



# Conscious Contact

Prescott Area Intergroup: Serving Central Yavapai County

November 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](http://www.prescottaa.org) Email: [prescottaa@prescottaa.org](mailto:prescottaa@prescottaa.org)

## Step 10 and My Daughter

The first time I heard Step 10, I was amazed. Who'd ever have thought of promptly admitting it when I was wrong? What a radical concept!

Now it's true, of course, that I was rarely wrong, as all my pre-program acquaintances would agree. But what about the other times? The practical way was simply to never see those people again. Awkward if they worked with me, or lived next door, but possible.

Now, with the help of Step 10, I could apologize when I was wrong. And if I wasn't wrong but had called the person a jerk or something, I could at least apologize for that. This was something I could work with and it came in handy almost immediately. (There were still a lot of jerks in my world back when I was newly sober, but far fewer these days. I wonder why...).

Anyway, one day I was on the phone with my eldest daughter when we began to have nasty words. It's possible that one or the other of us just bluntly hung up the phone. BAM! Maybe it was me.

Then it dawned on me that it would be a good idea for me to call back and apologize for being a jerk. Just as I was about to dial her number, the phone rang. It was her. She was apologizing for being a jerk.

She beat me to the punch.

Which only goes to show that civilians often have the tools already built in that we acquired in our 12 steps. She seemed to be one of those people. Her need for AA is less than zero. Mine is provably 100%, but I'm improving!

Bill S.

## The Story of a Survivor

As a child from a dysfunctional family, I was uncomfortable in my own skin. Then I had my first drink around 9 years of age. I didn't like the taste but I liked the effect.

As a teenager I drank very often. Looking back I can see I continued to drink for the effect. Then I joined the military, where I drank, fought, and traveled. I got into trouble because of my drinking, but when I wasn't drinking I was restless irritable and discontent – just like the Big Book talks about. I had no idea it all started with the first drink.

I got out of the military, and picked up where I had left off. And it got worse. Alcoholism took control of my life. I lost jobs, friends, and the trust of my family. Then I checked into the VA for 28 days. They gave me Antabuse, counseling and other treatment. On the 28th day my mind said from now on I will just drink beer -- the mental obsession. I took the first drink and then the physical allergy kicked in. One more time I drank into oblivion.

I went back to the VA and stayed for 3 months this time. Even then I was uncomfortable about leaving the VA. But from going to meetings, finding the fellowship and getting a sponsor, the seed of AA had already been planted. I finally accepted the program of recovery and my life changed. Nowadays I live one day at a time with the help and guidance of my higher power, carrying the AA message daily and working with others. Since being sober I've had lots of experiences, both ups and downs. But one day at a time, I recently celebrated 30 years sober.

John K.

## November is Gratitude Month!

It is a longstanding tradition in Prescott Area AA to show our gratitude during this month of Thanksgiving by making special contributions to our Intergroup office. Contributions go to support the office, service committees and special events.

Group conscience determines how each group participates. Some pass the basket twice during Gratitude Month meetings. Some groups that meet daily donate collections from one day per week in November. Other groups choose to donate a percentage. Some members make individual anonymous gratitude donations. There are many ways to give.

**Thanks to all who make our Prescott Area Intergroup self-supporting through our own contributions.**

## 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 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.

## Meeting of the Month

The meeting of the month is Bagdad's own "Just 4 2day" at 7:00 pm at the Bagdad Community Campus, Lower Peak Rm. 700 Palo Verde Rd. I know, the drive out there may seem daunting; but it is truly lovely! It goes by really fast because there's so much beautiful scenery to look at.

When you pull up, there are two buildings with a walkway in between. The meeting - for now- is through the gate, first door on the right. However, they did say that it's usually in a different room. Their landlords move them to this particular room sometimes for space reasons. I was greeted warmly and offered donuts with fresh, yummy coffee. They won me already. There were five people, including myself. It was pretty laid back, since their meeting is small on average. We shared our stories, one by one, going round robin. 'Twas a real pleasure to be a part of this intimate group.

It was shared with me that it can be difficult at times to keep the meeting going. It's a mining town, so attendance fluctuates. I had no idea what to expect heading out here and, wouldn't you know, I found a group of drunks, just doing what they can, being honest, open, and willing. Their frank honesty about themselves and their journeys really touched my heart. It was a great mid-week adventure. If you don't have anything to do on a Tuesday/Thursday evening, this meeting is highly suggested. Fresh faces and stories seem to be more than welcome, and they are really good people to meet.

Nicole M.

## Concept Eleven:

"While the trustees hold final responsibility for A.A.'s world service administration, they should always have the assistance of the best possible standing committees, corporate service directors, executives, staffs and consultants. Therefore, the composition of these underlying committees and service boards, the personal qualifications of their members, the manner of their induction into service, the systems of their rotation, the way in which they are related to each other, the special rights and duties of our executives, staffs and consultants, together with a proper basis for the financial compensation of these special workers, will always be matters for serious care and concern."

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## Heard at a Meeting:

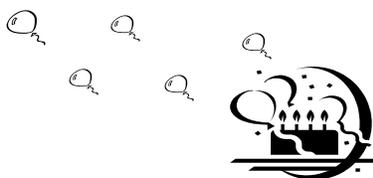
**Faith is like a muscle, the more we use it,  
the more it grows.**



**November AA Birthdays  
CONGRATULATIONS!**



<b><u>Crazy Birds</u></b>		<b><u>Diamonds in the Rough</u></b>	
Terra R.	11/15/11	Bobbie D.	11/18/13
<b><u>Alternatives</u></b>		Erin K.	11/01/08
Chuck H.	11/15/71	Kathy T.	11/03/99
<b><u>Bradshaw Seniors Mtg</u></b>		Robin M.	11/01/01
Donya	11/15/87	<b><u>Park Ave</u></b>	
<b><u>Toolbox Group</u></b>		Colyn	11/23/12
Kay L.	11/28/97	Tracie	11/13/12
Julia F.	11/06/82	Justin P.	11/05/11
<b><u>Seniors in Sobriety</u></b>		Larry F.	11/11/84
Wayne K.	11/22/90	Joan S.	11/29/83
Bob N.	11/04/82	<b><u>Girlie Birds</u></b>	
<b><u>Wilhoit</u></b>		Kiley M.	11/21/15
Sue M.	11/29/98	Wendi P.	11/01/15
Barb R.	11/13/82	Jean V.	11/15/14
<b><u>PV Men's Book Study</u></b>		Sasha R.	11/08/14
Jack C.	11/18/16	Sue A.	11/01/07
Jimmy W.	11/01/11	Colleen T.	11/11/90
<b><u>Humboldt Men's Stag</u></b>		Michelle H.	11/04/87
Rick K.	11/18/97	<b><u>Serenity@Sunrise</u></b>	
Mike R.	11/15/94	Kelli S.	11/16/17
Earl G.	11/01/91	Serena H.	11/14/17
<b><u>PV Friday Night Speakers</u></b>		Andrea W.	11/15/13
Art C.	11/07/03	Mikki T.	11/28/12
Wally M.	11/18/94	Saul H.	11/16/06
Jack P.	11/09/69	Jeff G.	11/10/88
<b><u>PV Sun No Name</u></b>		Buck W.	11/09/80
George K.	11/26/15	<b><u>Sun Morn Men's Stag</u></b>	
Josie B.	11/08/10	Carter K.	11/05/09
Emily I.	11/19/89	Cameron C.	11/28/08
<b><u>Sunday Round Table</u></b>		Drew B.	11/16/08
Chrissy H.	11/26/11	Paul B.	11/20/04
Lawrence B.	11/01/10	Ed H.	11/06/88
Mike S.	11/02/86	Larry W.	11/29/83
Karen B.	11/22/85	Dick H.	11/10/78
<b><u>PV Noon Group</u></b>			
Fred J.	11/07/13		
Anita R.	11/25/12		
Knute	11/08/95		
Ray P.	11/02/79		



**CELEBRATE SOBRIETY!**

**Please help us 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 for our monthly update email.**

# Service Corner

**Look back and be grateful.**

**Look ahead and be hopeful.**

**Look around and be helpful.**

**Next Intergroup Meeting:**

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

**Prescott Shoestring Roundup Committee**

5:30 pm, Friday, January 18, 2018  
(the third Friday of the month)  
Unity Church, 145 S. Arizona Ave. @ 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

## Prescott Area Intergroup's September 2018 YTD Treasurer's Report

GROUP DONATIONS	YTD
4 Directions Grp	\$400.00
Afterwards Group	\$1,500.00
Bradshaw Seniors Meeting	\$321.10
Carry This Message	\$783.00
Chino Valley AA	\$200.00
Crazy Birds	\$345.00
Free Thinkers	\$465.97
Friday Big Book Solutions	\$250.00
Girlie Birds	\$950.00
God Sticks Group	\$25.00
Healing the Hole in the Soul	\$517.30
Humboldt Men's Stag	\$500.00
Intergroup Meeting	\$277.68
Noon BB Discussion	\$922.50
Old Shoe (Skull Valley)	\$232.22
Open AA Meeting	\$1,200.00
Park Avenue Group	\$938.77
Prescott Group	\$590.00
Prescott Shoestring Roundup	\$6,000.00
Principles B4 Your Personality	\$1,913.80
PV As Bill Sees It	\$223.00
PV Diamonds in the Rough	\$200.00
PV Friday Night Speaker Mtg.	\$240.00
PV Gut Rap Group	\$160.00
PV Keep It Simple	\$466.50
PV Lushes t' Ladies	\$490.50
PV No Name Group	\$200.00
PV Noon Group	\$1,060.00
PV Reflections	\$108.00
PV Roadmap To Recovery	\$120.00
PV Sunday Nooners	\$250.00
PV There Is a Solution	\$41.00

GROUP DONATIONS	YTD
PV Wed Step Study	\$70.00
PV Welcome Valley	\$221.20
Round Table Meeting	\$402.00
Seniors In Sobriety	\$150.00
Serenity At Sunrise	\$2,599.40
Step Stories	\$299.81
Sun. AM Men's Stag	\$1,146.56
Sunday AM AA Solutions	\$180.00
Sunny Days	\$18.27
The Great Fact	\$1,294.00
The Slice Of Life	\$1,050.00
Thurs Men's Stag	\$152.50
Toolbox Group	\$1,017.82
Whipple Group	\$89.00
Women's Gratitude Luncheon	\$600.00
Working Girls	\$110.00
Yarnell On the Mtn Grp	\$50.00
<b>TOTAL GROUP DONATIONS</b>	<b>\$31,341.90</b>
<b>OTHER INCOME</b>	
AA Birthday Gratitude	\$562.00
Anonymous IG Donation	\$1,343.70
Literature Sales	\$10,072.00
Chips Etc.	\$2,390.75
Meeting Directory Sales	\$280.50
Newsletter Sales	\$165.00
Picnics	\$1,420.34
<b>TOTAL OTHER INCOME</b>	<b>\$16,234.29</b>
<b>TOTAL INCOME</b>	<b>\$47,576.19</b>
<b>TOTAL EXPENSES</b>	<b>\$44,486.35</b>
<b>INCOME LESS EXPENSES</b>	<b>\$3,089.84</b>
<b>Total Monies 9/30/18</b>	<b>\$32,059.38</b>
<b>Literature &amp; Chips</b>	<b>\$7,006.00</b>

### Tradition Eleven the Long Form

Our relations with the general public should be characterized by personal anonymity. We think A.A. ought to avoid sensational advertising. Our names and pictures as A.A. members ought not be broadcast, filmed, or publicly printed. Our public relations should be guided by the principle of attraction rather than promotion. There is never need to praise ourselves. We feel it better to let our friends recommend us.

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### A Declaration of Unity

This we owe to A.A.'s future: To place our common welfare first; To keep our fellowship united.  
For on A.A. unity depend our lives; And the lives of those to come.

## **Thanksgiving Family Feast**

*Sponsored by District 14-142*

Trinity Lutheran Church, 3950 Valorie Dr.  
Prescott Valley, AZ 86314  
Entrance on Lakeshore between Robert Rd. & Navajo

**Thanksgiving Day, Thursday, November 22, 2018**

12:00 to 1:00 Meetings  
1:00 to 2:30 Feast  
2:30 to 3:30 Speaker  
3:30 to 4:00 Silent Auction

*Coffee, Water, Turkey and Ham provided  
Please bring a dish to share*

**Families Welcome**

## **2018 Area 03 Post Conference Assembly**

November 3rd, 2018  
Lake Havasu City, AZ  
Details at: [www.Area03.org](http://www.Area03.org)

**31st Annual  
Miracle on the River  
Lake Havasu City  
November 2, 3, 4 2018  
[www.HavasuaARoundup.org](http://www.HavasuaARoundup.org)**

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**29th Annual River Roundup  
Bullhead City, AZ  
January 10, 11, 12, 13 2019  
[www.rcco-aa.org](http://www.rcco-aa.org)**

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**55th International Women's Conference  
February 7-10, 2019  
The Westin Bonaventure Hotel  
404 S. Figueroa St., Los Angeles, CA  
[www.internationalwomensconference.org](http://www.internationalwomensconference.org)**

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**Yuma Pass It On Roundup  
Yuma, AZ  
February 22, 23, 24 2019  
[www.yumaroundup.org](http://www.yumaroundup.org)**

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

▶▶▶ **April 5, 6 & 7, 2019** ◀◀◀

*Our Big Book - 80 Years - 71 Languages*  
Prescott Resort and Conference Center  
1500 AZ-69, Prescott, AZ

There are many opportunities to be of service

**The next Planning Committee Meeting will be held  
Saturday, January 12, 2019 at 5:00 pm**

at 7080 E Lantern Lane West, Prescott Valley  
More info call Dan S. at 928-899-8274



## **Prescott Area Intergroup's 2018 Christmas/Holiday Alcañon**



**Monday, December 24th  
4:00pm - Midnight**

**Tuesday, December 25th  
6:00am - 2:00pm**

**Safe Harbor, 520 W. Delano**

**AA Speaker Meeting Monday, 12/24 at 7:00 pm  
Continental Breakfast Tuesday, 12/25 at 6:00 am  
Hosted by the Sunday Morning Men's Stag**

**Snack Food and Dessert Potluck Throughout**

**Please bring Snack Foods and/or Desserts to share!**

***Marathon Meetings on the Hour***

*(Groups are needed to lead marathon meetings. Call office by 12/20 to schedule day and time)*

**Call the office for more information 928 445-8691**



# *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.

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

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

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