



Conscious Contact

Prescott Area Intergroup: Serving Central Yavapai County

March 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 Three: "The only requirement for AA membership is a desire to stop drinking."

1. In my mind, do I prejudge some new AA members as losers?
2. Is there some kind of alcoholic whom I privately do not want in my AA group?
3. Do I set myself up as a judge of whether a newcomer is sincere or phony?
4. Do I let language, religion (or lack of it), race, education, age, or other such things interfere with my carrying the message?
5. Am I over-impressed by a celebrity? By a doctor, a clergyman, an ex-convict? Or can I just treat this new member simply and naturally as one more sick human, like the rest of us?
6. When someone turns up at AA needing information or help (even if he can't ask for it aloud), does it really matter to me what he does for a living? Where he lives? What his domestic arrangements are? Whether he had been to AA before? What his other problems are?

c. THE AA GRAPEVINE INC.

Concept Three:

"As a traditional means of creating and maintaining a clearly defined working relation between the groups, the Conference, the AA General Service Board and its several service corporations, staffs, committees and executives, and of thus insuring their effective leadership, it is here suggested that we endow each of these elements of world service with a traditional 'Right of Decision.'"

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Helping Others - One of the Beautiful Gifts of the Program

Being sober has brought some beautiful gifts to my life. The gifts are too numerous to mention, but a few *definitely* include health of body, mind and spirit; a connection with a Higher Power; a community of like-minded individuals; AA meetings anywhere you might travel; the ability to live without shame, guilt and fear, and something I've very much appreciated lately is being a sponsor to other women in the Program.

I had been sponsoring a young woman for over a year. She had come back from a very bad relapse but made a commitment to become sober – shortly after that we began working together – and developed a wonderful sponsor/sponsee relationship. Last month she became a mother for the second time. I never had that experience myself; I got to experience it through her eyes.

I recently heard a sponsee's fourth step. As I was listening and then commenting, I heard myself speaking wisdom I didn't even know myself. I realized God was giving me the words of wisdom to give to her. God was literally answering her questions and her issues through me. It reminded me that the gifts of sobriety are constantly manifesting, and constantly enriching and renewing us.

Recently we had a huge snowfall in Prescott which stranded everybody for several days. After an initial selfish temper tantrum because I was stranded, I realized it was happening to everybody, not just me, and made closer connections with my own sponsor and the women I sponsor with phone calls and texts. Once the snow stopped, it was "Into Action". I paid a man with a snowplow to plow my path to the road, and then a little extra to plow my neighbor's path as well. I realized I was just doing what I've been taught – when I receive a gift, I share by paying it forward.

The momentary dark moments caused by the weather dissipated through helping others. It was just another of those gifts of the program.

Stephanie V.

Step Three:

"Made a decision to turn our will and our lives over to the care of God *as we understood him.*"

The Things I Learned in the First Year

I love one year birthdays! Of course, every day of sobriety is wonderful, but celebrating the first 365 is really special. I still have the candle that was on top of my first AA birthday cake – it's a monkey climbing up the side of a number "1." Very fitting!

I've been blessed with many more AA birthdays – or anniversaries, if you prefer – since then. But as I reflect on this incredible second chance at living I've been given, I'm struck by how many of the experiences and lessons from that first year remain fresh in my mind.

Here – in no particular order – are some of them. Hopefully, you could come up with a list of your own that might be very different. But whatever those experiences and lessons are, I believe that they are true treasures -- the foundation upon which a rich life in AA is built.

- Get "in" AA, not "on" it, I was told early on. It's a lot harder to fall "out" of something you're "in" than it is to fall "off" of something you're "on." So get involved in a home group, and attend its meetings religiously. Make coffee. Clean up afterwards. Speak up so others get to know you – and listen, so you get to know them.

- You're never too new to stick out your hand to a newcomer – or to another member you haven't met before. If you have one day, you've got something to share with the new person who has none. And besides, your time and desire to be of whatever help you are able may be much more important to the newcomer than detailed knowledge of the AA program.

- Remember Rule 62 – "don't take yourself too damn seriously." And I heard a corollary: "If you don't learn to laugh at yourself, you'll be missing the greatest joke of the 20th (now 21st) century!"

- AA is not just about avoiding a drink one day at a time. It's about living one day at a time.

- It's possible to be happy and sad, hopeful and despairing, loving and angry – all in the same day. So if the day starts out badly, ignore that "one day at a time" business. Make it one hour at a time. But know that whatever is going on, it will change.

- A corollary to the above: "God didn't get you sober to drop you on your head."

- Don't worry if you find yourself quickly forgetting things you heard or read that struck you as particularly important/insightful/spiritual. If they're important, they'll come around again.

- You don't have to trust God, or even believe in God, to pray. A simple "help me stay sober today" in the morning, and "thanks" at night works fine. If you think praying makes you a hypocrite, remember

some of the lines you fed that guy/gal you were trying to hit on!

- A corollary to the above: "Be careful what you pray for. You may get it!"

- No one ever died from lack of sleep.

- "Embrace the monster." As you progress, through the steps, in forgiving yourself, you will find it much easier to forgive others as well. If you despair about the things you've done in the past, consider the possibility that "God loves a whole hearted sinner more than a half-hearted saint."

- And perhaps most important for me was the understanding that when it comes to alcohol, I don't have a choice. My unaided will power is insufficient for me to stay sober. As long as I thought I had the power of choice when it came to drinking, sooner or later, I drank. Since accepting as graciously as possible that I no longer have that power, and that my answer lies in tapping into a power greater than myself that I found in AA, I have not had another drink.

So happy birthday to all with March sobriety dates – and a particular greeting to all celebrating their first AA birthday this month. As my sponsor told me when he gave me that first cake: "You'll never be the same again."

Dan F.

Is it Anonymity or Confidentiality?

There's a difference. Of course we're confidential. We don't spread around information on who goes to meetings, and in most places we don't know each other's last names -- although in Omaha, they say their first and last name when identifying.

The confidentiality part goes without saying because it makes us feel safe going to meetings and talking about our lives.

For me, anonymity has a deeper meaning. It represents the fact that we check our bank accounts, job titles, etc. at the door when we come in.

My first few years I was going to meetings in an incredibly dumpy place, though in a good part of town, with people who were on their way to work. Many wore suits, many were young and fresh as well as old and prosperous looking.

I had no idea, that one of them was one of the most successful personal injury lawyers in Chicago. He never made anything of that although he had an ego the size of a freight train. And for a whole year I didn't know who he was.

To me that's the beauty of anonymity. He was just another drunk, just like me.

Dick McC.



**March AA Birthdays
CONGRATULATIONS!**



Seniors in Sobriety

Ann B. 3/31/81

PV Wed. Nite Step Study

Brian N. 3/16/08

PV Fri. Night Speakers

Will L. 3/30/05

PV Noon Group

Marilyn M. 3/01/01

Welcome Valley Group

Garrett L. 3/18/16

Devon L. 3/19/16

PV Men's Book Study

Wayne V. 3/07/13

Steve P. 3/15/89

Afterwards Group

Devon L. 3/19/16

Garrett L. 3/18/16

PV Sunday Nooners

Fred G. 3/11/96

Denver 3/17/85

PV No Name Group

Anne K. 3/18/17

George I. 3/15/16

Brittany W. 3/17/14

Prescott Group

Alex H. 3/26/10

Jeremy O. 3/21/10

Kyleen W. 3/19/06

The Slice of Life

Jack C. 3/23/08

Mike Mc. 3/05/05

Jim W. 3/01/90

Sunday Round Table

JT D. 3/08/11

Sean Mc. 3/17/07

Tues Nite Step Study

Terry F. 3/05/07

Don L. 3/19/00

Gail R. 3/06/86

PV Sun. No Name Grp

Rayburn 3/03/15

Amanda 3/08/09

Grover C. 3/12/07

Matt B. 3/04/07

Park Ave

Lauren M. 3/30/05

Jerry D. 3/31/97

Dutch H. 3/16/84

Bill W. 3/11/83

Alternatives

Sarah 3/30/09

Susan K. 3/30/09

Judy H. 3/15/88

Tomme C. 3/18/80

Humboldt Men's Stag

Jeff S. 3/11/13

Ron W. 3/15/06

Jack S. 3/15/91

Toolbox Group

Kim S. 3/25/17

Janet S. 3/03/08

Lauren M. 3/30/05

Kathi M. 3/26/03

Sun Morn Men's Stag

Frank S. 3/17/05

John O. 3/13/05

Gary R. 3/31/04

Travis B. 3/31/03

Dale B. 3/25/00

John H. 3/13/96

Marshal W. 3/26/94

Wayne P. 3/20/81

Michael F. 3/31/76

Serenity @ Sunrise

Finn A. 3/22/18

Jennifer L. 3/20/18

Christina T. 3/12/18

Yanni K. 3/06/18

Lauren S. 3/24/17

Mike C. 3/03/17

Melissa 3/24/16

Gustavo M. 3/23/11

Don L. 3/22/08

Mark P. 3/17/02

Larry G. 3/25/90

Greg B. 3/03/77

Girlie Birds

Melissa M. 3/24/16

Allanah M. 3/17/16

Kelsey H. 3/07/16

Elizabeth P. 3/08/15

Sarah V. 3/13/14

Sherrie V. 3/02/12

Deb S. 3/27/09

Raney W. 3/07/08

Nancy B. 3/17/03

Elizabeth H. 3/31/97

Mary Ellen S. 3/30/93

Joy D. 3/15/90

Greta S. 3/03/85

Service Corner

Look back and be grateful.

Look ahead and be hopeful.

Look around and be helpful.

Next Intergroup Meeting:

6:30 pm, Wednesday, March 13 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, March 6, 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, March 5, 2019
(the first Tuesday of every month)
Emmanuel Lutheran Church, 7763 E. Long Look, PV

Prescott Shoestring Roundup Committee

5:30 pm, Friday, March 15, 2019
(the third Friday of the month)
Unity Church, 145 S. Arizona Ave. @ Goodwin

PI / CPC Committee Meetings

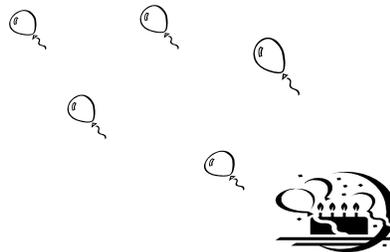
Meetings scheduled as needed.
The Public Information/
Cooperation with the Professional Community
Committee has many opportunities to be of service.
For information about this committee call the
Prescott Area Intergroup Office (928) 445-8691.

**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



2019 ROUNDUP LOGO CONTEST

Enter to win a T-Shirt printed with
Your artwork plus admission to the

**34th Annual
Prescott Shoestring Roundup
August 30 & 31 - September 1, 2019**

Your artwork could become a part of
Prescott AA history!

Submit entries to:

- shoestringroundup2019@gmail.com
- Or, bring it to the Prescott Shoestring Roundup Committee meeting, third Friday of each month at 5:30 pm at the Unity Church 145 S. Arizona Ave.
- Or, drop it off at the Prescott Area Intergroup Office, 240 S. Montezuma #108

DEADLINE FOR ENTRIES IS APRIL 1, 2019

**Area 03 Pre-Conference Assembly
Our Big Book - 80 Years - 71 Languages
April 5, 6 & 7, 2019**

Prescott Resort and Conference Center
1500 AZ-69, Prescott, AZ
Hosted by District 14

Pre-Conference Assembly Planning Committee
Sunday March 17 - 6:00pm
7255 E Conestoga Way, Prescott Valley

District 14
Founders' Day Committee
Monday March 18 - 6:00pm
7255 E Conestoga Way, Prescott Valley



SAVE THE DATE!

**34th Annual
Prescott Shoestring Roundup
Labor Day Weekend
Friday, Saturday & Sunday
August 30 & 31 - September 1, 2019**

Prescott Resort & Conference Center
1500 AZ-69 Prescott, AZ 86301
www.prescottshoestringroundup.org



SOBER MARDI GRAS!

Friday, March 8, 2019

5:30 - 8:00pm

Potluck dinner starts at 6:00pm

Speaker at 7:00pm
(Tiffany D. from Prescott Valley, AZ)

All are welcome!

Sandwich wraps and cake will be provided.
Bringing a dish is encouraged but not required.

Hosted by Friday Night Speaker Meeting

Trinity Lutheran Church
3950 N. Valorie Dr.
Prescott Valley, AZ

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

**8th Annual Verde Valley AA Women's
Luncheon Sunday, March 31, 2019
11:30 a.m. to 1:30 p.m.
Poco Diablo Resort, 1752 State Route 179
Sedona, AZ 86336**

**Verde Valley Roundup
April 12 - 14 2019
Cottonwood, AZ
verdevalleyroundup.org**

**12th Annual Seniors in Sobriety
International Conference
May 19 - 21, 2019
Reno, Nevada
www.renotahoesis2019**

**Flagstaff Roundup 2019
May 31 - June 2
Fort Tuthill Campground**

**Save the Date
AZ AA Women's Conference
July 12 - 14, 2019
Tubac Golf Resort & Spa**

Meeting Updates:

Two women's meetings:

- Thursdays 11:00am "Sisters-n-Sobriety"
- Fridays 11:00am "Rule 62"

Both moved from the library to the Next Chapter Book Store, 1670 Willow Creek Rd. Suite A.

New women's meeting:

- Mondays 5:30pm "Step Into the Solution"
- United Methodist Church, 505 W. Gurley St.

New book study:

- Wednesdays at 7:00pm at the V.A. Dom.

New Women's meeting:

- Fridays at 6:00pm at the V.A. Dom.
- V.A. Hospital 500 Hwy 89N Bldg #151, Room A123

New Big Book Study meeting in Ash Fork:

- Tuesdays 7:30pm "Ash Fork Tuesday Winners"
- 526 Lewis Ave. @ 4th St.

Details: Call or visit the office or visit prescottaa.org

What is a Spiritual Awakening?

Most newcomers, when they first come into AA, start hearing people talk about a Spiritual Experience or Awakening, or they read the Appendix II in the back of the Big Book of AA and wonder "What is That?" I wondered myself. I asked a couple of people at my treatment center (which was staffed completely by fellow AA's, right down to the owners and management). One of the first answers I got was, "Well, you're here and safe now, right? Someone is taking care of you."

That "Someone" is God. It's true. God brought me to treatment and AA through some miraculous circumstances. Then AA brought me to a better understanding of, and eventually a personal relationship (that we call Conscious Contact) with God. Along with the 12 Steps, 12 Traditions, and 12 Concepts, here's a list of 12 Signs you might be having a Spiritual Awakening:

1. An increased tendency to let things happen rather than make them happen.
2. Frequent attacks of smiling.
3. Feeling of being connected with others and nature.
4. Frequent overwhelming episodes of appreciation.
5. A tendency to think and act spontaneously rather than from fears based on past experience.
6. An unmistakable ability to enjoy each moment.
7. A loss of ability to worry.
8. A loss of interest in conflict.
9. A loss of interest in interpreting the actions of others.
10. A loss of interest in judging others.
11. A loss of interest in judging self.
12. Gaining the ability to love without expecting anything in return.

Stephanie V.

Check out prescottaa.org

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

Prescott Area Intergroup's January 2019 Treasurer's Report

GROUP DONATIONS	Jan-19
Afterwards Group	\$300.00
ASCYPAA	\$408.43
Bradshaw Seniors Meeting	\$64.10
Crazy Birds	\$95.85
Girlie Birds	\$25.00
Intergroup Meeting	\$40.15
Noon BB Discussion	\$382.80
Park Avenue Group	\$106.63
Prescott Group	\$80.00
Principles B4 Your Personality	\$300.00
PV As Bill Sees It	\$136.00
PV Friday Night Speaker Mtg.	\$120.00
PV Keep It Simple	\$120.00
PV Roadmap To Recovery	\$125.00
Receive The Message	\$11.00
Round Table Meeting	\$273.00
Seniors In Sobriety	\$164.00
The Great Fact	\$166.45
Working Girls	\$25.00
TOTAL GROUP DONATIONS	\$2,943.41
OTHER INCOME	
AA Birthday Gratitude	\$5.00
Anonymous IG Donation	\$6.00
Literature Sales	\$1,016.00
Chips Etc.	\$322.50
Meeting Directory Sales	\$46.50
Newsletter Sales	\$15.00
TOTAL OTHER INCOME	\$1,411.00
TOTAL INCOME	\$4,354.41
TOTAL EXPENSES	\$5,497.56
INCOME LESS EXPENSES	-\$1,143.15
Total Monies 1/31/19	\$37,812.98
Literature & Chips	\$8,229.00



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 _____

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