turn out all right.

Little by little I also began to see serendipity and synchronicity in the world around me. Events and relationships with people happening around me coincided with central themes happening TO me; i.e. when I became unwittingly selfish because of a defect of character, a newcomer woman would need a sponsor. So voila! I got to be of service. I recently went down to Phoenix to visit women friends from California attending a conference, and a young woman lost in a cavernous subterranean garage under the hotel asked me for help finding the elevators. Then she recognized me from a speaker meeting last year and told me that something I said had inspired her. The exchange gave me a needed boost after what had been a difficult week.

God is there for help in all situations, and it was this finding of a spiritual experience that made me really want to get better and stay in this life of spirituality, service, fulfillment and a Higher Path.

Stephanie V.

Get Ready For the 33rd Annual Prescott Shoestring Roundup!

New Date, New Venue! Number 33 will take place over Labor Day weekend, and will be held at the Prescott Resort and Conference Center.

For 33 years the Roundup was held at local church camps, such as United Christian Youth Camp, Camp Pine Rock, and Emanuel Pines Camp. The event typically took place mid-summer (otherwise known as Monsoon Season). Participants, whose numbers usually came in at 400 or more, could expect hot, muggy, soggy, or torrential rainy days. The planning committee was forever dealing with the attendees mobility issues, lack of shade and cooling for comfort, poor sound equipment, and difficulties with parking. At the 1st planning meeting for 2018, some new volunteers brought up the idea of a different date and a new venue. Gasp - CHANGE?!? Well, why not?

Holding the Roundup in September at the Resort should guarantee easy access, good sound quality, great food, perfect temperatures inside and out, and comfortable seating. We'll have more options for meeting spaces - including a meditation area. We'll have space to mingle, play, and socialize indoors and outdoors. We'll have the option to stay on Saturday evening for a banquet before the speaker meeting, plus a comedy show after the speaker. Wheeee!

Things that will remain the same at the Roundup include the ridiculously low registration fee, the marathon and speaker meetings lead by locals and out of state visitors, the hospitality room, games and outdoor activities, the Raffle, and the T-shirts for sale.

The organizing committee has 25 volunteers to date, handling schedules, speakers, logistics, publicity, finances, security, entertainment, hospitality, parking, greeting, and registration. But we need more - we need YOU!

Attendance at the Annual Prescott Shoestring Roundup usually runs between four to five hundred. Chances are this year's population will increase, due to the new date and location. Contact our organizers if you can help. And keep your eyes open for Raffle items. Let's have some real sweet prizes this year!

Cathy N.

Concept Five:

"Throughout our world services structure, a traditional "Right of Appeal" ought to prevail, thus assuring us that minority opinion will be heard and that petitions for the redress of personal grievances will be carefully considered."

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Women's Gratitude Luncheon

Saturday, May 5th

11:00am - 2:00pm

Prescott Resort, 1500 E. Hwy 69 Prescott

\$27 cash or check

Contact Jill: 623 326-7629 or

Bobbie: 928 230-1266

Tri-State Roundup

May 17-20, 2018

Don Laughlin's Riverside Resort

Laughlin, NV

www.Tristate-roundup.com

Flagstaff Roundup

June 1 -3, 2018

Mormon Lake Lodge

www.flagstaffroundup.com

District 14 Founders' Day Event

June 9th - 10:00 am - 2:00 pm

Trinity Lutheran Church

3950 Valorie Dr. Entrance on Lakeshore between Robert Rd. & Navajo

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

Prescott Area Intergroup's March 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 |



Conscious Contact

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Please print clearly.

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