



Conscious Contact

Prescott Area Intergroup: Serving Central Yavapai County

May 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

‘...and to practice these principles in all our affairs.’

Most anyone who’s been around AA for more than a few weeks has probably picked up on the part of the 12th Step about “carrying the message.” But what about the other part? I, for one, used to think of the rest of the words in the step as little more than packaging -- like fancy paper and ribbons meant to dress up a Christmas present.

Today it seems to me that “the second half of the 12th Step” is at least as important as the first part. It’s also one of the more devious elements that AA’s founding fathers slipped into their recipe for deliverance from booze.

Devious, I say, because after all the discussion about “the steps we took,” right at the very end they change everything to “principles!” That’s downright sneaky! Steps, after all, sound finite. You have a goal in mind and you take steps to achieve it. You probably don’t have to retrace your steps along the way, and if you do, it’s a minor thing. But principles! They’re much weightier. Principles are cornerstones, not steps. They’re the structure around which a person builds a life. You “take” steps, but you live by principles.

What are the principles we learn as we take the steps of AA? The ones embodied in the steps, that we can then apply “in all our affairs?” Others probably have more and better ideas on the subject, but here’s how I think about them:

Step One – The harder I try to make things work out the way I want, the more I seem to miss the mark. That’s probably because I tend to look at situations from only one point of view – mine! I’ve heard it said that on the assembly line of creation, God put the eyeballs in backwards on about one person out of ten. We call those folks – folks like me -- alcoholics.

Step Two – Life is not going to hand me more crosses than I can handle. And as difficult as it is to perceive at times, there is some sense of order and purpose in it all.

Step Three – Often the best thing I can do is get out of the way so that purpose can be fulfilled. It’s not necessary that I contribute my two cents to every discussion.

Step Four – When a problem crops up in my life, I’m well advised to look first at my part in it before trying to affect a solution.

Step Five – I may be unique, but I’m not special. I can’t afford to stay a secret. It is in freely sharing myself with my fellow human beings that I learn how much we have in common. And in learning that, I also learn my unique niche.

Step Six – Life hands out enough discipline – I don’t have to beat myself up to boot. I know I’m far from perfect, but beyond being aware of my defects and trying to cultivate their opposite in my daily life, I can’t do much more about them. If I’m willing, I trust I’ll get better over time.

Step Seven – I know very little about a lot – I know everything about nothing. So I’d better remain teachable. I hear that’s the heart of humility – that and maybe the ability to have a good laugh at oneself.

Step Eight -- My actions always impact those around me, for better or worse. The idea that “I’m only hurting myself” is nonsense. Conversely, I don’t have to try to be an example – I am one. The only question is whether I’m a good one or a bad one.

Step Nine – It’s impossible to be happy, joyous and free with a guilty conscience. I know when I’ve done somebody else wrong, and the sooner I try to make it right the better I’ll feel.

Step Ten – My ego is both the most assertive and the most vulnerable “organ” in my body. Preventing it from spinning totally out of control requires regular checks and balances.

Step Eleven – One of the great powers I have as a human being is the power to decide where to focus my attention. I don’t know if there is a God who answers my prayers, but I do find that prayer and meditation are useful tools that help reprogram my self-centered mind so that it’s more in tune with the spiritual principles in which I have found serenity.

Step Twelve – Happiness requires purpose. And today I have a primary purpose – “to stay sober, and to help other alcoholics to achieve sobriety.” From that and from trying to “practice these principles in all my affairs” has come a life far richer in every respect that I ever imagined.

Dan F.

PRAASA 2019

March 1-3, 2019, I attended the Pacific Region Alcoholics Anonymous Service Assembly (PRAASA) in Irvine, California along with more than 1,700 other AA members. The purpose of PRAASA is to develop a greater unity among the members, groups and Areas of the Pacific Region; to encourage the exchange of ideas and experiences; and to provide an opportunity for members to discuss pertinent aspects of A.A. The assembly and PRAASA committee should always foster the Recovery, Unity, and Service of A.A.

The first panel (meeting) had the delegate of each Area briefly describe what is going on in their area. The Areas of the Pacific Region are: six from California, two from Washington and one each from Alaska, Arizona, Hawaii, Idaho, Nevada, Oregon, Utah and British Columbia/Yukon. Our Area 03 Delegate Dee P. said we are a very large area by population and area. We will host next year's PRAASA in Tucson. We have been working on reaching out to remote communities.

The second panel was "Humility: Accepting the Group Conscience". It was pointed out that in the first 10 years we grew from just Bill and Bob to 10,000 members. No group had authority over any other group. The idea of an informed group conscious was discussed, where minority ideas are listened to and respected. All pertinent information is discussed so we can be informed. Sometimes A.A. moves slow but all members are listened to and respected no matter their time in the fellowship. No member outranks another.

Panel 3 was titled "Our Singleness of Purpose". Our purpose of carrying the message of recovery must be available to all who suffer from alcoholism. Discussed was how to help the newcomer, especially the newcomer who is deaf or has mental illness. It is important to greet a deaf person, give them literature, use texting, etc. It was pointed out many deaf people do not have the equal reading skills of an average person. One panelist felt a plain language big book would help deaf people along with others who have limited reading skills.

Panel 4 dealt with the Conference Agenda. The idea of increasing the annual contribution a member can donate to the General Service Office to \$5,000. There was talk of a new 5th edition of the Big Book to bring in more stories of the people who we are trying to reach, along with getting our message out through more public service announcements.

Panel 5 was "Diversity". We want to reach all who suffer from Alcoholism. Ideas were discussed about reaching out to young people, remote communities, senior citizens, mentally ill alcoholics and cultures which restrict women's access to A.A. Some cultures put such shame on women that they fear seeking help. There is a new pamphlet being developed to help the Spanish speaking women. Many seniors have been trying for years to get sober and for whatever reason we may need to develop new ways of reaching the older alcoholic.

Panel 6 was, "Does Our Committee System Work?" It was said La Vina, our Spanish language magazine, helps the Spanish speaking community; many of whom are in remote communities and Latin America. Our Area 03 Chairperson Meagan W. spoke about how difficult it is to change our literature and suggested the possibility of simplifying the process of updating pamphlets and books. Some spoke on improving communication between the GSO and Areas and

local Intergroups. We also heard how important the Grapevine is, especially for those who are in remote communities and house bound.

Panel 7 was "Living in the Heart of A.A." The fact that 88,000 people die each year of alcoholism in the U.S. was presented with the idea that our message must be presented to all who suffer. Our three legacies were presented as something we need to continue to strive towards. Our recovery begins with us sharing our experience one alcoholic to another. A.A. unity happens through members that follow "The Traditions" and the group experience. We have opportunities for service through following the Concepts in our work in general service. It must be remembered by all that Bill said anything we do in AA from setting up and making coffee to being a delegate is service in Alcoholics Anonymous. The idea of our singleness of propose and being loving and tolerant with addicts was discussed. We also need to counter the idea we are somehow a religious organization and tied to some particular religion. The new "God Word" pamphlet was mentioned a few times and how it has had over 50,000 in sales. A highlight of the assembly was the report by Yuzo M., a guest from Japan. He is one of the 6,000 A.A. members in Japan, but only 25% are woman and very few of them in general service. He believes his being married to another alcoholic has helped greatly in reaching out to others and they have a common cause in their relationship.

Panel 8 was our Trustee report by Kathy F. She spoke of how the Grapevine books "One Big Tent" and "AA in the Military" have helped to reach secular alcoholics and people in the military. AA is looking to find better ways of reaching black alcoholics. AA membership of blacks is 4% and the population on the whole is 13%. She also mentions our next international convention will be in Detroit July 2-5 2020. Registration will start on September 9th of this year.

A real highlight for me was the past trustees sharing session. Joel C. paraphrased Dr. Bob in saying our problem in carrying the message boils down to love and service. Billy N. said we cannot have unity if people bring their politics into the Fellowship by expressing their politics on social media causing potential members thinking they can not relate to this person. He feels both sides do a dis-service and hurt their abilities to be of maximum service to the alcoholic who still suffers by criticizing the other side in our fractured political system. Billy also said he has personal contacts in N.A. who he calls to set up meetings with addicts who find their way into A.A. He does this with love because addicts can better be served in the other fellowship. Other ideas heard: Our job in A.A. is to bring hope. We need to treat all with respect and have no business advising people to stop medication. We need to be open to change so we can reach out to others. Bill W. was quoted in saying we need to "Widen the Gateway." The last trustee to share said that in A.A. if we have a good idea we need to be patient.

There were Roundtables for all service positions in district and area committees. It was great to see all my A.A. Arizona friends and trusted servants and meet others from the Pacific Region. Thanks to District 14 for giving me this opportunity.

In Service,
Dan Saks
District 14 DCMC



**May AA Birthdays
CONGRATULATIONS!**



Seniors in Sobriety	
NY Jimmy	5/28/76
Toolbox	
Corrine K.	5/21/10
Wilhoit Oasis	
Susan R.	5/24/75
Sunday Round Table	
Eric D.	5/25/02
Lushes t' Ladies	
Barb B.	5/24/08
Humboldt Men's Stag	
Matt V.	5/20/16
Kevin M.	5/21/87
Tues. Nite Step Study	
Mike S.	5/28/09
Tom S.	5/08/96
PV Wed Night BBS	
Martha J.	5/22/08
Bob F.	5/11/04
Sun. AM Men's Stag	
Mike K.	5/14/09
Lin M.	5/04/94
Girlie Birds	
Cheyenne C	5/10/12
Diana E.	5/26/92
Cindy G.	5/21/89
PV Noon Group	
Gene B.	5/22/12
Fred C.	5/09/98
Daniel B.	5/01/84
Alternatives	
Jerrett C.	5/27/12
Beverly L.	5/15/92
Brian A.	5/01/84
Park Ave	
David W.	5/24/18
Becca F.	5/18/12
Dayana L.	5/24/80
Karen B.	5/20/71

PV Sun. No Name Grp	
Derek W.	5/13/09
Chris E.	5/20/08
Greg K.	5/08/07
Bob F.	5/11/04
PV Men's Book Study	
Prescott I.	5/18/18
John M.	5/17/11
Joe D.	5/15/09
Tom S.	5/05/92
Charlie V.	5/05/90
The Prescott Group	
Luke S.	5/15/12
Mike S.	5/21/10
Jake H.	5/16/10
Taylor R.	5/08/10
Ryan D.	5/10/09
Bill B.	5/27/95
Chris B.	5/12/88
Rick D.	5/26/82
Serenity at Sunrise	
Danny C.	5/26/18
Meghan P.	5/18/18
Patrick C.	5/17/16
Steve P.	5/03/13
Michael B.	5/09/08
Greg R.	5/31/07
Dan H.	5/14/93
Lawrence Z.	5/01/91



Service Corner

**Look back and be grateful.
Look ahead and be hopeful.
Look around and be helpful.**

Next Intergroup Meeting:
6:30 pm, Wednesday, May 8, 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, May 1, 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, May 7, 2019
(the first Tuesday of every month)
Emmanuel Lutheran Church, 7763 E. Long Look, PV

Prescott Shoestring Roundup Committee
5:30 pm, Friday, May 17, 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!

**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.**

Adopt-A-Meeting

Come one! Come all! No, really. Grab a friend, sponsees, or some people from your homegroup, and let's show some support for our outlying communities! Some of our remote communities are doing great, but still love to have visitors (it's neat to go meet new people, too). Others . . . need a little help. The meetings are still wonderful; however, they really need our support. We're blessed to have plenty of meetings to choose from, and sometimes that can get a little too comfortable. Being the roving intergroup rep has really opened my eyes and brought new meaning to our fifth tradition: "Our primary purpose is the help the sick and suffering alcoholic", as well as our responsibility pledge, "I am responsible. When anyone, anywhere, reaches out for help, I want the hand of AA always to be there. And for that, I am responsible". We have some groups in Bagdad, Ashfork, and Cordes Junction, specifically, that have asked for help. Anyone, of course, is welcome to go at any time. Although, there is a special need for female support AND we are putting together an Adopt-A-Meeting schedule!

Essentially, we are trying to find people to go to Ashfork on first and third Tuesdays: Cordes Junction on second and fourth Saturdays: Bagdad on the third Thursday of the month. Again, anyone is welcome to go on any day that these meetings are held. Our idea, though, is that if people are signed up then it becomes a commitment, plus it's a steady flow for the people living in these areas who rely on these meetings. In addition, it could potentially become a service commitment for an especially ambitious group that wants to do this! So, please bring this information back to your homegroup, or feel free to contact me if you want to participate without a homegroup. You can reach me at nkokotovich@gmail.com, with "Adopt-A-Meeting" in the subject line, or you can call or text 928.515.4152.

Yours in service,
Nicole M.

Step Five:

"Admitted to God, to ourselves and to another human being the exact nature of our wrongs."

Concept Five:

"Throughout our world services structure, a traditional "Right of Appeal" ought to prevail, thus assuring us that minority opinion will be heard and that petitions for the redress of personal grievances will be carefully considered."

Copyright © A.A. World Services, Inc.

Things we cannot change...

In Loving Memory

Jamie B.

12/10/45 - 12/20/76 - 4/1/19

*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.*

*Living one day at a time;
Enjoying one moment at a time;
Accepting hardships as the pathway to peace;
Taking, as He did, this sinful world
as it is, not as I would have it;*

*Trusting that He will make all things right
if I surrender to His Will;
That I may be reasonably happy in this life
and supremely happy with Him
Forever in the next.
Amen.*

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 Five: Each group has but one primary purpose -- to carry its message to the alcoholic who still suffers.

1. Do I ever cop out by saying, "I'm not a group, so this or that Tradition doesn't apply to me"?
2. Am I willing to explain firmly to a newcomer the limitations of AA help, even if he gets mad at me for not giving him a loan?
3. Have I today imposed on any AA member for a special favor or consideration simply because I am a fellow alcoholic?
4. Am I willing to twelfth-step the next newcomer without regard to who or what is in it for me?
5. Do I help my group in every way I can to fulfill our primary purpose?
6. Do I remember that AA old-timers, too, can be alcoholics who still suffer? Do I try both to help them and to learn from them?

c. THE AA GRAPEVINE INC.

Founders' Day Celebration

Saturday, June 15, 2019

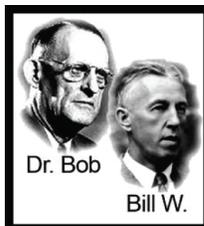
11:00 am - 3:00 pm

Trinity Presbyterian Church

630 Park Avenue

Prescott, AZ 86303

Hosted by District 14



Prescott Shoestring Roundup's BINGO BASH!

Saturday, June 22nd 2:00pm - 5:00pm

Safe Harbor, 520 W. Delano

Grand Prize - Samsung Tablet

Plus other Great Prizes!

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

2019 Area 03 Post-Conference Assembly

Saturday, June 29th

1st Presbyterian Church, 702 E. Cottonwood Lane

Casa Grande, AZ 85122

Hosted by District 12-121

Save the Date

AZ AA Women's Conference

July 12 - 14, 2019

Tubac Golf Resort & Spa

28th Annual Promises in the Pines

July 26 - 28, 2019

Lewis Canyon Campground



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

Pre-register online:

prescottshoestringroundup.org

Flyers available at the office and prescottaa.org

Prescott Area Intergroup's March 2019 Treasurer's Report

GROUP DONATIONS	YTD
4 Directions Grp	\$100.00
Afterwards Group	\$300.00
ASCYPAA	\$408.43
Bradshaw Seniors Meeting	\$150.10
Crazy Birds	\$217.38
Girlye Birds	\$25.00
Intergroup Meeting	\$109.80
Noon BB Discussion	\$382.80
Old Shoe (Skull Valley)	\$80.00
Open AA Meeting	\$500.00
Park Avenue Group	\$300.46
Prescott Group	\$170.00
Principles B4 Your Personality	\$300.00
PV As Bill Sees It	\$136.00
PV Friday Night Speaker Mtg.	\$240.00
PV Keep It Simple	\$120.00
PV Lushes t' Ladies	\$152.40
PV No Name Group	\$104.00
PV Noon Group	\$240.00
PV Roadmap To Recovery	\$125.00
Rarely Group	\$250.00
Receive The Message	\$51.00
Round Table Meeting	\$273.00
Seniors In Sobriety	\$164.00
Step Stories	\$150.00
Sun. AM Men's Stag	\$450.00
Sunny Days	\$130.54
The Great Fact	\$421.88
The Slice Of Life	\$350.00
Thurs Men's Stag	\$33.71
Toolbox Group	\$384.00
Working Girls	\$25.00
TOTAL GROUP DONATIONS	\$6,844.50
OTHER INCOME	YTD
AA Birthday Gratitude	\$155.00
Anonymous IG Donation	\$118.50
Literature Sales	\$2,786.65
Chips Etc.	\$909.00
Meeting Directory Sales	\$111.50
Newsletter Sales	\$30.00
TOTAL OTHER INCOME	\$4,110.65
TOTAL INCOME	\$10,955.15
TOTAL EXPENSES	\$14,894.00
INCOME LESS EXPENSES	-\$3,938.85
Total Monies 3/31/19	\$35,017.28
Literature & Chips Value	\$7,509.00



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