



Conscious Contact

Prescott Area Intergroup: Serving Central Yavapai County

September 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 Spider in the Mirror

I sat at the edge of my bed in morbid reflection on my past attempts to find long term sobriety, or just any form of connection and growth in this world. Yet all my attempts ended in failure.

I looked up in absolute rage, shaking my fist and telling God off, and for good measure I told his son off as well. After all the miracles I read about in the Bible and all the prayers I had said I was still finding no relief from the pain of feeling like an outcast from society. I cried myself to sleep, deeply exhausted and full of shame that I was in yet another sober home seeking help. I had lost count of the number.

The next morning I woke, surprisingly well-rested and feeling a little bit brighter. As my feet touched the floor I remembered cursing God and his son the evening before. In deep shame and regret, and reflecting that surely I had just signed and sealed my fate to eternal punishment, I looked upward and apologized for my outburst, hoping God and his son might see fit to let this one slide by.

I ate a little breakfast and waited for my therapist, who had promised a morning hike instead of the usual, dreaded office visit which seemed always to confirm my thoughts that I was crazy and needed more help than the average Joe.

We made it to the trailhead. The morning was beautiful, sunny, birds chirping, small lizards scurrying across the path. The air was cool, clean and a pleasure to the senses. We were off on our adventure, enjoying the hike when suddenly I saw something I rarely get to encounter – a full grown tarantula.

In childlike excitement, I followed the eight-legged creature, enjoying this rare encounter. I desperately wanted a closer look, so I cautiously moved closer to the creature. I must have crossed its boundary marker, however, for the tarantula stopped its march across the path and reared up in what looked like attack mode, standing back on its hind legs and waving the rest of them in a threatening manner trying to get me to back off.

Instantly I was hit with the memory of my anger the night before. It was as if God was now telling me that I was like the tarantula.

“This is how I see you, Paul. I am constantly in awe of you and love to observe your life. There are times when you make yourself vulnerable and allow me to

Continued on page 4

Anlg-Info, Dig-Info DCM, P.S., Notes

What does it all mean? Not nearly as much as I might have feared.

Analog information is what I’m doing right now. Digital information is the emails I got from District officers and group service reps and Area 03.

I am of the age that digital info is not easy. I do have a semi-intelligent phone and a “stupid computer.”

However, it’s the information that is important. The reason we, as alcoholics, have home groups, group business meetings, GSRs, Intergroups, Districts and Areas is to give information, votes at home group meetings, district meetings, area assemblies and conferences. And receive info to take back to our groups.

Let’s say someone (alcoholic) suggests a change in our literature. They propose a motion. The agenda committee reviews the motion, decides it’s reasonable, and sends the motion to the GSRs who take it back to their respective groups to be voted on. GSRs take the vote back to district and assemblies. The motion passes, fails or gets tabled for later discussion and vote. Then the GSRs bring this “information” back to the groups.

Of course this is a simplified version. I’ve left out all the different service committees, standing committees and the “good times” that happen all around us as a result of the “dreaded service work.” Examples are Intergroup picnics and ASCYPAA fundraisers which are always fun. Hospitality at assemblies and roundups are a great way to meet people and serve A.A.

If you want to know why we buy books for the V.A. and prisons and take meetings to jails and other institutions, come to any one of these meetings and home group meetings.

I’m sure this “little essay” might not be what our lovely Sue B. asked me to write (analog) however if you want more detailed information you can check out our websites (digital) or visit our Intergroup office (analog) or come to our District 14-140 meeting (analog). Time and location on the interweb (digital :o)

Love, Paul S. DCM 14-140

Heard at a Meeting:

**Don't look down on other people
unless you are bending over to help them.**

Humility? What does that mean exactly?

“Humbly asked him to remove our shortcomings.”

Humbly? With humbleness? Yes.

Growing up I had the idea that humility was related to humiliation. Embarrassment. Groveling.

But the AA folks gave me a different definition.

Instead of being lower than a worm and asking, I would ask realistically to have my shortcomings removed.

(These, by the way, were the items that grew out of Step 5.)

Today, the opposite of “humbly asking” sounds stupid. It would be something like “Hey, since I’m so fabulous and great, I deserve to have these shortcomings removed, so get busy.” I like the version of the step, as written, much better.

Though the program expects us to get rid of ego, it’s only doing the smart thing for us. After all, if we could have stopped drinking or if we could have managed our lives, we would have done so. So we gave up on that control and turned things over to a power greater than ourselves...whatever that was. Then we wrote up that moral inventory and shared it with someone. They gave us feedback. That already means we’re moving in a whole different direction than we had been before.

But back to humility.

If it means “realistic,” it means we don’t pretend we’re something we’re not. We aren’t airline pilots or rocket scientists or brain surgeons (unless we are). Pretending is just plain stupid.

Remember that silly commercial of the surgical team congratulating the doctor for completing a tricky procedure, who then says: “Oh, I’m not a doctor. But I did stay in a Holiday Inn Express last night.”

That’s just how silly it is for us to pretend. And what’s the point of doing so? There isn’t one.

So humility...you’re the smart move.

Anonymous

Tradition Nine:

“A.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.”

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Concept Nine:

“Good service leaders, together with sound and appropriate methods of choosing them, are at all levels indispensable for our future functioning and safety. The primary world service leadership once exercised by the founders of A.A. must necessarily be assumed by the Trustees of the General Service Board of Alcoholics Anonymous.”

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Things we cannot change...

In Loving Memory

David K.

1/9/57 - 2/11/90 - 7/14/18

*God grant me the Serenity
to accept the things I cannot change;
Courage to change the things I can; and
Wisdom to know the difference.*

In Loving Memory of David K.

The David alive in my memory will live as long as I do, and as long as gentleness, kindness and loving service are the watchwords of AA. He is now a part of the eternal and anonymous tapestry of those who loved him, and of those he has loved. The men and women touched by David’s kindness, love and humor, who have found strength and encouragement in his words and actions, keep his essence alive as they pass it on to others.

No one who lives our life ever really dies, since a word here, a phrase there, a hug along the way, are seeds which grow when planted in the hearts of others. There are people alive today, without even knowing it, who have inherited the gift of David’s living example of Love, willingness and courage.

I choose not to let my own fear of death, which can show up as moral judgments and conclusions, to muscle in on my memory of a man who lived a life which demonstrated willingness, Love and courage. A man, who as a part of his recovery, worked for and received his Bachelor’s Degree, his Master’s and Law Degrees. A man who recovered from a bicycle accident which could have left him permanently disabled, had it not been for his willingness and courage to continue on in the healing spirit of Love and service.

David was perfectly imperfect; he did his best to be a good Dad, Husband, Brother, Son and Friend. His life is a memorial to the best in all of us.

I Love and miss my dear friend David and will do my best to pass on what he so freely gave to me.

Al S.

Heard at a Meeting:

I’ve learned to smile through the tears.



**September AA Birthdays
CONGRATULATIONS!**



Prescott Group

Sarah R. 9/11/06

The Slice of Life

Mike K. 9/17/73

PV Noon Group

Rex P. 9/22/98

Keep It Simple

Jerry B. 9/29/03

Jimmy C. 9/10/77

PV Lushes T' Ladies

Janet B. 9/02/98

Maureen H. 9/15/83

Park Ave

Lynn S. 9/29/87

Mike D. 9/15/78

PV No Name Group

Dan C. 9/15/09

Greg H. 9/04/09

Johnny D. 9/25/89

Chino Valley

Dan S. 9/03/97

Lori B. 9/16/96

Darrel W. 9/07/95

Step Stories

Ann B. 9/11/07

Sara P. 9/26/06

Martha Mc. 9/08/06

Girlie Birds

Fiona O. 9/24/16

Nan W. 9/01/14

Mandy B. 9/21/12

Karen P. 9/04/11

Sun Morn Men's Stag

Marc K. 9/23/87

David C. 9/20/87

Dan S. 9/12/83

Doug F. 9/30/82

Alternatives

Tammy R. 9/11/04

Pam W. 9/05/97

Michael T. 9/27/91

Lynn S. 9/29/87

Humboldt Men's Stag

Tyler B. 9/21/14

Nate H. 9/15/08

Ed B. 9/24/02

Eric M. 9/07/00

Larry L. 9/25/93

Serenity @ Sunrise

Zane Z. 9/28/16

John H. 9/08/16

Karen P. 9/04/11

Marc K. 9/23/87

Dave C. 9/20/87

Noon BB Discussion

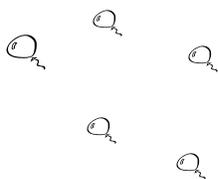
Robert B. 9/03/02

Joe C. 9/18/02

Lynnae W. 9/27/00

Bill D. 9/07/87

Francie J. 9/09/84



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.

Thank you to all who help!

Heard at a Meeting:

Sometimes I need to ask myself:

"What would an adult do in this situation?"

Service Corner

Look back and be grateful.

Look ahead and be hopeful.

Look around and be helpful.

Next Intergroup Meeting:

6:30 pm, Wednesday, September 12, 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, September 5, 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, September 4, 2018
(the first Tuesday of every month)
Emmanuel Lutheran Church, 7763 E. Long Look, PV

Prescott Shoestring Roundup Committee

5:30 pm, Friday, September 21, 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

Continued from page 1

come close to you but as soon as I do you get angry and shake your fists at me to say you don't want me in your life."

Truly inspired and reflecting momentarily how I do this with most people in my life as well, I stood up and heard some twigs snapping off in the distance. There on the side of a hill were several deer and again it was like God's gentle whisper coming to me: "Don't walk alone like the tarantula. Find a healthy group of friends to share

your life with – friends who will help you to find strength, direction and security."

I currently look to share my life with as many healthy men in sobriety as possible – to build trust, vulnerability, empathy, value and guidance. God is still inspiring many spiritual moments in my life, causing paradigm shifts which change my perceptions of how things really are – moments like my encounter with the tarantula.

Thank you, God, for such inspirations. I am forever grateful.

Paul G.

Prescott Area Intergroup's July 2018 YTD Treasurer's Report

| GROUP DONATIONS | YTD |
|--------------------------------|------------|
| 4 Directions Grp | \$200.00 |
| Afterwards Group | \$1,500.00 |
| Bradshaw Seniors Meeting | \$225.10 |
| Carry This Message | \$592.00 |
| Chino Valley AA | \$200.00 |
| Crazy Birds | \$345.00 |
| Free Thinkers | \$200.00 |
| Friday Big Book Solutions | \$150.00 |
| Girlie Birds | \$950.00 |
| Healing the Hole in the Soul | \$385.80 |
| Humboldt Men's Stag Meeting | \$500.00 |
| Intergroup Meeting | \$214.68 |
| Noon BB Discussion | \$922.50 |
| Old Shoe (Skull Valley) | \$181.22 |
| Open AA Meeting | \$900.00 |
| Park Avenue Group | \$720.75 |
| Prescott Group | \$480.00 |
| Principles B4 Your Personality | \$1,313.80 |
| PV As Bill Sees It | \$223.00 |
| PV Friday Night Speaker Mtg. | \$240.00 |
| PV Gut Rap Group | \$160.00 |
| PV Keep It Simple | \$466.50 |
| PV Lushes t' Ladies | \$405.00 |
| PV No Name Group | \$100.00 |
| PV Noon Group | \$820.00 |
| PV Reflections | \$108.00 |
| PV There Is a Solution | \$41.00 |
| PV Welcome Valley | \$221.20 |
| Round Table Meeting | \$402.00 |

| GROUP DONATIONS | YTD |
|---------------------------------|--------------------|
| Seniors In Sobriety | \$150.00 |
| Serenity At Sunrise | \$2,000.20 |
| Step Stories | \$299.81 |
| Sun. AM Men's Stag | \$846.56 |
| Sunday Morning AA Solutions | \$180.00 |
| Sunny Days | \$18.27 |
| The Great Fact | \$1,213.00 |
| The Slice Of Life | \$700.00 |
| Thurs Men's Stag | \$92.50 |
| Toolbox Group | \$979.70 |
| Whipple Group | \$89.00 |
| Working Girls | \$110.00 |
| TOTAL GROUP DONATIONS | \$19,846.59 |
| OTHER INCOME | YTD |
| AA Birthday Gratitude | \$421.00 |
| Anonymous IG Donation | \$1,153.45 |
| Literature Sales | \$7,296.70 |
| Chips Etc. | \$1,877.50 |
| Meeting Directory Sales | \$230.00 |
| Newsletter Sales | \$150.00 |
| Picnics | \$539.30 |
| TOTAL OTHER INCOME | 11667.95 |
| TOTAL INCOME | 31514.54 |
| TOTAL EXPENSES | \$33,668.21 |
| OVERALL TOTAL | -\$2,153.67 |
| Total Monies 7/31/18 | \$26,815.87 |
| Loan to Prescott Roundup | -\$2,000.00 |
| Literature & Chips | \$6,395.00 |

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.

PRESCOTT AREA INTERGROUP'S

2018 FINAL SUMMER PICNIC!

POTLUCK, AA SPEAKER MEETING & RAFFLES

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

ASCYPAA 2018

Prescott, AZ

October 12th, 13th & 14th

Prescott Resort and Conference Center

1500 AZ-69, Prescott, AZ

ascypaa2018.org

2018 Area 03

Post Conference Assembly

November 3rd, 2018

Lake Havasu City, AZ

Details at: www.Area03.org

Check out www.prescottaa.org

- Flyers and more info on events
- Updated meeting info
- Business meetings schedules
- Online contributions
- Newsletters and more

Sub-District 14-141 AA Gratitude Picnic

When: 11:00 am to 3:00 pm **October 6th**

Where: Windmill Park – Cornville, AZ -9984 East Cornville Road

****Sonoran Hot Dogs and drinks provided****

LUNCH SERVED AT 11:30

AA speaker at 12:30 – Bill R. – Camp Verde

Bring a lawn chair - Bring the family - Bring a side dish

Big Book given to the newest newcomer

Corn Hole tournament – Badminton – Games

Sit by the creek – lay in grass – food – fun - fellowship

**27th National/International Native
America Indian Alcoholics Anonymous
Convention**

Fountain Hills, AZ

September 6, 7, 8 2018

www.nai-aa.com

6th Annual

Hokey Pokey Women's Retreat

"Where You Can Turn Yourself Around"

October 5, 6, 7 2018

Tonto Creek Camp, Payson AZ

(flyers at Intergroup office)

31st Annual

Miracle on the River

Lake Havasu City

November 2, 3, 4 2018

www.HavasuaARoundup.org

29th Annual River Roundup

Bullhead City, AZ

January 10, 11, 12, 13 2019

www.rcco-aa.org

Yuma Pass It On Roundup

Yuma, AZ

February 22, 23, 24 2019

www.yumaroundup.org

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, October 6, 2018 at 3:00 pm

(time subject to change)

Following the speaker meeting at the 14-141 Gratitude Picnic

(see above)

Windmill Park, 9984 East Cornville Road, Cornville, AZ

There are many opportunities to be of service.

Please Join Us!



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
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.

Please print clearly.

NAME _____

ADDRESS _____

CITY/STATE _____ ZIP _____

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