



# Conscious Contact

Prescott Area Intergroup: Serving Central Yavapai County

January 2019

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

## TRADITIONS CHECKLIST from the AA Grapevine

These questions were originally published in the AA Grapevine in conjunction with a series on the Twelve Traditions that began in November 1969 and ran through September 1971. While they were originally intended primarily for individual use, many AA groups have since used them as a basis for wider discussion.

Practice These Principles...

**Tradition One:** *Our common welfare should come first; personal recovery depends upon AA unity.*

1. Am I in my group a healing, mending, integrating person, or am I divisive? What about gossip and taking other members' inventories?
2. Am I a peacemaker? Or do I, with pious preludes such as "just for the sake of discussion," plunge into argument?
3. Am I gentle with those who rub me the wrong way, or am I abrasive?
4. Do I make competitive AA remarks, such as comparing one group with another or contrasting AA in one place with AA in another?
5. Do I put down some AA activities as if I were superior for not participating in this or that aspect of AA?
6. Am I informed about AA as a whole? Do I support, in every way I can, AA as a whole, or just the parts I understand and approve of?
7. Am I as considerate of AA members as I want them to be of me?
8. Do I spout platitudes about love while indulging in and secretly justifying behavior that bristles with hostility?
9. Do I go to enough AA meetings or read enough AA literature to really keep in touch?
10. Do I share with AA all of me, the bad and the good, accepting as well as giving the help of fellowship?

c. THE AA GRAPEVINE INC.

## The Benefit of Defects

I heard something extremely profound at a meeting the other day about defects of character. The speaker said that we are "connected by our defects" and that is so true.

When I first started attending meetings, I begin to hear my own story in the leads and comments of others. I began to realize that my character defects were not so different from those of everyone else. This was especially true concerning my behavior as an alcoholic, because I had that special wiring that always meant to have more... more of whether.

Where I had thought I was unique in my character defects -- a human being somewhat beyond the pale -- I began to realize that I was just another Bozo on the bus. My defects were very run-of-the-mill, especially among alcoholics. And because I was hearing so much about other people's defects, I began to feel connected to the group through those defects.

Ultimately I was also feeling connected to humanity.

I have always thought that what the program has provided most for me was a sense of connection to other people. I'm closer to alcoholics than to any members of my family or any other "normal" individuals. This has come about through attendance at many meetings and through hearing thousands of comments. When we share about ourselves, we're offering points of connection to others.

In the end, for me, that has not only meant sobriety but a profound sense of well-being and happiness that was completely unachievable and unthinkable before I walked through those doors.

I will be forever grateful.

Bill S.

## Heard at a Meeting:

**The first three steps taught me how to give up. Four, Five and Six taught me how to own up. Seven, Eight and Nine taught me how to make up. Ten, Eleven and Twelve taught me how to grow up.**

## District 14

The officers, coordinators, intergroup liaisons, and all the General Service Representative of District 14 would like to wish all members of our fellowship a great New Year. Our District 14 (Yavapai County) is part of the general service structure which includes our Area 03 (Arizona and small parts of California and Nevada). As most know, District 14 is divided into three Sub-Districts. They are Sub-District 14-140 (Prescott, Chino Valley, Paulden, Seligman, Skull Valley, Bagdad, Congress and Yarnell), Sub-District 14-141 (Verde Valley and Sedona) and Sub-District 14-142 (Prescott Valley and the towns southeast on Rt 69).

Our District is honored to serve as the host for the Area 03 Pre-Conference Assembly to be held at the Prescott Resort on April 5-7, 2019. The main purpose of this assembly is for our Delegate to compile information and the group consensus of Area 03 to take to the General Service Conference in May of this year. If you would like to be part of this ad-hoc committee for the Assembly the next meeting is Saturday January 12 at 5 PM. You can call 928-899-8274 or come to the meeting at 7080 E. Lantern Lane W., Prescott Valley. You do not have to have a service position in the district to be involved.

Our second event for the new year, being planned by the District 14 is Founders' Day. Since 2018 the sub-districts decided to make this an All-District event. Founders' Day is celebrated by AAs all over the world. This being June 10, 1935, the day of Dr. Bob's last drink. This year we will be holding this event in Prescott at the Trinity Presbyterian Church on Park Ave. Next year the event will hopefully be in Verde Valley or Sedona (Sub-District 14-141). We are still working on details and the ad-hoc committee meeting will Monday, March 18 at 6 PM at 7255 E Conestoga Way, Prescott Valley. For more information you can contact one of the co-chairs of the event; Gabi V. or Tiffany D.

Being involved with the District has helped me in my sobriety. As most AAs know the three legacies of Alcoholics Anonymous are Recovery, Service and Unity. This type of Service helps me understand what Unity means. We are all in this together. There are no better groups or service workers, we all do what we can do. If your group does not have a GSR (General Service Representative) there is a possibility to get elected to this position, be of service and see what this general service work is about. There are many other ways to be involved in our district work. Come to one of the ad-hoc committee meetings listed above.

**YOU ARE WELCOME AND WANTED.**

In Service,  
Dan S. DCMC District 14  
(District Committee Member Chairperson)

## Benefits of Recovery

There are two benefits from recovery: we have short-term gains and long-term gains. The short-term gains are the things we can do today that help us feel better immediately.

We can wake up in the morning, read for a few minutes in our meditation book, and feel lifted. We can work a Step and often notice an immediate difference in the way we feel and function. We can go to a meeting and feel refreshed, talk to a friend and feel comforted, or practice a new recovery behavior, such as dealing with our feelings or doing something good for ourselves, and feel relieved.

There are other benefits from recovery, though, that we don't see immediately on a daily or even a monthly basis. These are the long-term gains, the larger progress we make in our life.

Over the years, we can see tremendous rewards. We can watch ourselves grow strong in faith, until we have a daily personal relationship with a Higher Power that is as real to us as a relationship with a best friend.

We can watch ourselves grow beautiful as we shed shame, guilt, resentments, self-hatred, and other negative buildups from our past.

We can watch the quality of our relationships improve with family, friends, and spouses. We find ourselves growing steadily and gradually in our capacity to be intimate and close, to give and receive.

We can watch ourselves grow in our careers, in our ability to be creative, powerful, productive people, using our gifts and talents in a way that feels good and benefits others.

We discover the joy and beauty in ourselves, others, and life.

The long-term progress is steady, but sometimes slow; happening in increments and often with much forward and backward movement. Enough days at a time of practicing recovery behaviors and piling up short-term gains lead to long-term rewards.

Naples Area Intergroup Courier  
Author Unknown

### Heard at a Meeting:

**Worrying is assuming God doesn't  
know what He's doing.**



**January AA Birthdays  
CONGRATULATIONS!**



**PV Men's Book Study**

Junior P. 1/01/12

**CV Friday Group**

Linda D. 1/06/11

**Free Thinkers**

Steve D. 1/17/70

**Crazy Birds**

Steve E. 1/21/11

Bill L. 1/04/08

**PV No Name Group**

Mali V. 1/03/11

Bill W. 1/12/09

**PV Noon Group**

Mark O. 1/24/16

Susanne T. 1/18/16

**Serenity @ Sunrise**

Steve D. 1/18/18

Michelle Hu. 1/10/18

Roxanna S. 1/05/18

Martin G. 1/16/17

Sarah P. 1/20/99

Collette J. 1/01/96

Jim W. 1/06/95

Mike B. 1/26/92

Ron L. 1/15/92

Chip Y. 1/06/91

Pat A. 1/06/90

**Round Table Group**

Erin B. 1/19/15

Becky 1/18/15

Cameron B. 1/05/14

Jessica T. 1/18/13

Linda F. 1/30/07

Paul S. 1/20/85

**Girlie Birds**

Amanda S. 1/08/16

Leah H. 1/28/15

Ronda H. 1/18/11

Sarah P. 1/20/99

Pat A. 1/06/90

Susan H. 1/14/86

Judy H. 1/06/78

**Welcome Valley Group**

Paula 1/21/16

Karyn P. 1/26/15

Dave S. 1/28/12

Rain M. 1/15/11

Steve P. 1/10/02

Ron 1/15/92

Teresa R. 1/05/87



# Service Corner

**Look back and be grateful.**

**Look ahead and be hopeful.**

**Look around and be helpful.**

**Next Intergroup Meeting:**

6:30 pm, Wednesday, January 9, 2019  
(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, January 2, 2019  
(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, January 8, 2019  
(usually the first Tuesday of every month)  
Emmanuel Lutheran Church, 7763 E. Long Look, PV

**Prescott Shoestring Roundup Committee**

5:30 pm, Friday, January 18, 2019  
(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

**CELEBRATE SOBRIETY!**

**Please help us update our AA birthday list!**

**Email, mail, or bring in a copy of your group's  
updated birthday list to the Intergroup Office.**

**Thank You to all those who help!**

**Tradition One (Long Form)**

Each member of Alcoholics Anonymous is but a  
small part of a great whole. A.A. must continue to  
live or most of us will surely die. Hence our  
common welfare comes first. But individual welfare  
follows close afterward.

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**Concept One:**

"Final responsibility and ultimate authority for A.A.  
world services should always reside in the  
collective conscience of our whole Fellowship."

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## What a Sponsor Is and Is Not

The opportunity to help another alcoholic work the Steps and live in the solution keeps me in the heart of what recovery is all about. It has helped me to feel a "part of"--something I had tried to do for years. But it turned out to be as simple as sharing my experience, strength, and hope with another drunk.

The Twelve Steps have the answers to all of the riddles life throws at me. Other drunks took the time to show me, not only by sharing their time and lives, but by living in the solution and dealing with whatever came along with faith and trust. This truly is attraction versus promotion. The "winners" worked the Steps and stayed involved in service--those were the people I wanted to hang out with; that is where I looked for a sponsor.

Today, I sponsor five women who are five reasons for my growth. I met four of these women in a Step meeting--the same meeting that laid the foundation of the Steps for me. I think that spending time at the same Step meeting listening to people share and getting to know them is the place to look for a sponsor. The Steps offer the solutions, and that was what I was looking to learn.

Spiritual fitness is required if I am to be of service to anyone. Without a connection to my Higher Power, I am the same old person with the same old defects, causing the same old pain in my life and others'. So often I have found myself at a complete loss of thought and words for a sponsee who is struggling with life, and then an intuitive thought comes to me and offers a new perspective for consideration. When I wonder where the thought came from, I feel the warmth in my heart, and I know that once again God has done for me what I can't do myself.

As a sponsor, I neither expect nor desire to make decisions for people. I just ask some extra questions about motives, honesty, and spiritual contact. I was taught to make informed decisions and stand ready to accept responsibility for those decisions. I was also taught that Steps Six and Seven come into play when fear is running those decisions. This was a big factor for me when I first started sponsoring--fear that I would mess it up and harm someone as well as the fear that I wouldn't know the "answers" and be viewed as a dope.

Thank God that today I have a clearer perspective on what my role as a sponsor is and isn't. It is to stay sober, be available to listen, share my thoughts, pray for others, and let them live their own lives. It is not to "fix" anyone, get them sober, make them happy, demand they conform, or make their decisions.

My God has blessed me with some incredible role models in sponsors and friends. What a lesson in humility and gratitude sponsorship has given me. I have grown so much in this program and in life. The Promises have come so true in my life--all from cleaning house, trusting God, and working with others.

Hilary T.  
Berlin, Connecticut

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## The next Area 03 Pre-Conference Assembly 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

## District 14 will host the pre-conference assembly on April 5, 6 & 7, 2019

The theme is:

**Our Big Book - 80 Years - 71 Languages**

Location:

**Prescott Resort and Conference Center**  
1500 AZ-69, Prescott, AZ

**There are many opportunities to be of service.**

## 9th Annual AA Women's Gratitude Luncheon Saturday, February 23, 2019 11:00 am - 2:00 pm

**Prescott Resort & Conference Center**  
1500 AZ-69, Prescott, AZ 86301

**\$30 tickets on sale at**  
[www.annualgratitudeluncheon.com](http://www.annualgratitudeluncheon.com)

**Questions?**  
Email [annualgratitudeluncheon@gmail.com](mailto:annualgratitudeluncheon@gmail.com)

**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)

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**29th Annual West Valley Roundup**  
**March 15-17, 2019**  
**Lake Pleasant Regional Park**  
**41835 N. Castle Hot Springs Rd., Peoria, AZ**  
[www.westvalleyroundup.com](http://www.westvalleyroundup.com)

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**Verde Valley Roundup**  
**April 12 - 14 2019**  
**Cottonwood, AZ**  
[verdevalleyroundup.org](http://verdevalleyroundup.org)

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

GROUP DONATIONS	YTD
4 Directions Grp	\$400.00
Afterwards Group	\$2,400.00
Alternatives	\$70.00
Amity Group	\$18.00
AZ AA Women's Conference	\$500.00
Bradshaw Seniors Meeting	\$408.65
Carry This Message	\$783.00
Chino Valley AA	\$600.00
Crazy Birds	\$649.75
District 14-140	\$200.00
Free Thinkers	\$465.97
Friday Big Book Solutions	\$250.00
Girlye Birds	\$1,775.00
God Sticks Group	\$25.00
Healing the Hole in the Soul	\$517.30
Humboldt Men's Stag Meeting	\$500.00
Intergroup Meeting	\$359.68
Mayer Higher Power Hour	\$200.00
Noon BB Discussion	\$1,261.50
Old Shoe (Skull Valley)	\$332.22
Open AA Meeting	\$1,200.00
Park Avenue Group	\$1,176.49
Prescott Group	\$710.00
Prescott Shoestring Roundup	\$6,000.00
Principles B4 Your Personality	\$2,213.80
PV As Bill Sees It	\$223.00
PV Diamonds in the Rough	\$200.00
PV Friday Night Speaker Mtg.	\$360.00
PV Gut Rap Group	\$330.00
PV Keep It Simple	\$668.10
PV Lushes t' Ladies	\$490.50
PV Men's Book Study	\$150.00
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	\$260.25
PV There Is a Solution	\$41.00
PV Wed Step Study	\$120.00
PV Welcome Valley	\$221.20
Receive The Message	\$15.00
Round Table Meeting	\$828.00
Seniors In Sobriety	\$150.00
Serenity At Sunrise	\$2,907.20

GROUP DONATIONS	YTD
Step Stories	\$404.81
Sun. AM Men's Stag	\$1,386.56
Sunday Morning AA Solutions	\$260.00
Sunny Days	\$137.98
The Great Fact	\$1,869.74
The Slice Of Life	\$1,050.00
Thurs Men's Stag	\$192.50
Toolbox Group	\$1,247.82
Tues Night Book Study	\$240.00
Whipple Group	\$89.00
Women's Gratitude Luncheon	\$600.00
Working Girls	\$130.00
Yarnell On the Mtn Grp	\$50.00
Young Peoples Meeting	\$160.00
<b>November Gratitude</b>	
Afterwards Group	\$253.00
Alternatives Group	\$72.00
Carry This Message	\$45.89
Chino Group	\$69.70
Park Ave.	\$198.00
Prescott Group	\$40.00
PV Lushes T' Ladies	\$36.76
PV Sunday Nooners	\$7.00
Round Table Meeting	\$41.00
Seniors In Sobriety	\$50.00
Sun. Morning AA Solutions	\$67.00
<b>TOTAL November Gratitude</b>	<b>\$880.35</b>
<b>TOTAL GROUP DONATIONS</b>	<b>\$40,167.37</b>
<b>OTHER INCOME YTD</b>	
AA Birthday Gratitude	\$808.00
Anonymous IG Donation	\$4,372.70
Anonymous Nov Gratitude	\$151.00
Literature Sales	\$12,196.70
Chips Etc.	\$2,917.50
Meeting Directory Sales	\$360.50
Newsletter Sales	\$195.00
Picnics	\$1,420.34
<b>TOTAL OTHER INCOME</b>	<b>\$22,421.74</b>
<b>TOTAL INCOME</b>	<b>\$62,589.11</b>
<b>TOTAL EXPENSES</b>	<b>\$55,616.73</b>
<b>INCOME LESS EXPENSES</b>	<b>\$6,972.38</b>
<b>Total Monies 11/30/18</b>	
<b>Literature &amp; Chips</b>	<b>\$8,230.00</b>



# *Conscious Contact*

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3. Receive it hard-copy via US Mail for \$15 per year.

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Please print clearly.

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