



Conscious Contact

Prescott Area Intergroup: Serving Central Yavapai County

October 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

Pacific Regional Forum Report

This year I attended the Pacific Regional Forum in San Jose, CA as the DCM for Sub-District 14-142. Forums are designed for alcoholics to gather and discuss new ideas and ask questions. The theme for this year's forum was "The Future of AA" and we discussed just that - What is the future of AA? How do we keep helping the still suffering alcoholic? How do we continue to change with the times and demands of society, technology, etc.? These are all important questions. I heard AA called a "Dynamic Movement" and that really stayed with me because that is exactly what it is!

I was able to hear reports from A and B Trustees, GSO staff, Grapevine staff, Delegates, and many others who keep the AA wheels grinding. Among the GSO Board reports were the many translations of the Big Book in different languages, 70 to be exact. Other AA literature has been translated in 102 languages. They even played a portion of the Navajo translation for all to hear. Delegate presentations included outreach to remote communities, cooperation with other 12 step fellowships, AA being self-supporting, and Grapevine subscriptions. For me, the remote communities and the importance of the Grapevine/La Vina went hand in hand. The Grapevine is so important because it reaches those alcoholics who are not able to get to a meeting for one reason or another. It can be the only form of help for some. I really enjoyed the report on the cooperation between 12 step fellowships because they explained how we should be working together because we do follow the same steps to try and solve whatever problem that ails us. And in discussing how we are self-supporting, it really hit home when it was explained how the cost of a drink is so much more now than it was years ago when the AA meetings started; therefore, should we expect to continue keeping AA funded by still only putting \$1 in the basket or should that increase with the costs as well? These were all followed by Q & A events where any and every alcoholic could go to the microphone and ask any questions to be answered by coordinators from that part of AA.

I ended with workshops. There were many different workshops but all at the same times so I could only attend two of them. I attended "Supporting Grapevine: From your Story to Service" which was conducted by Ami B. who is the AA Grapevine editor/publisher. Here we discussed many different aspects of the Grapevine.

She discussed workshops that we can hold to help people write articles for the Grapevine. Anyone can write an article and submit it. You can also record your story. As of now, there are 600 recorded stories backlogged and they have not decided how they are going to use them yet but if you go onto the aagrapevine.org site, they have a survey where you can give them your thoughts on this. The other workshop I attended was the "Safety in AA" workshop by Roxanne R. who is the Delegate for Panel 68, Area 08. This is a very hot topic in AA and there were definitely a lot of attendees. We voted to discuss 5 different topics:

1. Predatory Behavior- physical/financial/etc
2. Risky Behavior- weapons/domestic violence/ disruptive behavior
3. How to handle conflicts and when to call 911
4. Bullying and Gossiping
5. Anonymity- breaking it

These were all good topics. Unfortunately, we never got past the first topic. The discussion was so heated and people were so passionate about this topic that it took up the entire workshop. So many AA members stood up and shared experiences they have had or someone close to them has had dealing with predatory behavior. Some people cried, some yelled, a couple of people left the room. It was very heated, but the result was still the same. Safety is the #1 importance in an AA meeting and though we do practice anonymity, when we feel there is any danger, it is our responsibility to call the proper authorities to handle situations which threaten ourselves or others. It may be necessary to get restraining orders to maintain safety if other measures fail.

In conclusion, I am so grateful to have been able to attend this Forum. I met AA members from all over the World. I was able to meet the people who work at the GSO office and put faces to the names. I learned more about the workings of GSO and AA as a whole. AA is a dynamic movement and I am so grateful to be a part of it.

Bobbie D. DCM 14-142

Concept Ten:

"Every service responsibility should be matched by an equal service authority - the scope of such authority to be always well defined whether by traditions, by resolution, by specific job description or by appropriate charters and bylaws."

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When Alcohol Just Isn't Enough

The turning point for me was when I said that alcohol was not enough. I wanted something bigger and more powerful to help me shut off the pain. I obsessed over the idea of exploring new avenues of addiction, fantasizing that they would take me places I had never been. I wanted whatever was going to shut down the voices in my head. I couldn't shake the sensation, despite the fact that my drug of choice had always been alcohol. Now my mouth watered at the thought of chewing up sleeping pills, and the notion of sticking a needle in my arm seemed attractive to my delusional, insane mind.

I remember sitting in my living room, telling myself that if wine and whiskey are not enough for you, then you know you are an alcoholic and you need to get help. But somehow the idea of walking into the rooms of AA seemed more daunting than figuring out how I could get my hands on much more powerful drugs. For days these crazy visions tortured me – how I was going to go to work drunk; how no one would catch me; and how at the end of the week God was going to lead me to a drug dealer, and I'd be over the whiskey and wine. Then one Monday night after work, despite my best intentions, the craving hit on my way home with such force I diverted to my favorite little gas station convenience store and bought what turned out to be my last bottle of wine.

At home, before opening the bottle, I started praying. "Please, God, please help me only drink one glass of wine tonight, slowly, and let's save one glass for tomorrow." So I poured one big glass and started to a sip, then a gulp, and then slowed down to enjoy it. I did this for three days and by Thursday I could not even finish the last glass. I dumped it and whatever was left in the bottle. It was as though God had been waiting for this moment.

Thursday night I was doing Steps 1 to 3. And by Friday afternoon I remember standing where I work with 89 screaming kids running in the grass field all around me and praying: "Please, God, help me. I can't handle the chaos anymore. Either I am going after something bigger to escape this weekend, or I am going to start walking with my backpack after work, and give my daughter up to her father, and will walk to New York if I have to until I feel better. I'll walk out all the crazy in my head. I am running out of options here, God."

At the end of my shift one of my bosses came up to me and asked what I was going to do over the weekend, and I said something like I am going to go drink. Then I said no I am actually NOT going to go drink. But I felt like I was being torn apart. I got home and started screaming at myself: "You are an ugly drunk! You want to try a new addiction, a new substance. You want to eat crushed up sleeping pills and die because drinking is not enough for you anymore! You're crazy! You're not afraid of dying, but you ARE afraid to say you're an alcoholic and go to an AA meeting. You are ashamed to be a drunk but that's what you are. So stop asking people if they think you are a drunk; no one is going to tell you. God is telling you that you are - all these drunken conversations you have with him, asking him over and over again, ARE your answer. You know the answer."

Then everything went black. I dropped to my knees. I started crying, grabbed my computer, got on Facebook, private-messaged this beautiful woman, said I was an alcoholic and I needed her to sponsor me. She told me I was going to go to a meeting with her - that she would call me the next morning, that I should rest and whatever else I did I was NOT to pick up a drink. "You don't ever have to pick up a drink again, Jenny." No one had ever said that to me. And for the first time in memory, a sense of peace came over

me that night. It did not take away my craving for some form of chemical relief, but I felt hope for the first time.

I went to my first all ladies meeting at Safe Harbor with my sponsor that weekend, and heard an incredible woman share her experience with drug and alcohol addiction. My cravings came back strong during that meeting, and for a long time in early sobriety I would continue to get these rushing feelings throughout my body during AA meetings. The sensation felt like a huge adrenalin hurricane going off inside my body, and my mind would race all over the place. But I knew I honestly wanted to be sober.

I am still plagued at times with crazy thoughts about "bigger and better" chemical forms of escape. The ideas developed during a drinking career that lasted for over 27 years don't just evaporate overnight. But for more than 16 sober months now I have found in AA a power that IS enough, one day at a time, to keep those thoughts at bay. I want to live now. The promises are coming true in my life. AA has been the only thing that has worked for me and that I have stayed with. My suffering is nowhere near what it was. It only requires that I go to daily meetings, have a sponsor, work on the steps, and share my life with other alcoholics, not leaving out any secrets. I have no choice but to be present and listen to other alcoholics just like me. My job now is to live in the solution, take action, show up, do a lot of self-care, and help the next person who comes in the room who wants me to help. I broke myself into a billion small pieces and I am just now learning—in this tiny glimpse of sobriety—who I am.

Jenny O.

Why AA is Not a Cult

It certainly seems like a cult when you first encounter it. The AA clubhouse where I attended my first meeting had the Twelve Steps and the Twelve Traditions hanging on the posters you see everywhere. Plus little sayings were framed, like "Easy Does It" and "One Day At A Time."

Just a little creepy. Like maybe a Masonic Temple.

People commented in a structured style: "I'm Bill and I'm an alcoholic." Meetings in downtown Chicago were quietly held in office conference rooms. It felt like you were getting into a speakeasy by using a password.

But it didn't put me off enough to stop attending because the people in the meetings seemed, well, *normal*. They ate their McDonald's lunch while the speaker delivered the lead, then commented like always, usually going around the room. I heard from World War II vets who had chilled their beer bottles by spraying them from their DDT bug bombs, from airline pilots who had flown with terrible hangovers and sometimes woozy, from a woman who drank only imported wine, from another woman who only drank blue drinks, and so on.

They were all a little nuts, just like me. And they were all laughing at themselves, just like I was starting to do. None of this felt very cult-like. The posters and framed sayings worried me less and less.

The capper came from an old-timer with nearly 40 years, and this was back in the early 80s. He was in the Chicago ad sales office of the National Enquirer. (Did I say I met the most interesting people in the program?) He was Ed Lynch, God rest his soul, who told me that no way was AA a cult.

"A cult takes you out of the world and brings you into itself," he said. "AA does the exact opposite. It takes you out of yourself and fits you back into the world."

Well said, Ed. I've never forgotten you.

Bill S.



**October AA Birthdays
CONGRATULATIONS!**



<u>Healing the Hole in the Soul</u>	<u>Sunday AM Men's Stag</u>
Bob P. 10/03/76	Dwane B. 10/31/09
<u>Friday BB Solutions</u>	Bill D. 10/25/09
Jim S. 10/27/80	Randy M. 10/28/08
<u>PV Noon Group</u>	Archie T. 10/10/06
Debbie T. 10/24/13	Jerry P. 10/30/81
<u>PV Lushes to Ladies</u>	Jerry D. 10/13/72
Cindy F. 10/01/08	<u>Crazy Birds</u>
<u>Diamonds in the Rough</u>	Angie M. 10/27/04
Cynthia M. 10/01/12	Ryan S. 10/02/02
<u>Park Ave</u>	Kurt B. 10/18/00
Pat A. 10/19/82	Scott B. 10/16/00
<u>Keep It Simple</u>	Ray T. 10/13/96
DeAnn B. 10/22/09	Don M. 10/23/92
<u>Sunday Round Table</u>	<u>Serenity @ Sunrise</u>
Julia H. 10/18/11	Randy B. 10/27/16
<u>The Slice of Life</u>	Kat C. 10/19/13
Jim M 10/26/10	Chris S. 10/07/02
Esto L. 10/18/09	Ferris T. 10/21/98
<u>No Name Group</u>	Tom H. 10/01/97
Larry L. 10/25/85	Dan F. 10/17/72
Tiffany D. 10/30/14	<u>Alternatives</u>
<u>PV Men's Book Study</u>	Chris K. 10/26/12
George E. 10/11/16	Matt S. 10/22/12
Roger V. 10/14/92	Margey S. 10/26/10
<u>Welcome Valley</u>	Kathy 10/06/10
Jim W. 10/29/10	Neil O. 10/15/09
Greg H. 10/12/09	Tim W. 10/11/08
John N. 10/20/86	Jack B. 10/11/06
<u>Humboldt Men's Stag</u>	Lavon 10/10/81
Jerry E. 10/04/00	<u>Girlie Birds</u>
Dave M. 10/06/93	Mila G. 10/20/16
Mike C. 10/12/89	Kelsey C. 10/11/16
Dave S. 10/01/82	Peggy L. 10/27/15
<u>Prescott Group</u>	Terri M. 10/20/13
Paige 10/20/09	Hannah S. 10/31/11
Anna 10/15/09	Lucy Mc. 10/31/06
Jack A. 10/16/08	Martha G. 10/26/03
Angie M. 10/26/04	Susan A. 10/18/92
<u>Toolbox Group</u>	Celeste H. 10/05/79
Dorice D. 10/03/12	
Douglas B. 10/05/02	
Patrick H. 10/25/80	
Karen H. 10/26/82	
Martha G. 10/26/03	
<u>PV Sun. No Name Group</u>	
Aaron N. 10/14/15	
Tiffany D. 10/30/14	
Greg H. 10/12/09	
Darek C. 10/25/06	
Robin M. 10/01/01	
Linda B. 10/12/92	



Service Corner

Look back and be grateful.

Look ahead and be hopeful.

Look around and be helpful.

Next Intergroup Meeting:

6:30 pm, Wednesday, October 10, 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, October 9, 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, October 2, 2018
(the first Tuesday of every month)
Emmanuel Lutheran Church, 7763 E. Long Look, PV

Prescott Shoestring Roundup Committee

5:30 pm, Friday, October 19, 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 August 2018 YTD Treasurer's Report

GROUP DONATIONS	YTD
4 Directions Grp	\$400.00
Afterwards Group	\$1,500.00
Bradshaw Seniors Meeting	\$275.10
Carry This Message	\$646.00
Chino Valley AA	\$200.00
Crazy Birds	\$345.00
Free Thinkers	\$465.97
Friday Big Book Solutions	\$200.00
Girlye Birds	\$950.00
God Sticks Group	\$25.00
Healing the Hole in the Soul	\$385.80
Humboldt Men's Stag Meeting	\$500.00
Intergroup Meeting	\$244.68
Noon BB Discussion	\$922.50
Old Shoe (Skull Valley)	\$232.22
Open AA Meeting	\$900.00
Park Avenue Group	\$866.87
Prescott Group	\$540.00
Principles B4 Your Personality	\$1,613.80
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	\$405.00
PV No Name Group	\$100.00
PV Noon Group	\$820.00
PV Reflections	\$108.00
PV Roadmap To Recovery	\$120.00
PV There Is a Solution	\$41.00
PV Wed Step Study	\$70.00
PV Welcome Valley	\$221.20

GROUP DONATIONS	YTD
Round Table Meeting	\$402.00
Seniors In Sobriety	\$150.00
Serenity At Sunrise	\$2,322.40
Step Stories	\$299.81
Sun. AM Men's Stag	\$1,146.56
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	\$1,017.82
Whipple Group	\$89.00
Women's Gratitude Luncheon	\$600.00
Working Girls	\$110.00
TOTAL GROUP DONATIONS	\$22,729.00
OTHER INCOME	
AA Birthday Gratitude	\$517.00
Anonymous IG Donation	\$1,198.70
In Loving Memory Of David K.	\$100.00
Literature Sales	\$8,627.20
Chips Etc.	\$2,151.00
Meeting Directory Sales	\$254.00
Newsletter Sales	\$165.00
Picnics	\$939.52
TOTAL OTHER INCOME	\$13,952.42
TOTAL INCOME	\$36,681.42
EXPENSES	\$40,607.05
INCOME LESS EXPENSES	-\$3,925.63
Total Monies 7/31/18	\$25,043.91
Loan to Prescott Roundup	-\$2,000.00
Literature & Chips	\$8,592.00

Tradition Ten the Long Form

No A.A. group or member should ever, in such a way as to implicate A.A., express any opinion on outside controversial issues—particularly those of politics, alcohol reform, or sectarian religion. The Alcoholics Anonymous groups oppose no one. Concerning such matters they can express no views whatever.

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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.

Prescott Shoestring Roundup Changes

The 2018 Shoestring Roundup was held at a new location on a new date. For over 20 years the Roundup had been held at Emanuel Pines and had always been held at one of the local summer camps. The decision was made to move the Roundup because it was no longer economically feasible to have it at a summer camp. After the 2017 Roundup, it was clear that significant changes needed to be made if the Roundup was to survive.

Many of us had attended the Arizona State Convention at the Prescott Resort in 2017 and it was a very positive experience, so we decided to move the Roundup to the Resort. There was some anxiety as to whether people would accept the move and many of us had a lot of nostalgia for the many years we had spent out at Emmanuel Pines.

However, when the Roundup finally arrived, we were delighted as to how well it went. The accommodations were great. (No one seemed to miss the Porta Potties.) While we weren't out in the pines, the issues we had struggled with in the past; weather, parking, noisy fans in the barn etc., were not a problem. These issues had kept some of our older and less mobile members away. Now they could come with much less difficulty. And come they did. I saw a number of our senior members who were enjoying the Roundup more than ever.

The committee did a marvelous job of putting on a roundup pretty much from scratch. Everyone did their job and each committee member, and the host of volunteers made the roundup a great success. We got to carry the message with terrific speakers, enjoy fellowship and are now financially responsible. One of the aims of the roundup over the years is to help our local Prescott Area Intergroup. We have not been able to do that recently. Now we are pleased to say we are able to make a substantial donation to Intergroup, which does so much for our AA community.

I want to thank everyone for making this years Roundup a success and allowing me to be of service.

John E.

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

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 ↑
Windmill Park, 9984 East Cornville Road, Cornville, AZ

There are many opportunities to be of service.

ASCYPAA 2018

Prescott, AZ

October 12th, 13th & 14th

Prescott Resort and Conference Center

1500 AZ-69, Prescott, AZ

ascypaa2018.org

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)

LAKE PLEASANT ROUNDUP

Lake Pleasant Regional Park

October 26, 27 & 28, 2018

Early Registration ends October 12th

www.lakepleasantroundup.com

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

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



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.

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